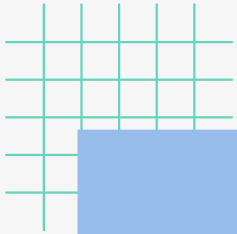


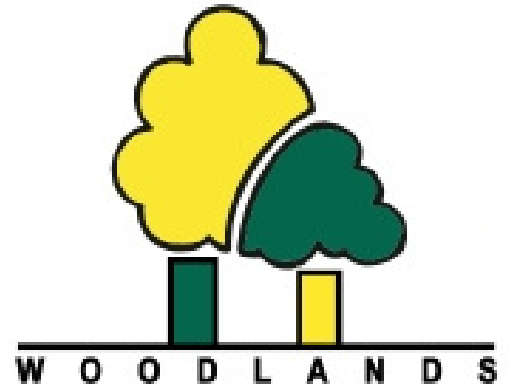
# THE WOODLANDS FAMILY NEWSLETTER

## Summer 2025



### Meet the team!

Welcome to our new, Family Team Newsletter! If you don't already know us, we are a team of four - (L-R) Adeline (Family Worker), Janet (Family Worker), Shazmeen (Assistant Family Worker) and Vanessa (Assistant Family Worker). We are here to support the families and young people here at Woodlands and can be contacted by phone - 01582 572880 option 2, and we are always happy to book an appointment to see you face to face! If you need any support then please do not hesitate to contact us and we will always do our best to help you ourselves or to signpost you to a relevant source.



### Your newsletter!

We have put together this newsletter to share information that we think would be useful for you. We aim to send out a newsletter termly, so your next edition will be sent out in Autumn term. We would love to hear your feedback so that we can take it on board and issue interesting newsletters throughout the school year. We are hoping to cover different topics each term and introduce you to different staff members and services that you might need.

# Prom 2025!



We are so excited to host the Prom for our amazing leavers again this year! It's going to be a fantastic event where our young people and their staff get to celebrate their time with us and look forward to their new chapter. There will be music, food, drinks and lots of laughter! Some brilliant local businesses have shown their support by donating some yummy treats to help us have a great time. Please keep an eye on our facebook page for pictures of our celebrations!

**We can't wait!**

**HAF Summer  
Camps**



Energise Luton are running summer camps for children up the age of 16. These involve;

- At least 1 hour of physical activity per day
- Nutritious meals provided
- Enriching and fun activities

Families entitled to Free School Meals are able to book clubs for free - please contact the family team for a code to use with booking. Sessions are payable for others. Please contact [energiseluton@activeluton.co.uk](mailto:energiseluton@activeluton.co.uk) or call 01582 400272.

**Read More**

[www.woodlands.luton.sch.uk](http://www.woodlands.luton.sch.uk)

# Helpful Organisations...

We understand that the summer holidays can be a difficult time for many, but you are not alone! If you need any advice, help or support then please know that there are local organisations that you can contact;

**Samaritans** - 116 123 (available 24/7). A free, confidential phone line for anybody struggling to cope and needs someone to listen.

**Luton All Women's centre** - 01582 416783. A Charity run by women to support women offering support around domestic abuse, trauma, forced marriage, honour based abuse and FGM. Offers support in Urdu, Bengali and Polish as well as English.

**National Domestic Abuse Helpline** - 0808 2000 247 for women experiencing domestic violence.

**Victim Support** - National 24 Hour Support Line 0808 1689111. anyone affected by crime, including their friends, family and any other people involved.

**Men's advice line** - 0808 801 0327 (9am to 8pm Monday to Friday). is a confidential helpline for men experiencing domestic abuse and those supporting them.

**Childline** - 0800 1111. Childline will help anyone under 19 in the UK with any issue they're going through (including domestic abuse and mental health).

**BLMK Reflect** (replacing Kooth) - text support by texting reflect to 82528. a free, confidential and 24/7 text support service for young people

(aged 11-25) in Central Bedfordshire, Bedford Borough, Luton or Milton Keynes who needs advice or help.

**If you need further information  
or if you need support not  
covered by the above, please call  
the Family Team.**

# What's on...

**Keeping your family busy and entertained over summer can be costly, so here are some low-cost activities that we found in our local area...**

- Houghton Regis Town Council offer a range of free entertainment every summer. Check out [houghtonregis-tc.gov.uk/community/youth-services](http://houghtonregis-tc.gov.uk/community/youth-services) to read about their carnival, skate jam, and youth clubs, and download the free Eventbrite app to book their free open air cinema cinema tickets.
- GoBowling in Dunstable usually offer fantastic discounts and sometimes free children's tickets over the summer holidays. Keep an eye on their facebook page or website for details. [gobowlingnow.co.uk](http://gobowlingnow.co.uk)
- This summer, you can treat the whole family to a Cineworld visit to see amazing family films for just £1 per ticket! Running every week from July 25, please visit [cineworld.co.uk](http://cineworld.co.uk) for more information
- Whipsnade and London Zoo are offering tickets for as little as £3 per person for families in receipt of Universal Credit and other qualifying benefits listed on their website. Tickets must be booked in advance, online only. [www.whipsnadezoo.org](http://www.whipsnadezoo.org)
- Luton Council are hosting a range of events for locals this summer. Storytime on the steps, summer outdoor cinema, a lively dance party and Indian art and dance workshops are some of the activities on offer! Please visit [luton.gov.uk](http://luton.gov.uk) and click on events and activities





## PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

### ASDA

Kids eat for £1 daily, with no adult spend

### ASK ITALIAN

Kids under 10 eat for £1 during school holidays

### BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

### BELLA ITALIA

Children eat for £1 with any adult main

### BILLS

Kids Eat Free weekdays, 21st July – 29th Sept

### BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

### BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

### BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

### CHIQUITO

Kids eat FREE Daily Until August 31st

### DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

### FRANKIE & BENNY'S

Kids Eat Free from 14<sup>th</sup> July – 31<sup>st</sup> August 2025

### FUTURE INNS

Under 5s eat for free with any adult meal

### GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

### HARVESTER

Kids eat for £1, Mon - Fri via the App

### HUNGRY HORSE

Kids eat for £1 on Mondays

### IKEA

Kids get a meal from 95p daily from 11am

### LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

### MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

### MORRISONS

Kids Eat FREE all day, every day with a £5 spend

### PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

### PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

### PRETO

Kids up to age 10 eat free with 1 paying adult

### PUREZZA

Kids under 10 get free pizza with every adult meal

### SA BRAINS PUBS

Kids eat for £1 on Wednesdays

### SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

### TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

### TESCO

Kids Eat FREE with a 60p spend until Aug 31st

### TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

### TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

### WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

### YO! SUSHI

Kids eat free all day (weekdays) in school holidays

### ZIZZI

Kids eat free this summer holidays (ex Saturdays)

# Dates for your diary...



- **Prom** - (Leavers only) Thursday 10<sup>th</sup> July 2025, 6.30pm to 8.30pm
- **Last day of term** - Monday 21<sup>st</sup> July 2025
- **Staff training days** - Monday 1<sup>st</sup> and Tuesday 2<sup>nd</sup> September 2025
- **Students return to school** - Wednesday 3<sup>rd</sup> September 2025



**Have a fantastic  
summer!**

*From all of us at  
Woodlands!*