

Early Help Community News

Bringing you the best community highlights happening across Southend

Summer Holidays



Woohoo The Summer Holidays are here!!

The weather has been glorious and we are truly blessed to have 7 miles of coastline on our doorstep, a day out down the beach does not need to cost a lot.

The cycle path along the seafront has recently been resurfaced, making it a perfect time to get out on your bike or skates and enjoy our amazing coastline.

As usual [visit southend](#) has got you covered for things to do.

[Mums Guide to Southend](#) your essential guide to what's on for children and families over the next few months in and around Southend. They also regularly post events, things to do and other news on Facebook, Instagram and Twitter. If you are looking for Holiday Clubs and Camps they have a dedicated section for those too!

Over at [Active Essex](#) there is a [childrens summer activity book](#) Free to download!

6 Weeks Sorted—Relieving Pressure For Parents over the Summer Holidays Lunchinar

Join SAVS and Lessons Alive online on Thursday 17th July, from 12pm to 1.30pm for this free session, highlighting what you can do with your kids over the holidays. [Book your free place](#)

The summer holidays are fast approaching, and many parents look forward to them and dread it often in equal measure!

This webinar will do the thinking for you, giving a broad outline plan of activities from which you can pick and choose.

Written and run by an experienced teacher, Gail Hugman, this webinar will give you ideas to keep your children happy, engaged and busy while developing their learning skills, so they hit the ground running in September!

Know what to do each week – even when you go away!

Have a store of things to do on wet days.

Have a stock of things to do that won't cost the earth.

And all that while supporting your child's education!

HAF Summer Bookings are open NOW!!

We're thrilled to announce the return of our Holiday Activity and Food (HAF) Programme this summer, packed with exciting activities for eligible children! The programme runs from Monday, 28 July to Friday, 22 August 2025.

Simplified booking for your family: This year, we've teamed up with the Eequ booking platform to make securing your child's place easier than ever. You won't need a HAF code! If your child receives Benefits-related Free School meals, the Eequ platform will automatically recognise their eligibility once you create an account and add their details.

If your child has been referred for a funded place by a school or professional but isn't eligible for Free School Meals, the booking process is the same – we'll simply need to approve your booking first against our referral database.

Have a look at what's available this summer <https://www.eequ.org/southendhafprogramme>



**Holiday Activities
and Food**

FREE

Have fun
make friends
be active!

www.southend.gov.uk/HAF

Department for Education

Holiday Activities & Food
Southend-on-Sea

Southend-on-Sea
City Council

The image is a promotional banner for the HAF programme. It features a dark blue background with a yellow ribbon. The main text 'Holiday Activities and Food' is in white on a teal background. A pink starburst contains the word 'FREE'. Below this is a photo of children in a circle. Three teal boxes with white text say 'Have fun', 'make friends', and 'be active!'. At the bottom, there are logos for the Department for Education, the HAF programme, and Southend-on-Sea City Council, along with social media icons and the website URL.



SUMMER FUN DAYS

A super Free event over the upcoming Summer Holidays

Dates: Tuesday, July 29, 2025

Friday, August 1, 2025

Time:

10am to 1pm

Bouncy Castle and Many other activities
Light Lunches and Refreshments included

avenue
BAPTIST CHURCH

Litza.Smith@avenuebaptist.com
Milton Road, Westcliff on Sea, Essex, SS0 7JX

Save the Date
10 SUMMER

CELEBRATING 10 SUMMERS OF FUN AT THE HUB

WEEK 1

- JULY 23 FAMILY ACTIVITY 10 AM - 12 NOON
- JULY 24 FAMILY ACTIVITY 10 AM - 12 NOON

WEEK 2

- JULY 29 FAMILY ACTIVITY 10 AM - 12 NOON
- JULY 30 FAMILY ACTIVITY 10 AM - 12 NOON
- JULY 31 FAMILY ACTIVITY 10 AM - 12 NOON

WEEK 3

- AUG 5 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 6 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 7 FAMILY FILM NIGHT 6 - 8 PM

WEEK 4

- AUG 12 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 13 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 14 FAMILY FILM NIGHT 6 - 8 PM

WEEK 5

- AUG 19 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 20 FAMILY ACTIVITY 10 AM - 12 NOON
- AUG 21 MUDDY CHURCH CAMPFIRE 4.30 - 6.30 PM

THE HUB
CHAPEL LANE
SS7 2PP

Free

St Mary's

North Shoebury



VR
Experience

Picnic
Area &
Toys

EcoFest



Nature Quest

Outdoor
Learning

Science
Experiments

Eco Crafts

Refreshments

26th August 10am-1pm

Children to be accompanied by their grown-ups
North Shoebury Road SS3 8UL. Free Parking.





One giant leap for Southend's aspiring astronauts! This summer, join our intrepid intergalactic team at Southend Central Museum for a full weekend of planetarium shows, handling sessions, astronomy talks and space activities at our Supermassive Space Weekend. Its like Space Day... but Supermassive!

Little Stars Early years Show

Gentle Stars - SEND Planetarium

Meet the Meteorites

Summer Skies

Mini Moons

info and tickets at

<https://www.eventbrite.com/.../supermassive-space-weekend...>





BIG SUMMER ANNOUNCEMENT!

For the first time ever at Scott's of Southend, we're launching TWO huge outdoor attractions to make your summer unforgettable!

Get ready for Crazy Farm Foot Golf – a brilliantly bonkers 9-hole kick-about where football meets mini golf on a fun, farm-themed course! Perfect for all ages and packed with laughs.

AND introducing Southend's First Ever Maize Maze – acres of adventure with twisty corn trails, activity sheets for the kids, and fresh air fun from start to finish.

Foot Golf £9

Maize Maze £7.50

OR grab our brand-new Summer Bundle – just £15 per person, saving £6 for a family of 4!

Both events run 26th July–31st August

Foot Golf: Timed sessions | Maize Maze: Open all day

Held right here at Scott's of Southend

Book Here- <https://scottsofsouthend.digitickets.co.uk/tickets>

A promotional image for the Summer Event Bundle Deal. It features a family of four (a man, a woman, and two children) smiling in a field of tall green corn stalks. The man is carrying a child on his shoulders. In the foreground, a person's legs in blue jeans and white sneakers are shown kicking a red and black soccer ball. A red rectangular block is on the grass nearby. The background shows a landscape with trees and a cloudy sky. Text overlays include the Scott's of Southend logo in the top left, a starburst graphic saying "SAVE £1.50 per person!" on the right, and large orange text "£15 Summer Event Bundle Deal! MAIZE MAZE & FOOTGOLF" in the center. At the bottom, it says "Book Online Now!" in white text.

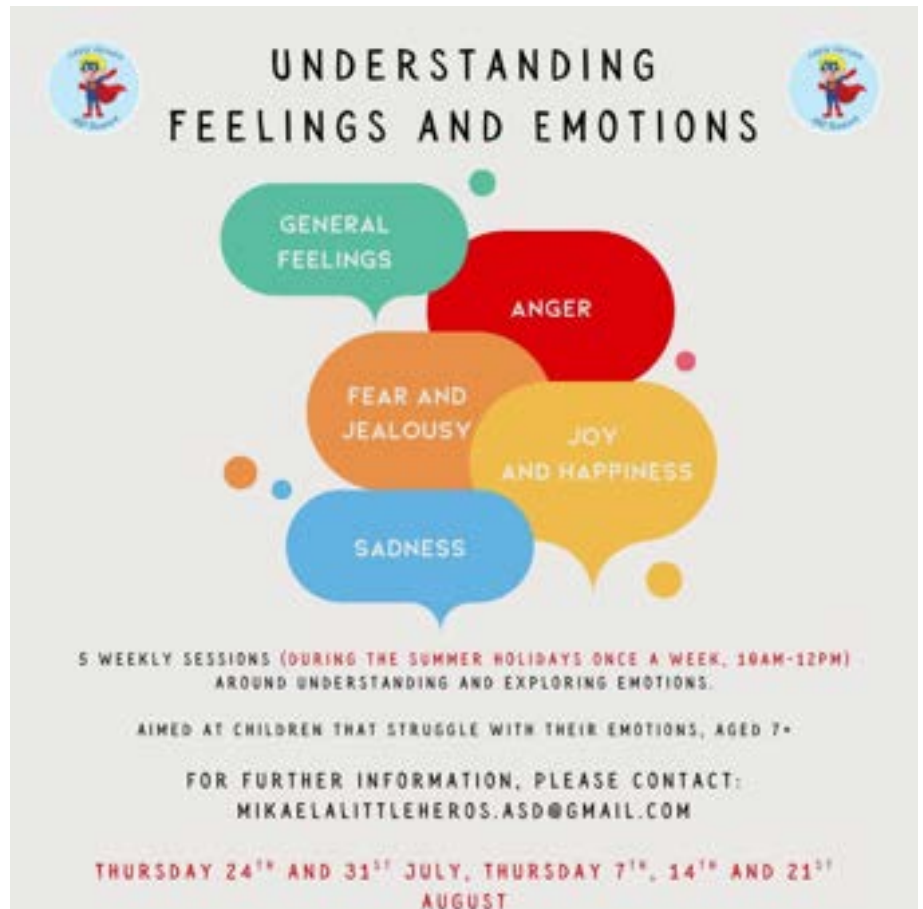
There is loads going on at Little Heros ASD support this summer—follow them on facebook for all the latest— Click the link below to view what’s on and book your place

[Little Heroes ASD Support Group - Booking by Bookwhen](#)

Understanding feelings and emotions.5 week in-hub sessions.

£10.00 per child (this covers all 5 sessions)

For further information, please contact Mikaela on the provided email.



Come and join us for our next football fun day!

£3.00 per child, £1.00 per adult....We have 5 food and drink vendors joining us on the day...It is going to be a day not to miss!

FREE

18-24

DROP-IN

TUESDAYS

3:30PM - 5:30PM

YMCA SOUTHEND & SOUTHEND VINEYARD PRESENT:
THE 18-24 DROP-IN

A WEEKLY SPACE FOR YOUNG PEOPLE AGED 18-24.

- FREE REFRESHMENTS
- MAKE NEW FRIENDS
- GET ADVICE & SUPPORT
- ACTIVITIES: GAMES, ARTS & CRAFTS, TABLE TENNIS, XBOX + MORE!

LOCATION:
THE BRIDGE HUB
6 WARRIOR SQUARE
SOUTHEND ON SEA, SS1 2JE

KEEP UP TO DATE WITH OUR SOCIALS:



Find Your Voice Southend



@fyv_findyourvoice





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



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 14th July - 31st 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)

As always we want everyone to be safe this summer, whether you are at the beach ,in the woods, or at home there is a parent safety booklet to download from the childrens accident prevention trust with summer safety tips. There are lots of free resources for parents and carers on the website.

[Child Accident Prevention Trust | focus-on-summer-safety](#) .

Important Safety Message From HM Coastguard Southend on Sea

This safety message is directed to all parents of children who continue to jump ('tombstone') off of our local piers and jetties whether they are in sight or out of sight of parent/guardian, example;

- Barge Pier on Garrison
- Prince of Wales jetty off Marine Parade
- Bell Wharf Old Leigh

Whilst such activities appear on the surface as fun (who needs the 'fun police' some might say...), actually these local piers and jetties have hidden dangers and we have have seen many incidents down the years causing injuries.

So;

1. Think before you leap. You don't always know what you're jumping into
2. Tombstoning from piers, cliffs, rocks or other structures into the sea can be very dangerous
3. The depth of water can dramatically change with the tide here in Southend. We have seen too many people jump in on an 'ebb tide' (outgoing tide) - THIS IS EXTREMELY DANGEROUS
4. You don't know what hazards may be lurking under the surface until you are hurt or worse
5. The shock of cold water may make it difficult to swim safely and strong currents can quickly sweep you away. This is especially so around Barge Pier on the Garrison. These currents can sweep you under the surface (where there are multi obstructions) and quickly out into open sea in that locale

So the message to all parents local and those visiting for the day, please help us educate your loved ones to the hidden dangers of tombstoning in our local area.

There is a reason it's called 'tombstoning' - don't let them be one of the statistics!
Should you see anyone in trouble on or near the coast, don't hesitate to dial 999 and ask for the Coastguard, you could save someone's life!





Don't jump into the unknown

Emergency?
Call 999 Coastguard

More safety tips
hmcoastguard.uk

HM Coastguard

Lifeboats

Struggling in the water?

Floating greatly increases your chances of survival.

Relax and try to breathe normally

Tilt your head back with ears submerged

It's okay if your legs sink, we all float differently

Move your hands and legs to stay afloat

Remember it. Practise it.
FLOAT TO LIVE

Photo: BBC

The RNLB is the charity that saves lives at sea. The Royal National Lifeboat Institution, is charity registered in England and Wales (208610), Scotland (202776), the Republic of Ireland (207129) and (200122), the Republic of Jersey (24), the Isle of Man (2028) and Gibraltar, the Government of Guernsey and Bailiwick of Jersey (200122). Photo: BBC

#RESPECTTHEWATER

STAY SAFE!



CALLING ALL WORKING FROM HOME PARENTS

SUMMERS ARE PRECIOUS, BUT THE CHILDCARE WHEN WORKING JUGGLE IS REAL.
BOOK YOUR RELAXED FAMILY HANGOUT

BRING YOUR LAPTOP & CATCH UP ON EMAILS WITH A CUPPA, WHILST THE KIDS PLAY



All day, everyday, same amazing venue!

Advanced booking recommended. We are **100%** a relaxed vibe!



GROUND FLOOR 62 LONDON ROAD, SOUTHEND, SS1 1PG
OPPOSITE SAINSBURY'S



WWW.THEHANGOUTVENUE.CO.UK 07852191415 info@thehangoutvenue.co.uk

Bored?

Been Creative?

Outside to play?

Read a Book?

Exercised for 10 minutes?

Done something helpful?

