

SAFEGUARDING NEWSLETTER

SPRING 2 2024-2025



SPOTLIGHT ON... PLACES TO EAT OVER EASTER

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

moneysavingcentral.co.uk/kids-eat-free

BURGER KING

From Monday 7th - Sunday 20th April 2025. Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

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

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

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

LAS IGUANAS

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

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

WASHING PODS AND CAPSULES - CHILD ACCIDENT PREVENTION

TRUST

There are many dangers in the home, particularly cleaning products. Sink uncloggers can look like fruit juice. Washing pods can look like sweets to young children and may be kept somewhere easier to access than other cleaning supplies. The Child Accident Prevention Trust has guidance on keeping children safe [here](#).

EATING DISORDER SUPPORT - SHOUT 8258

Shout 85258 is a free and confidential text messaging support line for people struggling to cope. Eating disorders are recognised by the NHS as a 'mental health condition where you use the control of food to cope with feelings and other situations.' Recognising an eating disorder is the first step towards healing. There are various types of eating disorders, including Anorexia Nervosa, Bulimia, and Binge Eating Disorder. However, some individuals might not fit into these categories and instead experience Other Specified Feeding or Eating Disorders (OSFED) or ARFID (Avoidant Restrictive Food Intake Disorder), which is more common among individuals with autism. Understanding these different experiences helps us better support those going through these challenges. If interested in finding out more, please click [here](#).

ONLINE SAFETY

Online risks:

Oversharing - Children can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social media accounts or their school
- live or frequent locations
- other people's personal information
- links to join private group chats
- photos of themselves, photos of their body

Sharing their location - Many apps and games give you the option to share your location. You should help children think about how and when they're sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location
- checking into venues
- sharing journeys
- location settings on your child's device
- sharing images or videos that contain street names etc.

If shared publicly, their location could be seen by someone they don't know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

Talking to people they don't know - Some social networking, such as YuBo, promote connecting you to chat with people you don't know. This puts children at risk of grooming or online forms of abuse, along with the risk of moving the conversation to other platforms or meeting up offline. You should be aware of this across all social media sites.

Sending or receiving inappropriate content - Young people can feel pressured into sharing content that could be harmful to themselves or others. This could be in the form of sexting or sharing nudes, or it might be sharing memes and images of others without their consent – which can be a form of cyberbullying. DMs (direct messages) can be used to share very quickly and they have no control over how the image is shared further. Some social platforms have features such as disappearing messages – where an image or text will only show for a certain amount of time for the recipient before deleting. This might make users feel they can share more, but the recipient can still screenshot and forward the content to others