



The Stable School

Safeguarding newsletter

Easter 2026



Kids eat free – Easter Holidays 2026



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

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

2 Kids eat free from 27th March - 19th April 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

BILLS

Kids eat free Mon 30th March – Fri 10th April

BREWDOG

Kids eat free 28th March - 12th April 2026

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

COCONUT TREE

Kids eat free Mon 30th March - Sun 19th April

CHIQUITO

Kids eat free during all school holidays

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

Kids eat FREE weekdays 30th March – 17th April

FRANKIE & BENNY'S

Kids eat FREE daily from 30th March - 17th April

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

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

MORRISONS

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

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

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

SUBWAY

Kids eat Free from the 6th - 13th April

SIZZLING PUBS

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

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

TURTLE BAY

Kids eat free with every £15 adult spend

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

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HAF information for parents and carers
The Holiday Activities and Food programme

The HAF Programme continues!

The DfE has confirmed that the HAF Programme will continue for a further three years, providing enriching holiday activities and food for children receiving benefits-related Free School Meals.

HAF – Information about the Programme

The Holiday Activities and Food programme (HAF) provides children from reception year to age 16 who are in receipt of benefits-related free school meals with:

- funded easter, summer and Christmas holiday activities
- a meal whilst at the activity
- nutritional education

The programme also provides signposting to support services for families of the children attending the programme.

The programme aims to help children and young people:

- eat more healthily
- be more active
- take part in engaging and enriching activities, which support the development of resilience, character, well being and wider education attainment
- reduce social isolation
- learn about health and nutrition
- be more engaged with school and other local services.

[HAF information for parents and carers](#)- HAF funded places are available to children in reception year at school up to age 16, who are in receipt of benefits related free school meals.

Eligible children are entitled to the equivalent of six weeks HAF provision across the easter, summer and Christmas holidays.

Over easter - participating children can benefit from a week of provision, which should be for a minimum of four days, with each day consisting of at least four hours of provision.

Over summer - participating children can benefit from four weeks provision, which should be for a minimum of 16 days, with each day consisting of at least four hours of provision.

Over Christmas - participating children can benefit from a week of provision, which should be for a minimum of four days, with each day consisting of at least four hours of provision.

A child or young person does not have to use their full entitlement.

Contact for help and advice Email – HAF@bcpcouncil.gov.uk Telephone – 01202 127238

Link to HAF easter programme

<https://www.fid.bcpccouncil.gov.uk/search-results?asfilter=Easter%20Holidays&csfilter=Holiday%20Activities%20and%20Food%20Programme%20Provider>

Please contact the provider directly to book a place. Providers will be able to advise when they are ready to take HAF bookings for Easter.

| | | Easter holiday | | | | | | | | | | | | | |
|--|--------------|----------------|----|---|---|---|-------|---|---|---|---|---|----|----|----|
| | | March | | | | | April | | | | | | | | |
| | | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | 30 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| HAF Provider Name | BCP Area | | | | | | | | | | | | | | |
| 360 Degree Sports Coaching Dorset LTD | Poole | | | | | | | | | | | | | | |
| AFC Bournemouth Community Sports Trust | Bournemouth | | | | | | | | | | | | | | |
| Aspire Life Sports LTD | Bournemouth | | | | | | | | | | | | | | |
| BH Live Active (Sir David English) | Bournemouth | | | | | | | | | | | | | | |
| Casa Camps | Poole | | | | | | | | | | | | | | |
| Creative Kids | Bournemouth | | | | | | | | | | | | | | |
| DFA Studios (Youth & Music Activities Club) | Bournemouth | | | | | | | | | | | | | | |
| Educamps Ltd | Sopley | | | | | | | | | | | | | | |
| Foundation Sports & Play | Bournemouth | | | | | | | | | | | | | | |
| Kidscape | Poole | | | | | | | | | | | | | | |
| Let's Get Loud | Poole | | | | | | | | | | | | | | |
| Little Angels Nursery/Holiday Club | Poole | | | | | | | | | | | | | | |
| Mackenzie's Holiday Club | Poole | | | | | | | | | | | | | | |
| Pokesdown | Bournemouth | | | | | | | | | | | | | | |
| Pouncing Panthers Limited | Christchurch | | | | | | | | | | | | | | |
| Premier Sports Bournemouth LLP - Somerford Primary | Christchurch | | | | | | | | | | | | | | |
| Premier Sports Bournemouth LLP- Livingstone | Bournemouth | | | | | | | | | | | | | | |
| Premier Sports Bournemouth LLP- Old Town | Poole | | | | | | | | | | | | | | |
| SC Holiday Clubs- Elm Academy | Bournemouth | | | | | | | | | | | | | | |
| SC Holiday Clubs- Manorside | Poole | | | | | | | | | | | | | | |
| SC Holiday Clubs- St. Mary's | Poole | | | | | | | | | | | | | | |
| St. Claire's- Winton Primary School | Bournemouth | | | | | | | | | | | | | | |
| St. Claire's- St Peters Primary School | Bournemouth | | | | | | | | | | | | | | |
| St. Michael's Primary School | Bournemouth | | | | | | | | | | | | | | |
| Somerford Youth and Community Centre | Christchurch | | | | | | | | | | | | | | |
| Stars KINGSLEIGH | Bournemouth | | | | | | | | | | | | | | |
| Stars BAYSIDE | Poole | | | | | | | | | | | | | | |
| The Robbie Rocket Foundation | Poole | | | | | | | | | | | | | | |

| KEY | |
|-------------------------|-----------|
| Open | Green |
| Closed | Red |
| Public holiday (closed) | Blue |
| Weekend (closed) | Dark Blue |

Free days out

[Top 10 Free Days Out in Dorset - Visit Dorset](#)

[Easter Events and Activities in Hampshire - Visit Hampshire](#)

[Easter Events In Dorset 2025 - Exploring Dorset](#)

[Easter Breaks - Visit Dorset](#)

[Easter Events in Bournemouth & Poole | What's On this Easter](#)

[Free Easter Holiday Activities and Events in Dorchester 2025 - Dorchester Dorset](#)

[Things to do in Hampshire this Easter & April - Hampshires Top Attractions](#)

[Events - The Parks Foundation](#)

[Home - The Parks Foundation](#)



Cost of living crisis – Help and support

Do you know what help's available to you in the rising cost of living?

If you're watching your bills and weekly shop, go up in cost and worrying about how to find support in the cost-of-living crisis, you're not alone. Right now, the majority of us are being affected by price increases, and that can mean it's harder to pay the bills or stay out of debt. * If that's you, do you know what help is available?

Dorset Council: [Cost of living help](#)

BCP Council : [Cost of living help](#)

BCP Council: [Household Support Fund](#)

BCP Council: [Support if your struggling to pay for food](#)

GOV.UK: [Government support for cost of living](#)

Citizens Advice: [Get help with the cost of living](#)

BCP Food banks : [Access to Food Partnership - local food banks and community fridges | BCP](#)

Food banks: bournemouth.foodbank.org.uk

BCP Help and support: <https://www.fid.bpcouncil.gov.uk/>

Food support: www.helpandkindness.co.uk

Hampshire council: www.hants.gov.uk



VAPES (E-CIGARETTES) PARENT/CARER FACT SHEET



WHAT ARE VAPES (E-CIGARETTES)?

Also known as e-liquids or puff bars, vapes are battery powered devices that heat a liquid to create vapours to be inhaled. The liquids often contain addictive nicotine, flavourings and other chemicals. Vapes come in many shapes, sizes, flavours and colours.



CURRENT ADVICE ON VAPING

Vapes should not be used by children or adults who do not currently smoke. People who currently smoke are encouraged to swap to vapes. Vapes are a quitting aid that reduces the harms of tobacco smoking.

Smoking carries far greater health risks than vaping. It is the biggest cause of illness and death in the UK. Tobacco smoke contains nicotine, tar, carbon monoxide, arsenic and many other toxic chemicals. However, vaping is not risk free.



RISKS OF VAPING IN CHILDREN

Vaping side-effects can include headaches, coughing, insomnia, worsening of asthma symptoms and throat irritation. As vapes are relatively new, the long-term health effects are still unknown. Children and non-smokers are therefore urged not to start vaping.

Vaping exposes children to nicotine. Nicotine is highly addictive and has a negative effect on children's developing brains. Nicotine use by children could lead to mental health problems. This includes anxiety, poor concentration and future substance misuse or addictions.

VAPING BEHAVIOUR IN CHILDREN

Vaping has grown in popularity globally and in the UK. A recent UK survey by ASH (Action for Smoking and Health) found that 21% of 11-17 year olds had tried vaping and this is on the increase. Local school surveys also show a sharp rise with age, from year 7 to year 13. Whilst surveys show that most children don't vape, this is likely an underestimation. The main reasons that young people vape or have experimented with vaping include:

- Curiosity 'to give it a go'
- Peer pressure
- Appealing flavours and marketing
- Seeing family and friends vape or smoke

THE LAW AND VAPING

It is against the law to sell nicotine products to anyone under the age of 18. It is also illegal to buy vapes on behalf of anyone under 18.

Unsafe, illegal vapes which do not meet UK quality and safety standards have been on the rise. They can contain dangerous chemicals such as lead and nickel. High levels of inhaled lead damages children's central nervous system and brain development. Some illegal vapes contain nicotine but claim otherwise.



VAPING AND ENVIRONMENT



Disposable vapes generate lots of single use plastic, electrical waste and littering. They use a lot of water and generate greenhouse gas emissions in their manufacture. Unsafely throwing away disposable vapes could release plastic, electronic and hazardous chemical waste into the environment. This can also be a fire risk.

REPORTING ILLEGAL VAPES OR UNDERAGE SALES OF VAPES



If you are aware of or suspect any illegal vapes/e-cigarettes, or underage vape sales, you can report anonymously to hants.gov.uk/tradingstandards

HOW TO DISPOSE OF VAPES/E-CIGARETTES



Do not place vapes in household waste as they can cause a serious fire risk. Your local vape shop or supermarket might have a collection bin. Single use and reusable e-cigarettes/vapes can also be taken to any of your local waste recycling centres in Hampshire: hants.gov.uk/wasteandrecycling

WHAT THE COUNTY COUNCIL IS DOING TO ADDRESS VAPING IN CHILDREN



To protect children, we are undertaking the following activities:

- Setting up smoking and vaping prevention programmes to support schools and teachers.
- Tackling illegal vapes and stopping underage sales through Hampshire Public Health and Trading Standards initiatives.
- Continuing to support people to stop smoking through our stop smoking service, **Smokefree Hampshire**.
- Working to raise awareness and encourage behaviour change to stop smoking and prevent vaping uptake by children and young people.

SUPPORT

If you are concerned that your child may already be addicted to nicotine, speak to your GP or to your child's school nurse by contacting **ChatHealth** – text **07507 332160**

HELP FOR PARENTS AND CARERS TO STOP SMOKING

If you smoke, it is never too late to quit. Visit **Smokefree Hampshire** or call **01264 563039** or **0800 772 3649**. You can also text 'Quit' to **66777**. Smokefree Hampshire provides tailored, free support that has been proven to help smokers quit. The service also supports the use of vaping as a quitting aid and can provide support to stop vaping too.

WHAT PARENTS AND CARERS CAN DO

You have an important role to play in preventing the harms of vaping in children. Here are some tips for a healthy discussion with your child:

- Know the facts, get credible information about vapes (see resource links below).
- Choose the right time and place: a more natural discussion will increase the likelihood that your child will listen, for example, seeing someone vaping.
- Ask questions, listen and learn from what they tell you, and answer their questions.
- Set clear expectations with them, share why you don't want them to vape.
- Be a healthy role model to your child, for example, if you use vapes yourself, don't vape in the house or car.
- If you smoke, you can get free personalised support to help you quit for good from **Smokefree Hampshire**.

 Search

?



COMPLAINTS ABOUT INAPPROPRIATE ADVERTISING AND PROMOTION OF VAPES

Complaints about inappropriate advertising and promotion of vaping to under-18s, for example on social media, should be addressed to the Advertising Standards Authority (ASA) through the **online complaints portal**.



FURTHER INFORMATION AND RESOURCES

You can find some useful information
and local support services listed below:



ASH (Action on Smoking and Health):
ash.org.uk/resources/publications/fact-sheets

Talk to Frank:
talktofrank.com/drug/vapes

NHS
nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/#young-people

Chief Medical Officer for England on vaping
gov.uk/government/speeches/chief-medical-officer-for-england-on-vaping

Smokefree Sheffield Vaping facts
smokefreesheffield.org/get-involved/campaigns/vaping-the-facts/

Smokefree Hampshire (stop smoking services)
smokefreehampshire.co.uk/

Hampshire Trading Standards (to report illegal vapes or underage vaping sales)
hants.gov.uk/business/tradingstandards/contact-us

Smokefree Me Hampshire resources about youth vaping
hants.gov.uk/socialcareandhealth/smokefreeme/electronic-cigarettes

For support with any questions and advice relating to a wide range of health and wellbeing issues
hampshirehealthyfamilies.org.uk/chathealth or healthforteens.co.uk/

Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.

[Teaching Your Child about Internet & Online Safety | NSPCC](#)

Many of us see our online lives and offline lives as different.

But for children growing up with technology and the internet, there isn't a difference – online life and offline life is just life.

Technology can move at an extraordinarily fast pace. So, it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.



Easter Support services contact number

| Social care | Telephone | Email |
|--------------------------------------|---------------|--|
| Dorset social care | 01305 228866 | childrensadviceduty@dorsetcouncil.gov.uk |
| Hampshire social care | 0300 555 1384 | childrens.services@hants.gov.uk |
| BCP social care | 01202 - | childrensfirstresponse@bcpcouncil.gov.uk |
| BCP social care – Out of hours | 01202 738256 | childrensfirstresponse@bcpcouncil.gov.uk |
| Dorset social care – out of hours | 01305 228866 | childrensadviceduty@dorsetcouncil.gov.uk |
| Hampshire social care – Out of hours | 0300 555 1384 | childrens.services@hants.gov.uk |

| CAMHS | Telephone | Email |
|----------------------------------|---------------|--|
| BCP CAMHS Bournemouth | 01202 646300 | |
| BCP CAMHS Poole | 01202584600 | |
| Hants CAMHS Hampshire | 0300 304 0050 | hantscamhspa@spff.nhs.uk |
| DORSET CAMHS East Dorset | 01202 605882 | |
| DORSET CAMHS North Dorset | 01258 394149 | |
| Dorset Connections- Out of hours | 0800 6520190 | |

Should you have any questions or concerns please do not hesitate to contact me directly on: Linda@thestableschool.co.uk

Linda Differ – Designated safeguarding lead (DSL) and Head of vulnerable learners.



