



## Support for Families- Summer 2023

### Help with Food, Expenses and Activities

School holidays can be expensive, financial help is available as well as a range of low cost/ free activities and meals.


### Free School Meals

Term time help- apply now ready for September.

 Advice Line – 029 2087 1071  [www.cardiff.gov.uk](http://www.cardiff.gov.uk) and search free school meals

### Food and Fun

A school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays.

 Contact your school for details.

### Healthy Start Vouchers

To buy healthy foods and milk for young children and during pregnancy

 0300 330 7010  <https://www.healthystart.nhs.uk/>



### School Essentials Grant

Help to buy school uniforms and other items.

 Advice Line – 029 2087 1071  [www.cardiff.gov.uk](http://www.cardiff.gov.uk) and search School Essentials Grant

### Children and Young People Travel for Free with Transport for Wales (TFW)

If travelling with a fare paying adult, children under the age of 11 can travel for free and young people aged under 16 can enjoy free travel off-peak with TFW.

 0300 330 7010  [tfw.wales/ways-to-travel/rail/savings-and-offers/kids-go-free](http://tfw.wales/ways-to-travel/rail/savings-and-offers/kids-go-free)

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

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**029 2087 1071**

Or pop into your local hub or library for help from our teams.  
Call the Adviceline for opening hours.

 [advicehub@cardiff.gov.uk](mailto:advicehub@cardiff.gov.uk)

[www.cardiffmoneyadvice.co.uk](http://www.cardiffmoneyadvice.co.uk)





## Free or Low-Cost Activities and Food Summer 2023

What's On	Where/ When	Cost	Further info
<b>Ready, Set, Read</b>	At home/ libraries	Free	<a href="http://cardiffhubs.co.uk/summer-reading-challenge">cardiffhubs.co.uk/summer-reading-challenge</a>
<b>Hub Events</b>	Hubs and libraries	Free	<a href="http://cardiffhubs.co.uk/events">cardiffhubs.co.uk/events</a>
<b>Dinky Dragons</b>	Museum of Cardiff 14 <sup>th</sup> July 10am-3pm	Free	<a href="http://cardiffmuseum.com/events/">cardiffmuseum.com/events/</a> August date to be added
<b>Crafty Wednesdays</b>	Museum of Cardiff. 26 <sup>th</sup> July then every Weds 11am-3pm	Free	<a href="http://cardiffmuseum.com/events/">cardiffmuseum.com/events/</a>
<b>Swimming</b>	Various pools	Free for under 16s	<a href="http://www.better.org.uk/leisure-centre/cardiff">www.better.org.uk/leisure-centre/cardiff</a>
<b>Walks, parks and trails</b>	Various	Free and low cost	<a href="http://www.outdoorcardiff.com">www.outdoorcardiff.com</a>

## Kids Eat Free/ Reduced Price- Summer 2023

\*\*Please check their websites for eligibility conditions before visiting\*\*

<b>Morrisons</b> Spend £4.49 to get a free kids meal all day.	<b>Asda Café</b> Kids eat for £1 every day with no need for a paying adult	<b>Hungry Horse</b> Kids eat for £1 on Mondays
<b>Yo!</b> Under 12s eat free for every £10 adult spend on food. Monday-Friday	<b>Beefeater &amp; Brewers Fayre</b> Free breakfast for two children with every paying adult.	<b>Pausa Cafe@ Dunelm</b> One free mini main, two snacks and a drink for every £4 spent. All day.
<b>Ikea</b> Kids meals from 95p daily from 11am	<b>Tesco</b> Kids eat free with an adult meal purchase of 60p	<b>Sainsburys Café</b> Kids eat for £1 with purchase of adult hot main meal.
<b>Table Table</b> Two children under 16 get a free breakfast with one paying adult every day.	<b>Bills</b> Kids eat free all day Monday-Friday 24 <sup>th</sup> July-1 <sup>st</sup> Sept with any adult main meal	<b>SA Brains Pubs</b> Children eat for a £1 on Wednesdays with any adult main course.
<b>Future Inns</b> Under 12s eat free with any adult meal. One adult meal required for each free meal	<b>Sizzling Pubs</b> Kids meals £1 with every adult meal. Monday-Friday 3-7pm.	<b>Whitbread Inns</b> Two under 16s eat free with every adult breakfast purchased.

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