



Thames View  
Infants



# Family Support Bulletin



## December Edition



Returning for 2025, local mental health charity Mind, in Havering, Barking & Dagenham presents a unique and magical Christmas Attraction.....[Havering Christmas Land!](#)

Located in Harrow Lodge Park, Hornchurch, Havering, RM11 1JU next door to Harrow Lodge Leisure centre, it features:

- The historic Harrow Lodge House building beautifully illuminated with twinkling lights
- A spectacular Christmas Lights Walk Way in the 'Secret Garden' next to the building with thousands of stunning lights, decorations and Christmas scenes,
- A delightful Santa's Grotto
- Food/refreshments/mulled wine & German beer served nightly
- A Children's ride

Entry is from £5 per person and under 2's go free!

All money goes directly to Mind.



### Coffee Morning for SEND Dad's



The Children and Young Person Disability Hub are holding a coffee morning for Dad's of children with Special Educational Needs.

It is an opportunity to share experiences with other Dad's, meet professionals and learn more about the support available within the borough for families of children with SEND.

When: 7<sup>th</sup> January 2026

Time: 10am-12pm

Where: CYPD Hub, Stevens Road, RM8 2QR

For more information please contact the hub directly on 020 8227 5500 or email [cypdhub@lbbd.gov.uk](mailto:cypdhub@lbbd.gov.uk)



We know that anyone can find themselves at crisis point for a number of different reasons, but especially at Christmas time.

If you feel you are particularly struggling at the moment, and will find the Christmas period tough financially, please come into the office and see Emma. This is discreet and confidential and we may be able to support with food bank vouchers in certain circumstances.

Food Banks will typically give at least three days' worth of meals including pasta, tinned meat, fruit and vegetables, rice, tea, coffee and biscuits. Foodbanks can usually adapt your food parcel to meet your dietary needs; for example, gluten free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about any special dietary requirements you may have.

Again, please see Emma if you need some support or advice.



#### 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

#### BELLA ITALIA

Children eat free Sunday - Thursday

#### BILLS

2 Kids Eat Free on Boxing day 2025

#### BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

#### CAFE ROUGE

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

#### COCONUT TREE

Kids eat FREE from Fri 19th Dec - Sun 6th Jan 2026

#### DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

#### 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

#### MARSTONS PUBS

from 29th Dec - Jan 9th 2026 in selected locations

#### 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 all day

#### 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

#### 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

#### WHITBREAD INNS

2 Kids eat for FREE with 1 adult breakfast

#### YO! SUSHI

Kids eat free all day (weekdays) in school holidays



## Get involved with our HAF Winter Programme!



The Holiday Activity and Food (HAF) Programme is free to children and young people who live or go to school in Barking and Dagenham and are eligible for benefit-related free school meals, with paid places available for everyone.

We have a range of organisations providing fun, enriching, and healthy activities across Barking and Dagenham. Each activity will provide a healthy hot meal and keep children active, while making friends and having fun. We have added information of two programmes below.

Booking is essential so please scan the QR code to book your space.



### **Ballerz Holiday Club**

This Winter, Ballerz will be offering a multi-sports provision with exciting activities such as Inflatables Day, Bikes and Scooters, Mini-Golf, Boxing, Archery, Lacrosse, Dance, Nerf Wars and many more. We also offer nutritional activities and parent workshops as part of our action-packed HAF programme!

Where: Northbury Primary School, IG11 8JA

Dates: 22<sup>nd</sup>/23<sup>rd</sup>/29<sup>th</sup>/30<sup>th</sup> December

Booking Information: [www.ballerz.uk](http://www.ballerz.uk)

Contact Number: 07482468659



### **The Disablement Association of Barking & Dagenham (DABD)**

The Disablement Association of Barking & Dagenham (DABD) will be running 4 days of FREE activities for children with Special Educational Needs & Disabilities (SEND) who attend schools in LBBD.

Events have been designed specifically with the needs of SEND children/young people in mind and will include lots of fun and educational sessions, including an eating healthy food demonstration and specifically designed exercise/activities.

Where: DABD, Pembroke Gardens, RM10 7YP

Dates: 22<sup>nd</sup>/23<sup>rd</sup>/29<sup>th</sup>/30<sup>th</sup> December

Booking Information: [send@dabd.org.uk](mailto:send@dabd.org.uk)

## **Keeping Children Safe Online- Tips from the NSPCC**

If you're thinking of buying your child an iPad or other devices this Christmas, please look into how you can keep them as safe as possible when online.

The NSPCC have developed a program called 'Techosaurus' to make it easier for parents and carers to talk about internet safety with their children.

Techosaurus is aimed at little ones who are starting to use technology and the internet, and keeps the conversation around online safety positive. Techosaurus will help your child to form healthy online habits, routines and behaviours from a young age, and build basic knowledge and skills related to online safety.

For more information on this, please visit the [NSPCC](https://www.nspcc.org.uk) website, or please speak to your child's class teacher if you have any questions or concerns.

