

# Come and have fun with activities over the Summer holidays!



**Summer is here and there are lots of activities and clubs that you can join!**

**What's happening on...**



# Marvellous Mondays

Activity	Venue	Dates & Times	Contact details	Key
Monday Mayhem (Library Service)	Watch live through our Facebook page	Mondays at 11am	<a href="http://www.facebook.com/STHLibraries/">www.facebook.com/STHLibraries/</a>	
Caledi-oscope - YOGA for families	All sessions free and delivered on Zoom	Mondays at 10am Starts w/c 6th July	Email: <a href="mailto:ola@caledioscope.org.uk">ola@caledioscope.org.uk</a> to receive the link	
Summer-stravaganza (St Helens Borough Council Children's Centres) - A creative arts and crafts session using natural resources	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Monday 27th July, 10.30am - 11.30am 2.00pm - 3.00pm	Book via Eventbrite. Go to: <a href="http://sthelens.eventbrite.com">http://sthelens.eventbrite.com</a> and select the event you wish to attend. Alternatively, please call: 01744 671788 or: 01744 673444 to book on via the Children's Centre	
	AM session at Newton Children's Centre PM session at Moss Bank Children's Centre	Monday 3rd August, 10.30am - 11.30am 2:00pm - 3.00pm		
	AM session at Haydock Children's Centre PM session at Central Link Children's Centre	Monday 10th August, 10.30am - 11:30am 2.00pm - 3.00pm		
	AM session at Sutton Children's Centre PM session at Fourways Children's Centre	Monday 17th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Monday 24th August, 10.30am - 11.30am 2.00pm - 3.00pm		



# Terrific Tuesdays

Activity	Venue	Dates & Times	Contact details	Key
Read and Rhyme Times (Library Service)	Watch live through our Facebook page	Tuesdays at 11am	www.facebook.com/STHLibraries/	Aimed at small children
Teddy Bears Picnic (St Helens Borough Council Children's Centres) - Bring your teddy to meet new friends, eat breakfast and share a teddy story. Suitable for teddies of all ages.	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Tuesday 28th July, 10.30am - 11.30am 2.00pm - 3.00pm	Book via Eventbrite. Go to: <a href="http://sthelens.eventbrite.com">http://sthelens.eventbrite.com</a> and select the event you wish to attend. Alternatively, please call: 01744 671788 or: 01744 673444 to book on via the Children's Centre	
	AM session at Newton Children's Centre PM session at Moss Bank Children's Centre	Tuesday 4th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Haydock Children's Centre PM session at Central Link Children's Centre	Tuesday 11th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Sutton Children's Centre PM session at Fourways Children's Centre	Tuesday 18th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Tuesday 25th August, 10.30am - 11.30am 2.00pm - 3.00pm		



# Wonderful Wednesdays

Activity	Venue	Dates & Times	Contact details	Key
Page Turners (Library Service)	Watch live through our Facebook page	Wednesdays at 11am	www.facebook.com/STHLibraries/	
Caledioscope - Virtual LEGO Club	All sessions free and delivered on Zoom	Starts 6th July, 10am	All sessions free and delivered on Zoom	
Treasure Hunt (St Helens Borough Council Children's Centres) - Follow the clues to find the hidden treasure	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Wednesday 29th July, 10.30am - 11.30am 2.00pm - 3.00pm	Book via Eventbrite. Go to: <a href="http://sthelens.eventbrite.com">http://sthelens.eventbrite.com</a> and select the event you wish to attend. Alternatively, please call: 01744 671788 or: 01744 673444 to book on via the Children's Centre	
	AM session at Newton Children's Centre PM session at Moss Bank Children's Centre	Wednesday 5th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Haydock Children's Centre PM session at Central Link Children's Centre	Wednesday 12th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Sutton Children's Centre PM session at Fourways Children's Centre	Wednesday 19th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Wednesday 26th August, 10.30am - 11.30am 2.00pm - 3.00pm		



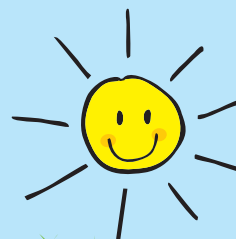
# Tremendous Thursdays

Activity	Venue	Dates & Times	Contact details	Key
Dude! Where's my book? (Library Service) - Aimed at older teens	Watch live through our Facebook page	Thursdays at 11am	www.facebook.com/STHLibraries/	
Caledioscope - Arts & Crafts	All sessions free and delivered on Zoom	Starts 6th July, 10am	All sessions free and delivered on Zoom	
Story makers (St Helens Borough Council Children's Centres)	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Thursday 30th July, 10.30am - 11.30am 2.00pm - 3.00pm	Book via Eventbrite. Go to: <a href="http://sthelens.eventbrite.com">http://sthelens.eventbrite.com</a> and select the event you wish to attend.  Alternatively, please call: 01744 671788 or: 01744 673444 to book on via the Children's Centre	
	AM session at Newton Children's Centre PM session at Moss Bank Children's Centre	Thursday 6th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Haydock Children's Centre PM session at Central Link Children's Centre	Thursday 13th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Sutton Children's Centre PM session at Fourways Children's Centre	Thursday 20th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Thursday 27th August, 10.30am - 11.30am 2.00pm - 3.00pm		



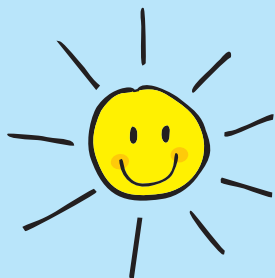
# Fantastic Fridays

Activity	Venue	Dates & Times	Contact details	Key
Caledi-oscope - Arts and Crafts	All sessions free and delivered on Zoom	Starts 6th July, 10am	All sessions free and delivered on Zoom	Suitable for children with SEN
Messtrav aganza (St Helens Borough Council Children's Centres) - A creative arts and crafts play session, come along and create a masterpiece	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Friday 31st July, 10.30am - 11.30am 2.00pm - 3.00pm	Book via Eventbrite. Go to: <a href="http://sthelens.eventbrite.com">http://sthelens.eventbrite.com</a> and select the event you wish to attend. Alternatively, please call: 01744 671788 or: 01744 673444 to book on via the Children's Centre	
	AM session at Newton Children's Centre PM session at Moss Bank Children's Centre	Friday 7th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Haydock Children's Centre PM session at Central Link Children's Centre	Friday 14th August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Sutton Children's Centre PM session at Fourways Children's Centre	Friday 21st August, 10.30am - 11.30am 2.00pm - 3.00pm		
	AM session at Parr Children's Centre PM session at Thatto Health Children's Centre	Friday 28th August, 10.30am - 11.30am 2.00pm - 3.00pm		



# All Week Events

Activity	Venue	Dates & Times	Contact details	Key
Forces Fit Programme (15 places available)	Holy Spirit Catholic School, Brunswick Street, St Helens, WA9 2JE	ALL WEEK 20th July - 24th July	01744 678670	These sessions are invite only
Forces Fit Programme (15 places available)	Broad Oak Community School, Brunswick Street, St Helens, WA9 2JE	ALL WEEK 20th July - 24th July	01744 678670	
Forces Fit Programme	Sutton Oak C of E Primary School, Goodban Street, Sutton, WA9 3QD	ALL WEEK 10th July - 14th July	01744 678690	
Forces Fit Programme	Legh Vale Primary School, Legh Road, Haydock, WA11 0ER	ALL WEEK 17th July - 21st July	01744 678330	







# Six week meal plans and shopping list for the £15 school meal voucher - an introduction.

**Due to the COVID 19 pandemic and the wonderful work by Marcus Rashford, the school meal vouchers have been extended to cover the 2020 school holidays.**

This guide has been put together to help families spend the £15 voucher, it will provide you with ideas and a meal plan.

The guide is designed for one child and one voucher, of course you can increase the shopping to reflect the number of vouchers you have.

Many items are spread over two weeks, for example buying beans on week one to also be used on week two. These items will be highlighted by the following symbol \*

There is a recipe at the bottom of this guide but more recipes can be found at: [www.sthelens.gov.uk/business/community-healthy-businesses/recipes/](http://www.sthelens.gov.uk/business/community-healthy-businesses/recipes/)

There is blank meal plan and shopping list at the end of this guide.

Wishing you a safe and happy summer holidays.

*Teresa*

Community and Business Health Promotions Officer

# WEEK 1 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Eggs and soldiers  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Cheese sandwich  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Beans on toast  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

Cheese omelette  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Potato waffles and eggs  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- 500g cheese\*
- rice snaps\*
- carrots
- cucumber
- milk
- apples
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- reduced salt beans 4 pack\*
- 12 eggs\*
- 12 pack of potato waffles

# WEEK 2 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Bake potato and beans\*  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Cheese\* on toast  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Tuna mayo baked potato  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

◇ Wedges and beans\*  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Fish finger sandwiches  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- carrots
- milk
- pears
- bread
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais
- tuna
- 12 fish fingers
- mayo
- ham
- 4 pack baking potatoes
- mince beef
- pasta sauce
- pasta

\*Cereal from week one

# WEEK 3 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Cheese wraps  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Fish finger\* sandwich  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Beans\* on toast  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

Cheesy bean\* wraps  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Baked potato with tuna mayo  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- 500g cheese\*
- multigrain hoops\*
- butter
- carrots & cucumber
- 4 pack baking potatoes
- milk
- bananas
- bread & wraps
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais

\*Cereal from week one

# WEEK 4 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Hotdog noodles  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Hotdogs on buns  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Cheese\* rolls (hotdog buns)  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

Fish finger\* sandwiches  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Beans\* on toast  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- carrots & cucumber
- milk
- apples
- bread
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais
- noodles
- hotdogs
- hotdog buns
- mince beef
- pasta sauce
- Pasta

\*Cereal from week three

# WEEK 5 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Fish finger sandwiches  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Baked potato with beans  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Cheese toasty  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

Baked potato with tuna mayo  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Wedges and beans  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- 500g cheese\*
- wheat bisks\*
- butter
- carrots & cucumber
- milk
- pears
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- reduced salt beans 4 pack\*
- 12 fish fingers\*
- 4 pack baking potatoes
- tuna

# WEEK 6 meal PLANNER

## Breakfast

Toast / cereal with milk

### Monday

Potato waffles and eggs  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Tuesday

Ham and cheese\* omelette  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Wednesday

Potato waffles with cheese\* & beans  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Thursday

Poached egg on toast  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

### Friday

Fish finger\* sandwiches  
Carton of juice  
Piece of fruit  
Vegetables  
Fromage frais

## Shopping list

- Carrots & cucumber
- milk
- bananas
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- 12 pack of potato waffles
- Eggs\*
- 400g ham
- mince beef
- pasta sauce
- pasta

\*Cereal from week five



# Notes

All shopping list are approximately **£15** or less.

We are unable to provide accurate prices due to fluctuations and deals in supermarkets.

Prices based on Asda prices June 2020.

Week two, week four and week six: Mince, pasta sauce and pasta are on the list these allow for extra food to be purchased.

## Hints and tips:

Cutting carrots / cucumber / apples / pears makes it easier for children to eat.

Remember that if you do not eat meat that items can be substituted.

Be aware of allergens, they are highlighted in bold in the ingredients list.

If you would like more help and information regarding healthy eating, physical activity and wellbeing please see the St Helens Wellbeing service and their website is: [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)



# Potato Wedges



## Ingredients

- 4 large potatoes
- 1 x 15ml spoon oil
- Mixed herbs

## Method

- Preheat the oven to 200°C or gas mark 6. Place the baking tray in the oven.
- Peel the potatoes and cut into large chunks (8 per potato).
- Place the potatoes in the mixing bowl, pour the oil over and sprinkle on the herbs.
- Mix the potatoes with the oil and herbs.
- Remove the baking tray from the oven.
- Carefully place the potatoes on the tray, and place back in the oven.
- Bake for 45-50 minutes, turning them over after 25 minutes, until golden.

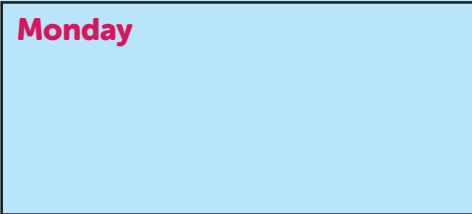


# BLANK meal PLANNER

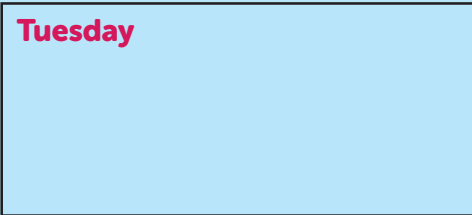
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## Breakfast

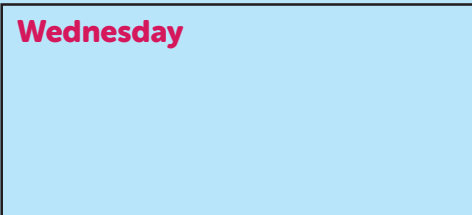
**Monday**



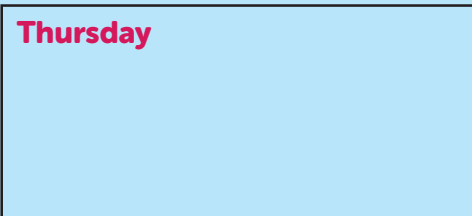
**Tuesday**



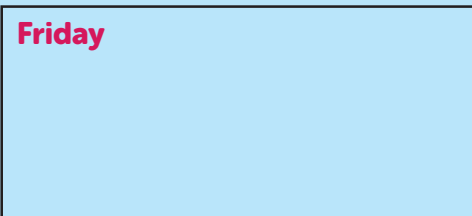
**Wednesday**



**Thursday**



**Friday**



## Shopping list

