

HOLIDAY HELP

If you feel you are unsafe and there is no-one to help, dial **999**

samaritans.org	116 123
mind.org.uk	0300 123 3393
childline.org.uk	0800 1111
Shout text service	Text SHOUT to: 85258
Support websites:	annafreud.org
	teenagehelpline.org.uk
	kooth.com
	mind.org.uk
	youngminds.org.uk

[KOOH Video](#)

For ideas of self-care and activities for your wellbeing, visit:

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>

Buckinghamshire

Have a look at the **National Trust** website to see whether there are any events happening near you.

Aylesbury Waterside Theater have two family friendly shows this summer. There's the 13 Storey Treehouse on the 25th – 28th July, Charlie and the Chocolate Factory on the 3rd August and Ministry of Science on the 25th August.

Astonbury Festival is on the 10th August. It's completely **FREE** and held in Aston Clinton Park but they're asking for £5pp donations. As well as the bands there will be activities, food and drink.

Parklife Weekend 24th & 25th August and it's totally **FREE**. This is such a good weekend with tons of free music, we've had such a great time when we've been before. Saturday is all about music, bands, and family fun and then Sunday evening it's Proms in the Park.

Waddesdon Manor in Buckinghamshire have got a lot of different events taking place throughout the summer holidays.

Chiltern Open Air Museum in South Buckinghamshire have several special events planned. They're open every day from the 22nd July – 9th September. There's a summer of sports trail and some sport themed events. Each weekend there's a themed weekend including heritage crafts, Britain at war and a Viking raid (plus more). Every Tuesday has a different themed Terrific Tuesday full of crafts and activities. AND they have other ad hoc events during the holidays as well!

There are **FREE drop-in basketball sessions at Chandos Park & Bourton Parks** on the 29th July, 5th, 12th, 19th Aug, 26th Aug (ages 8-12 & 13+), At the Lace Hill Sports Hall there are free street dance classes on the 30th July, 6th, 13th Aug, 20th Aug, 27th Aug (ages 8-12 & 13+). On the 17th Aug there's a skate park event, including a skating contest, at the skate park. Details of all the events are here.

Lillingstone Pick Your Own have their **strawberry fields** open until the crop runs out. Keep an eye on their Facebook page for the latest availability.

Milton Keynes

Have a look at the **National Trust** website to see whether there are any events happening near you.

Have a look at the **The Parks Trust MK** website to see whether there are any events happening near you.

Willen Lake have a number of bookable activities at the lake, as well walks and parks.

The dates are still TBC but in late July / August the sunflower fields **The Patch MK** will open.

Bletchley Park have lots of family friendly activities included with admission this summer holidays. There's a series of summer concerts at weekends during August, flypasts and craft activities, also included with admission. There's also outdoor theatre events.

Hertfordshire

Have a look at the **National Trust** website to see whether there are any events happening near you.

Folk By The Oak Summer Family Festival at Hatfield House (Hatfield) 21st July

The carefully curated stages are complemented by a world of creative festival fun for all ages including craft stalls and workshops, dancing, yoga, storytelling, circus skills and more plus a dedicated Family Area.

Hatfield Park Summer Fireworks (Hatfield) 10th August

Three of the UK's best firework companies compete against each other with a 10 minute firework display choreographed to music followed by a larger huge finale display that isn't part of the competition.

Watford Big Beach (Watford) 16th – 30th August

With Watford Borough Council's Big Beach, you don't need to travel to the coast to feel the sand between your toes – just head to The Parade in the Town Centre! The beach is completely **FREE** – and is the perfect chance for people of all ages to lap up the summer sun, with deck chairs and tables provided to help you relax. There are a variety of beach toys and buckets and spades which you'll be able to get from the beach hut – as well as any information you might need. The hut is open 10am to 4pm each day.

Herts Summer Parks is an exciting programme of **FREE** festival style park events for teenagers across different areas of Hertfordshire. Events are in Borehamwood, Stevenage, Broxbourne, Welwyn Garden City & Watford. Pre-registration wasn't launched at the time this guide was updated so keep an eye on their website for details.

Bedfordshire

Have a look at the **National Trust** website to see whether there are any events happening near you.

Bedford River Festival is a fantastic **FREE**, family friendly event alongside, well, the river! It's on the 20th & 21st July.

There's a **FREE open air cinema** at Priory Gardens on the 10th August from 12pm – 10.30pm. They'll be showing various films suitable for lots of ages. There's also Sunday Concerts on the 18th August.

The **Shuttleworth Collection** in Bedfordshire have got various family events over the summer holidays. Their biggest events are a summer evening air show on the 20th July, family weekend on the 8th – 12th August and proms weekend on the 29th Aug – 1st September.

Ampthill Great Park have got various **FREE sports events** for 11-15 year olds in the park throughout the summer holidays. There's football (29th July / 12th Aug), rounders (5th/19th August) and Tennis (every Tuesday in August).