

Healthy Schools: Stockton-on-Tees Newsletter



Healthy Schools

Stockton-on-Tees

October 2026 – Family Edition



Nutrition and oral health

Healthy Halloween recipes



Healthy Halloween stuffed peppers

Whether you're looking for healthy recipes for a Halloween party or just wanting to make some spooky snacks, BBC Good Food have lots of terrifyingly tasty recipe ideas for you and your family this Halloween.

Recipes include:

- Healthy Halloween stuffed peppers
- Freaky fruit platter
- Pumpkin hummus
- Healthy Halloween nachos
- Creamy pumpkin and lentil soup

With vegan and vegetarian options available, these seasonal recipes are perfect for all little witches and wizards this October half term!

[Healthy Halloween Recipes | Good Food](#)

Be Smile Smart – take simple steps to protect your teeth and gums



Poor oral health can cause tooth decay, tooth loss, bad breath and even oral cancer.

But there are some simple steps you can take to create a daily routine that protects your teeth and gums from disease and decay and helps your children to learn great oral health habits for life.

Follow this daily toothbrushing routine to protect your kids' teeth and gums:

1. Brush teeth for two minutes twice a day
2. Choose a fluoride toothpaste to strengthen their tooth enamel and prevent tooth decay
3. Ask kids to spit not rinse toothpaste after brushing

Reduce the sugar in your diet by swapping sugary treats and drinks for healthier options. For tips and information on protecting your teeth and gums, visit:

<https://northeastnorthcumbria.nhs.uk/nhs-dentistry>

Mental health, wellbeing and resilience

Back to school vaccines!



As children head back to school, parents and carers will be contacted to consent to their child receiving the Flu vaccine. Children are usually given the nasal Flu vaccine which is sprayed into the nose and is pain free!

The nasal Flu vaccine contains pork gelatine so isn't suitable for all families. If you prefer, your child can have a pork free version of this vaccine, which is given by injection. You can do this on the consent portal.

For more information please see: [Children's flu vaccine - NHS](#)

If you have any questions, please contact HealthProtection@stockton.gov.uk

Keep children well this Winter!



Now that children are back at school and the colder months are approaching, they may be more likely to pick up common winter illnesses.

You can help reduce the spread of bugs by encouraging your child to wash their hands regularly with soap and warm water and to use tissues when coughing or sneezing.

It's fine to send your child to school or nursery with a cough or common cold if they are otherwise well and do not have a high temperature. If they have a fever, they should stay home from school or nursery until they feel better, and the fever has gone.

If your child has diarrhoea and/or vomiting, they should stay at home for at least 48 hours after their last episode of diarrhoea and/or vomiting.

For more information please see: [Is my child too ill for school? - NHS](#)

More ways to quit this Stoptober



If you're thinking about quitting smoking this Stoptober, the right support can make all the difference.

There are now more ways to quit in Stockton-on-Tees than ever before, with free, local support to help you find what works best for you.

Choose from the free [Stockton Specialist Stop Smoking Service](#), quit aids and medications to ease cravings, and the [free Smoke Free app](#) providing 24/7 support on your phone.

Your body starts to recover from the day you stop smoking. You could breathe easier, feel healthier and save money sooner than you think. And just remember, if you make it to 28 days quit during Stoptober you are four times more likely to stay quit!

Find out about the [health benefits of quitting smoking](#) and read about new research which has highlighted quitting smoking as a [vital step people can take to protect their brain health and reduce their risk of dementia](#).

It doesn't matter how many times you've tried before. Every quit attempt is a step closer to success. Keep trying and you will get there.

Find confidence, find support and find your way to quit at FreshQuit.co.uk.

Best Start in Life – Breastfeeding: support when you need it



Breastfeeding is great for both you and your baby; it helps build a strong bond and is good for your baby's overall health.

Any amount of breastfeeding is beneficial, but exclusively breastfeeding your baby for six months offers a lot more protection.

Breastfeeding can take time to get the hang of. The [Best Start in Life website](#) has NHS-approved guidance and offers practical advice on common concerns from latching and expressing, to feeding in public and returning to work, so you never have to figure things out alone.

[Best Start in Life](#) is here to support you, remind you that you are not alone, and give you free tools to help along the way.

More resources are available online if you or someone you know is going through the breastfeeding journey:

- Information and support for families in and around Stockton-on-Tees is provided by the [Growing Healthy Service](#)
- Breastfeeding in public may make you feel nervous, but most people support women breastfeeding in public and you have a legal right to breastfeed anytime and anywhere. The more it's done, the more normal it will become. [The Best Start in](#)

[Life website has lots of information about breastfeeding in public](#)

- Businesses in Stockton-on-Tees support breastfeeding through the Breastfeeding Friendly Scheme, delivered by Stockton-on-Tees Infant Feeding practitioners in partnership with Stockton-on-Tees Borough Council
- If you or someone you know has questions about breastfeeding, there's lots of help available. For information and support, call the National Breastfeeding Helpline on 0300 100 0212

Do you know your numbers?



Around 5 million adults aged 18 to 64 in the UK may have high blood pressure without knowing it. High blood pressure can increase the risk of serious health problems, including **heart attacks, strokes and kidney disease**. It usually does not make you feel unwell. That's why it's important to get your blood pressure checked regularly.

Once you 'know your numbers' you can get support to bring your blood pressure under control and prevent these diseases.

Checking your blood pressure is quick, simple and painless. If you have access to a blood pressure monitor you can test yourself at home. You can also get it checked for free at many pharmacies or at your GP surgery: this service is aimed at

people over 40. Contact your local pharmacy or GP for more information.

It's never too late to lower your blood pressure. Here are some tips!

1. **Cut down on salt.** Eating less salt is the quickest way to lower your blood pressure. Watch out for processed foods and meats, ready meals, pasta sauces, tinned or instant soups, crisps and biscuits as they can contain a lot of salt. Use little salt when cooking and limit stock cubes, gravy and soy sauce. Check food labels and choose foods with a green traffic light for salt when you can. Aim for less than 6g of salt each day.
2. **Eat at least five portions of fruit and vegetables every day.**
3. **Watch your weight.** Keeping to a healthy weight can help lower or control your blood pressure.
4. **Exercise regularly.** That doesn't have to mean the gym: how about a regular lunchtime walk? 150 minutes of activities such as walking, swimming, cycling or gardening spread across the week is ideal. If you are unsure about taking up exercise, ask your GP.
5. **Drink less alcohol.** Up to 14 units a week, spread over three or more days (a glass of wine or a pint of beer is 2-3 units).

Visit the [Blood Pressure UK](#) website for more information and useful tips.

If you are aged 40 to 74 you may also be eligible for a free [NHS Health Check](#), which can help spot early signs of type 2 diabetes, stroke, kidney disease, heart disease, or dementia. Contact your GP to book.

Parks Tennis

PARKS TENNIS

New 4 week coaching courses!
Starting Saturday 17th October

Saturdays @ John Whitehead Park,
Billingham TS23 2NB

9:00am-10:00am Juniors ages 5-7 **FREE**
11:00am-12:00pm Adult Beginner/Improver
Adult course **£19.99** for 4 weeks
4 Saturdays, 17th Oct - 7th Nov

All abilities welcome!
Sessions are run by LTA
Accredited coaches and all
equipment is provided.

wedotenniscoaching.corsizio.com

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@wdt_northeastparks

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WE DO TENNIS

Official equipment partner
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CONTACT US
01952 984894
wedotennis.co.uk
enquiries@wedotennis.co.uk

FREE PARK TENNIS

Free weekly tennis sessions!
Starting Saturday 17th October

Saturdays @ John Whitehead Park,
Billingham TS23 2NB

10:00am-11:00am every Saturday
Juniors & adults, ages 6+
Under 13s must be accompanied
by a playing adult (18+)

All abilities welcome!
Fun, social sessions run by
a team of trained volunteers.
Book each player individually.

clubspark.lta.org.uk/johnwhiteheadpark

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wedotennis.co.uk
enquiries@wedotennis.co.uk

Wysa App

Wysa is a free confidential NHS-approved mental health app for young people aged 13 to 18 (or 11+ with parental support). It includes an AI chatbot, mood tracking and resilience tools.

You can download the app via the below QR code and once downloaded enter this referral code when asked: tsidecyp2025

Tees Valley Getting Help Training Hub

Tees Valley Getting Help Training Hub offers free online training for parents, carers, and professionals. Our aim is to help you feel more

Stockton-on-Tees
BOROUGH COUNCIL

confident in understanding and supporting the emotional wellbeing and mental health of children and young people.

We cover a wide range of topics, including but not limited to:

- understanding low mood and how it can affect young people.
- eating difficulties and how to offer support.
- supporting neurodivergent young people with anxiety and low mood.

Our training is designed to be clear, supportive and based on up-to-date knowledge. All our trainers have experience working in children's mental health and are from a range of professional backgrounds. This means you will learn from a wide mix of skills, voices and real-life practice.

With the right information and tools, everyone can make a difference. Whether you're a parent or carer, teacher, youth worker or health professional.

For more information, please visit: [Training Hub - Tees Valley Getting Help](#)

Stockton Fireworks is back!



One of the Borough's most popular events returns with a spectacular fireworks display along the banks of the River Tees.

Set against the backdrop of the new Waterfront park, it's set to be an unforgettable evening of colour, light and celebration.

Following a five-year hiatus Stockton's spectacular family event boasts a packed programme of entertainment for its explosive return.

There'll be plenty to see and do throughout the day, with a funfair, food and drink stalls, and live music creating a real festival atmosphere across Stockton town centre and the Riverside from 12 noon to 9pm.

Audiences can enjoy performances from celebrated local artists Caitlin Morrow, Joe Ramsey and George Bailey, showcasing a vibrant mix of original music, crowd-pleasing favourites and acoustic gems.

The dazzling free fireworks display itself at 6.30pm will be a truly memorable spectacle, featuring a stunning choreographed show set to a specially selected modern orchestral soundtrack inspired by the river and water.

Prime viewing locations will be available along Riverside Road, including the event space adjacent to Riverside Car Park, the bankside off Bishop Street and the amphitheatre within the new Waterfront urban park.

The Anywhere Anything Band, renowned for their infectious energy and festival-style sound, will have audiences singing, dancing and celebrating together ahead of the evening's spectacular fireworks finale.

Follow the Council's social media channels for further information and updates in the run up to the big event.

Fireworks safety



Cleveland Fire Brigade have produced a helpful webpage with a list of organised firework displays across the region as well as lots of handy safety information.

Remember if you do choose to do your own firework display:

Fireworks are explosive and extremely dangerous so remember:

- **Think don't drink** – alcohol and fireworks do not mix
- **Stay alert** – always supervise children around fireworks
- **Stand back** – keep behind safety cordons in the appropriate area
- **Four-legged friends** – keep pets indoors

Stockton-on-Tees Borough Council and Cleveland Fire Brigade urge all residents to attend organised, scheduled events. Further safety information and details of organised fireworks displays across our area can be found at the [Cleveland Fire Brigade website](#).



Whatever you're doing this October half term, we hope you have a safe and enjoyable break and Happy Halloween!



May millions of lamps illuminate your life with joy, prosperity, health and wealth forever. Wishing you and your family a very Happy Diwali.

Services and support

October 2026



General information

[Family Hubs](#)

[Footsteps Youth Wellbeing](#)

[NHS Better Health: Healthier Families](#)

[NHS NENC: Healthier Together](#)

Single Point of Contact (0-19 Service)
0333 3202 302

[Stockton Information Directory](#)

Mental health, wellbeing and resilience

[Anna Freud](#)

[Beat Eating Disorders](#)

[Brook](#)

[CAMHS Training for Parents/Carers](#)

[CGL Young People's Service](#)
07730616766 or 07884568823
stocktonyp@cgl.org.uk

[Cost of Living Support](#)

[Cruse Bereavement Support](#)
0808 808 1677

[Eastern Ravens Trust](#)
01642 678454
info@easternravenstrust.org

[Harbour](#) 03000 20 25 25

[Hartlepool and Stockton-on-Tees Children's Hub](#)
01642 130080 or 01642 524552 (out of hours)

[Impact on Teesside](#)

[Teesside Mind](#)

[Moving On Asthma](#)

[swgfl \(South Western Grid for Learning\)](#)

[Stockton-on-Tees Stop Smoking Service](#)
01642 383819

[Talk to Frank](#)
0300 123 6600

[UK Safer Internet Centre](#)

[Young Minds](#)

Nutrition and oral health

[British Heart Foundation](#)

[Growing Well Growing Healthy](#)
0333 3202 302

Physical activity and things to do

[ARC](#)

[BCT Aspire](#)

[Five Lamps Youth Clubs](#)
<https://www.facebook.com/fivelampstheyouth/>

[Hardwick in Partnership](#)

[Holidays Are Fun \(HAF\) Programme](#)

[Libraries](#)

[Parks](#)

[Preston Park Museum](#)

[Tees Active](#)

[Tees Valley Music Service](#)

[Tennis Courts](#)

[The Hub](#)

[Visit Tees Valley](#)