

17th July 2026

Dear Parent Carers,

Weekly Update: 17/07/26

I hope this update finds you well. Today we have hosted MartinFest at school, our first foray into a music and arts festival – we hope that those attending had a brilliant time! We can't wait to share images and stories from the day with you soon.

Family Support Update

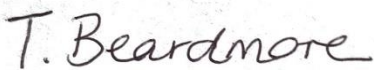
The focus of this week's update is Family Support over the Summer. There is a range of information; including food banks and community support, free & low-cost summer activities, online safety advice, wellbeing and family support, safeguarding contacts, day out, school uniform help, water safety, and local services & signposting.

We hope you find this information helpful ahead of the break. If there is anything that you require support, please get in touch with the Family Support Team ahead of Wednesday 22nd July as they will be having a well-deserved break over the holiday.

Next week

Students will attend school as usual from Monday-Wednesday next week, with the school day ending at the regular time of 2:30pm on Wednesday 22nd July. Next week's update will include end of year celebrations and information regarding staffing changes.

With best wishes,



**Toni Beardmore
Headteacher**

Toni Beardmore Headteacher

St Martins School, The Derwent Campus, Bracknell Drive, Alvaston, Derby, DE24 0BT
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Summer Family Support Guide 2026

Supporting our families throughout the summer holidays

Welcome

As another school year comes to an end, we would like to wish all of our families a safe, happy and enjoyable summer holiday.

At St Martins School, we know that families may need advice, support or signposting during the summer break.

Our **Safeguarding & Family Support Team** has created this **Summer Family Support Guide** to bring together useful information, local services and practical resources that can help you throughout the holidays.



This guide includes information for parents and carers, alongside guidance for children and young people. Some sections are intended for adults, while others contain information that you may wish to explore and discuss with your child to help them stay safe this summer, both **online** and **offline**.



Inside this guide you'll find:



FOOD BANKS & COMMUNITY SUPPORT

Information about food support and community services available locally.



FREE & LOW-COST SUMMER ACTIVITIES

Ideas and opportunities to help keep children and young people active and engaged.



ONLINE SAFETY ADVICE

Tips and guidance to help keep your children safe online this summer.



WELLBEING & FAMILY SUPPORT

Resources and support to look after your mental health and wellbeing.



SAFEGUARDING CONTACTS

How to contact the Safeguarding Team during the summer holidays.



LOCAL SERVICES & SIGNPOSTING

Details of local organisations and services that can offer additional support.

We hope you find this guide helpful and that it provides reassurance, practical advice and useful information to support your family over the summer holidays.

Have a wonderful summer, and we look forward to welcoming everyone back in September.

The Safeguarding & Family Support Team
St Martins School





WE'RE STILL HERE TO HELP!



If you are worried about
yourself or someone else...



CONTACT A TRUSTED ADULT.

You can contact the
St Martins School Safeguarding Team:



smartins-safeguarding@shaw-education.org.uk
(This email address is checked at least
fortnightly during school holidays.)



You can also contact us
on the website using **MyVoice**.



We care
about you
and want
you to be
safe.



DURING THE SUMMER HOLIDAYS

When school is closed and you are worried that a child
or young person is not safe, you can contact:

DERBY CITY CHILDREN'S SOCIAL CARE



01332 641172

Out of hours:
Careline **01332 956606**

DERBYSHIRE CHILDREN'S SERVICES



01629 533190

Out of hours:
01629 532600



IF SOMEONE IS IN IMMEDIATE DANGER, ALWAYS CALL 999.

OTHER SUPPORT – FREE, CONFIDENTIAL AND HERE FOR YOU



Children and young
people can contact
Childline free and
confidentially on
0800 1111.



Parents and carers
can contact the
NSPCC helpline on
0808 800 5000.



If a child or young
person is struggling
with their mental health,
they can text **YM** to
85258 for free, 24/7
crisis support.



Parents wanting
advice can also contact
the **YoungMinds**
Parents Helpline on
0808 802 5544.



It is OK to
ask for help.



You will be
listened to.



You deserve
to feel safe.



We care
about you.



You are
not alone.



We Learn, We Respect, We're Family





1. STAY COOL IN THE HEAT

- Drink **water** often.
- Wear sun cream.
- Take breaks in the shade.
- Wear a hat and sunglasses.



2. BE SAFE AROUND WATER

- Swim with an adult.
- Follow the rules.
- No running near pools or lakes.

If in doubt, stay out!



3. STAY SAFE ONLINE

- Don't share personal information.
- Be kind online.
- Tell a trusted adult if something worries you.



4. STAY TOGETHER AND SPEAK UP

- Go with people you trust.
- Let someone know where you are.
- Speak up if you feel uncomfortable.



5. GET ACTIVE, STAY SAFE

- Wear a helmet when cycling or scooting.
- Look both ways.
- Use safe places to play.



6. LOOK AFTER YOUR MENTAL HEALTH

- It's OK to have bad days.
- Take breaks.
- Do things that make you happy.
- Talk to someone you trust.



NEED HELP?



Talk to a trusted adult at home or school.



It's OK to ask for help.



You are not alone. We care about you.

REMEMBER:

- ✓ Be kind to yourself and others.
- ✓ Make good choices.
- ✓ Have fun!
- ✓ Stay safe!



ENJOY YOUR SUMMER!

You've got this!



Be safe. Be healthy. Be you. ★ Have an amazing summer!



Be SMART



STAY SAFE ONLINE!



Follow **SMART** and have fun, stay safe!

S

STAY SAFE

Keep your personal information private.

Don't share your full name, address, school or password.



Your information is private!

M

MANAGE YOUR TIME

Spend time online wisely.
Take breaks and make sure you have time for other fun things too!



Balance is best!

A

ASK FOR HELP

If something upsets you or makes you feel worried, tell a trusted adult. They are there to help!



Talk to a trusted adult.

R

RESPECT OTHERS

Be kind online.
Don't be mean or share hurtful comments or posts.
Treat others how you want to be treated.



Kindness makes the internet a better place!

T

THINK BEFORE YOU CLICK

Not everything online is true or safe.
Think before you click, download or share.



Stop. Think. Stay safe.



Be **SMART**. Be safe. Be awesome!





SUPPORT THIS SUMMER *for your child*



Information for Parents and Carers

There are lots of services in Derby and Derbyshire that can support you and your child over the summer holidays.

WHERE TO GET SUPPORT



Derby City Local Offer

Information and advice about services and activities for children and young people with SEND.



www.derby.gov.uk/localoffer



Family Hubs Derby City

Local support for families including activities, parenting support and advice.



www.derby.gov.uk/community-and-living/family-hub-childcare/family-hub/



Activities and things to do

Many local groups offer summer activities for children and young people with SEND.

Check the Local Offer websites for ideas.



Kooth

Free, safe and anonymous online support for children and young people's mental wellbeing.



www.kooth.com



Information and advice

Information and advice about services and activities for children and young people with SEND.



www.derby.gov.uk/localoffer

NEED URGENT HELP?



If you are worried about your child's safety or wellbeing, contact:

Derby City Children's Social Care
01332 641172
Out of hours: Careline 01332 956606



If you are worried about your child's safety or wellbeing, contact:

Derbyshire Children's Services
01629 533190
Out of hours: 01629 532600



If someone is in immediate danger, always call 999.

**You are
not alone.**



Asking for help
is a positive
step.



We are here
to support
you and your
child.



Enjoy the summer – take care and stay connected!



If you are a parent or carer for a child aged between 0-19 and want advice or have any worries **you can text the Parents and Carers ChatHealth Service on:**
07507 327754

We can help with all kinds of things like:



Bedwetting/soiling/
toileting



Concerns about
hearing or vision



Feeding problems



Weaning



Emotional wellbeing



Behaviour



Speech concerns

We might inform someone if we were concerned about your safety but we would usually speak to you first. Parents with children up to the age of 19 can contact us and we will ensure the relevant practitioner will respond. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some "number masking" mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Text our confidential line **07507 327754** for advice and support



ONLINE SAFETY

ADVICE FOR PARENTS

Helping your child have a **safe, happy** and **balanced** online summer

The summer holidays often mean more screen time for children, so it's the perfect time to check in and chat about **online safety**. Here are some simple steps to help keep your child safe online this summer:



1 STAY INVOLVED

Take an active interest in what your child is doing online. Ask about their favourite apps, games, and websites. Keeping communication open helps them feel comfortable coming to you if something goes wrong.



2 SET BOUNDARIES

Establish clear rules for screen time and agree on when and where devices can be used – for example, no phones at bedtime or during meals.



3 USE PARENTAL CONTROLS

Make use of built-in parental controls on devices and apps to help filter content and manage time spent online.



4 TALK ABOUT PRIVACY

Remind your child not to share personal information like their full name, school, address, or photos with strangers online.



5 ENCOURAGE SAFE SHARING

Teach them to think before they post – once something is online, it can be hard to remove.



6 KNOW WHO THEY'RE TALKING TO

Help your child understand that not everyone online is who they say they are. Encourage them to only chat with people they know in real life.



7 BE THERE FOR SUPPORT

Let your child know they can come to you with any worries or if they see something upsetting online. Stay calm and supportive if they do. By staying engaged and setting clear expectations, you can help your child enjoy a fun, safe, and balanced online experience over the summer holidays.



USEFUL WEBSITES FOR ADVICE



ThinkuKnow

www.thinkuknow.co.uk

(Advice from the National Crime Agency for keeping children safe online.)



Internet Matters

www.internetmatters.org

(Tools and tips for managing your child's digital world.)



NSPCC – Online Safety

www.nspcc.org.uk/online-safety

(Guides and advice tailored by age and issue.)



UK Safer Internet Centre

www.saferinternet.org.uk

(Guidance, tips, and reporting tools.)



You are not alone. We're here to help.





WE'RE HERE
FOR YOU!

You're not
alone.
Let us
help.

FOOD BANK

We're here for you

If you're finding things tough
right now, we can help with
food and **more.**

No one
should have to
face hunger
alone.

We can help with:



Food
parcels



Toiletries &
essentials



A friendly
listening ear



Support &
signposting



Baby & child
essentials
when available

Where to find support



Derby Food 4 Thought Alliance

Emergency food parcels, signposting & advice
30 Charnwood St, Derby DE1 2GU
Open: Mon–Fri 9am–4:30 pm (phonelines 9:30–4:00)
Contact: 07490 341584 (text: 07490 341584 for deaf users), info@df4ta.com



Derby City Mission Food Bank

Food parcels and financial advice referrals
Contact: advice@derbycitymission.org.uk
Derbyshire Community Bank



Doorways Food Bank

Membership-based parcels, plus Tuesday pop-up street kitchen
Contact: doorways2015@gmail.com / 07754 128763



Padley Centre (YMCA Derbyshire)

Regular food distribution
Contact: padley@ymcaderbyshire.org.uk / 01332 774480



Springwater Charity (Chellaston)

New food bank — call first for parcel arrangement
Contact: springwatercommunitygroup@gmail.com / 07832 653255

Because looking
after your family
matters



Everyone welcome.
No judgement.



Need a chat?

If you'd like to talk, we're here to listen.
We can help you find the right support.



We'll listen
and guide
you



Kind, friendly
and non-
judgemental



Help with
next steps
and referrals



You are not alone. We're here to help.



SAFE SPACES DERBY

What is it?

The Safe Places project was created to prevent, tackle and challenge violence against women, children and young people in public places. Businesses will have this sticker in their window which means that you can go in and ask for help if you feel unsafe.



WE'VE GOT YOUR
BACK QUEEN!

When?

You can go in and ask for help at any time when businesses are open

What happens if I need help?

If you feel unsafe, staff will let you stay inside for as long as you need, whether that is 5 minutes or longer. They can also contact someone who you know to come and collect you/be with you. If the matter is more serious, they may need to contact the police as well as your parent/carer.

Where?

You can go to any business with this sticker in their window for help





PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

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

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

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

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

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

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

YMCA

Here for young people
Here for communities
Here for you

SUMMER FUN MORNING!

Free event for families with activities
and a chance to win a £25 voucher

Games

Arts & Crafts

Free breakfast

Low cost food and toiletries on sale



Monday 17th August 2026



Drop in 9.30am-12.30pm



YMCA Community Hub, Parcel Terrace DE1 1LY

CONTACT US

www.ymcaderbyshire.org.uk

pathways@ymcaderbyshire.org.uk

01332 774 480



PADLEY
BY YMCA Derbyshire

YMCA DERBYSHIRE



COMMUNITY
FUND



UMBRELLA
embracing abilities
FOR 40 YEARS

Umbrella – Empowering Disabled Children, Young Adults And Their Families

Umbrella are running a number of events for families this summer. Visit <https://umbrella.uk.net/> for more details

Diggerland Family Trip **Thursday 20th August**



**Join us for an epic adventure
to Diggerland Yorkshire**

Meeting at Derby Arena: **8:30am**

(Car Park Fees Apply)

Return to Derby: **6:00pm**

Over 90cm **£20pp**

One free carer per disabled guest.

Transport included

Please note you can meet us there,
however you will still need to purchase tickets via umbrella

***“Diggers, dirt and big
smiles...perfect family day!”***

Tickets available via our website

01332 521229
www.umbrella.uk.net



UMBRELLA
embracing abilities
FOR 40 YEARS

CELEBRATING

4 YEARS



Join us for a day of celebration, community, inclusion and embracing abilities.

SATURDAY 5TH SEPTEMBER

📍 THE MARQUEE, THE CENTRAL CO-OP COUNTY GROUND, DERBY, DE21 6DA

🕒 11:00 AM – 3:00 PM



GAMES & ACTIVITIES



LIVE PERFORMERS



SPECIAL GUESTS



FOOD VAN & DRINKS



AND MORE TO COME...



RSVP HERE!

A celebration for disabled children, young people, adults, their families and everyone who has supported Umbrella over the last 40 years.

Sponsored by:



DF4TA SCHOOL UNIFORM HUB *2026*

Helping
Derby families
access school
uniform.

Quality school uniform and
essential items for families in Derby.



APPLICATIONS
OPEN

**Monday
6 July 2026**

9:00am



HUB OPEN

**10 – 14
August 2026**

10:00am – 4:00pm daily
(Closed 12:00pm – 12:30pm)



DERBION COMMUNITY HUB

Ground Floor, opposite M&S



Last year we supported
nearly 300 children
with school uniform and shoes.



**FAMILIES MUST
APPLY BEFORE
ATTENDING THE HUB.**



Our team will review
your application
and you will be sent a
text with an
appointment date &
time to visiting opening
week.

SCAN TO APPLY



or visit:

derbyfood4thoughtalliance.org.uk



**DONATE SCHOOL UNIFORM
AND HELP LOCAL FAMILIES**

We welcome donations of good
quality, clean school uniform and shoes.



Donations can be made at the
Derbion donation point near
the Theatre.



If you have a large donation,
get in touch with us at
info@df4ta.com

Every donation makes a difference.



For any questions or to get in touch, email us at info@df4ta.com



Thank you for supporting local families in Derby. ♥

Term Dates 2025/2026

Summer Term 2026

School Breaks up for Summer – Wednesday 22nd July

INSET Day – Thursday 23rd July

Term Dates for Academic Year 2026/2027

Autumn Term 2026

INSET Day – Friday 4th September

School Starts for the new Academic Year – Monday 7th September

School Breaks up for Half Term – Friday 23rd October

INSET Day – Monday 2nd November

School Starts Back – Tuesday 3rd November

INSET Day – Friday 27th November

School Breaks up for Christmas – Friday 18th December

Spring Term 2027

School Starts Back – Monday 4th January 2027

School Breaks up for Half Term – Friday 12th February

School Starts Back – Monday 22nd February

School Breaks up for Easter – Thursday 25th March

Summer Term 2027

School Starts Back – Monday 12th April

Bank Holiday – Monday 3rd May

INSET Day – Tuesday 4th May

School Breaks up for Half Term – Friday 28th May

School Starts Back – Monday 7th June

School Breaks up for Summer – Friday 23rd July

INSET Day – Monday 26th July

St Martins follows Derby City Council's term dates. Dates for next year can be found on their website – please follow the link for these - <https://derby.gov.uk/education-and-learning/schools-and-colleges/term-holiday-dates/#>

Social Media Links

Facebook - [St. Martins School Facebook](#)

Instagram - [St. Martins School Instagram](#)

Toni Beardmore Headteacher

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