

Healthy Schools: Stockton-on-Tees Newsletter



Healthy Schools

Stockton-on-Tees

July 2024 – Family Edition

Nutrition and Oral Health

Food Power Network



Local community food information can be found on the following links:

Leaflets:

bit.ly/communityfoodleaflets-stockton

Community food map:

bit.ly/communityfoodstockton

- ❖ **Foodbanks require a referral** to access food parcels. Referrals can be issued to clients by GPs, social workers and other agencies like Citizens Advice, if the client is eligible.
- ❖ **Community pantries and ecoshops do not require a referral** – residents can just pop along to the service in opening hours. Food items and other supplies are sold at an affordable price.

[Foodbanks & how-to guide.jpg - Google Drive](#)

Effort has been made to ensure the information is up-to-date and accurate as of April 2024, however details are subject to change.

Please advise clients to check with the service before travel.

Grow Your Own with Groundwork NE & Cumbria

Adult food and cookery sessions available at **Primrose Hill Community Centre** or **Teesside Vineyard Church**.

Learn about foraging, enhance your cooking skills or get to know more about gardening.

- ❖ Growing sessions
- ❖ Cooking sessions
- ❖ Wild food walk
- ❖ Grow at home kits

To sign up click on the following link:

[Grow Your Own - Stockton-On-Tees \(office.com\)](http://Grow Your Own - Stockton-On-Tees (office.com))

Or contact:

Tracy.roberts@groundwork.org.uk

07929739021

Growing For All with Groundwork NE & Cumbria

Stockton Men's Shed is expanding to be open to all – with an extra hour added on to provide participants with a **free lunch!**

We have been kindly given some space in the **Vineyard Church**.

Support will be provided to grow and garden in a safe space but will now include other activities and some cooking.

Open to men and women **aged 18 and over**.

Sessions are **Mondays** from **10am to 1pm**.

For more information contact:

Tracy.roberts@groundwork.org.uk

07929739021

Physical activity

The Big Toddle

A safari themed “big toddle” for **0-5 year olds** and their families in Preston Park.

Friday 2 August 10am to 11.30am.

£2 per child – raising money for Barnardo’s.

Booking is essential.

Please contact Leanne.Oxley@stockton.gov.uk to book.

[The Big Toddle - Preston Park - Stockton Information Directory](#)

Park Tennis



New balls please! It’s Tennis season, the sun is shining (fingers crossed!) and the evenings are lighter. Now is the perfect time to pick up your racket and head down to your local park tennis court and hit some balls.

To find and book your local court, go to <https://www.lta.org.uk/play/book-a-tennis-court/>

To find out more about all things parks tennis in the area, visit <https://wdtvenues.co.uk/stockton-parks>

See you on court!



Love Exploring this Summer and School Explorers competition



It's almost the Summer holiday and Love Exploring are back with another awesome augmented reality trail. Get ready to welcome back our Fairies in a Tree Fairy walk and our Butterflies in our Butterfly Walk around Stockton-on-Tees! Just download the free app to your mobile phone and get ready for some augmented reality fun!

Love Exploring is available at the locations below in Stockton-on-Tees:

Parks - Wynyard Woodland Park, Victoria Park, Ropner Park, John Whitehead Park, Littleboy Park, Preston Park Museum and Grounds.

High streets - Stockton High Street, Norton High Street, Yarm High Street, Wellington Square.

Stockton-on-Tees Explorers Competition

All primary school pupils in Stockton-on-Tees are invited to take part in the **School Explorers competition** using the free Love Exploring App!

The Love Exploring App provides free, educational and fun games to play in and around Stockton-on-Tees.

It’s easy to link your account to your school!

- ❖ Select the menu item in the top right-hand corner
- ❖ Choose **School Explorers**
- ❖ Choose **Link my account**
- ❖ Choose **Stockton-on-Tees** and then your school



Holidays Are Fun!

Booking is now open for our HAF summer holiday



programme.

There will be a wide range of FREE activities for eligible school age children from Reception to Year 11 and a nutritious meal provided each day.

Activities on offer include horse riding, boxing, gymnastics and trampolining, martial arts, climbing wall, football, arts and crafts, ice-skating, bushcrafts, watersports, swimming, and dancing.

[Learn more about the HAF programme and book a place](#)

To be eligible, families must be in receipt of benefits-related free school meals, in receipt of Universal Credit, or experiencing financial difficulties.

[Check your eligibility for free school meals](#)

The summer activity sessions are running from Monday 22 July until Friday 30 August.

The programme is funded by the Department for Education and delivered by Stockton-on-Tees Borough Council in partnership with Catalyst.



Shake up your summer!



Looking for ways to get your children active this summer? Try playing the free 10 Minute Shake Up games!

There are loads of games to choose from, all drawing influence from some of your kids' favourite characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear, and Marvel's The Avengers.

The 10 Minute Shake Up activities aim to inspire children to build confidence in being active, develop new and longer-term physical skills and, most importantly, have fun.

Children and young people need 60 minutes of physical activity a day so Better Health have created 10 minute activities to help make getting active be easy and fun.

The games are free, easy to pick up and play and will give kids loads of things to do during the summer holidays. Try the [Disney sports quiz](#) to find sports and activities that children might enjoy.

Visit the [Better Health website](#) for more ideas, information, and ways to try new sports or activities. You might find a new favourite!

Going for Gold – Family Fun Day



We are excited to announce our **'Going for Gold'** summer family event which will be held on **Saturday 20 July** from **10am to 2pm** in Stockton town centre.

The event will have a sporting theme, and it will be an opportunity for families to come together in the town centre and enjoy a range of fun activities to kick off the summer holidays.

There will be four gazebos on the parking area in front of the Sun Inn on the High Street and **loads of fun sports and games** in the Parish Gardens for families to take part in. From **penalty shoot outs** to **egg and spoon races**, there will be something for everyone to enjoy.

Inside the gazebos, a range of **crafts activities** will be on offer. We will have an **eco-clothing shop** where parents can pick up **free uniform** for the next school year and browse our range of **low-cost preloved clothing**. We will also have some **free hygiene products**, children's books and preloved games.

Children will be able to take part in a **sport-themed trail** around the Wellington Square area, picking up clues as they make their way to a gold medal and face painting at the finishing line!

Local organisations and charities will be on hand to provide information and advice on a range of topics such as low-cost food provision, housing, and benefits.

The Summer Games at Preston Park



On your mark. Get set. Go!

We're warming up for a summer of Olympics and you're invited to join in.

Take part in multi sports in the park, as well as an Olympic inspired craft and trail in the museum.

Don't forget to get your selfie on our Olympic podium.

There's no need to book – museum tickets can be purchased on the day.

Selected dates from **26 July to 2 August**.

Free with museum admission.

Visit <https://prestonparkmuseum.co.uk/> for dates and times.

Free ParkPlay

ParkPlay continues on Saturday mornings from 10am in Ropner Park, Victoria Park and in John Whitehead Park.

ParkPlay involves two hours of free community play, with active and inclusive games. It's a safe, welcoming and inclusive way for people to connect and have fun.

There are also a number of volunteer roles to help support ParkPlay, so if you know anyone who would be interested, please contact: Leanne.Oxley@stockton.gov.uk

Summer Reading Challenge



Unleash your child's creativity with the Marvellous Makers Summer Reading Challenge!

The Summer Reading Challenge returns to the Borough's Libraries with an exciting theme for 2024 – Marvellous Makers!

The annual Challenge is free to join at your local library.

Children can discover new stories, collect fun stickers, and take part in free creative activities over the summer holidays.

Don't miss this chance to fire up your child's mind and get ready to become a Marvellous Maker this summer.

Swimming in Books

Date for your Diary – Saturday 14 September:
Swimming in Books Festival, Stockton Central Library, 10.30 – 2pm.

Come to our first Swimming in Books festival at Stockton Central Library. Family day to celebrate reading with fun crafts, storytimes, illustration workshops with the fabulous Liz Million and much more.

Swimming in Books is a project delivered in partnership by Stockton-on-Tees Borough Council, Tees Active, Tees Millions and National Literacy Trust. More information will be available via Stockton Libraries social media.

Summer at Stockton libraries

Have a summer of fun with Stockton Libraries. From crafts, 3D pens, new LEGO: code and build, Summer fun with Dogs Trust – Stockton Libraries activities for children are free.

Kick start the summer with amazing author and poet Dom Conlon at Ingleby Barwick and Billingham Libraries on Wednesday 23 July.

All sessions are free but places need to be booked: www.stockton.gov.uk/book-library-event

Stockton Library Service to visit Bread And Butter Thing hubs



The library is visiting all of the Stockton-on-Tees Bread And Butter Thing food hubs to promote library services and activities, some of which are free.

We will also be on hand to answer any library orientated questions on our services, and we will provide an opportunity for people to join the library on the day.

The visits will take place during the week commencing 16 September, between 12pm and 1.30pm.

SIRF is back!



Prepare to be entertained as the world-renowned Stockton International Riverside Festival (SIRF) returns this summer, with plenty of fun and excitement for all the family.

The North East's biggest FREE outdoor arts and street theatre festival will once again be wowing crowds in Stockton town centre with a jam-packed programme from Friday 2 to Sunday 4 August.

SIRF 24 brings together some of the best street theatre, dance, music and arts from across the globe, with more than 120 shows taking place over the weekend for all ages to enjoy.

There's plenty to enjoy on the High Street, Parish Gardens and Green Dragon Yard from 1pm, including Farm Yard Circus, Roar Race sound powered tricycle racing (where kids really do go faster the louder they scream), and River of Hope which features stunning environmental artwork from schools across the region.

Our much-loved SIRF Green is once again the perfect place to sit and chat with family and friends and grab some affordable food and drink from our street traders.

The SIRF Community Carnival remains a highlight on Sunday afternoon at 2pm when you're invited to join in our disco party of underwater creatures. Then stick around and party, enjoying more

family fun, including workshops, live music, dance and live shows before the amazing SIRF finale at 9.30pm.

To view the full SIRF 24 line-up, pick up a copy of the programme from Enjoy Stockton-on-Tees Visitor Information on Stockton High Street, any of our libraries, or visit www.SIRF.co.uk

Cornerhouse Youth Project Summer Sessions



Cornerhouse Youth Project are running lots of sessions over the summer holidays, including:

Arlington Park open access sessions

Fridays
1pm – 3pm

Newtown drop-in sessions

11am – 1pm
Tuesdays (from 30 July)

Odyssey fitness sessions

Various dates and times at Newton Youth Centre, Arlington Park and Thornaby.

For more information, please visit:

<https://www.facebook.com/cornerhouseyouthproject>

Mental health, wellbeing and resilience

Kooth Talks: Parenting pressures during the summer holiday and how we can help



This 45 minute virtual training session **for parents and carers** is on parenting pressure during the summer holidays and how we can help.

- ❖ An overview of Kooth
- ❖ Parenting pressures during the summer holiday and how we can help
- ❖ Tips when talking to young people about their feelings
- ❖ Q & A

[KoothTalks for parents and carers: Parenting pressures during the summer holiday and how we can help. \(google.com\)](#)

Activity Sheets

[Shared assets \(brandmaster.com\)](#)

Go Somewhere Good Competition

The summer holidays can mean lots more free time. But it's easy to let the days go by, get lost in your phone, and down in your mood.

So, we asked hundreds of young people for their ideas for simple things to do – that make you feel GREAT!

Their top 20 ideas are below can be found on the link below:

[Go Somewhere Good - Explore Kooth](#)

Why not get inspired, get active – and while you're at it, vote for your favourite, or share what

you're doing to [@kooth_uk](#) with the hashtag #GoSomewhereGood.

We'll be giving away a prize a day for 50 days – anything from a one-of-a-kind customised skateboard, to brand-new 'Bog Man' clothing, 'So Good' merch, or a £50 book voucher.

Summer Outreach Programme



The 5-19 Early Intervention and Resilience Team, in partnership with School Support, CGL and Kooth, have organised sessions aimed at Year 6 leavers over the summer.

Young people can just turn up to the sessions as they are being run as drop-ins.

Anyone that attends any of the drop-in sessions can attend the celebration event on 19 August at the Air Trail, which is fully funded.

The sessions take place at The Robert Atkinson Centre and John Whitehead Park between 1 August and 19 August.

Sessions include:

- ❖ Do you dare? Vaping, Drugs and Alcohol
- ❖ Funky Feelings
- ❖ It's time to talk Relationships

Contact SPOC for more information on:
03333202302

Brook RSE SEND sessions for parents, carers and young people



A range of exciting and accessible sessions for children and young people with Special Educational Needs and/or Disabilities (SEND) will be starting at our Family Hubs from August.

Tailored support around sexual health, relationships and wellbeing for our young people with SEND needs will be delivered by national charity, Brook. See the timetable below and follow Family Hubs on Facebook for news on these sessions.

Sex and relationships in school: what will my young person learn? (parents of any age young person)

Tuesday 6 August
11am to 12pm, on Zoom

Healthy relationships (young people aged 13-16)

Tuesday 13 August
11am to 12pm, at Thornaby Family Hub

Thursday 12 September
4pm to 5pm, Redhill Family Hub

Gender and sexuality (young people aged 13-16)

Tuesday 20 August
11am to 12pm, Thornaby Family Hub

Thursday 19 September
4pm to 5pm, Redhill Family Hub

Pornography/Young Produce Sexual Imagery (young people aged 13-16)

Tuesday 27 August
11am to 12pm, Thornaby Family Hub

Thursday 26 September
4pm to 5pm, Redhill Family Hub

Tricky questions and puberty (parents of any age young person)

Thursday 5 September
4pm – 5pm, Redhill Family Hub

For more information or to book a space email familyHubs@stockton.gov.uk or phone **(01642) 528525**.

Supporting emotional health and wellbeing from 0-19+



Free online courses for all parents, carers, grandparents and teens, including:

- ❖ Antenatal and postnatal baby bonding
- ❖ Understanding your child or young person
- ❖ Your child or young person with additional needs
- ❖ Teenager's feelings and brain development
- ❖ And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents.

[Online Learning \(heiapply.com\)](https://www.heiapply.com)



Use access code: INFINITY

Free for residents of Stockton-on-Tees, in partnership with Stockton-on-Tees Borough Council and the Family Hubs.

North-East Autism Society family webinars



Introduction to Supporting Autistic Children

27 August
1pm – 3pm

Supporting the Emotional Wellbeing of Autistic Children *

30 July
1pm – 3pm

24 September
1pm – 3pm

* Please note this course is suitable for parents/carers of children 5 and over who are experiencing low level emotional wellbeing difficulties

Places are limited and must be pre-booked:

Rebecca.welch@ne-as.org.uk or **0191 410 9974**

Parents/carers only. You only need to attend one date for each course, they are repeat sessions

[Zoom webinars \(ne-as.org.uk\)](https://ne-as.org.uk)

TVMS Music Summer School



Open to all musical abilities and non-players, the Tees Valley Music Service Summer School is a fun-packed three days of games, art, activities and much more.

- ❖ Wednesday 24 to Friday 26 July
- ❖ 9.30am to 3pm
- ❖ 3 days for just £45!

Frederick Natrass Centre, Swale Road, Norton, TS20 1BY

Places are limited, so please register at: www.tvms.org.uk/register

Please bring your own lunch and snacks!

Self-care summer toolkits for children and young people



Primary

[My self-care plan](#) - Anna Freud

[Self-care resources](#) - Anna Freud

[Top tips for making friends](#) – Childline

[My moving up to secondary school booklet](#) – Compass

Secondary/FE

[My self-care plan](#) - Anna Freud

[Self-care resources](#) - Anna Freud

Wellington Wellness – Sunshine on my Mind



Join Wellington Square and Stockton Community Wellbeing Champions for Wellington Wellness!

Taking place on **Wednesday 7** August from **10am to 2pm**, Wellington Wellness brings together community groups and service providers from across Teesside to showcase the support that they provide.

Organisations attending include: Healthwatch Stockton, Age UK Teesside, Stop Smoking Service, Healthcare Libraries, Red Balloons and many more.

There will be lots of fun activities for the whole family, including face painting, balloon modelling and Knock out Depression boxing coaching.

Don't miss this opportunity to connect with your community and discover valuable resources!

[Sunshine On My Mind - Event - Wellington Square \(wellingtonshops.co.uk\)](http://wellingtonshops.co.uk)



Moving to Universal Credit

Parents across Stockton-on-Tees who receive certain benefits will be asked to make a claim for Universal Credit. The following benefits are eventually going to be replaced by Universal Credit:

- ❖ Working Tax Credit
- ❖ Child Tax Credit
- ❖ Income Support
- ❖ Income Based Jobseekers Allowance
- ❖ Income Related Employment and Support Allowance
- ❖ Housing Benefit

The Department of Work and Pensions will write to you to tell you that you need to claim Universal Credit. This is called a "Migration Notice," and it will tell you when your current claim will stop.

You shouldn't make a claim for Universal Credit before you receive a Migration Notice as you might lose out on some income if you do. If you get a Migration Notice, we would recommend getting further advice before you do anything. For some people, it's better to wait before claiming.

If you've received a Migration Notice, or if you want any advice on your benefits, then contact the Stockton Citizens Advice Schools Project on 01642 626104 or at schools@stockton-cab.co.uk

You can also contact the Citizens Advice Help to Claim Service (0800 1448 444) or Stockton-on-Tees Borough Council's Welfare Support Team on 01642 526141 or at welfare.rightsreferrals@stockton.gov.uk

Stay safe this Summer (Family newsletter)



Enjoy the sunny weather safely this summer!

Just one sunburn increases our risk of skin cancer.

Slip, Slop, Slap! Slip on a T shirt, slop on sunscreen, and slap on a hat to protect yourself and your family!

Follow our **top tips** to keep you and your family safe. Make sure you:

- ❖ Avoid the sun between 11am and 3pm
- ❖ Cover up to avoid sunburn
- ❖ Wear sunglasses to protect your eyes
- ❖ Use at least factor 30 sunscreen and reapply every two hours and after swimming
- ❖ Take extra care with children
- ❖ Drink plenty of water
- ❖ If someone is showing signs of confusion, breathlessness, intense thirst or cramps that worsen and don't go away, call the NHS on 111.

Follow the Stockton-on-Tees Borough Council social media for up-to-date advice and heat-health alerts.

More guidance can be found at: www.nhs.uk/live-well.

Protect your children for the Summer holidays (Family newsletter)

When travelling most of us remember the essentials like passports and suncream.

But did you know that vaccinations are a travel essential too?

Before going on holiday **check that yours and your child's vaccinations are up to date** to prevent serious illnesses ruining your Summer holiday!

If you're unsure what vaccinations you need, check your child's red book and speak to your GP.

Healthier Together app



Kids not well?

For babies, toddlers, tweens or teens, the NHS Healthier Together app gives practical health advice, 24/7: What to look out for, what you can safely treat at home and when to get medical help.

Download from the [App Store](#) or [Google Play](#). Get Healthier Together for the helping hand your family needs

Watch this short animation to find out more about the Healthier Together app <https://www.youtube.com/watch?v=mJm2IYaOUR8>



Services and Support

July 2024

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](#)

[Kooth \(age 11-18\)](#)

 Stockton-on-Tees
BOROUGH COUNCIL

[Middlesbrough and Stockton 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](#)