



The Palmer Academy  
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Executive Headteacher: Salima Ducker  
Head of School: Dom Prendergast

Company Reg Number: 08643729  
VAT Reg. No. 200 191625

15<sup>th</sup> July 2020

Dear Parents/Carers

It's been an interesting and sometimes challenging time for all these last few months and to support you during the summer holiday we are sharing with you some ideas and support for the 6 weeks. The school will be closed to all children during this time and will reopen to children on Thursday 3<sup>rd</sup> September 2020. Please make sure you follow government guidance at all times and maintain social distancing throughout.

#### Things to do for free:

1. Reading Museum
2. Dinton Pastures, Davis Street, Hurst, Wokingham, Berkshire RG10 0TH
3. Go on a picnic:
4. Find some water: walk or cycle along the canal or River Thames – [remember >>>>](#)
5. Extreme reading
6. Camp out/ sleep under the stars
7. Go [Geocaching](#)
8. Have a MasterChef competition at home
9. Walk along the Kennet & Avon canal
10. Create a puppet show at home.
11. [Walk in the country](#)
12. Have a picture-taking contest
13. Go for a bike ride
14. Make and fly a kite



#### Things to do that cost:

1. [Beale Wildlife Park, Lower Basildon, Pangbourne, Berkshire, RG8 9NW](#)
2. [Lockey Farm: Sindlesham Road, Arborfield Cross, Arborfield, Berkshire](#)
3. [Bucklebury Farm and Deer Safari Park, Bucklebury, Berkshire RG7 6RR](#)
4. [Feathers and Fur Falconry Centre, Ladds Garden Village, Bath Road, Hare Hatch, Twyford, Berkshire RG10 9SB](#)
5. [2Wild Days, Path Hill Farm, Path Hill, Goring Heath, Pangbourne, Berkshire RG8 7RE](#)
6. [Odds Farm Park, Wooburn Common, Wooburn Green, High Wycombe, Buckinghamshire](#)
7. [Go fruit picking](#)
8. Visit Oxford

A full list of holiday activity providers is below.

#### Support and advice for families:

##### Support with food

- Readifood is an independent Food Bank providing food parcels to those in severe need. It is located near Morrisons <https://readifood.org.uk/> (31- 33 Boulton Road, Reading, RG2 0NH. Tel. 0118 9872672)
- The faith organisation can also support with food parcels. Call 0118 9872672
- Whitley Community Development Association has been operating a weekly food box programme during lockdown. This food had been delivered direct to homes in Whitley by referral. This service will end on 31 July. On 3 August, Whitley

**ReadiFood**  
Reading's Food Bank



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CDA will launch a 3 day/ week hot lunch take-away and during that time, families and residents are welcome to collect fresh and tinned food from their Northumberland location (outside South Reading Community Hub). Anyone is welcome to fresh and tinned food without referral. Please email Trisha at [cd@whitley-cda.org](mailto:cd@whitley-cda.org) or Maria at [cdw@whitley-cda.org](mailto:cdw@whitley-cda.org) or ask the school to email on your behalf. <https://www.facebook.com/TeamWhitleyCDA/>

- You can contact Reading Borough Council on [0118 9373641](tel:01189373641) for any general enquiries such as housing, benefits or general advice.

### Support with clothing

- The Cowshed is a charity which provides support to people of all backgrounds in a time of personal crisis. The aim of The Cowshed is to provide good quality cleaned and ironed clothes and other essentials free to anyone in need <https://www.thecowshed.org/>
- Re: School Uniforms. First Days is a Berkshire charity that provides gently-used 2nd hand school uniforms to families by professional/ school referral. These are not logoed items, but generic bits from trousers and skirts to school shoes and P.E. kit. Link below. Collection of items would need to be arranged by the referrer. Please let me know if you have any questions. <https://www.firstdays.net/school>

### Reading Voluntary Action

- Reading Voluntary Action provides support for families in reading, they can also signpost to other agencies to help children and families overcome difficult times: <http://rva.org.uk> T: 0118 937 2273
- Reading Voluntary Action News recently published an article and guide on how to support victims of domestic abuse during lockdown. <http://rva.org.uk/article/safeguarding-resource-safely-asking-about-domestic-abuse-during-coronavirus/>
- SAFE plan to expand their services in Reading. These would be referrals for children and young people (ages 5-18) who have been affected by crime and/or high-level bullying. <https://www.safeproject.org.uk/youngPeople/about-SAFE.php>. Contact Reading Voluntary Action for further support

### Support for families

- First days charity are offering families in financial difficulty who are experiencing increased pressure support. <https://www.firstdays.net/emergency-toiletries>
- Home start Reading offer support to parents who are overwhelmed by their difficulties. <https://www.home-start-reading.org.uk/>
- Re: Youth Workers. Below is the summer schedule when youth workers will be in Whitley and Southcote to chat with young people and families. No organised activities but information will be passed along. Refreshments served.

### Mental Health

- Information for a parent or carer who is concerned about the mental health of their child or teenager. <https://www.minded.org.uk>
- How to support your child if they are feeling anxious about coronavirus [https://youngminds.org.uk/media/3695/how-to-support-your-child\\_corona.pdf](https://youngminds.org.uk/media/3695/how-to-support-your-child_corona.pdf)
- A mental health charity offering support to young people and their families. <https://www.annafreud.org/on-my-mind/self-care/>

### SEND Support over the summer holidays

- **Reading Mencap** continues to deliver services during the pandemic. Their Family Advisers are on hand to provide information and advice to local people with a learning disability and their families on issues including health and social care, housing and benefits. Telephone support has been key during lockdown with staff making more than 1,000 telephone calls to clients to keep in touch and check on their wellbeing. Activity packs are also being distributed on a fortnightly basis containing items such as pens, papers, craft supplies, jigsaws and ideas for things to do at home. Please call 0118 966 2518 or email [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk) if you need help or advice.
- **Parenting Special Children** have lots of events online over the summer holiday:

[Managing Trauma Triggers for Children during the Pandemic](#)

Mon 20 July: 12.30-2pm

[Managing the Challenges of Autism during the Pandemic](#)

Wed 22 July: 7.30-9pm

[Managing Anxiety in Children with Insecure Attachments](#)



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Mon 27 July: 12.30-2pm

[Managing the Challenges of ADHD during the Pandemic](#)

Wed 29 July: 7.30-9pm

[Dads & Male Carers Support Group](#)

Tues 4 August: 7.30-9.30pm

[Transitioning Children & Young People with SEND into Education at a Time of Upheaval](#)

You will be booking to attend all 3 sessions:

Wed 5 August: 7-8.30pm: Transition

Wed 12 August: 7-8.30pm: Prepare and Plan

Wed 19 August: 7-8.30pm: Reintroducing, Routines and Rituals

[Supporting Recovery of Children with Attachment Issues](#)

Thurs 27 August: 7.30-9pm

[Sleep and Anxiety for Parent/Carers of Children and Young People with SEN](#)

Tues 1 September: 7-9pm

To book any of the above go to: <https://www.parentingspecialchildren.co.uk/news/coronavirus/>

- **Barnardo's** have a support hub bringing together lots of advice about emotional well-being – yours and your children <https://www.barnardos.org.uk/support-hub>. They also have put on help for families of children with SEND, looking at finances, benefits, getting food <https://www.barnardos.org.uk/support-hub/send>
- **The national charity Contact** have been adapting their support offer for families with online workshops to online options so that families can continue to connect with each other and gain useful information and advice at the same time. They have also set up new, “Listening Ear” 1-1 confidential phone appointments with our family support advisers for parents who would like to talk to someone for reassurance and practical and emotional support at this time. These are all FREE for families and they are listing the Workshop dates and “Listening Ear” appointments on their website: Workshops <https://www.contact.org.uk/about-us/family-workshops/>  
Listening Ear [https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/)  
COVID -19 Information Pages <https://www.contact.org.uk/advice-and-support/covid-19/>
- **SEND Family Support** is a charity supporting families caring for children with special educational needs and disabilities (SEND) in the UK.  
Their next ZOOM SEND Family – Carers Support Group (for families caring for children with special educational needs and disabilities) is on Tuesday 21st July 2020 from 6:30pm and will last between 1 – 2 hours (no more than 2). Thereafter they will have the groups every second Tuesday (fortnightly) until further notice. If you have never attended the group before but would like to join you will need to register first by filling the quick and easy registration form. You can also submit a topic and or question to be discussed within the group. To register go to: <https://sendfs.co.uk/zoom-send-family-carers-support-group-registration/>
- There is a new **internet safety hub** designed to keep children with SEND safe on line that has been set up by Internet Matters <https://www.internetmatters.org/connecting-safely-online/>

### Safeguarding, Child Protection & Emergencies

If you concerned about the safety of a child, you must contact:

[Brighter Futures for Children:](#)

The Children's Single Point of Access is where to raise a concern about a child (pre-birth to 18 years old) in Reading.

Phone: 0118 937 3641 (includes out of hours contact details)

Email: [cspoa@brighterfuturesforchildren.org](mailto:cspoa@brighterfuturesforchildren.org)

If a child is in immediate danger call the police on 999.

Alternatively, you can contact the NSPCC:

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Call: 0808 800 5000



**NSPCC**



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**The school operates an emergency line during the summer break:**

01189375481

Emergency line: 07398 128636

Email: [safeguarding@thepalmeracademy.com](mailto:safeguarding@thepalmeracademy.com)

All the best.

Yours faithfully,



Mr D Prendergast

Head of School

**Holiday Activities Providers list**

A full list of providers operating in the Reading Area can be found on the Reading Family Information Service Website <https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=0#:~:text=The%20Family%20Information%20Service%20is%20a%20statutory%20service,well%20as%20professionals%20working%20with%20families%20in%20Reading.>

Provider name	Contact number	email	Location of the club
Apollo Holiday Club	0118 916 8416	<a href="mailto:apolloyouthclub@gmail.com">apolloyouthclub@gmail.com</a>	Mapp Centre, 22 Mount Pleasant, Reading, RG1 2TD
Energy Kids Holiday Club	0333 5771533	<a href="mailto:info@energy-kidz.co.uk">info@energy-kidz.co.uk</a>	Hemdean House School, Hemdean Road, Caversham, Reading, RG4 7SD
Energy Kids Holiday Club	0333 5771533	<a href="mailto:info@energy-kidz.co.uk">info@energy-kidz.co.uk</a>	The Heights Primary School, 82 Gosbrook Road, Caversham, Reading, RG4 8BH
The Hill Primary Holiday Club	01189 372 632	<a href="mailto:reading.play@reading.gov.uk">reading.play@reading.gov.uk</a>	The Hill Primary School, Peppard Road, Emmer Green, Reading, RG4 8TU
Kings Camps Holiday Club	0118 9187310	<a href="mailto:info@kingscamps.org">info@kingscamps.org</a>	Queen Anne's School, Reading, RG4 6DX
Natural Steps Holiday Club	0118 9514444 / 07713571709	<a href="mailto:nsasc@hotmail.com">nsasc@hotmail.com</a>	Globe 12, Portman Road, Reading, RG30 1EA
Next Step Holiday Club	07935 220927	<a href="mailto:mike-nssport@outlook.com">mike-nssport@outlook.com</a>	Church End Primary School, Usk Road, Tilehurst, RG30 4HP
Kick off Holiday Club		<a href="mailto:kickoffltd@gmail.com">kickoffltd@gmail.com</a> / <a href="mailto:lsilk@stmartins.reading.sch.uk">lsilk@stmartins.reading.sch.uk</a>	St Martin's Primary, Pendennis Ave, Caversham Park, Reading RG4 6SS
St Josephs College Holiday Club	0118 966 1000	<a href="mailto:holidayclub@sjcr.org.uk">holidayclub@sjcr.org.uk</a>	St Joseph's College, Upper Redlands Road, RG1 5JT
Super strike Holiday Club	07787 131339	<a href="mailto:superstrikesouthcote@gmail.com">superstrikesouthcote@gmail.com</a>	Southcote Primary School, Silchester Road, Reading, RG30 3EJ
Waterloo Meadows Holiday Club	0118 937 2632	<a href="mailto:reading.play@reading.gov.uk">reading.play@reading.gov.uk</a>	Katesgrove Children's Centre, Elgar Road North, RG2 0BN
Funtastic kids	07931820351	<a href="https://funtastickids.co.uk">https://funtastickids.co.uk</a>	Whitley Park Primary School, Brixham Road, Reading, RG2 7RB



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Premier Sports	01953499040  40 hour week block bookings only	<a href="http://www.premier-education.com">www.premier-education.com</a>	The Ridgeway Primary School, Hillbrow, Reading, RG2 8JD
Reading play	01189 372632	<a href="http://www.readingplay.co.uk">www.readingplay.co.uk</a>	Katesgrove Primary School, Dorothy St, Reading RG1 2NL

If you have any questions relating to our team, please contact the Youth Service on: - 01189376545  
[Detached.Youthteam@brighterfuturesforchildren.org](mailto:Detached.Youthteam@brighterfuturesforchildren.org)

**Reading Youth, Brighter Futures for Children**

**DETACHED YOUTH TEAM SUMMER PROGRAMME**  
**Monday 20<sup>th</sup> July – Friday 04<sup>th</sup> September 2020**

**Monday**  
((Every Monday from 20<sup>th</sup> July – 31<sup>st</sup> August))

**Detached Youth Work – Hexham & Surrounding Areas**

12.00pm - 3.00pm  
Team will be walking the area during the times above.

**Meet the Team.**

3.00pm – 6.00pm  
Please come and visit the team for refreshments / information about the Team & BFC

Location:  
Cintra Park, Reading, RG2 7ES.

**Tuesday**  
((Every Tuesday from 21<sup>st</sup> July to 01<sup>st</sup> September))

**Detached Youth Work – Southcote & Coley Areas**

12.00pm - 3.00pm  
Team will be walking the area during the times above.

**Meet the Team.**

3.00pm – 6.00pm  
Please come and visit the team for refreshments / information about the Team & BFC

Location:  
Outside Southcote Community Centre, RG30 3BA.

**Wednesday**  
((Every Wednesday from 22<sup>nd</sup> July to 02<sup>nd</sup> September))

**Detached Youth Work – Whitley Wood & Surrounding Areas**

12.00pm - 3.00pm  
Team will be walking the area during the times above.

**Meet the Team.**

3.00pm – 6.00pm  
Please come and visit the team for refreshments / information about the Team & BFC

Location:  
South Whitley Park, Harness Close, Reading, RG2 8PF

**Thursday**  
((Every Thursday from 23<sup>rd</sup> July to 03<sup>rd</sup> September))

**Detached Youth Work – Southcote & Coley Area.**

12.00pm - 3.00pm  
Team will be walking the area during the times above.

**Meet the Team.**

3.00pm – 6.00pm  
Please come and visit the team for refreshments / information about the Team & BFC

Location:  
Outside Southcote Community Centre, RG30 3BA.

**Friday**  
((Every Friday from 24<sup>th</sup> July to 04<sup>th</sup> September))

**Detached Youth Work – South Reading & Surrounding Areas**

12.00pm - 3.00pm  
Team will be walking the area during the times above.

**Meet the Team.**

3.00pm – 6.00pm  
Please come and visit the team for refreshments / information about the Team & BFC

Location:  
John Rabson Recreation Ground, Reading.

**Please adhere to Government Social Distancing Rules.**



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