

Healthy Schools: Stockton-on-Tees Newsletter



Healthy Schools

Stockton-on-Tees

December 2023 – Family Edition

Nutrition

Community food leaflets



The **Stockton-on-Tees Community Food Leaflets** detail all the foodbanks, community pantries, ecoshops and free or low-cost hot food currently available in Stockton-on-Tees.

There are many dedicated food support services on our doorstep, so please reach out if you, or someone you know, would benefit from some extra support.

Details are subject to change, so please consider checking with the organisation before travel. The leaflets are updated every 2-3 months, and the link below will redirect you to the most up-to-date version.

- ❖ **Foodbanks require a referral** to access food parcels. Referrals can be issued to residents by GPs, social workers and other agencies like Citizens Advice, if they are 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, for example £1 for 8 items.

<https://bit.ly/communityfoodleaflets-stockton>

Festive opening hours

The [festive opening hours](#) for foodbanks, community pantries and The Bread & Butter Thing (TBBT) can be found [here](#).

Physical activity

Love Exploring – Christmas Fairies



Wow! Fairies have been spotted in Stockton-on-Tees!

All through the winter and festive season we will have augmented reality fairies for you to find in parks and other locations.

Just grab your mobile phone, download the Love Exploring app from the link below and bring your family along to play in this #FairyWalkUK.

The Love Exploring app is completely free to download and play - all you need to do is have fun!

<https://loveexploring.page.link/download>

Festive fun for kids at Stockton

Libraries



Add some sparkle to your Christmas with Stockton-on-Tees Libraries.

A range of Christmas activities are taking place at our libraries **between 20 December and 28 December**.

Activities include:

- ❖ Christmas presents
- ❖ Christmas crafts
- ❖ Christmas wreath making
- ❖ Elf sleighs Christmas
- ❖ Santa masks
- ❖ Winter crafts

Important information

All activities are **suitable for ages 4 to 11 years**. Children under 10 must be accompanied by an adult at all activities.



Scan me on your phone to visit: www.stockton.gov.uk/book-library-event or register at your nearest library from **Monday 11 December**.

Booking is essential for all activities.



Winter Mini Challenge



Wrap up warm and join in this year's games, sport and play-themed Winter Mini Challenge!

The challenge runs from **1 December through to February**.

Children can visit www.wintermini.org.uk to log their reading, play games and win rewards!

There will be resources available to collect from Stockton-on-Tees libraries.

Books, eBooks and audiobooks can all be borrowed from the libraries. Don't forget books at school count too!

For more information pop into your nearest library. Find your local library [here](#).

A Christmas of wonder and delight at Preston Park Museum

Experience the magic of a traditional Christmas full of wonder and delight!

Our enchanting Victorian Street and museum is a wonderful place to make Christmas memories with family and friends.

Activities include:

- ❖ Christmas elf trail
- ❖ Festive makeover
- ❖ Games in the galleries
- ❖ Festive arts and crafts
- ❖ Live entertainment
- ❖ Christmas shop

No need to book, normal museum admission applies. Further information [here](#).

Mental health, wellbeing and resilience

The Big Community Switch



The Big Community Switch is a safe and simple option for our residents to save money on their fuel bills and fix their tariff.

Registrations are open for Stockton-on-Tees Borough residents until Monday 8 January 2024.

The next online auction will take place on Tuesday 9 January 2024, when energy companies compete to become the energy supplier for the customers that sign up for the switch.

Once registered, you will receive your personal offer highlighting how much you might save compared to your current energy tariff.

To find out more and how to register visit [the Big Community Switch webpage](#).

Staying warm this Winter



Ensure your child is sent to school **wearing light layers**; this may include adding a vest under their usual school clothes or a jumper or cardigan on top.

Children should also have a **warm, waterproof coat** as well as a **hat, scarf** and **gloves** if possible.

Children should be sent to school in shoes with **thick soles** and **good grip** such as boots or wellies to avoid slipping in wet and icy weather.

Remind children that we can **stay warm by staying active**; stand up regularly and move around or stretch.

Winter wellbeing support

The cold weather over the winter months can make it much more difficult for individuals and families. Our bills go up, it's hard to get out of the house, and our immune system is lowered.

There are lots of support services available across the Borough to help you through the winter, including:

- ❖ Advice about energy, heating and benefits
- ❖ Help in a crisis with the Council's Back on Track scheme
- ❖ Staying healthy with flu and COVID-19 vaccinations
- ❖ Welfare support
- ❖ Winter fuel payments

[Winter wellbeing](#)

[Clothing banks](#)

Be wise, immunise



Be wise, immunise! Five reasons for your child to have the free flu vaccine – you nose it makes sense!

- 1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
- 2. Protect you, your family, and friends.** Vaccinating your child will help protect others especially grannies and grandads.
- 3. Breathe easy – there's no injection or needles for most children.** The flu nasal spray is painless and easy to have.
- 4. It's better than having flu** which can be a nasty illness. The nasal spray is the best protection. It has been given to millions of children worldwide and is safe.
- 5. Avoid costs.** If your child gets flu, they could miss school and you may have to take time off work or arrange alternative childcare.

What should you do?

Children aged 2-3 (on 31 August 2023) will be given the flu vaccination at their GP surgery.

If you haven't heard from your GP surgery, please get in touch with them to arrange an appointment for your child's flu vaccination.

If your child is of primary or secondary school age, up to year 11, you will receive information from the School Age Immunisation Service asking you to give your consent so your child can have their free vaccination at school.

Please remember to complete the consent process as soon as possible.

All children up to the age of 18 who live with someone with a high-risk health condition, or those that live with someone who has, can get the free flu vaccine from their GP.

For more information visit [the NHS website](#).

Children aged under 16 years with a high-risk health condition, or who live with someone who has, may be eligible for a Covid 19 vaccination. Book by calling 119 or with [the NHS website](#).

Staying safe this Winter

Viruses like Flu and COVID-19, as well as stomach bugs that cause diarrhoea and vomiting, tend to spread more at this time of year.

To protect yourself and your loved ones:

- ❖ Wash your hands regularly, especially before and after eating, or after using the toilet
- ❖ Cover your mouth with a tissue when you sneeze and cough, then bin it, and wash your hands

If your child has diarrhoea and vomiting, make sure they **do not** attend school until at least 48 hours after symptoms have stopped.

If your child has a respiratory virus but feels well, they may attend school, but if they feel unwell or have a high temperature you should seek medical advice from your GP or pharmacy.

Charlie Waller Trust – wellbeing in the festive season

[Six tips to wellbeing at Christmas:](#)

- 1) Stay active
- 2) Not feeling festive? That's okay!
- 3) Get enough sleep
- 4) Give yourself space
- 5) Aim for regular meals
- 6) Stay supported

16 Days of Action Against Domestic Abuse Campaign



From 25 November to 10 December Stockton-on-Tees Borough Council supported the 16 Days of Action Against Domestic Abuse campaign, which seeks to address and combat domestic violence.

Domestic abuse is unacceptable – everyone deserves to, and should, live without fear of domestic abuse.

The Council commission [Harbour Support Services](#) and you can contact them on 03000 20 25 25, available 24 hours a day.

You can also chat in confidence by [visiting Harbour's website.](#)

Getting Help early mental health support engagement

Getting Help... a service to support children and young people with their mental health.

Your **local NHS** would like to understand **what's working well** and **what can be improved**, for young people who need support for mental health issues such as low mood, stress and anxiety.

If you've had some help with your mental health, or have ideas for how mental health services can support young people, get in touch!



[Children and young people's survey](#) (11 – 25 years old)



[Parent and carer survey](#)

We need your help to tell us:

- ❖ What's working?
- ❖ What's not working?
- ❖ What do we need to do more of?

Support

- ❖ Paper surveys are also available free of charge, just post back to us free of charge.
- ❖ Easy read and audio versions of the children and young people's survey are available.

Questions? Email us at:

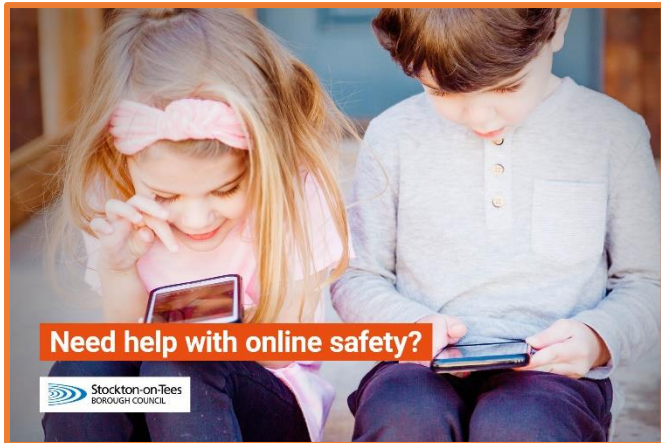
necsu.icb.involvement@nhs.net

When

Please get in touch by **19 January 2024**.

For more information, please see [our website](#).

Are you getting your children new tech this Christmas?



Whether it's watching videos, playing games on their devices or talking to Alexa – our children and young people are spending more time online.

Whilst the online space can be fun and educational it can also pose risks to young and impressionable people.

Ahead of Christmas, when many may be buying their children new phones, devices, consoles and games, it is important to protect them from online harm.

The following websites offer a range of advice and support:

- ❖ [Childnet](#)
- ❖ [UK Safer Internet Centre](#)
- ❖ [NSPCC online safety advice](#)
- ❖ [Parent Zone](#)

Make your kids more aware of online safety with a journey through the "Interland" from [Google's brilliant 'Be Internet Awesome'](#)

A great way to start positive family conversations around safe and responsible internet use is covered in the [Family Agreement](#). Get the whole family involved and put it somewhere easy to view like the fridge.

Hartlepool and Stockton-on-Tees Safeguarding Children's Partnership are also on hand for advice and support. To find out more information visit www.hsscp.co.uk or call **01429 284284 / 01642 130080**.

Keeping Your Child Safe – An Introduction to Digital Safety



The digital age has grown arms and legs in recent years, so it is easy to be left behind and become the parent that is asking the child how technology works! This short course can help you remain informed.

What is it?

Advice and support to help keep children safe online. It discusses good practice around internet safety for the family.

What's covered?

- ❖ Apps that are popular or accessible to young people
- ❖ Age appropriateness of apps
- ❖ Looking at what devices are in the home and the appropriate restrictions and settings that can be applied.
- ❖ Setting up a family internet safety plan.
- ❖ Sexting, CEOP and where to go to for further support and advice.

How long is the workshop?

2 hours within one session, available at all of the **Family Hubs** so book your space by calling **01642 528525**.



Online Safety Youth Taskforce



The NSPCC has opened applications for its Online Safety Youth Taskforce, for young people **aged 13 to 16** across the UK, to help shape decisions about children's safety online.

The Taskforce allows young people to meet decision-makers, influence policies, and share their thoughts on how to help make the online world a safer place.

Further information can be found on the link below:

[Online safety youth taskforce](#)

To apply an [application form](#) and [parental consent form](#) need to be completed.

Applications close on 12 January 2024.

Santa on Wheels



Santa on Wheels returns to the Borough once more aboard his magical Santa bus from Thursday 14 to Sunday 17 December.

Make sure you give him a wave as he passes by.

For more information and for the full route / timings [visit the Tees Valley website](#).

'A Fairer Stockton' Here to Help drop-ins

Drop-in for advice and support with any of life's worries tailored to you, featuring a wide range of Council services and community organisations.

Whether it's money worries, finding a new job, health issues or just wanting to explore your local community, we can guide you to the right support.

The next Here to Help drop-in is:

Billingham Library, Kingsway, Billingham, TS23 2LN

Monday 15 January 2024, 11am – 2pm

Tea, coffee and biscuits provided.

<https://www.stockton.gov.uk/here-to-help>



Services and Support

December 2023

General information

[Family Hubs](#)

[Footsteps Youth Wellbeing](#)

[NHS Better Health: Healthier Families](#)

[NHS NENC: Healthier Together](#)

Single Point of Contact
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](#)