

# Healthy Schools: Stockton-on-Tees Newsletter



## Healthy Schools

Stockton-on-Tees

May 2024 – Family Edition

## Nutrition and Oral Health

### Food Power Network



The foodbank leaflet now includes a **'how-to' guide** – to make it clear how residents can access emergency food parcels via foodbanks. This guide has been made in collaboration with all the foodbanks in Stockton-on-Tees, and Stockton & District Advice & Information Service.

Updates:

- ❖ Two new pantry services at Pentland Pantry (Billingham) and Roseberry Community Consortium Pantry (Stockton Central)
- ❖ The leaflets now include all five Bread and Butter Thing food hubs

***Effort has been made to ensure the information is up-to-date, however details are subject to change.***

***Please advise clients to check with the service before travel.***

Leaflets: [bit.ly/communityfoodleaflets-stockton](https://bit.ly/communityfoodleaflets-stockton)

Community food map:

[bit.ly/communityfoodstockton](https://bit.ly/communityfoodstockton)

## National Smile Month



[National Smile Month 2024](#) will run under the theme of **Love Your Smile**.

The campaign will take place between **13 May – 13 June**.

- ❖ Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste
- ❖ Clean between your teeth with interdental brushes or floss
- ❖ Cut down how much and how often you have sugary foods and drinks
- ❖ Visit a dentist regularly

[Tips to keep children's teeth healthy](#)

## Reducing Food Waste

Did you know each UK household throws away on average £500 worth of food each year? Currently, 60% of the food that is wasted in the UK is wasted by citizens in their own homes.

Some good waste-saving resources from Food Waste Week below, promoted by the Co-op:

- ❖ Plan ahead
- ❖ Food storage tips
- ❖ Love your leftovers
- ❖ Share what you can't use
- ❖ Other tips and tricks

[Reducing waste](#)

[Love Food Hate Waste](#)

## Physical activity

### 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**.

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.

### New outdoor games and activities at parks in the Borough!



**ParkPlay** brings local communities together in parks and green spaces for two hours of free, informal games in the great outdoors every Saturday morning.

You can now enjoy ParkPlay at 10am, every Saturday at John Whitehead Park and Ropner Park – just look for the ParkPlay flag.

With minimal rules and competitiveness, the games are designed for people of every age, experience, ability and level of confidence to enjoy. They offer the chance for people to play together and connect in a relaxed, safe, and welcoming setting.

Everyone's invited, so bring a friend and come along! Places are free but you must register to take part at:

<https://park-play.com/parks/ropner/>  
<https://park-play.com/parks/john-whitehead/>

Keep an eye on our social media pages for more ParkPlay locations across the Borough soon!

## National Walking Month



May is National Walking Month, an annual reminder of the health benefits of walking and spending time outdoors for people of all ages and abilities. It also includes [Walk to School Week](#).

Walking is a great way to clear your mind, improve your health and well-being and explore your local area. Short 20-minute walks are a perfect way to start. Taking a regular brisk walk can help to reduce stress and blood pressure, improve sleep, boost your mood, and help you manage your weight. Even doing just a small amount of walking has its benefits!

[During May, Living Streets will show you 20 fun and easy ways to fit 20 minutes' walking into your day.](#)

There are plenty of walking routes across the Borough to help you stay active with routes for all abilities.

As May is National Walking month why not look at what's on offer, right on your doorstep:

- ❖ [Get started or find out more about walking in the Borough](#)
- ❖ [Details of guided walks around Stockton-on-Tees](#)
- ❖ [View the John Walker's Walks routes and find the hidden matchbox challenges](#)

For more information visit:

[www.stockton.gov.uk/sports-leisure](http://www.stockton.gov.uk/sports-leisure)

## Holidays Are Fun (HAF) summer programme – bookings open soon!



**Bookings will open for our HAF summer holiday programme at the end of June.**

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

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](#)

[Learn more about the HAF programme and book a place \(bookings open on Monday 24 June\).](#)

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



## Love Exploring – Mega Mini-Beasts



Are you going to visit a park this half-term? If so you and your family will love the Mega Mini-Beasts Trail from Love Exploring; it lets you and the children explore the park whilst tracking down augmented reality creatures! There's even a quiz to test your creepy crawly knowledge with more fun facts like this one! Download the FREE app today from <https://loveexploring.page.link/download> and follow Love Exploring for more fun adventures in the local area.

Love Exploring is available at the below locations 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

## Tennis – Free Park Tennis



On Saturday mornings, We Do Tennis CIC are running Barclays LTA Free Park Tennis. This is volunteer led, free tennis activity, happening in your local park! This takes place at Littleboy Park from 10am-11am, it is free to join in, and all equipment is provided - you just have to turn up and play - a great way to give tennis a try.

Use this link to book on:

[www.wdtvenues.co.uk/stockton-parks](http://www.wdtvenues.co.uk/stockton-parks)



## Mental health, wellbeing and resilience

### 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
- ❖ Teenagers' 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.

### Charlie Waller Trust – latest webinar

The Charlie Waller Trust are launching their [new series of FREE webinars](#) on 23 May with '[Connect before you correct](#)', packed with clear, practical guidance on communication styles and emotion coaching.

In addition to these new webinars, [five of Charlie Waller's most popular recordings](#) are available online until the end of May (password **MHAW24**).

## Water safety



Tees Active are back again this year with their [Water Safety Initiative](#).

The aim is to educate and engage school children across Stockton-on-Tees and to help them learn the necessary skills to act in an emergency.

Stockton-on-Tees has **more than 30** publicly accessible lakes, ponds, rivers, streams and large water-filled ditches.

More than 400 people per year drown in the UK, with 47% of accidental drownings occurring between May and August, and 59% at inland water sites.

The following videos look at water safety and **feature local settings**, such as Ropner Park and Saltburn Beach.

[Video 1. Introduction and lakes](#)

[Video 2. Lakes](#)

[Video 3. Rivers \(Part 1\)](#)

[Video 4. Rivers \(Part 2\)](#)

[Video 5. Beach](#)

[Video 6. Swimming Pool](#)

[Video 7. Swimming Pool and Conclusion](#)

<https://www.teesactive.co.uk/water-safety/>

## Family Hubs are here for you: Child Safety Week 3-9 June



This year's theme is 'Safety. Sorted!'. There are steps you can take to ensure children are kept safe in your home.

The most common home accidents for children are falls, burns and poisoning, but choking, strangulation, suffocation and drowning also happen and most accidents can be prevented.

These are three common accidents that occur among children:

**Button batteries:** If your child swallows a button battery, it can cause serious harm or even be fatal. Even 'used' or 'flat' batteries can still be a danger. Do you know where they might be in your home?

**Poisoning:** Small children are curious and often learn by putting things in their mouth leading to a risk of poisoning and choking. Did you know most children's poisoning incidents involve medications, laundry products and cleaning products? Are yours all kept safe? Locked away? Out of sight and reach?

**Falls:** Falls are the most common cause of accidental injury to children. While most falls

aren't serious, some falls can lead to death or long-term disability. There is a lot that parents and carers can do to prevent serious falls – so, just how safe is your child from a serious fall?

Our Family Hubs are here to help you. They offer free home safety sessions to help you keep your little ones safe.

During Child Safety Week you can also take advantage of expert advice and support, and even come away with subsidised safety equipment like baby gates to make your home as safe as possible. There will also be a range of interactive displays on the day.

Sessions are being held on the following days:

- **Monday 3 June:** Thornaby Family Hub 12.30pm – 2.30pm
- **Thursday 6 June:** Redhill Family Hub 10am - 11.30am and Stockton Family Hub 1pm - 2.30pm
- Friday 7 June:** Billingham Family Hub 9.30am - 12noon

For more information contact your local Family Hub on 01642 528525.

## Join us in celebrating Clean Air Day!



Clean air is important for our health and the health of the planet.

Children are vulnerable to air pollution which can stunt the development of their lungs and lead to long term health conditions.

Visit [www.calculator.cleanairhub.org.uk/quiz](http://www.calculator.cleanairhub.org.uk/quiz) to see how you contribute to the air quality in Stockton-on-Tees.

Why not make a pledge to reduce the air pollution you create? You could:

- ❖ Walk, cycle, or use public transport to school/work on Clean Air Day
- ❖ Leave the car at home on Clean Air Day
- ❖ Work from home if you can on Clean Air Day
- ❖ Stop idling (leaving the car engine on while parked) on Clean Air Day

Join us at Ropner Park and Preston Park on **Thursday 20 June** to learn more and celebrate Clean Air Day!

## How to stay safe at the farm!



During lambing season in the spring many of us visit farms to meet these beautiful animals.

However, farm animals can carry germs that can cause diarrhoea and vomiting related illnesses in humans.

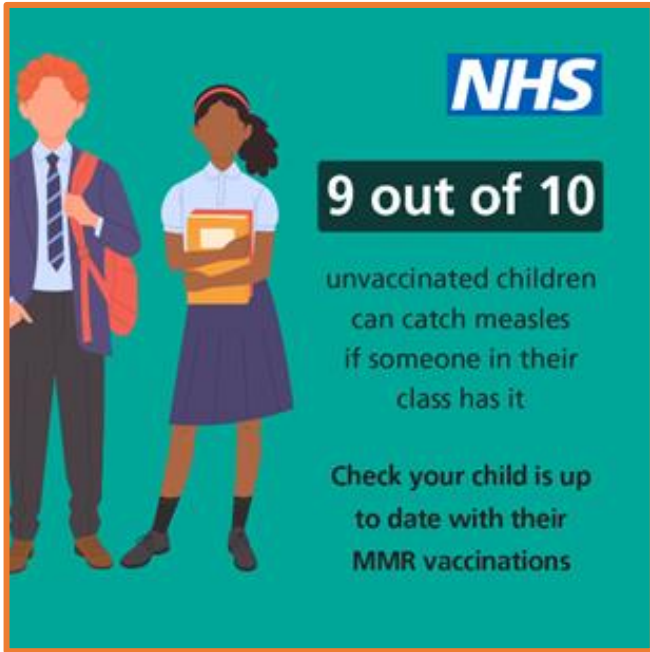
To protect yourself and your children:

- ❖ Follow the farm's rules and guidelines
- ❖ **Wash your hands with soap and warm water** after touching any animals/any surfaces they may have touched and before eating or drinking
- ❖ If your clothing has come into contact with animals wash it when you get home at 40C or hotter
- ❖ Avoid touching your face or mouth during your visit at the farm
- ❖ Although it's tempting, **do not kiss the animals**

If you feel unwell or have symptoms such as diarrhoea or vomiting within 2 weeks of visiting a farm, **contact your GP or call NHS 111** as soon as possible.

If you are experiencing symptoms such as diarrhoea and/or vomiting you should **not attend work, school or nursery until they have been free of symptoms for at least 2 days.**

## Are your child's vaccines up to date?



### **Measles and whooping cough cases are rising in the North-East.**

These illnesses can spread very easily, especially in education settings. Children can miss out on school because of the sickness and may need to go to hospital. Measles and whooping cough can even cause life-long complications and disability.

Give a child the best protection by taking up the offer of the NHS free childhood vaccinations. The MMR vaccine protects against measles and the pertussis vaccine protects against whooping cough.

### **You need two doses of the MMR vaccine to be fully protected.**

The vaccines are safe and effective, it has been proven that **the MMR vaccine does not cause autism.**

**It's never too late to be vaccinated.** Check if you and your children are up to date by contacting your GP or checking your child's Red Book.

If you or your child are diagnosed with measles, you should not attend nursery/school/work until you fully recover. You should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

For more information visit:

- ❖ <https://www.nhs.uk/conditions/measles/>
- ❖ <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

## ParentSafe portal - Keeping your children safe online and beyond



ParentSafe is a webpage with all the information you need to help keep your child safe online.

It's never easy to know how to keep our children safe when they aren't with us, and sometimes even when they are, if we don't know what's happening in their lives or on their devices!

Who are they talking to, what are they doing, are they okay? Don't despair though ... scroll through ParentSafe for help or click a button to go straight to one of these topics:

- ❖ Top tips right now
- ❖ Safe settings and controls
- ❖ What's that app?
- ❖ Talking to children
- ❖ Screen time
- ❖ Top topics
- ❖ Sex and relationships
- ❖ Help and reporting

<https://parentsafe.lgfl.net/>

# Services and Support

May 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](mailto:stocktonyp@cgl.org.uk)

[Cost of Living Support](#)

[Cruse Bereavement Support](#)  
0808 808 1677

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