

Healthy Schools: Stockton-on-Tees Newsletter



**Healthy
Schools**
Stockton-on-Tees

May 2026 – Family Edition

Nutrition and oral health

Growing Well Growing Healthy Recipe Guide

CHICKEN KEBAB

INGREDIENTS

- 8 Chicken Thighs, skin and bone removed
- 200ml Fat Free Natural Yogurt
- 1 tablespoon Curry Powder
- 1 tablespoon Garlic Granules
- 1 teaspoon Paprika
- 1 teaspoon Salt
- 4 Pitta Breads
- Lettuce (Shredded)
- Tomato (Sliced)

METHOD

- Mix the yogurt, curry powder, garlic granules, paprika and salt in a mixing bowl with a spoon.
- Add the chicken and mix well, ensuring it is all coated well
- Cover with cling film and refrigerate for a couple of hours.
- Place the marinated chicken onto foil on a baking tray and cook for 1.5 hours at 200°C / Fan 180°C / Gas Mark 5.
- Remove from the oven and allow to rest for a few minutes, then slice chicken
- Serve in pitta with the lettuce and tomato

Fancy trying something different this half term? Why not visit the Growing Well Growing Healthy website and download the [Recipe Guide](#) for some healthy and quick recipes. There's also fantastic [resources](#) on the website such as tips on fussy eating, sensible swaps and portion control.

Physical activity

Holidays Are Fun



Bookings are now open for the May Holidays Are Fun (HAF) programme!

There are a variety of activities on offer across Stockton-on-Tees for eligible school age children from Reception to Year 11, including:

- multi sports
- horse riding
- youth clubs
- SEND specific sessions
- family activities

The main eligibility criteria for the HAF programme is that families are in receipt of benefit related free school meals (FSM).

Spaces during May are limited and in high demand. Please book early to minimise disappointment.

[Find out more and book a HAF place](#)

If you have any questions, please contact haf@stockton.gov.uk for more information.

The programme is funded by the Department for Education (DfE) and delivered by Stockton-on-Tees Borough Council.

Scan to register:

- www.stockton.gov.uk/haf
- 01642 527752
- HAF@stockton.gov.uk



Fred Perry Tennis Trust community programme



'We Do Tennis' are now beginning the process of identifying children who may benefit from taking part in the free park tennis sessions that will be delivered at Littleboy Park, Thornaby.

Fred Perry Tennis Trust community programme will provide 10 weeks of completely free tennis sessions (3 hours per week) for Key Stage 1 & 2 children, specifically aimed at families on lower incomes and children who may not normally have the opportunity to access tennis.

If you are interested, please complete the short Player Expression of Interest form which can be access here:

<https://forms.gle/wDT96YnBDeZcY4F56>

Mental health, wellbeing and resilience

This spring be wise, immunise!



Your NHS is offering the COVID-19 spring vaccine to those most vulnerable and at highest risk from severe illness.

Protection against COVID-19 fades over time, so anyone aged 75 and over, including all those who turn 75 years by 30 June 2026, or aged 6 months and above who are immunosuppressed, can now get a free vaccine.

To book an appointment for yourself, or a family member, please visit the NHS App, search 'NHS COVID-19 vaccine' or call 119 for free.

The NHS is also visiting housebound patients, who are over 75, or immunosuppressed, and care homes for older adults to offer the vaccines to residents.

Some areas across the North East and North Cumbria may also offer local community COVID-19 vaccination sites which will be available to book here: [Be wise, immunise, community vaccination clinics](#).

Be wise, immunise and make sure you and your loved ones get all the protection you need to stay safe this spring.

Find out more at [NHS.UK COVID-19 vaccine](#).

Be tick aware!



As the weather gets warmer and we spend more time outdoors, it's important to be tick aware! Ticks can carry infections such as Lyme disease and sometimes Tick Borne Encephalitis (TBE) which causes brain inflammation.

Follow the steps shown in the picture to keep your family safe from ticks.

Scan the QR code or visit [What is Lyme disease and why do we need to be tick-aware? – UK Health Security Agency](#) for more information and to see a video which shows how to safely remove ticks.

If you have any questions, please do not hesitate to contact HealthProtection@stockton.gov.uk

Clean Air Day



On Thursday 18 June we celebrate Clean Air Day! Here we raise awareness of the impact of air pollution (dirty air) on our health. Over time air

pollution makes our bodies not work as well and can lead to health problems.

We can all play a part to make the air in Stockton-on-Tees cleaner and healthier by:

- Walk, bike or scoot to school if we can.
- Use public transport (buses or trains) if we can, this means fewer cars on the road.
- Not idling (leaving the car running while we're parked up). Idling lets out air pollution and wastes fuel and money.

For more information, please see [Clean Air Day | Action for Clean Air](#)

Slip, Slop, Slap, Slide and Shade!

Whether you're heading to school, the park, or the beach – the sun is shining, and it's time to have fun! But did you know the sun can be sneaky and cause damage to your skin after only a few minutes of being outside? Follow the tips below to stay safe in the sun:



For more information about sun safety, click [here](#) or scan the QR code

Family Support Service multi-agency drop-in and peer support coffee mornings



The [Family Support Service](#) delivered by Daisy Chain supports the families of young people aged 0 to 18 years in Stockton-on-Tees, no matter where they are on their Autistic, ADHD, Sensory Processing Differences or Foetal Alcohol Spectrum Disorder (FASD) journey.

They hold peer support coffee mornings every Monday between 10am and 12pm at:

- Redhill Family Hub from 1 June until 13 July

A Daisy Chain family support leader will be available to provide advice and support for you, your child, and your family.

No booking is required. Refreshments will be available.

For further details please join the [Tees Valley Family Support Service Facebook group](#) or contact the team directly:

- family.support@daisychainproject.co.uk
- 01642 531248 (option 1)

Still using a blue inhaler? It's time for an upgrade!



Blue inhalers help to open your airways so you can breathe more easily, but Asthma is also caused by swelling inside your lungs.

Combination inhalers can:

- help you breathe easier
- reduce swelling in your lungs

This means:

- less risk of Asthma attacks
- better daily control
- healthier lungs

If you use a blue inhaler, it's important to have an Asthma review. An Asthma review will:

- check your symptoms
- make sure you're using your inhaler correctly
- see if a combination inhaler is right for you

Call your GP practice today to book your review.

Stockton Libraries events



Meet and greet with Hannah Bartlett

Professor of Optometry and Inclusive Practice

Billingham Library
Monday 8 June, 11.30am - 12.30pm. Free, drop in

Come along to learn how Teesside University's Binocular Vision and Visual Stress Clinic supports children and adults who experience difficulties with reading, writing, or close up work. Find out what the clinic offers, who it can help, and how to book an assessment. Parents, students, professionals, and anyone interested in understanding visual stress better are warmly invited to attend.

For further information, contact Susan Robinson on 01642 524076 or email: susan.robinson@stockton.gov.uk

  



Knit in Public Day

Saturday 13 June, 10.30am - 2.30pm
Stockton Central Library. Free, drop in

Whether you're a complete beginner or a lifelong crafter, everyone is welcome to enjoy a relaxed session of knitting, demonstrations, and friendly conversation in a supportive space celebrating creativity and wellbeing.

New to knitting? We'll have a limited number of spare starter kits available to use on the day. Recommended for ages 14+.

For further information contact Susan on 01642 526518 or email: susan.robinson@stockton.gov.uk

    



Carers Week wellbeing walk

Tuesday 9 June
Stockton Central Library, 12 - 1.30pm

Join us for a gentle Stockton Heritage Trail walk

Meet at Stockton Central Library, then enjoy an accessible route suitable for all abilities. After the walk, relax with refreshments and a short talk highlighting support and resources for carers from Stockton-on-Tees Library Service.

 **Free, booking essential**
Book at your nearest library or scan to visit www.stockton.gov.uk/book-library-event

 

A Second Dance – Prom Pop-ups



   

We have collected over 200 outfits and accessories that young people who are preparing for Prom 2026 can choose from. To date over 60 outfits have found new owners.

We will be holding a series of pop-up shops at 22 Wellington Street, Wellington Square over the months that follow so you can come and browse the rails at times that suit you. The remaining date for this year is: Wednesday 27 May - 1pm to 4pm. **It is not too late to donate an outfit.** If you would like to donate, please contact fsot@stockton.gov.uk

Services and support

May 2026

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](#)

[Teesside 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](#)