

Healthy Schools: Stockton-on-Tees Newsletter



Healthy Schools

Stockton-on-Tees

July 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 Summer? 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.

For more information, please visit:
<https://gwgh.co.uk/>

Free School Meal change for those on Universal Credit



From September **anyone** on Universal Credit can get a Free School Meal. Previously it was only those earning under £7,400 but this is changing. This could save you up to £495 per year per child.

To find out more and apply now visit:
www.stockton.gov.uk/free-school-meals

Physical activity

Holidays Are Fun



Fun, food and friends this summer!

Booking is now open for thousands of free and exciting activities on the Holidays Are Fun (HAF) programme over the summer holidays.

There's a wide range of sessions to choose from for eligible school age children from Reception to Year 11.

From football and martial arts to cookery, inflatable adventure, and specialist activities for children with Special Educational Needs and Disabilities (SEND), there is something for everyone.

We are excited to share that, as part of our HAF offer this summer, we are working in collaboration with **Stockton Riverside College** to provide two exciting introductory hands-on courses for young people aged **14 to 16 years**. These engaging **two-day courses** offer young people the opportunity to develop practical skills, build confidence and gain an insight into potential career pathways within the construction and beauty industries.

A free nutritious meal is provided each day for every child taking part. To be eligible, families must be in receipt of benefits-related free school meals.

Check if you are eligible for free school meals and apply at www.stockton.gov.uk/free-school-meals

To book your child's place and to find out more visit www.stockton.gov.uk/haf, call 01642 527752 or email HAF@stockton.gov.uk

Sessions run from Monday 27 July to Friday 28 August.

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

Scan to register:

 www.stockton.gov.uk/haf

 01642 527752

 HAF@stockton.gov.uk



HAF case study



Child A is from a household of multiple children and one parent. Due to a recent breakdown of family structure, the remaining parent at home is the carer of a number of children. Their parent struggled to maintain any sort of structure during holidays. This made life at home in the holidays chaos where the siblings were missing out due to their parent being so tied up with care responsibilities.

The parent was struggling with basic needs financially due to suddenly becoming a one parent household. They worried about how to afford the extra food in the holidays and activities were not an option due to essentials barely being met.

The child attended our provision and quickly formed a bond with our staff, a naturally talented and athletic child with lots of energy. In their own words they had "the best summer ever" and they "can't wait to show my new teacher my medal."

They absolutely loved the extracurricular activities and during the summer they experienced many "firsts". The parent received support with referrals to extra services and support with school uniforms. Some of child A's siblings also attended when they could see how much they enjoyed it, providing a little respite for the parent.

The children were offered further support at our club outside of HAF, so that they are able to access support and receive more free activities to continue their martial arts journey beyond HAF.

Parent explained that without HAF: "I don't know how I would have got through summer, sometimes I don't eat much so that the kids can get a meal. It's been a lifeline".

Better Health: 10 minute shake up



Get the kids moving with these fun games inspired by some of their favourite Disney characters.

These boredom-busting activities will help them reach the 60 active minutes they need every day!

[10 Minute Shake Up games – Healthier Families - NHS](#)

Enjoy unlimited tennis at your local park!



Wimbledon is on TV... and the tennis courts are calling! So if you're planning to play (and let's be honest you are), an area-wide Annual Pass is a total game-changer for you.

Now you can play UNLIMITED tennis across multiple park courts in your local area for less than £2 per week. That's unbeatable value compared to Pay-As-You-Play!

Enjoy more rallies, more matches and more excuses to be on court without the expense and hassle of paying every time you play.

Why an Annual Pass is a winner:

- Great for your health, boosts fitness, energy and mental wellbeing
- More social tennis, play with friends, meet new people and get on court more often
- Amazing value for money, year-round tennis for less than £2 weekly unlimited court bookings at park venues across your area
- Area-wide access, play at more than one local park

Discounts on We Do Tennis sessions, including Park Socials Simple booking via the LTA platform or www.wedotennis.co.uk/parks.

Mental health, wellbeing and resilience

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 on the previous page 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

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 above.

Alcohol Change UK

ALCOHOL CHANGE UK

Marion

"Drinking glasses of wine or beer each night was adding up to far more than I realised. But checking my drinking helped me to cut back and feel better."

Take two minutes to explore the role alcohol is playing in your life and consider if you'd like to make a change.

Check your drinking - quick, free and non-judgemental

alcoholchange.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK. Registered charity number 1140287. Company limited by guarantee in England and Wales 7452805.

Check your drinking

Alcohol is everywhere – in the moments we celebrate, the ads we see, and the habits we don't question.

Yet we rarely stop to think about the impact it is having on our health and wellbeing, as well as our relationships.

This summer take a moment to pause and reflect on the role alcohol is playing in our lives.

Take Alcohol Change UK's free, confidential [Check your drinking quiz](#) for a clearer picture of your drinking patterns and any potential risks and consider what, if anything, you'd like to do next. Why not share it with friends, colleagues and loved ones so that they can check in on their own drinking too?

You don't always have to make big changes to your drinking to start feeling the benefits. Cutting back on alcohol, even a little, can improve sleep, mood, energy, and relationships.

If you are alcohol dependent, you should not suddenly stop drinking. If you experience fits, shaking hands, sweating, seeing things that are not real, depression, anxiety, or difficulty sleeping after a period of drinking and while sobering up, you may be clinically alcohol dependent and should not suddenly stop drinking. Please seek support from your GP or [Stockton-on-Tees Recovery Service](#), who will be able to help you to reduce your drinking safely.

Alcohol and hot weather

If you choose to drink alcohol this summer, be aware that hot weather can increase some of the risks. Follow these tips from Alcohol Change UK.

Dehydration

- Alcohol increases fluid loss, which can lead to dehydration in hot weather.
- **Tip:** Alternate alcoholic drinks with water. On very hot days, aim for two glasses of water for every alcoholic drink. If you're sweating heavily, consider a rehydration sachet or salty snack to replace lost electrolytes.

Poor sleep

- Alcohol reduces sleep quality and can make it harder to feel rested.
- **Tip:** Limit alcohol in the evening, particularly during hot weather when sleep may already be disrupted.

Worse hangovers

- The combination of dehydration, poor sleep and alcohol can make hangovers more severe and longer-lasting.
- **Tip:** Drink within your limits and stay hydrated throughout the day.

Alcohol isn't your only option

- Alcohol can impair judgement, lower inhibitions and intensify emotions.
- **Tip:** Before ordering another drink, ask yourself whether you really want it. If your goal is to relax, socialise or have fun, a low-alcohol, alcohol-free or soft drink can be just as enjoyable. Remember, you don't have to drink alcohol to have a good time.

Binge drinking

- Longer, lighter evenings can make it easier to drink more than intended.

- **Tip:** Keep track of your units and watch out for the temptation of "just one more". The low-risk drinking guideline is no more than **14 units per week**, spread over three or more days.

The [Try Dry® app](#) can help you track your drinking, calculate units and set personal goals.

Remember: Whether you choose alcohol, a low-alcohol option or a soft drink, staying hydrated and making informed choices can help you enjoy summer safely.

Wysa App

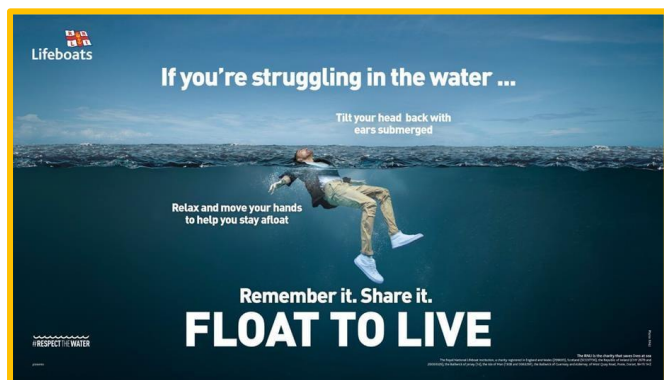


Wysa is a free confidential NHS-approved mental health app for young people aged 13 to 18 (or 11+ with parental support). It includes an AI chatbot, mood tracking and resilience tools.

You can download the app via the below QR code and once downloaded enter this referral code when asked: tsidecyp2025



Float to Live – RNLI



The RNLI website has useful and potentially lifesaving resources, guidance and stories from people who helped save their own lives by floating to live.

This advice is useful to everyone; however you use the water. It has helped save the lives of more than 50 people in all sorts of situations. From children in rip currents to runners falling into canals, from people swept out by waves, to fisherman falling overboard.

The best way to float is to tilt your head back with your ears submerged. Try to relax and breathe normally. You can gently move your hands and legs to help you stay afloat if you need to. Spread your arms and legs out to improve stability – and it's OK if your legs sink, we all float differently. Once your breathing is under control, call for help or swim to safety. Practise floating in a supervised location like a swimming pool.

To learn more, visit the website: [Float To Live – What To Do In An Emergency – RNLI](#)

Breathe and Belong



Breathe and Belong sessions are being held every Tuesday at Billingham Family Hub, Ochil Terrace, Billingham, TS23 2QL. These are for 11 to 16 year olds (Y7 to Y11). These sessions start at 4.30pm and run until 5.45pm.

For more information please contact email: FamilyHubs@stockton.gov.uk or phone: 01642 528525

Tees Valley Getting Help Training Hub



Tees Valley Getting Help Training Hub offers free online training for parents, carers, and professionals. Our aim is to help you feel more confident in understanding and supporting the emotional wellbeing and mental health of children and young people.

We cover a wide range of topics, including but not limited to:

- understanding low mood and how it can affect young people.
- eating difficulties and how to offer support.
- supporting neurodivergent young people with anxiety and low mood.

Our training is designed to be clear, supportive and based on up-to-date knowledge. All our trainers have experience working in children's mental health and are from a range of professional backgrounds. This means you will learn from a wide mix of skills, voices and real-life practice.

With the right information and tools, everyone can make a difference. Whether you're a parent or carer, teacher, youth worker or health professional.

For more information, please visit: [Training Hub - Tees Valley Getting Help](#)

Let's Talk Early Education and School Aged Childcare



If you are a parent or carer of a child aged up to 14 (or up to age 18 for disabled children) we want

to hear your thoughts on early education and school aged childcare in Stockton-on-Tees.

We need your views to ensure there is enough high quality, affordable childcare in the right areas to meet the needs of working parents, or parents who are studying or training for employment.

Please let us know your thoughts by completing the online survey and share the below link with parents and carers you know or work within our communities.

[Let's Talk Early Education and School Aged Childcare - Stockton-on-Tees Borough Council - Citizen Space](#)

The survey closes on Friday 31 July.
If you have any questions, please contact the Families Information Service on 01642 527225 or by emailing fis@stockton.gov.uk

Once upon a Summer event

The 'Once Upon a Summer' event is a part of the Fairer Stockton-on-Tees team's regular Here to Help events. Our child-friendly event will bring advice and support for families with the cost-of-living. There will be lots for families to enjoy on the new Waterfront urban park.

This year, our event will be themed around reading to link in with the National Year of Reading. Many of the more than 30 organisations attending will bring crafts and activities that link to the reading theme. You can enjoy:

- story and nursery rhyme sessions
- illustrator workshop
- choir singing story songs
- biscuit decorating with book characters
- face painting and much more!

This event will support children, families and young people to access information and advice whilst having fun in the new park. Help and advice will focus on cost-of-living support, health, wellbeing and parenting. There will also be an eco-shop, stocked with preloved school uniforms, toiletries, school essentials and books. Come and join us for a fun-packed start to the summer holidays.

Stop smoking support



Smoking causes 16 types of cancer, and just one cigarette a day increases the risks of heart attack and stroke.

Support is available to help you quit for good.

Residents of Stockton-on-Tees can [download the free Smoke Free app](#) and access premium features including personalised support and a Swap 2 Stop offer.

[Fresh Quit](#) have lots of tips and advice and support is available locally from the [Stockton Specialist Stop Smoking Service](#).

Summer Reading Challenge



Children and families across Stockton-on-Tees are invited to turn up the volume on reading this summer as Stockton-on-Tees Borough Libraries launch the 2026 Summer Reading Challenge, Read to the Beat!

Starting on Saturday 4 July, the music-themed challenge from The Reading Agency encourages children to discover the joy of reading while exploring rhythm, creativity, and storytelling. As part of the National Year of Reading, Stockton-on-Tees Libraries are inviting families to make reading a central part of their summer activities.

Children can sign up at any Stockton-on-Tees Borough Library, where they will receive everything they need to get started. By reading books and taking part in activities, children can build confidence, imagination, and a lifelong love of reading.

[Events | Stockton-on-Tees Libraries](#)

Library events



Draw with Liz Million

Thursday 23 July
Redhill Family Hub: 10.30am - 12pm
Norton Library: 1 - 2.30pm

Join Liz Million for a fun and interactive draw-along session where kids (and adults) will learn how to create amazing characters from simple shapes! For ages 5+.

 **Free, booking essential.**
Bookings open from Friday 3 July. Scan the QR code to visit www.stockton.gov.uk/book-library-event or register at your nearest library.

Stockton-on-Tees Borough Libraries have an exciting programme of events for the summer designed to bring reading to life. Highlights include Draw with Liz Million, silent reading groups and LEGO build and code sessions. Find out where and when these will be taking place: [Home](#) | [Stockton-on-Tees Libraries](#)

Services and support

July 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/fivelampstheyouthy/>

[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](#)