

Healthy Schools: Stockton-on-Tees Newsletter



**Healthy
Schools**
Stockton-on-Tees

March 2024 – Family Edition

Nutrition

The Bread and Butter Thing: Get your weekly groceries for a fraction of the cost



We have now launched our final The Bread and Butter Thing at Redhill Family Hub in Roseworth. Within Stockton-on-Tees we now have five venues offering The Bread and Butter Thing providing a high quality, low cost food offer five days a week.

For £8.50, you can pick up three bags of food worth roughly £35 including fresh fruit and veg, chilled food for the fridge, and cupboard staples like cereal. You can also pay just £5 for an individual bag or £17 for a six bag 'family' deal.

On average, you can expect to save around £25 versus buying the products you receive at a supermarket.

The food comes from supermarkets, factories and farms, meaning you can help reduce waste while also reducing your cost of living.

If you are interested in volunteering at any of our five venues please contact fsot@stockton.gov.uk.

To find out more about The Bread and Butter Thing, visit [The Bread and Butter Thing website](#).

Thornaby's low-cost food hub has moved

The Bread and Butter Thing (TBBT) in Thornaby has moved!

Thornaby's low-cost food hub relocated from Victoria Park Community Hall to Teesside Vineyard Church, TS17 7HB on Monday 4 March.

The collection day is still on Mondays, but the collection time is now between 1.30pm to 2pm.

Residents currently registered at the Thornaby hub do not need to re-register.

Full list of locations:

- ❖ The Salvation Army, Stockton (Tuesdays at 1.30pm)
- ❖ Teesside Vineyard Church, Thornaby (Mondays at 2pm)
- ❖ New Life Family Centre, Billingham (Wednesdays at 1pm)
- ❖ Newtown Community Resource Centre, Newtown (Fridays at 1pm)
- ❖ Redhill Family Hub, Roseworth (Thursdays at 1pm)

For up-to-date information, please visit www.stockton.gov.uk/the-bread-and-butter-thing.

Quiz: Do you know how to have a healthy Easter?

The British Heart Foundation have a fun quiz to test your knowledge this Easter.

Do you know whether a Hot Cross Bun is healthier than an Easter Egg, or if dark chocolate is healthier than milk chocolate?

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/easter-quiz>

If the quiz has made you hungry, don't worry, Diabetes UK have an extra-fruity hot cross buns recipe for you to try.

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/extra-fruity-hot-cross-buns>

Physical activity

Love Exploring – Dinosaur Safari



Have you used the Love Exploring app before?

This Easter you can use the FREE app to hunt for dinosaurs in Stockton-on-Tees and learn about Tyrannosaurus Rex and many more.

So why not take the kids for a fantastic day out at a park near you to track down our prehistoric pals?

Simply download the Love Exploring app and use the interactive map to find the augmented reality dinos.

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

Easter at Preston Park Museum



Put a spring in your step this Easter with lots of activities for the whole family to enjoy.

- ☀ Easter crafts (30 March, 2 April, 4 April, 9 April & 11 April)
- ☀ Storytime with Captain Raggy Beard (Easter Sunday 31 March and Sunday 7 April)
- ☀ Meet amazing mini beasts (5 & 12 April)
- ☀ Butterfly trail around the museum (every day throughout the holidays)
- ☀ Butterfly stilt walkers (Easter Sunday 31 March, 11.30am and 1pm)
- ☀ Make a butterfly mobile (8 April)

All activities are included in your museum ticket and there's no need to pre-book, just turn up on the day.

Buy a Family Ticket for just £15 and visit free for a year.

<https://prestonparkmuseum.co.uk/events/>

Mindfulness and yoga sessions for teens

Every Saturday at 10.30 am at Yarm Wellness, facilitated by Kalma Life, we provide a free Mindfulness and yoga session at the centre for 11-16 year olds.

Yarm Wellness, High Church Wynd, Yarm, TS15 9ST.

For more Information contact lisa@stocktonnorth.kalmalifeuk.co.uk
07427 945855

Fun, food and friends this Easter!



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

There's a wide range of sessions to choose from for eligible school age children from **Reception to Year 11**. Activities include **horse riding, boxing, gymnastics and trampolining, martial arts, climbing wall, football, yoga, arts & crafts, ice-skating, theatre workshops, bushcrafts, watersports, swimming and dancing**.

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, in receipt of Universal Credit, or experiencing financial difficulties.

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 are running from Tuesday 2 to Friday 12 April.

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

The providers with the most spaces currently available are:

Primary age

- ❖ Rosedene nurseries – mixed activities based at Redhill Hub. Ages 4.5 to 11.
- ❖ Kalma life – yoga, mindfulness and meditation at St John's school. Ages 6 to 11.
- ❖ SOSI – sports and active games in Billingham. Longer sessions from 9am – 3pm. Ages 4.5 to 11.5.
- ❖ SOSI SHINE – dance, gymnastics and acting in Billingham. Longer sessions from 9am – 3pm. Ages 4.5 to 11.5

Mixed age range

- ❖ Budo for change – martial arts and games in central Stockton. Age 8+.

Secondary only

- ❖ The Globe in Stockton – behind the scenes in the theatre industry. Age 14 to 16.
- ❖ Billingham Boxing Academy. Age 11+
- ❖ Tees Active ice skating, GoClimb or swimming. 11+.
- ❖ Daisychain - SEN day trip paddle boarding for teenagers. Contact Daisychain directly.

ParkPlay at Ropner Park and John Whitehead Park

Make friends, have fun, get moving – FREE every Saturday morning.

ParkPlay, funded by The National Lottery and Sport England aims to provide two hours of free games at parks for families every Saturday morning, all year round.

You can find ParkPlay at two parks, [Ropner Park](#) and [John Whitehead Park](#).

ParkPlay welcomes everyone. Turn up for games, activities, fun and a community here for you.

Register on the [website](#) to take part.

Easter family bike rides



The Hub – River Tees – The Hub Wednesday 3 April, 10.30am – 12.00pm

Join the Stockton Walking and Cycling Hub for a free, four mile, family guided bike ride from The Hub along the River Tees and back on traffic-free shared paths.

To book a place please visit:

[Easter River Ride](#)

Ropner Park – Preston Park – Ropner Park Wednesday 10 April, 10.30am – 12.00pm

Join the Stockton Walking and Cycling Hub for a free, four mile, family guided bike ride from Ropner Park bandstand across the six fields to Preston Park and back on traffic-free shared paths.

To book a place please visit:

[Ropner Park Family Ride](#)

Easter Holiday activities with Tees

Active



Explore Tees Active's excellent variety of activities this Easter Holidays!

With the first term of the year out of the way it's time to have some fun with your family and friends from an easter egg hunt at GoClimb Billingham Forum to a **FREE Easter trail at Tees Barrage** plus all the usual family activities including ice skating, swimming, Air Trail High Ropes, watersports, soft play, Bio Bounce Inflatable Park and racquet sports.

There's something for everyone! For more information and to plan your easter holidays visit

<https://www.teesactive.co.uk/holiday-activities/>

<https://tbiwwc.com/easter-trail/>

A trip to the Forum Theatre!



Nothing beats live entertainment, whether it's a school or family trip to the theatre. There's a range of family favourite shows coming up including Fireman Sam, Exciting Science, The Lion Inside, and Peppa Pig's Fun Day Out. Plus it's never too early to book for the annual festive pantomime! This year Forum Theatre will be wowing visitors with a production of Cinderella.

For full show listings and to book visit -

<https://www.forumtheatrebillingham.co.uk/whats-on/>

Spring into action!



Whatever your age, staying active is important to help maintain a healthy lifestyle. It can be a daunting feeling stepping into the gym or a fitness class for the first time, which is why the team at Activ8 Health & Fitness engage with customers to create a sociable and friendly environment to help you fit right in.

Membership gives you access to four fitness clubs, four swimming pools and a huge range of weekly fitness classes. To help you make the first step take a look at the latest offer from Activ8 Health & Fitness's saving you 50% off your joining fee.

For more information and to join visit - <https://activ8fitnessclubs.co.uk/activ8-february-offer-4/>

Eggciting Easter activities at Stockton-on-Tees Libraries



Make your Easter more Eggciting by taking part in some of the crafts and digital sessions at our libraries **between 2 April and 11 April**.

Activities include:

- ❖ Easter bunny crafts
- ❖ Strawberry elephants
- ❖ Sunflower scarecrow
- ❖ 3D pens: Fabergé egg
- ❖ Digital games

Important information

Unless otherwise stated, all activities are **suitable for ages 4 to 11 years**. Children 10 years old and under 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.

Registration opens on **25 March**.

Booking is essential for all activities.

Mental health, wellbeing and resilience

Understanding your child: from toddler to teenager



Free online course for all parents, carers, and grandparents.

- ❖ Reading your child's behaviour and understanding their feelings
- ❖ Effective communication
- ❖ Reflecting on your relationship and how to nurture your child's emotional health
- ❖ A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents.



<https://inourplace.heiapply.com/online-learning/courses>

World Autism Acceptance Day

Stockton-on-Tees Borough Council will mark World Autism Acceptance Day on 2 April 2024 by illuminating the lighting gold at Newport Bridge, Stockton Town Centre, and Stockton Riverside. Celebrate this special day by encouraging your children to express themselves through "colour", which is this year's theme.

You can access a range of support by visiting www.stockton.gov.uk/localoffer and searching for "autism".

Charlie Waller Trust – latest free webinars and new podcast series



Charlie Waller run [regular FREE live webinars](#) for anyone who looks after young people – **parents, carers, educators** – as well as young people themselves and anyone interested in psychology or mental health.

[Knowing when a friend's struggling and understanding how to help](#)

Thursday 4 April
7pm – 8.30pm

[Spotting signs that a young person is struggling with their mental health](#)

Tuesday 9 April
12pm – 1.20pm

[Young people and eating disorders – spotting signs and supporting](#)

Tuesday 16 April
12pm – 1.20pm

[Supporting young people experiencing thoughts of suicide](#)

Tuesday 23 April
6pm – 7.30pm

[Anxiety in young people – spotting the signs and supportive strategies](#)

Thursday 25 April
6pm – 7.30pm

New-look Local Offer and Children and Young People's Disability Register



Stockton-on-Tees Borough Council is urging parents and carers of children with disabilities to sign up to a disability register so they can be kept informed about all the services available to them.

Any parent or carer with a child on the register will also be able to influence and shape future services and access relevant information that will:

- ❖ Keep them updated about services available
- ❖ Direct them to information about local activities and events
- ❖ Tell them about ways they can get involved

The Children and Young People's Disability Register is part of Stockton's Local Offer which is available on a new-look website with information about support available for children and young people up to 25 years old with Special Educational Needs and Disabilities (SEND).

The Local Offer website - www.stockton.gov.uk/localoffer - includes information about what parents, carers and young people might expect from education settings, the local authority, health services and other local services.

There are dedicated areas for young people as well as their families, where they can find information about leisure activities, growing up, and learning and employment options.

The new website has been created based on feedback from our families and we'll continue to work with our young people to update content.

Some key changes include:

- ❖ A new, bright colour scheme and clear icons to make it easy to navigate
- ❖ An effective search box that has automated suggestions as you type
- ❖ Easy to find key contacts for parents and carers
- ❖ A professionals' Teams site for resources to help those working with children and young people with SEND

The Children and Young People's Disability Register can be found on the Local Offer webpage, or accessed directly at www.stockton.gov.uk/child-young-person-disability-register. There's a short form to complete to sign up. The information you provide is linked to your My Council account and can be removed or updated at any time.

To be eligible for the Children and Young People's Disability Register your child must:

- ❖ Have a learning difficulty, mental health, medical condition or a physical disability
- ❖ Be 0 to 25 years old
- ❖ Live in the Borough of Stockton-on-Tees

If you've previously signed up to the Disability Register, you'll need to register again.

The old version of the Disability Register has now been removed. Any information you've previously submitted will be securely removed from our records.

Are your child's vaccines up to date?



Childhood infections like **measles and whooping cough are rising**. Outbreaks are happening across the country.

If your child isn't vaccinated, they're not protected.

Measles and whooping cough can have a huge impact on your child's life. 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 vaccines are safe and effective.**

If you or your child have missed a vaccine, **it is never too late, check if you can catch up!**

Parents should check their child's Red Book to see if their child missed any vaccines. Parents can also check with their GP if they are not sure.

Please visit www.nhs.uk/childhoodvaccinations for the full vaccination timetable and information on how to book.

Anti-idling campaign!



Many of us idle, leaving the engine on whilst waiting, when picking our kids up from school.

But would you still idle if you knew:

- **It is extremely dangerous for young children.** An idling car releases the same pollutants as a moving car. Not only do these worsen the air quality but because children are smaller (and closer to the exhaust), and breathe faster, they breathe in more of these harmful pollutants. These pollutants have been linked to asthma, heart disease, chronic bronchitis, and cancer and are known to stunt developing lungs.
- **It wastes money.** An idling car uses fuel unnecessarily. And despite the common myth, restarting your car does not use more fuel than idling.
- **It damages your engine.** Idling for just three minutes is thought to damage the engine and reduce the life of your car.

Stockton-on-Tees Borough Council will be working with schools, and your children, to stop idling and protect them from its harm!

Could you be eligible for new funded childcare?



The Government is extending childcare to support working parents returning to work after their parental leave ends.

By September 2025, working parents of all children over the age of nine months will be entitled to 30 hours of childcare.

So that nurseries and childminders can prepare to deliver such a major expansion, it will be rolled out in phases:

- from April 2024, working parents of 2-year-olds will be able to access 15 hours childcare
- from September 2024, 15 hours childcare will be extended to all children from the age of 9 months
- from September 2025, working parents of children under the age of 5 will be entitled to 30 hours childcare per week

[Visit the GOV.UK website for further information on free childcare.](#)

Parents of 2 year olds can start applying for a funded place now [Sign in to your childcare account to apply.](#) Once you have applied and are eligible you will be able to access a place from April 2024.

Children who will be 9 months old during the period April to August will be able to access a funded place from September 2024.

If you require support in finding suitable childcare or more information on childcare funding [visit our website](#) or call the Council's Families Information Service on **01642 527225**.

Tulips – Parkinsons and Dementia support drop-in coffee morning



This is an out of area support group but it may still be of use for those living with Parkinsons, Dementia and their carers/families.

Drop in coffee morning at Fletcher's Farm, Little Ayton, TS9 6HZ

27 March 2024
11am – 2pm

Come and find out more about our exciting new free programme launching after Easter at Fletchers Farm. Sessions are available to those living with Parkinsons, Dementia and carers/families.

Meet the team and find out what activities you can get involved in!

Lunch and drinks provided.

For more information contact Georgia – 07929739024

georgia.wilkie@groundwork.org.uk

Would you like to Stop Smoking?



If you live or work in the Stockton-On-Tees area

the Stockton Stop Smoking Service offer treatment, advice and support.

The below clinics are available by appointment.

Call **01642 383819** to book your place.

The service is available to **anyone aged 12 and over**.

Start your **SMOKEFREE** journey today.

www.nth.nhs.uk/stopsmoking

<p><u>Monday</u> Thornaby Family Hub Tedder Avenue Thornaby TS17 9JP</p>	<p><u>Tuesday</u> Billingham Family Hub Ochil Terrace Billingham TS23 2QL</p>
<p><u>Wednesday</u> Stockton Family Hub, Yarm Road, Stockton, TS18 3PJ & Redhill Children's Centre, Redhill Road, TS19 9BX</p>	<p><u>Thursday</u> SPLASH Leisure Centre Church Road Stockton TS18 1TY</p>
<p>Monday - Friday Telephone Assessments available Please call 01642 383819</p>	



Share your views on educational disadvantage

Stockton-on-Tees Borough Council is working with schools and partners to explore the issues surrounding educational disadvantage.

We want to hear your views on the issues impacting on education, based on your experience as parents/carers.

If you are a parent or carer of a child who attends primary or secondary school in the Borough please add your voice by [completing this short online survey](#).

We also want to hear from your children. What are the things that help them, or make it harder for them, to do well at school?

We've asked schools to give children the opportunity to complete a survey. If they have not done this at school, please encourage your child to share their views by completing, with your help if needed, the relevant survey for [primary aged children](#) or [secondary age children](#).

It will only take a few minutes to complete, and the responses you and your children give will help us to understand your views, to identify good practice and what could be done to support families, establish new ways of working and make better use of resources.

Everything you tell us will be used only within the Local Authority for the purposes of this review. If you would like to be involved in more detailed conversations, there is an option to be contacted by one of our team.

The **survey will close at 5pm on Friday 19 April**.

Services and Support

March 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

[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](#)