



## Summer Holiday offers, support and signposting

Term 6 2023

### South Glos Holiday Clubs Information

South Glos Playscheme run free holiday clubs across South Glos - [South Gloucestershire Play Scheme – 2022 holiday playscheme in South Gloucestershire for 5-11 year olds](https://sgplayscheme.co.uk) (sgplayscheme.co.uk)

Progressive Sports offer a range of activities (Paid)

Holiday Courses - Progressive Sports - Bristol & South Gloucestershire ([progressive-sports.co.uk](https://progressive-sports.co.uk))

Bookings are open for children to take part in a wide choice of activities, discover and develop all kinds of skills, learn about healthy, tasty food and eat it with new friends in the summer holiday.

For details of all local activities and clubs taking place as part of the South Glos Holiday Activities and Food programme (HAF) and to book, visit [www.southglos.gov.uk/HAF/](http://www.southglos.gov.uk/HAF/)

### Free places for children aged 5-16 on benefits-related free school meals.

The leisure centres all run holiday camps and other activities throughout the summer. [Holidays - Active Centres](#)

[South Gloucestershire Children's Holiday Clubs - Summer \(all4kidsuk.com\)](https://www.all4kidsuk.com) This has some online courses that children can do on coding, cooking, and games.

[School Holiday Camps in South Gloucestershire | Families Online](#) South Glos Playschemes, day camps and residential camps.

[Activities and resources for children and young people | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#) The libraries also have lots of different activities throughout the summer including Lego clubs and reading challenges.

Make the most of local free activities

<https://thisbristolbrood.com/free-things-to-do-in-bristol/>

### Planning for a safe and successful Sumer Break – Top Tips

#### Get the kids involved in planning

What activities would they like to do?

How could they ensure that they are getting outside and away from screens for a period of time each day?

What will the new rules and routines will look like over the summer?



Dream BIG // Work Hard // Be Kind



@HanhamWoods



### Financial support/offers

- Information on different ways of getting support with the cost of living rising [Help with the rising cost of living | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)
- [Household support fund | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)
- [www.moneysavingcentral.co.uk/kids-eat-free](http://www.moneysavingcentral.co.uk/kids-eat-free) is a website that tells families restaurants where kids eat free throughout the holidays.
- [Financial support and wellbeing | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)



### Young people's mental health

- **Off The Record:** Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Tel: 0808 808 9120. Text: 07896 880011. Website: [www.otrbristol.org.uk](http://www.otrbristol.org.uk). Email: [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)
- **Kooth:** Free, safe and anonymous online support for young people 11-18. Write in a daily journal. <https://kooth.com/>
- **Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Young Minds Crisis Messenger Service** for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258.

### Family/parenting support

- **NHS website:** Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: [www.nhs.uk/family](http://www.nhs.uk/family)
- **Parent Buddies** is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services. <https://www.parentbuddies.co.uk/>
- **CCP – Caring for Communities and People** – Offer outreach support for families at an early help level. Families can self-refer. [www.ccp.org.uk](http://www.ccp.org.uk)

### Support for families who have children with additional needs

- **SEND and You - SAY:** Local SEN and disability information service (SENDIAS) - Information and support around Special Educational Needs and Disabilities, for children, young people and families. (previously Supportive Parents) Tel: 0117 9897725 Website: <https://www.sendandyou.org.uk>
- **South Glos Parents and Carers:** Information and groups for parents who have children with a disability and/or additional needs. Offers a weekly drop in for parents and carers, support groups, workshops, counselling and events. Website: [www.sglospc.org.uk](http://www.sglospc.org.uk) Email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)
- **JIGSAW Thornbury** Support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities or medical problems. Many children who come have no diagnosis. Weekly support group for parents, carers and children + training courses on a range of topics. Telephone: 01454 416381 Website: <https://www.jigsawthornbury.org.uk/>

