



## In this issue:

*Free & Cheap things to do in the holidays p1-4*  
*Routine & Boundaries for the summer break p2*  
*SEN Support p3 Support for Teens p4*

**W**elcome to the Summer Newsletter for the Dacorum Family Support North & East team. We hope that the articles included in this issue will be of interest to you and your families. We have also included some suggestions to keep your children/teens busy over the summer period.

Your School Family Workers work term-time only and so will be unavailable during the summer holidays, returning to work on **Wednesday 4th September 2024**.

If you need urgent family support during this time, please see the helplines at the bottom of this page.

Wishing you all a happy summer holiday!

## Make an Activity Jar

All you need is an empty jar. On strips of paper, ask your family to make a list of fun ideas you'd like to do over the holidays and put them in the jar. When you need an idea for what to do, pick out a slip of paper from the jar!



### Ideas!

Make a den	Go for a bike ride
Go for a picnic	Make jelly
Have a film night	Go to the park
Camp in the garden	Plant some seeds
Bake some fairy cakes	Find 5 toys to give away
Go on a nature walk	Rock painting



## EMERGENCY HELPLINES

Family Lives - 0808 800 2222

Samaritans - 116 123

Childline - 0800 1111

HCC Children's Services 0300 123 4043

Families First Portal:

[www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)

Dacorum Foodbanks

<https://www.trusselltrust.org/get-help/find-a-foodbank/dacorum-foodbank/>



## What are High Five Holiday Camps?

Our camps provide high-quality sport, entertaining enrichment activities, as well as a nutritious hot meal.

Funded by the Opening School Facilities programme, our camps run every school holiday period.

## What happens at a High Five Camp?

From 10 am until 3 pm, the days look like this: During our camps, we have visits from Herts Fire and Rescue, Hertfordshire Constabulary and the Hertfordshire Libraries who each deliver exciting activities on what they do.

### Locations

Dacorum – Lime Walk Primary School

### Who is eligible to attend?

Children eligible to attend High Five camps are:

Aged between 5-11 years

Eligible for free school meals

Referred via a professional service

<https://apex360.co.uk/highfive/>



Hertfordshire County Council Services for Young People

## HOLIDAY ACTIVITY PROGRAMME

Bennetts End Young People's Centre  
Kimps Way Hemel Hempstead  
HP3 8EN

Join us this Summer  
Monday – Thursday each week  
29 July to 15 August 2024  
2pm-6pm each day

For young people aged 13-16

Priority booking for those eligible for benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as cooking, arts and crafts
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Use the QR code below or contact SFYP Dacorum Team to sign up.

Area Service Manager: Karen Haswell  
Youth Work Practice Manager: Robert Brown

Tel: 01442 454060  
Text: 07860 065195  
sfyp.dacorum@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
@HCCSYF



## Routines & Boundaries for the summer break - Tips

**Weekly/Daily Timetables** - Planning for such a long break from school is key.

Work out what you are doing in advance, so you aren't stuck on the day thinking of things to do.

**Snacks** - open your own tuck shop! Give your children a small allowance each day to spend at the tuck shop (don't worry you'll get it back each day as you are the tuck shop owner).

Print out a snack price list. They will have to choose whether they would like to spend their money wisely (on a few different healthy snacks or blow their money or something less healthy).

Once the money has gone for the day, its gone! See here for ideas <https://beezeebodies.com/blog/keep-your-childs-snacking-in-check-with-a-home-tuck-shop/>

**Bedtime Routine** - It's important to keep a bedtime routine even in the holidays, so the children get enough sleep, and you get some time for you!

Be consistent.

About an hour before bed, encourage your child to start their bedtime routine - pjs, brushing teeth, dimming the lights, and reading a bedtime story. Older children and adolescents might not want a bedtime story, but they can read in bed or do gentle stretches to relax.

Make sure they are not able to be on devices during this time — smartphones, tablets, and TVs all emit what is called 'blue light' which is detrimental to being able to fall asleep.

Keep bedrooms cool and dark – eye masks, fans.

Prepare for Back-to-School in advance, buying uniform, stationery, lunch boxes etc.

If your children have been staying up and sleeping in later, begin adjusting their bedtimes gradually so it's not such a shock to the system on the first day back at school.

**Family Rules/Guidelines** - At the beginning of the holidays sit down as a whole family and discuss what is going well and what isn't.

Come up with some family rules/guidelines for everyone to follow.

All agree with and stick to these (including adults).

If rules/guidelines are broken have a family meeting to discuss and review.



# COMMUNITY FOODBANK

Open to to anyone in genuine need  
No vouchers or referral required  
Free tea/coffee and a friendly welcome for all  
All details correct as of June 2024

<p><b>Kings Langley</b> Tue 10-11.30am <i>(Open every day for donations)</i> All Saints Church, WD4 8JS <i>(Front of the church on the right)</i></p>	<p><b>Apsley</b> Tue 12.30-2.30pm/ Thu 10am-12 noon St Mary's Church, HP3 9ST <i>(Meeting room at rear)</i></p>	<p><b>Bennetts End</b> Wed 9.30-11.30am St Benedict's Church, HP3 8JU <i>(In the church hall)</i></p>
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Donations welcome\* at these locations and at:

- The bar at Kings Langley Football Club
- Collection point in the Dunelm store, Apsley

Scan to see our current food needs

Scan for cash donation online

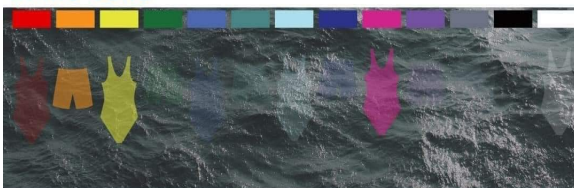
\*Non-perishable foods and essential cleaning products/toiletries please. Please only donate in-date items.

f @KingsLangleyFoodbank

### Keeping Safe in the Water

## Swimwear Safety

#### In the Lake



#### In the Pool



Choosing swimwear in colours that enhance visibility in a pool setting is crucial for promoting safety. Neon colours and red stand out distinctly against the water.



Liberty Tea Rooms is a community run, community supported and community focused tea rooms. There is an honesty box payment system and do not charge for services but instead ask for donations. The community hub includes CAP (specialist debt help services) and Dacorum FoodBank, <https://www.libertytearooms.co.uk/>



## SEN Support



# SEN Saturday Club

Sensitive -Encouraging -Nurturing

Who: children aged 6-18 yo  
 When: Saturdays from 10am to 11:30am.  
 Where: Adeyfield Adventure Playground. HP24LW  
 Cost: Entry is £5 for the 1st child and £2.50 for siblings.

More info: [adeyfield.adventureplayground@dacorum.gov.uk](mailto:adeyfield.adventureplayground@dacorum.gov.uk)

## Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not

limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No  
Diagnosis  
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



01727 833963

[supporthub@add-vance.org](mailto:supporthub@add-vance.org)

Open Monday-Friday  
9 AM - 1PM



We Can't:  
 - Give updates/  
 fast track places  
 on waiting lists  
 - Recommend  
 specific private  
 assessors

Here to support, reach out for a listening ear



## Free & cheap things to do



- Gadebridge Park - Splash park, play area, skate park
- Cycle the seven-mile Nickey Line – a disused railway line between Hemel Hempstead and Harpenden <https://www.dacorum.gov.uk/home/environment-street-care/landscape-recreation/nicky-line>
- Cloud 9 Inflatable park - offers often on Groupon
- Head up to Dunstable Downs to fly kites, enjoy spectacular views and watch gliders take off
- Ashridge Estate <https://www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/ashridge-estate>
- Berkhamsted Castle <https://www.berkhamstedcastle.org.uk/>
- Tring Natural History Museum <https://www.nhm.ac.uk/>
- Tring Reservoirs
- College Lake, Tring <https://www.bbwt.org.uk/nature-reserves/college-lake>
- Pick your own Fruit & Veg at Grove Farm <https://www.grovecfarmpyo.co.uk/>
- Stockwood Discovery Centre, Luton
- RAF Museum, Hendon
- London Museums - Natural History/Science -free
- Leavesden Country Park
- Wendover Woods



## Summer Reading Challenge



The Summer Reading Challenge takes place every year during the summer

holidays. You can sign up at your local library, choose your reading goal (recommend six books), then read any books of your choice to collect special stickers and other rewards along the way – all for FREE.

<https://summerreadingchallenge.org.uk>

## Adventure Playgrounds

There are four adventure playgrounds in the area - lots of fun activities including slides, climbing walls, water play, table tennis, crafts. The playgrounds operate as an open access facility which means children can come and go as they please (must register before attending). Children under 8 are welcome when accompanied by an adult.

<http://orlo.uk/jqCnT>



Please note parking charges can apply



**Multi-Sports & Activity Camps**  
9am - 4pm

**£20 per day**

**30<sup>th</sup> July – 28<sup>th</sup> August**

Galley Hill Primary School, Hemel Hempstead, HP1 3JY  
Two Waters Primary School, Hemel Hempstead, HP3 OAU

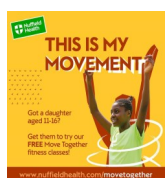
Hockey Tennis Dodgeball Badminton Kinball Archery Axe Throwing  
Volleyball Gymnastics Netball Cricket Football

**Arts & Crafts, Bouncy Castles & More**  
10% Sibling Discount Automatically Applied at Checkout


Sean: 07526 358 350 Chris: 07526 358 351  
Email: [coachingme.com@gmail.com](mailto:coachingme.com@gmail.com)  
f coachingme

**COACHINGME**

**Move Together** is all about getting girls moving (ages 11-16). Free weekly fitness classes, Build strength and confidence, Suitable for all bodies and abilities. A chance to meet people and have fun in a safe and welcoming space. **You don't need to be a member to join these classes.** Nearest sessions will be run at The Healthy Hub, Tuesdays at 4pm or Nuffield Hemel, Tuesdays 4.30pm  
<https://www.nuffieldhealth.com/movetogether/2>



**THIS IS MY MOVEMENT**  
Get a daughter aged 11-16? Call them to try our FREE Move Together fitness classes!  
[www.nuffieldhealth.com/movetogether](http://www.nuffieldhealth.com/movetogether)



### Online Safety Newsletter for parents/carers



This newsletter has been produced to promote the safety of young people and children online.

<https://www.hertfordshirefamiliesfirst.org.uk/assets/1/hf-l-education-online-safety-newsletter-summer24->



**Delivering Special Provision Locally**  
Achieving quality outcomes

**Dacorum**

Support and Services for children with special educational needs and disabilities

Facebook - [www.facebook.com/dspldacorum](http://www.facebook.com/dspldacorum)

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

## Dacorum Family Services North & East

Office Tel: **(term time only)** 01442 401222 (Ext 5)  
[www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)

### Support & Advice for For Teens

With Youth digital wellbeing service (5-18 year olds, parents and carers) Helpline and instant messaging service to chat online or over the phone. One to one and group support offered. 0208 189 8400 Mon-Fri 2-10pm [www.withyouth.org](http://www.withyouth.org)

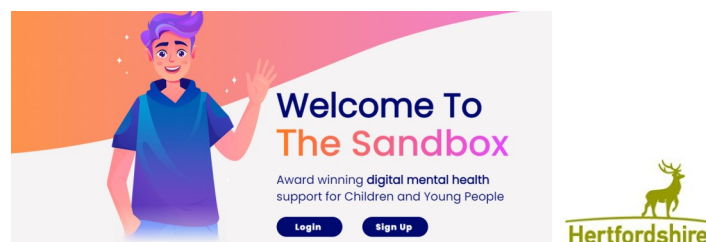


### The Sandbox online mental health digital advice and guidance service for 10-25s

The Sandbox is an innovative digital mental health service for children and young people.


Includes resources, courses and 1-1 online video therapy with qualified therapists for those who need additional support.

Signing up is easy and doesn't require a referral or registration. Visit The Sandbox website <https://thesandbox.mindler.co.uk/>



**Welcome To The Sandbox**  
Award winning digital mental health support for Children and Young People

Login Sign Up



### Support for Young People

**Monday to Friday 11am-5pm.**

Young people can access free and confidential information, advice and support on jobs and careers, training, education, relationships, personal safety, housing, self esteem, benefits and finances and much more. Drop in or make an appointment.

XC Centre, Jarman Park. Tel: 01442 454060 or Text: 07860 06519

<https://www.servicesforyoungpeople.org/support-for-young-people/information-advice-and-support/hemel-hempstead-young-peoples-centre/>



**Disclaimer:** The information provided in this newsletter is for general guidance only. Dacorum Family Services North & East does not endorse or recommend any of the organisations, services or information listed in this booklet. While DFS North & East aims to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate.