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**W**elcome to the Summer Newsletter for the Dacorum Family Services 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 **Monday 4th September 2023**.

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!

**We have Facebook and Instagram !**

### Facebook

Dacorum Family Services North & East



### Instagram

#dfsnorthand east



*Positive phrases to help build resilience in your child*

*I knew you could do it*

*You kept trying*

*I am listening to you*

*You are confident*

*You make me smile*

*I am here for you*

## 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/>

## Routines & Boundaries for the summer break

### 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.

Meal and snack planning for the week – Tuck shop idea, each child gets snacks for the day, once they are gone, they are gone.

### 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.



## Kids eat for less or free this summer in Hertfordshire

<p><b>Asda</b> Kids (aged 16 and under) eat for £1 at any time of day, seven days a week with no minimum spend.</p>	<p><b>Beefeater</b> Up to two kids can receive a free breakfast with one paying adult.</p>
<p><b>Brewers Fayre</b> Up to two kids can receive a free breakfast with one paying adult.</p>	<p><b>Bella Italia</b> Kids aged 2-11 can eat for £1 at Bella Italia with the purchase of any adult main from 4-6pm Monday-Thursday.</p>
<p><b>Bill's</b> Up to two kids can eat free all-day Monday - Friday if one adult orders any main dish.</p>	<p><b>Café Rouge</b> Kids eat for £1 with purchase of one adult main course. 22 July - 31 August. Excludes Saturdays.</p>
<p><b>Dobbies Garden Centre</b> Families can get one free kids' meal with every adult main meal purchased in the restaurant.</p>	<p><b>Dunelm Café</b> Kids eat free when an accompanying adult spends £4. Kids can get a mini main, two snacks and a drink.</p>
<p><b>Hungry Horse</b> Kid's breakfast up to £2.49 for free when you buy an adult breakfast. Available every day between 8am and 12 noon, July 22 - September 4.</p>	<p><b>Morrisons</b> When you purchase one adult meal over £4.99, kids (16 and under) can get a free meal from the kids's menu. One kids meal per adult.</p>
<p><b>Tesco</b> Parents can spend as little as 60p to claim a free kids' meal worth up to £3.25.</p>	<p><b>YO! Sushi</b> Kids under 10 can eat for free from 3.30pm-5.30pm, Monday to Thursday. One child eats free for every £10 spent on food by the accompanying adult(s).</p>



Visit: [hertfordshire.gov.uk/littletrips](http://hertfordshire.gov.uk/littletrips)



## Support & Help - Foodbanks

KINGS LANGLEY, APSLEY & BENNETTS END

# COMMUNITY FOODBANK

Open Table foodbank available to anyone in genuine need. No vouchers or referral required.

**St Benedict's Church,  
Bennetts End, HP3 8JU  
(Back of the church)  
Weds 9.30am-12 noon**

**St Mary's Church,  
London Rd, Apsley, HP3 9ST  
Church porch  
Thurs 10am-12 noon**

**All Saints Church,  
Kings Langley, WD4 8JS  
Back of the church  
Daily 9.30am-5pm**

Donations\* also welcome at the collection point in the Dunelm store, Apsley.

If you can manage to add even one extra item to your weekly shop and donate this to our community, this would make a big difference.

Find us on Facebook: @KingsLangleyFoodbank



Are you worried about your child's internet safety?

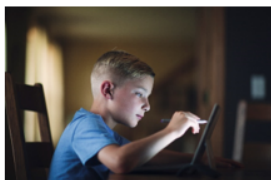
Do you have any burning questions?

Join our face-to-face session as we cover the basics of internet, digital communication, and social media safety, in collaboration with Herts Police.

**E-safety session: Thursday 27<sup>th</sup> July 2023**

Location: Greenhills Day Service, Tenzing Road, Hemel Hempstead, HP2 4HS.

11-12:30pm- For Parents, Children and Young People (5 years+).



If you have any questions before our session, don't hesitate to contact us at: [Kingsley.Davis@hertfordshire.gov.uk](mailto:Kingsley.Davis@hertfordshire.gov.uk)

**Multi-Sports & Activity Camps**  
9am - 4pm  
**£20 per day**

**Two Waters Primary School, Hemel Hempstead, HP3 OAU**

**Galley Hill Primary School, Hemel Hempstead, HP1 3JY**

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

10% Sibling Discount Automatically Applied at Checkout  
**BOOK BEFORE JULY 8<sup>th</sup> FOR 10% EARLYBIRD DISCOUNT  
CODE: EARLYBIRD23**

Sean: 07526 358 350 Chris: 07526 358 351

Email: [coachingme.com@gmail.com](mailto:coachingme.com@gmail.com)

Facebook: [coachingme](https://www.facebook.com/coachingme)

**COACHINGME**



## Ideas for the holidays

Hertfordshire's  
Holiday Activity Programme




**HAPpy camps are back**  
School age children eligible for benefits related free school meals can enjoy free food, free sports and free crafts activity this summer

Department for Education





<https://sportinherts.org.uk/happy/booking/>

## Free & cheap things to do in Herts and surrounding areas:

- Ashridge estate
- Berkhamsted castle
- Aldenham Country park (parking charges)
- Tring Natural History museum
- Cassiobury park – splash pools (pre-booking required)  
Parking charges
- Leavesden Country Park
- Greenwood Park
- Outdoor cinemas
- Cloud 9 – Offers often on Groupon
- London – museums (Natural History/Science etc free but pre-booking often required)
- Walking tours in London – can download
- Wendover Woods (parking charges)
- Stockwood Discovery Centre (parking charges)
- Rickmansworth Aquadrome
- Dunstable downs (parking charges if not a NT member)
- Hemel Hempstead outdoor pool (adult £7.60, child £5.20)
- RAF museum (Hendon) (Parking charges apply)



## 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>

Summer Reading Challenge 2023



**Ready, Set, Read!**

Presented by The Reading Agency.  
Delivered in partnership with libraries.

YOUTH SPORT TRUST | INSPIRING ACTIVE READERS | THE READING AGENCY

Illustrations by Loretha Schauer and logo artwork by Lizzie Everard. All © The Reading Agency 2023.

## Free & Fun things to do

- Head up to Dunstable Downs to fly kites, enjoy spectacular views and watch gliders take off
- 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>
- Pick your own Fruit & Veg at Grove Farm - 30 different fruit & veg available from June to Oct (nr Tring)  
<https://www.grovefarmpyo.co.uk/>
- Have fun at the Splash Park in Gadebridge Park



## 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>



Move Together is all about getting girls moving (ages 11-16)

Free weekly fitness classes near your local Nuffield Health Gym.

Build strength and confidence.

Suitable for all bodies and abilities

A chance to meet people and have fun in a safe and welcoming space.



Nearest sessions will be run at The South Hill Centre, Cemetery Hill. Fridays at 4pm.

<https://www.nuffieldhealth.com/movetogether/2>

**DSPL** | 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

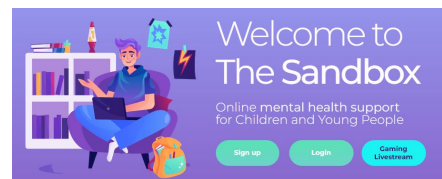
With Youth digital wellbeing service (5-18 year olds, parents and carers) Helpline and instant messaging service to chat online or over the phone. One to one and group support offered. 0208 189 8400 Mon-Fri 2-10pm [www.withyouth.org](http://www.withyouth.org)



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

Games, worksheets, group chats and online events plus internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call. Therapy sessions: 7am-10pm Mon-Friday and 10am – 10pm Saturdays and Sundays Live Chat: 10am-8pm Mon-Fri

Signing up is easy and doesn't require a referral from a professional: Visit The Sandbox website <https://sandbox.getcerebral.co.uk/>



## Support for Young People

At the Hemel Hempstead Young People's Centre, young people from the Dacorum area can get information, advice, guidance and support on education, work, training and volunteering. Also offer confidential one-to-one support with issues such as mental health, relationships, finance, housing, drugs and alcohol use and much more.

Every Monday - Friday 11-5pm.

Venue: Hemel Hempstead Young People's Centre, 1st Floor XC Centre, Jarman Park  
Age Range: 11-19

You can call, text or email to make an appointment or just drop in during the opening times. The service is free and confidential for all young people.

<https://www.servicesforyoungpeople.org/support-for-young-people/>

Services for Young People