

Summer Holiday Support for Families

We hope all our families have a happy, safe and enjoyable summer break. We know that the holidays can sometimes bring additional challenges, so we have put together a range of information and organisations that may be helpful over the summer. Whether you are looking for activities for your children, financial support, wellbeing advice or family services, we hope you find these resources useful. If you have any safeguarding concerns about a child during the holidays, please contact your local Children's Services or the emergency services if someone is in immediate danger. We look forward to welcoming everyone back in September.



Summer Holiday Activities

Reading Challenge via your Harwich library.

Holiday Activities and Food (HAF) programme- vouchers have been sent out via email to all eligible families



Food Support

Food banks

<https://tendring.essexfrontline.org.uk/Library/ServiceDetail/6790d8f4ce4672afc55dae02>



Mental Health and Wellbeing

Tips for supporting children's emotional wellbeing during the holidays.

YoungMinds <https://www.youngminds.org.uk/>

Place2Be <https://www.place2be.org.uk/>

Anna Freud <https://www.annafreud.org/services/services-for-children-and-young-people/>

NHS guidance on children's mental health. <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>



Parenting Support

Parenting helplines. <https://www.snapcharity.org/helpline-support/>

Family support services. <https://essexfamilywellbeing.co.uk/locations/harwich/>

Family Lives <https://www.nhs.uk/services/service-directory/family-lives/N10973368>

NSPCC <https://www.nspcc.org.uk/>



Online Safety

Resources to help children stay safe online during increased screen time.

Internet Matters <https://www.internetmatters.org/>

Childnet <https://www.childnet.com/>



Safeguarding During the Holidays

If families have concerns about a child's safety or wellbeing they can contact:

Your local authority Children's Services.

Children's Line: 0345 603 7627 (for concerns about children).

Family Solutions: 0345 603 7627 (for family support).

For more information, you can visit the Essex County Council website.

<https://www.essex.gov.uk/children-young-people-and-families/support-children-young-people-and-families>

NHS 111 for medical advice.

999 in an emergency.



SEND Support

Local SEND Information, Advice and Support Service (SENDIASS).

<https://www.essexsendiass.co.uk/>

Local Offer website. <https://send.essex.gov.uk/>



Useful National Organisations

Citizens Advice <https://www.citizensadvice.org.uk/>

Home-Start UK <https://www.homestartharwich.org.uk/>

Barnardo's <https://www.barnardos.org.uk/>

Action for Children <https://www.actionforchildren.org.uk/>