



NEWTON AND TEIGN HUB FAMILY SUPPORT NEWSLETTER 1 - JULY 2022

HAF

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services. To find out more please visit: [Devon Holiday Activities and Food programme | Facebook](#) and [HAF providers – Summer 2022 – Education and Families \(devon.gov.uk\)](#)

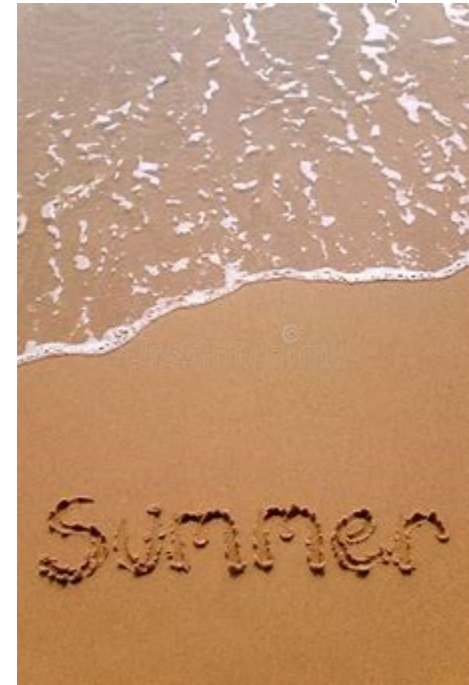


FREE SCHOOL MEALS DURING THE SUMMER HOLIDAYS

For more information please visit: [Free school meals holiday voucher scheme – Education and Families \(devon.gov.uk\)](#) To claim your free supermarket vouchers please visit the [Select website](#) and input your unique code

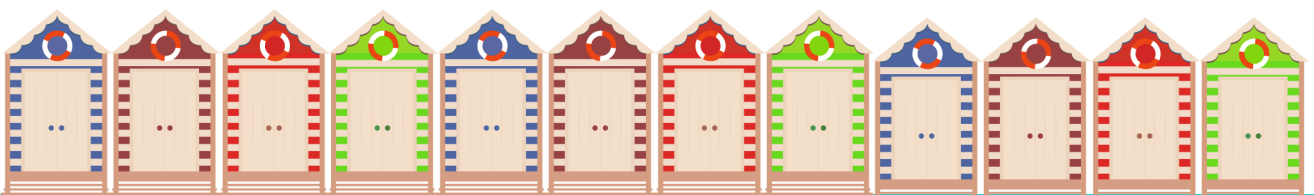
If your child does not currently receive free school meals but you think they qualify due to a change in your family circumstances, please apply online through the [Devon Citizen's Portal](#) as soon as possible.

This is the quickest and easiest way for your eligibility to be assessed and you will get an instant decision. Alternatively, please call our education helpline on [0345 155 1019](#).



INSIDE THIS ISSUE

Summer Reading Challenge	2
Reading with your child	2
Primary Times	3
Keeping busy in the summer	3
DIAS	4
Early Help	4
Get Creative	5
Kids Eat for Free	5
Health Eating.....	5
MCAS	6
Dangerous Dads	6





SUMMER READING CHALLENGE

The FULL SCHEDULE of children's events @newtonabbot library over the summer holidays has been launched!

Don't forget the Summer

Reading Challenge too, launching this Saturday!
 #SummerReadingChallenge2022



Exeter Library is hosting a free activity day on Saturday 27th August.....For more information please visit : <http://www.librariesunlimited.org.uk/>

COST OF LIVING PAYMENT

If you are claiming benefits and think that you are entitled to a Cost of Living Payment, you don't need to do anything. You'll get the payments automatically. To find out more visit: [Cost of Living Payment - http://soc.devon.co/hEMAN](http://soc.devon.co/hEMAN) (<http://soc.devon.co/ad6Vb>)



£650 will be paid automatically to millions of households*

You do not need to apply or contact us.



*Eligibility criteria apply

READING WITH YOUR CHILD

Sharing a book with a child is fun! It's a time for closeness, laughing and talking together – and it can also give children a flying start in life and help them become lifelong readers. For more info and advice please visit: [Tips for reading with your child | BookTrust](#)

Here are some more tips to help you enjoy storytime together:

- Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)
- If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions.
- Take a look at the pictures. You don't just have to read the words on the page. Maybe there's something funny in the pictures that you can giggle about together, or perhaps your child enjoys guessing what will happen next.
- Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions.

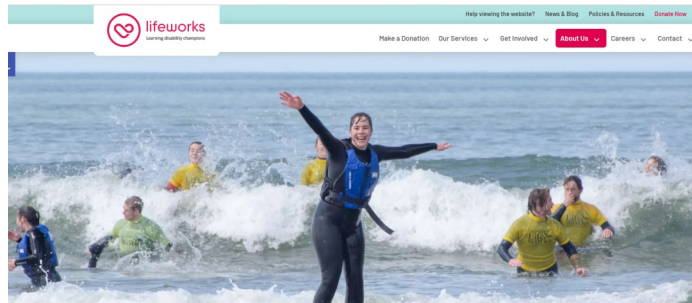


Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun.



Lifeworks Summer Holiday Programme

A few places left for
 WEEK 1: Tuesday 02 – Friday 05 August
 WEEK 2: Tuesday 09 – Friday 12 August
 WEEK 4: Tuesday 23 – Friday 26 August For full details please see: [About us - Lifeworks](#)



SUMMER SCHOOL

Would your child like to be the next superstar DJ? A movie director? Or maybe a comic book writer? Family Fund have a summer packed with free, creative iPad workshops for you and your family to join between 14th July to 23rd August 2022. They are working in partnership with Stone and Sync to provide these sessions with Apple accredited trainers, as well as closely working with RNIB, to provide workshops for anyone with a visual impairment. To book your place and take a look at all of the workshops on the website click here: <https://bit.ly/>



PRIMARY TIMES—DEVON

[Family activities and events for primary school children | Primary Times](#)

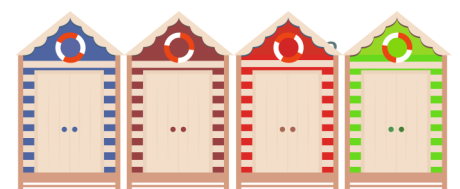
Their bumper summer magazine is OUT NOW! Packed with things to do with the whole family including a beach guide for the region.



DAYS OUT WITH THE CHILDREN IN SUMMER

Find lots of inspiration for days out here!

[35 Top Things to do in Devon with the Kids this Summer!](#)
<http://devonstopattractions.co.uk>



EARLY HELP

Early Help is the extra support your family can get if you need it. It may be that you want to prevent a problem, or change things for your family before the problem becomes more serious.

It is not a specific service or team, it's an approach that brings together people from a range of services and teams who will work together with your whole family to help improve the situation for everyone.

It can offer support to families from pre-birth to adolescents with all sorts of issues from parenting, employment and school attendance to emotional wellbeing or anti-social behaviour.

For more info please visit:

[Early Help - Devon Children and Families Partnership \(dcfp.org.uk\)](http://www.dcfp.org.uk)


How do I find out more?

- Talk to someone you are already in contact with, for example a teacher, youth worker, health visitor or your GP
- Search on **Findout Devon**, it has details of thousands of community services and groups available in Devon. www.findoutdevon.co.uk
- Visit www.devonchildrenandfamiliespartnership.org.uk/early-help
- Call our Customer Service Centre on 01323 750121
- Email rightforchildren@devon.gov.uk
- If you have been allocated a lead worker, their details are:

Name:


Telephone number:

Email address:



Early Help

Find out how to get you and your family the help you need



DIAS

Did you know that the DiAS website has got pages and pages of information about SEND in Devon? And it's all written and produced with your needs in mind: • bit sized chunks of information • a question and answer format • drop down sections, so you only need to read the bits that are relevant • easy to read clear English, with all the SEND terms explained • informed and created by parent carers • supportive and non-judgemental DiAS cover topic areas from finding out your child has SEND through to EHC plans, and from helping

DEVON CHILDREN'S CENTRE

Did you know that Devon Children's Centres provide a wide range of courses from Baby Massage, Thrive Profiling and Support and much more! So they make a great place to signpost your families too.

Contact your local children's centre for details of specific courses on offer: <http://soc.devon.cc/ZhZi8>



DiAS

Devon Information Advice and Support

for Special Educational Needs and Disability

your child share their views through to getting the most out of meetings. To find out more go to: https://devonias.org.uk/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo

Devon Children's Centres





Available for families with children aged 0-8 who need extra support. We offer Targeted Early Help Services through Groups and 1-1 Family Support

THE CHILD'S STORY ESTABLISHES WHICH GROUP OR 1:1 SUPPORT RESPONDS TO THE CHILD'S IDENTIFIED NEEDS. THIS SUPPORT WILL THEN BE OFFERED TO THE FAMILY.

Scan here to complete an online referral form

Centre contact details

Please contact your local Children's Centre for details of specific courses on offer

Devon Children's Centres are delivered by Action for Children. We are part of Devon County Council's Early Help Service for children aged 0-8.





GET CREATIVE!

A simple and easy activity to do with children if they require it.

Other useful websites for simple and fun creative activities to do with your child are:

[25 easy nature crafts for kids to make this summer - Twitchetts](#)

[50 Nature Crafts for Kids - Arty](#)

We would love to see come of your creations— please send photos to school!

Calm Down Jar



A calm down jar can be really helpful for your child if their emotions become overwhelming. It provides a sensory experience which is great for relieving anxiety, anger or stress as it focuses in the child's attention and calms their mind. These can be made at home using items you may already have.

You Will Need:

- Plastic bottle
- Glitter
- Sequins
- Small beads
- Food colouring
- Clear glue or baby oil
- Water

Instructions:

1. Your child can decorate the outside of the bottle if they would like to
2. Fill the bottle 3/4 of the way with water
3. Add the glue, food colouring and glitter
4. Fix the lid on the bottle securely and seal with glue if you need to
5. Shake and enjoy!!



KIDS EAT FOR FREE!

Useful round up of food deals to share with parents this Summer.

letsgetcooking.org.uk

[Recipes | Primary Times](#)

LETS GET COOKING AT HOME

For lots of inspiration for healthy cooking and activities to do with your child at home.

[Let's Get Cooking |](#)

HEALTHY PACKED LUNCHS

For inspiration for new and healthy lunch box options please visit: [Healthy lunches for... kids | BBC Good Food](#)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022

COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

FUTURE INNS

Under 12's eat for free with any adult meal during the school holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

YO! SUSHI

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

MARKS & SPENCER CAFE

Likely But Not Yet Announced

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Two kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

CAFE ROUGE

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto

FARMHOUSE INNS

Likely But Not Yet Announced

Copyright of MONEY SAVING CENTRAL



FAMILY SUPPORT

DONT FORGET our website has a lot of useful advice and contacts too:

[Family support - All Saints Marsh C of E Academy \(allsaintsmarsh-lap.co.uk\)](http://allsaintsmarsh-lap.co.uk)

and the DCC website: Family support in Devon



STAY SAFE IN THE SEA THIS SUMMER

<http://soc.devon.cc/ApZSc>

The RNLI have released a safety advert with a catchy song.



MCAS

We are excited to be launching the new 'My Child at School' app. Please check your emails for joining instructions and use school ID 12872 when accessing! You will need the app to order school dinner and book clubs as from September. If you have any issues please let us know.



Dangerous Dads It's Beach time! South Devon Dads Project are having 2 trips to the beach. • Teignmouth beach, 23rd July - for ages 2 and under • Shaldon beach, on 30th July - for ages 2-9yrs. Booking essential so please contact them by email to:

Bookings@dangerousdads.org.uk to secure your FREE place (donations welcome) for more info please visit: Dangerous Dads -- regular, fun activities for fathers and male carers with children of all ages

This is the first edition of the Family Support Newsletter. Please let me know what you think and if there is any other sort of content you would like to see. Wishing you all a safe and enjoyable summer and we look forward to seeing you on Monday 5th September!

Thank you. Mrs Webber

