

# Christmas Holiday Family Activity and Support Information 2023



Merry Christmas to our Whitefield families! We have put together a little information about activities over the Christmas period and where to get help if it is needed. Please also look on the school website for more information under the 'Wellbeing' tab. We hope you have a lovely Christmas break with your families.

## **Holiday Activities and Food Scheme (HAF) - not just for those on free school meals have a look below at eligibility criteria**

Don't forget, if your child receives free school meals then they can attend the HAF scheme which allows up to 16 days (4 hours per day) childcare over the Christmas holidays. Other children who do not receive free school meals may also be eligible to attend. Other criteria includes:

- children with Special Educational Needs or Disabilities
- children missing from education
- young carers
- those being supported on an early help plan
- looked-after children or previously looked after children
- children in transition phases between nursery and primary school or primary and secondary school
- children from low-income households not in receipt of Free School Meals



This list is not exhaustive, so if you think your children may be eligible to attend please email the HAF team to discuss; details of email addresses can be found on the link below.

There are lots of different activities to choose from such as football, multi sports, arts and crafts and drama. Have a look at the websites below:

If you live in South Ribble: [www.southribble.gov.uk/article/2767/About-HAF-in-South-Ribble](http://www.southribble.gov.uk/article/2767/About-HAF-in-South-Ribble)

If you live in Preston: [www.getstuckin.org.uk/preston-holiday-activity-fund-offers-2609/](http://www.getstuckin.org.uk/preston-holiday-activity-fund-offers-2609/)

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## **SEND HAF Provision**

For the first time, South Ribble are running SEND and pan-disability sessions as part of their HAF provision.

The team aims to offer the following:

Kicking, throwing, catching, running and more! Bring your child to a fun, welcoming, non-judgemental sports activity session. Our experienced coaches will have a number of activity stations for your child to have a go at, or they will be led in a small, fun game. This session is suitable for all abilities, and neurodiversities. This session is for children with a biological age between 5 and 15. Children and young people must be supervised by a responsible adult, and work with the coaches to get the most fun from the session. The sessions take place at local secondary schools which are accessible and have enclosed sports halls with plenty of space for your child to spread their wings.

Have a look at the website for more information:

<https://www.southribble.gov.uk/article/2768/Timetable-and-Booking>

## **Websites to find out what's going on**



Here are some good websites to help keep you informed about events in the local area:

[What's on in Preston - Visit Preston](http://www.visitlancashire.com/whats-on/family-events)

[www.visitlancashire.com/whats-on/family-events](http://www.visitlancashire.com/whats-on/family-events)

[www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)

[www.brockholes.org](http://www.brockholes.org)

[www.blogpreston.co.uk](http://www.blogpreston.co.uk)



Keep your eye on local facebook pages too for posts on there, a great facebook page is 'what's on in Preston'. It has lots of up to date information about holiday clubs and activities taking place locally.

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## **Food Banks**

If you find you need access to a food bank over the holidays please contact your local citizens advice centre (see above for contact details). They will be able to direct you to your nearest one and will complete a referral for you if the food bank requires one. Below is a list of some local food banks:

**Penwortham Food Bank**, Friday 9:30—12pm. Penwortham Community Centre, Kingsfold Drive, PR1 9EQ. No referral needed.

Phone: 01772 750533

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

**Leyland Food Bank**, Monday to Thursday 10am —12pm. St Mary's Community Centre, Broadfield Avenue, Leyland, PR25 1PD

Email: [leylandfoodbank@yahoo.com](mailto:leylandfoodbank@yahoo.com)

**New Day Church Food Hub. For families living in the PR5 5 postcode area.**

Wednesday 10am—15:00pm. Ward Street, Lostock Hall, PR5 5HR. Phone: 01772 461 454

Email: [foodhub@newdaychurch.uk](mailto:foodhub@newdaychurch.uk)

£2.50 a visit for up to 15 quality items. Referral needed, school can make a referral.

**The Base Community Shop. For families living in Leyland area.** Wednesday

10am—5pm. Bannister Drive, Leyland, PR25 2GD.

Phone: 01772 422 039

Email: [andrea@keycharity.org.uk](mailto:andrea@keycharity.org.uk)

£2.50 a visit for up to 10 items.

**Noor Food Bank**, Noor Hall, Noor Street, Preston, PR1 1QS

[www.noorfoodbank.co.uk](http://www.noorfoodbank.co.uk)

Self referral and request for help form can be found on the website.

**Salvation Army Food Bank Preston:**

[www.salvationarmy.org.uk/preston](http://www.salvationarmy.org.uk/preston)

You will need a referral to access this food bank. Citizens advice can help anyone who needs a referral for this foodbank.

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## **Financial Support Advice**

**Citizens Advice:** information and advice relating to debt, fuel vouchers, household support fund and food banks.

**If you live in South Ribble:**

[www.citizensadvice.lancashirewest.org.uk](http://www.citizensadvice.lancashirewest.org.uk)

Telephone: 0808 278 7880

**If you live in Preston:**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Telephone: 0300 330 1172



Your local Child and Family centre could also offer some help, support and guidance on financial matters including information about getting back to work and food banks. Find your nearest centre at:

[www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/](http://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/)

## **Penwortham Warm Spaces**

Penwortham Town Council have compiled a directory of 'warm spaces' where people can go during the day. The list of places offering a warm space and the services they offer can be found at:

[www.penworthamtowncouncil.gov.uk/warm-spaces/](http://www.penworthamtowncouncil.gov.uk/warm-spaces/)

Lancashire County Council have also produced a list that includes warm spaces in the wider area.

[www.lancashire.gov.uk/health-and-social-care/cost-of-living/warm-spaces/](http://www.lancashire.gov.uk/health-and-social-care/cost-of-living/warm-spaces/)

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There are two fantastic websites available full of support information for residents of South Ribble and Preston. On both these websites families can find information about the Household Support Fund which is a fund available to support those most in need. Information about how to apply can be found on the websites below, however, if you need any help with this please contact school and ask to speak to Mrs Caslake who will be happy to help.



**SOUTH RIBBLE  
TOGETHER**

**South Ribble Together Website**

This has information and support about funding that is available to all families, foodbanks, mental health, warm spaces, domestic abuse, housing, GP services and much more. Have a look on the website to find out more.

[www.southribble.gov.uk/southribbletogether](http://www.southribble.gov.uk/southribbletogether)



**Help in Preston**

Offering information similar to South Ribble Together website. It also has a noticeboard section with details of events going on in the area and a service directory which you can search for help by filtering topics.

[www.helpinpreston.com](http://www.helpinpreston.com)

## **Child and Family Wellbeing Service (CFW)**

Your local CFW can offer loads of support and advice to families over the holidays. They also run lots of groups for children including nurture groups and parenting support groups. Have a look at the website below to find details of your local children's centre. They are friendly and always willing to help families in need.

[www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/](http://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/)

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## Mental Health

Yours and your children's mental health is really important and it can be difficult to know where to go when things get tough. Here is a list of some good websites for supporting mental health and ways you can access support.

[www.healthyyoungmindslsc.co.uk/home](http://www.healthyyoungmindslsc.co.uk/home)

This is an NHS website where you can find lots of information about children and young people's mental health and emotional wellbeing. It has links to lots of local services and advice on a number of different issues.

[www.place2be.org.uk/our-services/parents-and-carers/](http://www.place2be.org.uk/our-services/parents-and-carers/)

Place2be is a charity that works with parents and schools to improve children's mental health. They have produced a support section for parents and carers on their website. This contains information and support on parenting and support advice for children's mental health. Information can be found on the link above.

[www.camhs-resources.co.uk/downloads](http://www.camhs-resources.co.uk/downloads)

This is a collection of downloadable self-help guides. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents.

We hope you all have a happy, healthy and peaceful Christmas holiday. We look forward to seeing everyone back on the 8th January 2024!



Healthy Hearts

Healthy Bodies

Healthy Minds

