



Support for Students & Families

**Information about services, support and ideas for
school holidays**

Helplines

Local Services

Advice and Guidance



In your Local Area

- Check out your **local library** - from story reading to craft afternoons there will be lots of events organised for half term.
- Your **local leisure centre** will probably be running special half term kids sessions in the swimming pool or may have a play scheme that the kids can join in.
- Are you lucky enough to have an **art gallery** in your town or city? Many are free and will be running kids activities over half term.
- Go to your **local park** and enjoy all that free open space, see the grass and the trees. There could be play equipment, an outdoor gym or a basketball court.
- Lots of **museums** are free to enter or have special discounted rates for local residents. They may also be holding special half term events.

<https://www.gov.uk/government/news/thousands-of-free-and-affordable-events-for-families-this-half-term>

The government recently announced that the £2 fare cap has been extended until 31 December 2024, ensuring passengers can continue to save significant sums off their regular travel costs.

Support In your Local Area

Barnsley

<https://www.barnsley.gov.uk/services/health-and-wellbeing/children-young-people-and-families/healthy-holidays/>

Bradford

<https://bradford.gov.uk/education-and-skills/haf-holiday-activities-and-food-programme/haf-holiday-activities-and-food-programme/>

Cheshire

<https://northwestforkids.co.uk/family-events-north-west-february/>
<https://www.cheshirewestandcheshire.gov.uk/residents/libraries/mental-health-awareness-and-support>

Birmingham

bsmhft.nhs.uk - Children and young people's services - Birmingham and Solihull Mental Health NHS Foundation Trust

www.birmingham.gov.uk/info/50260/birmingham_holiday_activities

www.yowolves.co.uk/accessing-free-school-holiday-activities-food-during-school-breaks

Calderdale

www.healthymindsalderdale.co.uk/time-out.html

www.calderdaleccg.nhs.uk/2020/05/07/free-helpline-brings-24-7-mental-health-support-for-calderdale/

<https://new.calderdale.gov.uk/communities/healthy-holidays-calderdale>

Support In your Local Area

Derbyshire

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/young-peoples-mental-health.aspx>

<https://derbycitylifelinks.org.uk/young-people-mental-health-derby/>

visitpeakdistrict.com/blog/whats-on-february-half-term-events-in-the-peak-district-derbyshire

www.derby.gov.uk/health-and-social-care/mental-health-wellbeing-support/support-for-families/advice-and-ideas/

www.derby.gov.uk/education-and-learning/extra-curricular-activities/young-peoples-drop-in-activities/

www.nationalforest.org

East Riding of Yorkshire

<https://www.eastriding.gov.uk/living/children-and-families/youth-family-support/support-for-young-people-and-their-families/>

www.eastriding.gov.uk/living/children-and-families/activities-available-in-the-east-riding/

www.activeeastriding.co.uk/holiday-activities-and-food/

Kirklees

livewellkirklees.co.uk

www.schoolsoutkirklees.co.uk/

www.kirklees.gov.uk/beta/mental-health/index.aspx

Support In your Local Area

Leeds

www.leeds.gov.uk/children-and-families/healthy-holidays

<https://sendiass.leeds.gov.uk/children-and-young-people/health-and-care-information-and-advice>

N E Lincolnshire

<https://>

[www.derbyshire.gov.uk/
social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/young-peoples-mental-health](http://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/young-peoples-mental-health)

[https://www.nelincs.gov.uk/
health-wellbeing-and-social-care/health-and-wellbeing/emotional-wellbeing-resources/](https://www.nelincs.gov.uk/health-wellbeing-and-social-care/health-and-wellbeing/emotional-wellbeing-resources/)

[https://www.nelincs.gov.uk/
young-people-encouraged-to-look-after-their-mental-health/](https://www.nelincs.gov.uk/young-people-encouraged-to-look-after-their-mental-health/)

North Lincolnshire

[www.northlincs.gov.uk/
leisure/family-activities-in-north-lincolnshire/](http://www.northlincs.gov.uk/leisure/family-activities-in-north-lincolnshire/)

Dayoutwiththekids.co.uk

February half-term activities for all the family across Lincolnshire (thelincolnite.co.uk)

Activities for children, young people and families - North Lincolnshire Council (northlincs.gov.uk)

Support In your Local Area

North Yorkshire

nyy.org.uk - Providing a range of exciting and adventurous activities from Carlton Lodge Outdoor Centre

(carltonlodge.org.uk)

<https://yorkshirewonders.co.uk/whats-on-for-kids-over-february-half-term>

<https://cyps.northyorks.gov.uk/children-and-young-peoples-emotional-and-mental-health>

Wakefield

www.wakefield.gov.uk/health-and-advice/mental-health-and-wellbeing/

<https://yorkshiretots.com/27-free-rainy-days-out-yorkshire/>

<https://www.wakefield.gov.uk/children-and-families/information-and-support-for-families/>

Sheffield

<https://greyglobetrotters.com/free-things-to-do-in-sheffield/>

www.welcometosheffield.co.uk/visit/what-s-on/family-events/

www.sheffieldmentalhealth.co.uk/

Salford

www.salford.gov.uk/advice-and-support/support-with-the-cost-of-living/free-local-activities/

<https://>

wwwbeta.salford.gov.uk/children-and-families/

<https://>

www.partnersinsalford.org/salford-health-and-wellbeing-board/mental-health-and-wellbeing/



A-Z



Sources of support





Talk to someone

Action for Children:

www.actionforchildren.org.uk/our-work-and-impact/children-and-families/parenting-support/

Parent Talk offers free, down-to-earth advice for parents of children aged 0-19. All our content is written or curated by our parenting coaches, based on their experience working with children, young people and their families.

ADHD: www.wyadhd.org.uk/

Supporting the ADHD community within West Yorkshire; this includes both adults and children with or suspected of having ADHD, and also their parents/carers and siblings.

Helpline: 0113 8563459

Or fill out a contact form **online**.

ALUMINA: www.selfharm.co.uk

Online self-harm support for 10-17 year olds

Chat online: www.selfharm.co.uk

If you are an adult and want some advice about supporting a young person

Email: helloalumina@youthscape.co.uk





Talk to someone

CALM (Campaign against living miserably):

www.thecalmzone.net

CALM provides men with a listening ear and support and raises awareness of the high risk of suicide among men, especially young men

Helpline: 0800 585858 (national) 0808 802 8858 (London) Every day 17.00 – midnight

Webchat: www.thecalmzone.net/help/webchat

ChildLine: www.childline.org.uk

ChildLine offers free and confidential support for children and young people up to the age of nineteen. No problem is too big or too small. The website has

links to **online** message boards where young people talk to other young people: one topic area is about bereavement

Helpline: 0800 1111 Every day, 24 hours 1-2-1

Webchat: www.childline.org.uk/Talk/Chat/

FRANK: www.talktofrank.com

Honest information about drugs

Call FRANK 24 hours a day, 7 days a week:

Helpline: 0300 123 6600

Text a question and FRANK will text you back:

Text: 82111

Send an email and FRANK will message you back.





Talk to someone

Grandparents Plus: www.grandparentsplus.org.uk

Grandparents Plus supports members of the wider family, for example grandparents, aunts and uncles, who have a caring role for children

Helpline: 0300 123 7015 Monday to Friday 10.00 – 15.00

Kooth: www.kooth.com

A judgement-free forum to get advice, help others and share your story.

Safe and anonymous mental health and emotional well-being online

support for young people aged 11 to 25

Chat online: www.kooth.com





Talk to someone

NAS - National Autistic Society: autism.org.uk

116 volunteer-led branches across the UK, covering almost three quarters of the country. They also have **online** branches for autistic people with a shared interest, identity or experience. Our Volunteers run support, information and social activities for autistic adults, children and their families in their local area.

Night Owls: mindmate.org.uk/night-owls/

Night OWLS is a confidential support line, 8pm–8am every night for all children, young people, and parents/carers in West Yorkshire – Bradford,

Calderdale, Kirklees, Leeds, and Wakefield

Helpline: 0800 1488244

Text: 07984 392700

Chat online: www.wynightowls.org.uk

PAPYRUS - UK: www.papyrus-uk.org

Papyrus-UK offers support and advice to young people who may be at risk of suicide and to those concerned about a vulnerable young person

Helpline: 0800 068 4141 Monday to Friday 10.00 – 22.00

Weekends and bank holidays 14.00 – 17.00 SMS: 07786

209697

Email: pat@papyrus-uk.org





Talk to someone

Samaritans: www.samaritans.org

Samaritans provide emotional support to anyone who is struggling to cope and needs someone to listen. Local branches can be visited during the day

Helpline: 116 123 Every day, 24 hours

Text: 07725 909090 **Email:** jo@samaritans.org

StepChange Creditor Referrals:

Contact Step Change direct, their online debt advice service is available 24 hours a day 7 days a week, at a time that suits you.

If you'd prefer to speak to someone, you can call our debt advice helpline.

Online debt advice service

Available 24 hours a day, 365 days a year

Helpline: 0800 138 1111

Monday to Friday 8am to 8pm and Saturday 9am to 2pm

Survivors of Bereavement by Suicide:

uksobs.org

UK-based organisation offering peer-led support to adults impacted by suicide loss. Support at the time of loss and in the months and years that follow.

Helpline: 0300 111 5065





Talk to someone

Tell Us Once service: www.gov.uk/tell-us-once

Find out more about the Tell Us Once service on their website, and to check if it is available in your area.

Turn2Us: www.turn2us.org.uk/Your-Situation

Turn2Us is a charity which helps people in financial crisis gain access to welfare benefits, charitable grants and support services.

Helpline: 0808 802 2000 Monday to Friday 09.00 – 20.00

Young Minds: www.youngminds.org.uk

Young Mind offers information, advice and support for young people affected by mental health. If you are a young person looking for help and support and need urgent help

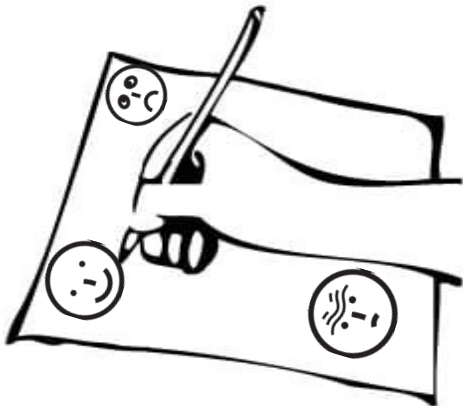
Text YM to 85258 for free 24 hours per day, 7 days per week support or If you are a parent worried about your child you can talk to an expert

Parents Helpline: 0808 802 5544



What might help

Expressing thoughts and feelings - finding ways to let out your feelings and having people around who can listen to you and accept you. **Putting your feelings on paper:** you may not feel ready to talk to anyone, but writing down your thoughts and feelings or drawing may help you.



Write it down, let it
out

Journalling can
help you track and
reflect on your
feelings.



Looking after yourself - eating well and getting sufficient
sleep.

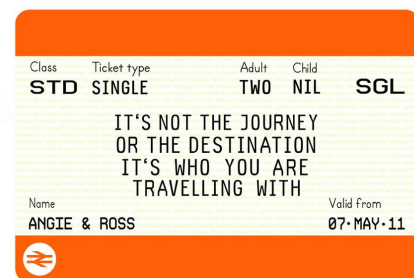


What might help

Making memories - this may mean taking pictures/videos and looking at them, creating a box with physical memories (tickets, cards, pictures etc.), writing a journal or blog.

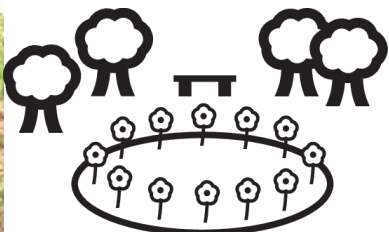
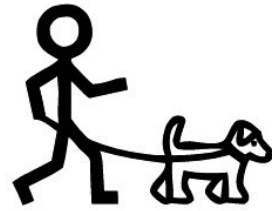
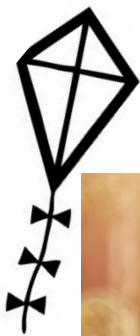


Wrap or decorate an old shoe box



What might help

Participating in activities - Spending time outside: getting out of the house for a change of scene, connecting with nature or doing exercise.



What might help

When a child is overwhelmed, an intervention that can be implemented to help with emotional regulation is to give them activities or sensory tools to choose from.

Developing a calming ‘emotional first aid kit’ - collecting together some things that you like, and which make you feel calm, happy, relaxed, safe and at peace.



Good options to include: Items that engage senses (for example, a small bag of lavender to smell, something you like to taste/eat), stress balls, pipe cleaners, tangle toys, sorting items (like buttons or lego pieces), play-doh and bubbles.

Each of these items can help give children a sense of control in the situation, as they can pick whichever they want to play with.

A music playlist, a ball to kick or pillow to squeeze/soft toy to hug can be useful. Also giving options to help calm themselves down.



**Reaching out is often the
first step**