

Summer holiday support for children and families 2024

Surrey Heath

Primary Mental Health Team



30 Family Wellbeing Activities to Celebrate Summer

- 1 Host a barbecue for family and friends.
- 2 Read a book outdoors.
- 3 Create some outdoor nature art.
- 4 Have a water fight outdoors!
- 5 Make a homemade Eton mess.
- 6 Go fruit picking.
- 7 Do yoga outdoors.
- 8 Plant carrots and lettuce.
- 9 Draw a summer picture for a loved one.
- 10 Go on a rainbow nature scavenger hunt.
- 11 Create a summer scrapbook.
- 12 Make junk model boats to sail on your paddling pool.
- 13 Head to an adventure playground.
- 14 Make a playlist of summer feel-good songs.
- 15 Row a boat.
- 16 Press fresh flowers.
- 17 Tidy an area of the house.
- 18 Have a sunflower growing competition.
- 19 Head to the library and find books about
- 20 Make ice lollies.
- 21 Go camping.
- 22 Play rounders in the park.
- 23 Write a postcard and send it to a friend or neighbour.
- 24 Go to the cinema on a rainy day.
- 25 Write a summer adventure story.
- 26 Visit a museum.
- 27 Tie-dye a t-shirt.
- 28 Discover a castle.
- 29 Make paper aeroplanes.
- 30 Play tennis.



**Inspiration
for the
whole
family**

Summer of Love Kindness Challenge

The Summer Kindness Challenge encourages children to spread kindness all summer long. Just download our calendar for children to **record their acts of kindness**. We have provided some ideas for them, but left plenty of space for them to come up with their own ideas. If you are already on summer break now, it is something that **children can do when they return to school**, as the deadline for completed calendars is 12th September. **Watch Greig's video** for everything you need to know.

[Watch Kindness Challenge video](#)
[Download your Kindness Calendar](#)



Helpful tips for ASD and holidays:

- **Preparing for change:** Think about the physical environment, how this will change; describe what will be involved on the day; could some things stay the same as lunch options?
- **Using visual supports:** Look online for photos and on the website to show how it will look at the place and what you will do. Some museums have social stories that you can download.
- **Sensory sensitivities in the summer:** Bring with you some tools to help with sensory overload, for ear defenders to block out noise.
- **Daily timetables:** Write down a daily routine so that they know what is going to happen every day.
- **Sequencing:** This can be difficult for an autistic person - that is, putting what is going to happen in a day in a logical order in their mind. Use a timer to help transition between activities. Use a now-and-next board, this can be very simple just a few post-it notes and pen. Use simple language – ‘then’ and ‘now’.
- **Be aware of anxiety:** You could offer a worry book or box where they can write or draw any concerns they have. Explain the good things about the change, for example if you are going on holiday. Create a social story to explain what they could do if they are anxious. Consider using NAS Brain in hand autism support app. Take a comfort item with you to help with anxiety, for example weighted teddy bear – Website: <https://www.barnfabrics.co.uk/cuddly-toys>
- **Letting your holiday company know your requirements:** For flights you can book special assistance and board beforehand so that your child will have a time to settle before the plane gets too noisy or busy.
- **Gatwick airport** have a sensory room you can book before a flight to help with anxiety. See website: <https://www.gatwickairport.com/passenger-guides/special-assistance.html>
- **Autism alert cards:** While on holiday, you may find it useful to carry an autism alert card that gives a brief explanation of autism. Get your Sunflower lanyard at: <https://hdsunflower.com/>

Out of Hours Service for Neurodiversity

- Advice line for parents and carers of children and young people who have neurodevelopmental needs including Autism and ADHD.
- Urgent support, advice or guidance available from 5pm-11pm, 365 days a year.
- **Tel: 0300 222 5755**
- Option 3: ASD Helpline
- Option 4: ADHD Helpline
- Website: <https://www.mindworks-surrey.org>



Elysian Summer Events

They are running a range of sessions across summer such as:

- Neurodiverse Play Sessions
- Tackling Anxiety Workshop
- Self Esteem Sessions
- Art on the Farm
- Pony Play
- Location:
Westland Farm,
Shamley Green,
Guildford,
GU5 0TL
- Tel: 07944 875155
- Website: <https://elysianuk.org/>



CYP HAVEN drop-in Centre

- The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment.
- It is based in four different locations around Surrey; Redhill, Shepperton, Ash and Epsom.
- You can also call them 6 days a week, Monday to Friday between 3.30pm and 7.30pm and Sunday 1-4pm
- **Tel: 01483 519436.**
- Website: <https://www.cyphaven.net/>



CYP HAVEN Virtual Workshops

- Workshops

- Workshops run from 4-5pm on Sunday's. Please contact the support line on the day to be sent the link to join or ask in one of the CYP havens.
- Sunday 21st July – Self Harm and Coping Strategies
- Sunday 28th July – Anxiety
- Sunday 4th August – Sleep Hygiene
- Sunday 11th August – Managing transitions and change
- Sunday 18th August – Low mood
- Sunday 25th August – No workshop
- Sunday 1st September – Managing transitions and change



Family Information Directory

- The Family Information directory has helpful links and up to date information on events and activities over the summer etc:
- Surrey County Council - Family information directory (surreycc.gov.uk)
- They also have a Facebook page:
- Surrey FIS | Facebook
- Link for summer activities in Surrey Heath:
<https://familyinformationdirectory.surreycc.gov.uk/kb5/surrey/fsd/results.page?familychannel=0&q=summer+activities&term=surrey+heath&sorttype=distance>



Next Steps Holiday Schemes



- A fun programme of activities to support young people during the holidays.
- These sessions are inclusive and for everyone no matter their needs or disability. With a range of onsite and offsite activities, there is something to engage everyone.
- Next Steps holiday schemes provide opportunities for teens to grow their independence and build friendships.
- Onsite you can expect a mix of fun activities like arts and crafts, baking, discos, sensory activities, movies, visits from therapy dogs and crocodile encounters (!) and more.
- Offsite activities can be anything from bowling, laser quest, lunch out, visits to the park, picnics, cinema, trampoline parks, minigolf, farms and more.
- To attend our holiday schemes, you need to be registered with LinkAble. Costs £30 per session.
- See website: <https://www.linkable.org.uk/pages/next-steps-holiday-schemes>



Museum Makes - Free Family craft activity

- Date: 3 Aug 2024 join Museum makes on the 1st Saturday of the month - 1:30pm to 3:30pm for a fun family craft activity where imagination meets history in a hands-on experience for all ages!
- FREE DROP IN SESSION
- Website:
https://www.chertseymuseum.org.uk/?location_id=149&item=1507&itemoffset=



Surrey Heath Museum: It's a Summer of Jurassic Wednesday's

- Date: 31st July 7th, 14th, 21st, 28th
August 11:00 – 13:30
- Sessions need to be pre-booked
- Website: <https://e-voice.org.uk/surreyheathmuseum/exhibitions-and-events-program/>



Surrey Fire and Rescue - open days and events

- Fire Stations across the county regularly open their doors to the public. This gives Surrey residents an insight into the activities of their local fire station.
- These events are a great opportunity to see the range of activities involved with being a modern firefighter, to learn about our crews, see our fire engines, and learn about fire safety!
- Guildford Fire Station - Saturday 3 August. 10am to 11am (Special Educational Needs) 11am to 4pm All
- Website:
<https://www.surreycc.gov.uk/community/fire-and-rescue/fire-stations-and-events/open-days#fireopenday>



**SURREY
FIRE & RESCUE SERVICE**



Green hub

The Green Hub Project for Teens is a local community charity serving residents of Godalming, Milford and Witley, along with the broader Waverley and Surrey areas. We support teenagers and their families / carers facing SEMH (Social, Emotional and Mental Health) challenges.

- Our weekly [Green Teens](#) programme offers social and therapeutic gardening to stressed, anxious and neuro-diverse teens, giving them the chance to experience the calming effect of nature, benefiting their mental wellbeing. The programme runs FOUR **FREE** session options across our TWO locations,
- Our **Teen Talks** team deliver empowering talks to teens, helping them to develop the life skills to help them develop resilience and strategies to handles life's challenges – public courses and in schools.
- Our **FREE Life Skills for Teens** programme is an 8-week online course to support teens with their mental wellbeing; launched in February 2024, it has already been followed by 100 local teens.
- We deliver valuable **FREE** resources and advice to parents and teens, via our website [Online Help](#).
- Each month we run TWO sessions: [Parent Hub](#) and [Parent Hub Online](#), to help parents supporting a child with SEMH challenges.



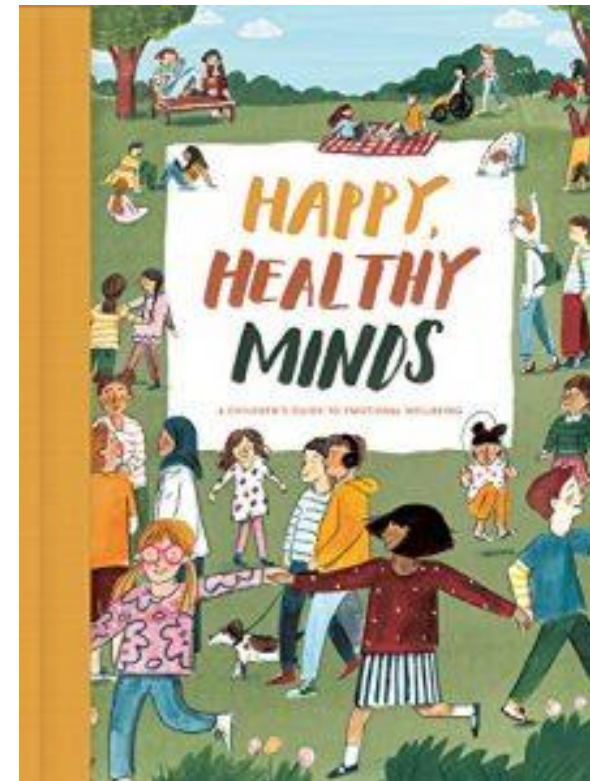
Club 4

- The Government has funded local authorities across England to run fully funded HAF (Holiday Activity & Food) camps for children who receive benefit-related free school meals.
- These camps – known as 'Club4' in Surrey – run in the Easter, summer and Christmas holidays and offer healthy food and fun activities for eligible children aged 4-16.
- Active Surrey are working with trusted and vetted activity providers to run the Club4 programme on behalf of Surrey County Council.
- If your child is eligible for benefit-related free school meals, their school should automatically send you an Evoucher via email/text.
- If you don't currently receive benefit-related free school meals but think you might be eligible, please [click here.](#)



Book of the Month

- **Happy, Healthy Minds** by The School of Life, Lizzie Stewart.
- Linked to the theme of **Inside Out 2**, this book helps you become more aware of your feelings.
- It looks at a range of situations that might feel tricky, and helps you think about how to deal with them.



Surrey Heath Foodbanks



- Information on schemes to get affordable food:
- <https://www.surreyheath.gov.uk/community/care-and-support/cost-living-support-here-you/food-support>



Free Food Options

Free food stall
Sundays from 12.30 to 1.30pm in the Youth Centre,
Old Dean, Camberley.

Visit the Old Dean Community Group Facebook page
(<https://www.facebook.com/groups/odcog>) for more
information.

Free community breakfast
Sundays from 10 to 10.40am at St Martin's Church
Hall, Old Dean, Camberley.

Visit St Martin's Camberley Facebook page
(<https://www.facebook.com/groups/2755916607887295/>) or email odcog.stmartins@gmail.com

Free Wednesday and Saturday Cafe
Wednesday and Saturday from 10 to 11:30am at St Martin's
Church, Old Dean, Camberley.

Visit St Martin's Camberley Facebook page
(<https://www.facebook.com/groups/2755916607887295/>) or email
odcog.stmartins@gmail.com (link sends email).

Free Friday Cafe and Food Bank
Every Friday at The Mytchett Centre, 140 Mytchett Road, Mytchett,
GU16 6AA

Opening and closing: 12.30pm until 2pm

Visit The Mytchett Centre Website
(<https://www.themytchettcentre.co.uk/about-3>)

Finding online and phone support

- **Family Lives**

Helpline: 0808 800 2222.

This service offers a 24-hour helpline, extensive advice on its website, live chat services, befriending services, and parenting/relationship support groups.

Website: www.familylives.org.uk

- **Young Minds**

Helpline: 0808 802 5544

A helpline and webchat service for parents and carers who are concerned about their child's mental health up to the age of 25. Open 9.30am - 4pm, Monday to Friday.

Website: http://www.youngminds.org.uk/for_parents

- **Mindworks Surrey**

Access and Advice Tel: 0300 222 5755

Crisis line for support during a mental health crisis **0800 915 4644**

For children, young people and parents. Open 24/7

IF URGENT MEDICAL ATTENTION IS NEEDED OR IF YOU FEEL UNABLE TO KEEP YOUR CHILD SAFE FROM THEMSELVES OR OTHERS, PLEASE PHONE 999 OR GO TO YOUR NEAREST A&E DEPARTMENT.

- **Kooth.com** is an online service for young people aged 11-18 in Surrey that provides free and confidential counselling services via webchat provided by qualified counsellors.

- Website: <https://www.kooth.com>

- **Childline:** 0800 1111 (24 hours 7 days a week). Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

- Website: www.childline.org.uk