

# Holiday Support Newsletter

As we approach the Christmas Holidays, we thought it would be useful to put together a list of some key contacts and support for over the Christmas period. These are contactable across the period when school is closed. Of course if there is anything we can support with as a school, please do not hesitate to get in touch with us before the break.

## Support with Food

**Hospitality and Hope**—0191 420 3336

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

**Key to Life Foodbank**— 0191 496 9710

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

**Hebburn Helps**—0191 489 9707

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



**Boldon Community Association Foodbank**—0191 536 8085

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

**Family Gateway**—0191 209 0092

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

## Helpful Contacts

### Stay safe this Christmas

- CALM**—0800 585858 Here to help you find the support you need
- Mind**—0300 1233393 Information/support with mental health
- No Panic**—0844 9674848 Offers advice for people living with phobias, OCD and any other anxiety based disorders
- Bereavement**—08088 081677 Support with the loss of a loved one
- Samaritans**—116 123—If you need someone to talk to Day/Night
- SHOUT**—Text SHOUT to 85238 - A text support service for anyone struggling with mental health.
- Refuge**—0808 2000 247— A domestic abuse support line, open 24 hours 365 days.

## Support for Families

**Love Amelia**—is a children’s charity offering support to families experiencing poverty and hardship across our region. It works all year around to support vulnerable families in our community and distributing new and great quality pre-loved items for children birth-16 years.

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

0191 716 5448

07394878432



## COMMUNITY SUPPORT



**Bilton Hall Community Trust and our partners The Greggs Foundation, know how difficult it can be, especially at this time of the year, if something breaks and needs replaced or if you just can't afford to put some electricity or gas on your meter**

**The Greggs Foundation offer FREE BRAND NEW items delivered to your door. Come along and have a confidential chat with Jules, who will fill in the application form with you.**

JULES: 0191 4898992  
Taunton Ave. Jarrow  
[communitysupport@biltonhallct.onmicrosoft.com](mailto:communitysupport@biltonhallct.onmicrosoft.com)

✓ ENERGY VOUCHERS

✓ FOOD/CLOTHING VOUCHERS

✓ COOKERS  
✓ WASHING MACHINES  
✓ TUMBLE DRYERS  
✓ FRIDGE FREEZERS  
✓ BEDS

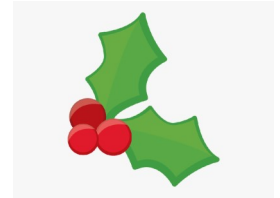


**MONDAY'S**  
**3PM-6PM**

**If you are in an emergency please call 999.**



# South Tyneside Online Safety Hub



This is a one stop information space for parents/carers to give you up to date information on safeguarding your child in digital spaces. There is lots of information provided on the Hub such as reviewing APPs, information on screentime, how to put privacy setting on devices and much more.

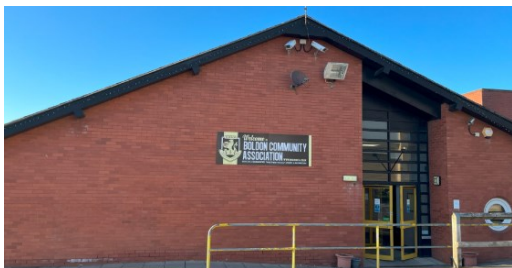
Our children’s knowledge of the digital world is advancing and this support hub, gives parents/carers the opportunity to ensure that have the information available in order to support yourselves to make informed decisions.

Please take a look at Qustodio, which you are able to sign up for, for free with an email address. Within this you are able to set parental controls on devices, monitor browser usage and set screentime limits.

If you are purchasing devices for your child at Christmas—please think about the settings in advance to ensure the children are safe from wider access immediately.

Please take a look at the hub—via the website [Online Safety Hub - South Tyneside](#)

## SUPPORT/ACTIVITIES



Boldon Community Association is a family friendly charitable organisation offering a wide range of activities and resources for the residents of the Boldons and nearby towns.

They are open 7 days a week and have something for everyone.

Boldon CA is proud to be in partnership with South Tyneside Council to offer a warm space for those who are struggling to afford to heat their homes. Pop in for a cuppa and free Wifi to keep warm. Warm Space is available 9am—7pm.

[www.boldonca.co.uk](http://www.boldonca.co.uk) 0191 536 8085

New Road, Boldon Colliery NE35 9DS



East Boldon Riding Centre offers inclusive riding lessons including horse riding lessons with therapy.

07904 814764



**Sensory Play**  
Come join us for fun games and free play sessions which have been designed to stimulate children and young people's senses. These activities also encourage their creativity and exploration of the world around them.



**Disability Multisports**  
Provides young people who have a range of disabilities and learning disabilities with the opportunity to take part in a range of sporting activities including Football, Tag Rugby, Tennis, Cricket, Athletics and many more.

The Foundation of Light offers a range of Holiday Courses across every holiday. Alongside this, they do offer disability programmes to make sport fun for everyone!

More details can be found [www.foundationoflight.co.uk](http://www.foundationoflight.co.uk)



**Holiday Courses** from £7.99



**Family Activities**  
At the heart of The Kayaks Charity's mission is the weekly SEND Family Activity Session



**The Hub**  
The Kayaks Hub is a place to learn new skills, meet friends and have fun. We have a variety of clubs for families to take part in.

KAYAKS offers a wide range of different services, adult learning classes, 16+ clubs, SEND family activities.

They also offer support, advice and friendship to families

**THE KAYAKS**

**KAYAKS HUB**  
8 Horsley Hill Square  
SOUTH SHIELDS  
Tyne And Wear  
NE34 7HE