



Welcome to the Summer Newsletter for the Dacorum Family Services North & East team. We hope that the articles included in this issue will be of interest to you and your families. We have also included some suggestions to keep your children/teens busy over the summer period.

Your School Family Workers work term-time only and so will be unavailable during the summer holidays, returning to work on **Monday 5th September 2022**.

If you need urgent family support during this time, please see the helplines at the bottom of this page.

Wishing you all a happy summer holiday!

Coming in September! We have a Facebook and Instagram page

Facebook

Dacorum Family Services North & East
and

Instagram

#dfsnorthandeast



Positive phrases to help build resilience in your child!

You are confident

You must have been practising

I love you

Follow your heart

You're so much fun to be around

You worked really hard

You kept trying

Good thinking

I am listening to you

I am here for you

Your efforts are paying off

It's ok. We all make mistakes

I knew you could do it

You make me smile

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Make an Activity Jar

All you need is an empty jar. On strips of paper, ask your family to make a list of fun ideas you'd like to do over the holidays and put them in the jar!



Ideas!

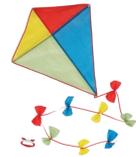
Make a den

Go for a bike ride

Go for a picnic

Make jelly

Have a film night



Camp in the garden

Help with household chores

Bake some fairy cakes

Go on a nature walk

Go to the park

Find 5 toys to give away

Plant some seeds

Plan dinner, make a menu

Go for a walk

Rock painting

Fly a kite



EMERGENCY HELPLINES

Family Lives - 0808 800 2222

Samaritans - 116 123

Childline - 0800 1111

HCC Children's Services 0300 123 4043

Families First Portal:

www.hertfordshire.gov.uk/familiesfirst

Dacorum Foodbanks

<https://www.trusselltrust.org/get-help/find-a-foodbank/dacorum-foodbank/>



active DACORUM
A Dacorum Borough Council Initiative

Date	Time	Location
Weds 27 July	11am-2pm	The Active Dacorum Hub, Hemel Hempstead, HP2 7BA
Weds 10 Aug	11am-2pm	The Nap, Kings Langley, WD4 8ET
Weds 17 Aug	11am-2pm	Canal Fields Park, Berkhamsted, HP4 2AL
Weds 24 Aug	11am-2pm	Pound Meadow, Tring, HP23 6HA
Weds 31 Aug	11am-2pm	Gadebridge Park, Hemel Hempstead, HP1 1DN

FREE inflatable fun coming to a park near you this Summer



APEX
IN THE COMMUNITY
healthy, active, fun



In the event of poor weather, inflatables may be subject to change or cancelled. For more information and updates please visit us on Facebook @ActiveDacorum or contact active@dacorum.gov.uk

Free & Fun things to do

- Head up to Dunstable Downs to fly kites, enjoy spectacular views and watch gliders take off 
- Cycle the seven-mile Nickey Line – a disused railway line between Hemel Hempstead and Harpenden 
<https://www.dacorum.gov.uk/home/environment-street-care/landscape-recreation/nicky-line>
- Pick your own Fruit & Veg at Grove Farm - 30 different fruit & veg available from June to Oct (nr Tring) 
<https://www.grovetfarmpyo.co.uk/>
- Have fun at the Splash Park in Gadebridge Park 
- Head up to Ashridge for a walk and picnic

Make play dough

- 1 cup plain (all-purpose) flour
 - ½ cup salt
 - 2 tablespoons cream of tartar
 - 2 tablespoons vegetable oil
 - 1 cup water with food colouring added
 - 1 teaspoon vanilla essence (optional but it makes the play dough smell nice!)
- 

Method Put all the ingredients into a large saucepan, and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth. Store in an airtight container (a Ziploc bag with the air pressed out is good).

Tring Natural History Museum

The galleries at Tring are packed with fascinating specimens - there are over 4,900 to see.

Book a free ticket for guaranteed entry.

<https://www.nhm.ac.uk/visit/tring.html>



Dog Safety Code

Be Alert

Always keep an eye on your children around dogs. Never leave them alone together.



Be Safe

Any dog can bite. Accidents happen fast.

Be Aware

Dogs use signals to tell us how they feel. What is your dog telling you?



Are you dog safe?

cfsg.org.uk/dog-safety

Ideas for the holidays

HAPpy Camps are back!

this summer, all over Hertfordshire!

School aged children eligible for benefits related free school meals, can enjoy **free food, free sports and free craft activities** this summer!



Hertfordshire's
Holiday Activity Programme



Keep up to date at:
sportinherts.org.uk/booking



Hertfordshire's
Holiday Activity Programme



Free Holiday Activities

Summer 2022

For young people aged 13-16 in Dacorum

Hemel Hempstead Young People's Centre, First Floor XC Centre, Jarman Park,
Hemel Hempstead, HP2 4JS

Join us every Monday - Friday from 25th July - 12th August
1pm - 5pm

- Fun and informal activities to help with a healthy lifestyle
- Free healthy food every day
- Physical activities such as sports, dance, arts and games
- Meet and socialise with other young people

Priority booking for young people eligible for benefits-related free school meals

Contact the Services for Young People Dacorum Team to book a place

www.servicesforyoungpeople.org
Tel: 01442 454060 Text: 07860 065195
Email: SYYP.Dacorum@hertfordshire.gov.uk
Follow us on Twitter @DacorumTeam



Services for
Young People

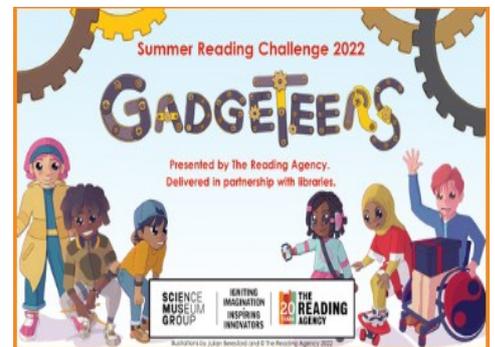
Summer Reading Challenge

Summer Reading Challenge



The Summer Reading Challenge takes place every year during the summer holidays. You can sign up at your local library, choose your reading goal (recommend six books), then read any books of your choice to collect special stickers and other rewards along the way – all for FREE.

<https://summerreadingchallenge.org.uk>



Let's Fish!

Learn to fish with a team of professionally qualified and licensed angling coaches. All bait, equipment, permits and licence are provided. All you need to do is book in and turn up on the day. One hour introductory sessions available for children 7+ years & adults, cost is free. NB: No show charges will apply.



Locations in Berkhamsted and Marsworth (near Tring).

<https://canalrivertrust.org.uk/enjoy-the-waterways/fishing/lets-fish>





Grovehill and Adeyfield Adventure Playgrounds will reopen on Monday 5 July - Both playgrounds have had a makeover with new multi-play structures including climbing walls, a sand pit, water play and double tubular slides. There are also new floodlit artificial turf pitches and a multi-play basketball area (for ages 8-16).
 Note: max numbers apply
<http://orlo.uk/jqCnT>



Summer Camps available locally



<https://apex360.co.uk/camps/>



<https://www.barracudas.co.uk/locations-prices/>



<https://www.cascadecamps.com>
 At Longdean School (Hemel Hempstead)



Support and Services for children with special educational needs and disabilities
 Facebook - www.facebook.com/dspldacorum
 Website - www.dacorumdspl.org.uk

Dacorum Family Services North & East

Office Tel: (term time only) 01442 401222 (Ext 5)
www.dacorumfamilyservices.org.uk

Support & Advice for For Teens

ReachOut by phone or instant messaging

If you are between the ages of 10-17, message to get support with any mental health concern. Offering support, information and advice.

Are you experiencing a dip in your mental health?
 Are things difficult with school, family or friends?
 Are you stressed, worried, anxious or overwhelmed?
 Is there something impacting your wellbeing that you would like to talk through?

The ReachOut team is available:

Monday-Thursday- 5pm-8pm. Available by direct messaging or phone 01923 256391 (option 2).



Support for Young People



At the Hemel Hempstead Access Point young people from the Dacorum area can get information, advice, guidance and support on education, work, training and volunteering. Also offer confidential one-to-one support with issues such as mental health, relationships, finance, housing, drugs and alcohol use and much more.

Every Monday, Wednesday and Friday pm.
 Venue: The XC Centre, Jarman Park
 Age Range: 13-19

You can call, text or email to make an appointment or just drop in during the opening times. The service is free and confidential for all young people.

<https://www.servicesforyoungpeople.org/support-for-young-people/>

School Nurses

If you're aged 11 - 19 and are worried about your health and wellbeing our School Nurses are here to help you with a wide range of issues such as Emotional health, Relationships, Self-harm, Bullying, Alcohol, Healthy eating, Drugs and Smoking and more.

Text your school nurse:
 07480 635 050

[Health for Teens website](#)