



Family Support Document

To view the family support document which contains information and contact details for support services surrounding mental health and wellbeing for children, young people, and families, click [here](#).

Thinkuknow

Thinkuknow is an education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer by clicking [here](#).



5 Ways Young People Can Cope With Stress

As lockdown measures begin to relax, **young people** will naturally be **nervous** about what happens next, creating overwhelming **feelings of stress and anxiety**.

A recent survey carried out by [Young Minds](#) found that:

- **51% of young people** in the UK said that the **Coronavirus pandemic** made their **mental health a bit worse**
- **32%** said the situation has made their **mental health much worse**

Ineqe have put together **5 ways** parents, carers and safeguarding professionals can support young people with stress and anxiety. For further details, click [here](#).

NEW 'Back to Basics' Webinars—Don't miss out

Coming up: Fortnite Battle Royale, Call of Duty: Warzone and FIFA 20

Webinars are designed to keep you up to date with the latest digital safeguarding information and advice.

Hosted by our online safety experts, the 'Back to Basics' series of webinars give guidance on the safety features of popular social media platforms in 15 minutes. Webinars are accessible for both parents and safeguarding professionals to ensure children and young people have a safer online experience. For further details, click [here](#).

COMMUNITY DROP IN BUS



...children,
young people
and families



The Drop In Bus will be travelling around North Kirklees during the Summer holidays supporting communities. If you want to come and see us, we are here to help!

- ★ Information on local services
- ★ Support for you and your family
- ★ Advice from the Early Support team

COMMUNITY BUS LOCATIONS



DATE

Mon 27th July 1pm-3pm

Tues 28th July 10am-12

Weds 29th July 10am-12

Mon 3rd August 1pm-3pm

Tues 4th August 10am-12

Weds 5th August 10am-12

Mon 10th August 1pm-3pm

Tues 11th August 10am-12

Weds 12th August 10am- 12

Mon 17th August 1pm-3pm

Tues 18th August 10am-12

Weds 19th August 10am-12

Mon 24th August 1pm-3pm

Tues 25th August 10am-12

Weds 26th August 10am-12

Tues 1st September 10am-12

Weds 2nd September 10am-12

LOCATIONS

Greenwood Centre - Ravensthorpe

High Bank School- Windy Bank

Old Bank School- Mirfield

Saville Town Park- Dewsbury

Westmoor Primary- Dewsbury Moor

The Crown car park- Chickenley

Greenwood Centre- Ravensthorpe

Spenborough Sports Centre car park

Fieldhead Children's Centre- Birstall

Westmoor Primary- Dewsbury Moor

High Bank School- Windy Bank

Old Bank School- Mirfield

Thornhill Lees (library- Brewery Lane)

Eastborough School- Dewsbury

Greenwood Centre- Ravensthorpe

Westmoor Primary- Dewsbury Moor

High Bank School- Windy Bank



KYA'S SCHOOL'S OUT!

AGES
4-12

7 WEEKS OF
FREE ONLINE
ACTIVITIES AT:

WWW.KIDZCENTRAL.CO.UK/SCHOOLS-OUT

WEEK 1: 20 - 26TH JULY

MON

TEAM HANSON

KICKBOXING AND FITNESS TOGETHER

TUES

GET CREATIVE WITH THE LBT

PHYSICAL WARM-UP AND IMPROVISATION

WED

QUIZ MASTER (ENDORPHINS) FROM MUSIC,
FILMS, GAMING AND SOME CURRENT AFFAIRS

THUR

COOKING TOGETHER KIRKLEES

FRI

CHILDREN'S ART SCHOOL

JUNK MODEL - AN EGG BOX BIRD!

SAT

COOKING WITH KATIE'S KITCHEN

SUN

MUSIC AND SINGING WITH SHEBANG FOR EARLY
YEARS AND CHILDREN WITH ADDITIONAL NEEDS



Kirklees
Youth Alliance



LAWRENCE BATLEY
THEATRE
HUDDERSFIELD



Supported by



KYA'S SCHOOL'S OUT!

AGES
12-18

7 WEEKS OF
FREE ONLINE
ACTIVITIES AT:

WWW.YOUTHCENTRAL.CO.UK/SCHOOLS-OUT

WEEK 1: 20 - 26TH JULY

MON

DANCE EMPORIUM PRESENT STEP BY STEP!
"DON'T RUSH" STREET

TUES

GET CREATIVE WITH THE LBT
PHYSICAL WARM-UP AND IMPROVISATION

WED

RICKY'S SCHOOL OF ROCK HOW TO CREATE
YOUR OWN YOUTUBE CHANNEL: LESSON 1

THUR

COOKING TOGETHER KIRKLEES

FRI

CHILDREN'S ART SCHOOL
CARDBOARD SCULPTURE

SAT

COOKING WITH KATIE'S KITCHEN

SUN

HOUSEHOLD SOUNDS A CREATIVE APPROACH
TO MAKING MUSIC FROM OUR HOMES



Kirklees
Youth Alliance



Juniper foodwise

LAWRENCE BATLEY
THEATRE
HUDDERSFIELD

Kirklees
Fine
Project

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