



## **Bikeability- Expression of Interest for summer 2022**

### **HAF Newsletter June 2022**

There is a lot of additional information available to support you to run a successful HAF programme in the summer and we have included as much as we can in this newsletter.

#### **Bikeability**

Attached to the email is a flyer about this offer that some partners may wish to take up. KCC's Cycle Training team has capacity to offer Bikeability training to children attending HAF Programme centres during August 2022.

It is suggested that a pair of Cycle Instructors can attend selected centres for a week at a time, in order to offer:

- Learn to Ride courses
- Bikeability Levels 1 and 2 to children aged 10 years and older
- Bikeability Level 3 to children aged at least 11 years, who have completed Levels 1& 2 previously (ie at Primary school).

It is preferable that participants bring their own bicycles and helmets, but it is anticipated that there will be some provision of bicycles and helmets as necessary.

**Please note that you will need to complete a [short online form](#) by 30 June 2022 to register an interest in Bikeability and delivery will be dependent on availability of instructors in the team.**

#### **Kooth**

Karen Dawber is the Engagement Lead for Kooth which is a **free** online service providing young people with a safe and secure means of accessing support with their emotional health and wellbeing needs. Kooth is commissioned in Kent by NHS Kent & Medway CCG.

**Kooth is available for children & young people in Kent & Medway from the ages of 10 - 25 & can support a young person should they be placed on a waiting list, not meet thresholds for support or as an additional support alongside other services.**

By accessing Kooth, young people can benefit from:

- **a free, confidential, anonymous and safe** way to receive support online
- **out of hours availability. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends**
- **Online counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions (all text based)
- **Discussion boards** which are all pre-moderated allow young people to access peer to peer support.

**Online magazine** full of moderated articles, many of which are submitted by young people offering advice and guidance on a huge range of topics

**No referral** is required. Young people can register for Kooth independently at [www.kooth.com](http://www.kooth.com)

As a website, Kooth is available 365 days of the year, so even over the holidays, young people can access support for their emotional health & wellbeing. Kooth's free, safe & anonymous support is available for all 10-25 year olds in Kent, throughout the summer holidays. Please find below some free digital posters which can be downloaded & printed.

### Kooth's Summer Holiday Digital Assets

These digital assets can be downloaded & printed for free:

- Summer Holiday Assets Option A [Click here](#)
- Summer Holiday Assets Option B [Click here](#)
- Kooth's Wellbeing Summer Checklist for Schools to share with pupils/students [Click here](#)

If you would like to order any of our standard Kooth A4/A3 posters or small Kooth cards, simply complete the short order form [HERE](#)

They also run free training sessions on Kooth for professionals - these give an overview of Kooth, as well as a live tour of the website, which shows you how young people can sign up, log in & goes through the different wellbeing features on the site. **If you are unable to make the next session in July, but would still like some training on Kooth, they are more than happy to provide this to your staff teams, etc at a time convenient to you & your colleagues.**

Date	Time	Registration Link
Wednesday 6 July	3.30pm – 4.30pm	<a href="https://forms.gle/VbXR8ikbhK3YXmig9">https://forms.gle/VbXR8ikbhK3YXmig9</a>

Once you register, you will be emailed the Zoom link to join the session. You will also receive a reminder of the session a couple of days before the event. The webinar takes around 40 minutes.

You can contact Karen on 07534 029663 or email her at: [www.koothpic.com](http://www.koothpic.com)

### Retailers: John Lewis & Waitrose

From May to July all Waitrose and John Lewis shops/sites across the UK have committed to £1 million to support local good causes who are helping children/families over summer including our Holiday Activities and Food programme.

If you have a Waitrose or John Lewis shop/site in your local area and would like to contact them to discuss their potential support for the HAF Programme you are coordinating, please contact the community lead/community liaison person at the shop. To find the shop's contact details please visit [Waitrose](#) or [John Lewis](#).

## Get cooking with Marcus and Tom

Marcus Rashford and Tom Kerridge have set up 'Full Time: Get Cooking with Marcus & Tom'. They want to help give children and families the skills and confidence to cook good, proper food in their own kitchens, using the equipment available to them. Tom Kerridge has created 52 easy recipes that utilise the ingredients available on the Healthy Start scheme and affordable kitchen cupboard staples. The recipes are available to download and print on [endchildfoodpoverty.org](http://endchildfoodpoverty.org).

## Nutrition Resources

You can order the [Top Tips leaflet](#) for children to send home to parents with simple ideas on how to keep their families healthy by eating well and moving more.

There is also a range of [recipe cards](#) as well as a [cooking tips toolkit](#) available to download. A [Children's Healthier Eating toolkit](#) is available to download and contains ten different activities to help you support families to make positive changes to their diet. Activities are easy to run with children aged 4-11 and require minimal preparation and no expert knowledge. You can also order free hard copy [nutrition leaflets](#). These direct you to the Food Scanner App which encourages families to make healthier food swaps and reduce their consumption of sugar, salt and saturated fats.

There are free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training including recipes – to support learning about handling a range of ingredients, food skills and cooking techniques. [Recipes](#) – [Food](#) – [a fact of life](#)

For activity suggestions and resources to use to engage with parents and carers see [Parental engagement](#) – [Food - a fact of life](#)

## Resources to encourage children to be physically active

Sport England and the Youth Sport Trust have developed an excellent online portal where you can find ideas for over **400 activities** for different age ranges and different times of the day. There is a huge variety of activities from dance to athletic challenges and so much more!

[Your School Games](#) - [Active Recovery](#)



The Youth Sport Trust is a charity aimed at improving children and young people's education and development through sport and play. They have created a range of resources to keep children and young people active.

<https://www.youthsporttrust.org/resources/search>

### **Nature Activities**

Lots of free resources are available that can be used to help children and young people spend more time getting closer to nature: [Free Resources](#) | [Nature Friendly Schools](#)

Lots of great ideas and resources are available to help kids and families connect with nature, from simple activities they can do at home or at school, to wild clubs, fun articles and family friendly reserves and events.

[Nature Activities for Kids | Fun & Learning](#) - [The RSPB](#)

### **First Aid**

The British Red Cross deliver face-to face first aid workshops for children and young people – for more information and to find out who is eligible for a face-to-face workshop and request a booking you can follow the link:

<https://www.redcross.org.uk/get-involved/teaching-resources/community-education-workshops/faceto-face-bookings>.