

FAMILY FUN & LINKS



Foreword

Hampshire and the Isle of Wight have a rich and evolving Holiday Activity and Food Programme, funded by the Department for Education, offering fantastic opportunities for over 20,000 children per year to access healthy food and engaging activities during the school holidays.

I want to thank each and every one of our HAF providers for the hugely important and valued work you are all doing to make sure that children and their families do not miss out over the school holidays. We have a strong activity and food offer in place across Hampshire that supports children and their families to:

- Eat healthily over the school holidays;
- Be active during the school holidays;
- Take part in engaging and enriching activities which support resilience, character building and wellbeing along with their wider educational attainment;
- Be safe and not socially isolated;
- Have a greater knowledge of health and nutrition; and
- Be more engaged with school and other local services.

The HAF programme opens up opportunities for us collectively to support families in developing their understanding of nutrition and food budgeting, and to access other forms of information and support on wider issues which may be affecting them, such as finance, health and wellbeing, housing, education or employment. Hampshire's rich tapestry of community and voluntary sector organisations, education and early years settings, activity providers and other support groups means we are well placed to deliver an exceptional signposting offer and the aim of this pack, produced by Park Community School is to support us all in this area.

This pack provides you with a set of resources to support in connecting families to local support services and enhancing all the fantastic work already taking place via the HAF programme. It includes easy recipes to make at home on a budget, free activities to do with your children, crafts to do at home, advice on growing vegetables, as well as information and advice about benefits checks, energy grants, food insecurity, community pantries, foodbanks, money saving websites, energy saving tips, training providers to support moving into employment, well-being and more.

I hope you find the pack useful, and my thanks to Park Community School for pulling it together. We look forward to working together to deliver an outstanding HAF programme to the families of Hampshire.

Suzanne Smith

Assistant Director, Access, Resources and Business Development

Hampshire County Council and Isle of Wight Council

WHAT IS HAF?

HAF – Holiday Activity and Food Programme first came to Hampshire in Summer 2019 following a successful tender application to the Department of Education by two local Community Managers, Susan Parish and Jan Lefley. The DoE wanted to pilot projects which supported families during the holidays with access to activities and food at zero cost. The Hampshire wide bid was one of only 9 across England out of over 100 which applied for the funding.

The team created Connect4Summer which had two offers Free Childcare with local Childcare providers including a Hot meal for those on free school meals as well as a Free day of activity with a hot meal for families across Hampshire with the ethos to make sure every programme included:

- Activities which were skills based
- Family experiences which were shared and increased skill and knowledge
- Embedded maths, English and science in every programme
- Good quality hot food which was enjoyed together at every venue
- Skilled specialists providing "something special"
- Signposting using agencies at each event
- Daily Mile for all
- Information distribution and collection to support families including FSM assessment and Food Banks
- Youth Programme to highlight skills development
- Trips out of the area to challenge aspirations
- Weekly bags of food providing food and recipes for two meals for 4 over the weekend
- Fun for all

Following a successful delivery of the programme the team were asked to attend a Parliamentary Select Committee looking into food insecurity and the impact of HAF in 2019. Following this meeting many of the elements which had been included in Connect4Summer were incorporated into the guidelines for delivery by all providers including; Signposting, Family involvement, reading, make, take and bake as well as our weekly take home food and recipe bags.

Year one was followed by another successful bid in year two and an expansion to cover Portsmouth, Southampton and the IOW as well as the creation of Connect4Families and Connect4Youth alongside the Childcare element. The Connect4Summer brand was highlighted by the DoE as being a Gold Standard programme. Susan and Jan were asked to join the national panel looking at the roll out of the programme to every local authority in England and have subsequently been involved in training other Local Authorities in how to deliver HAF.



Jan Lefley MBE



Susan Parish MBE

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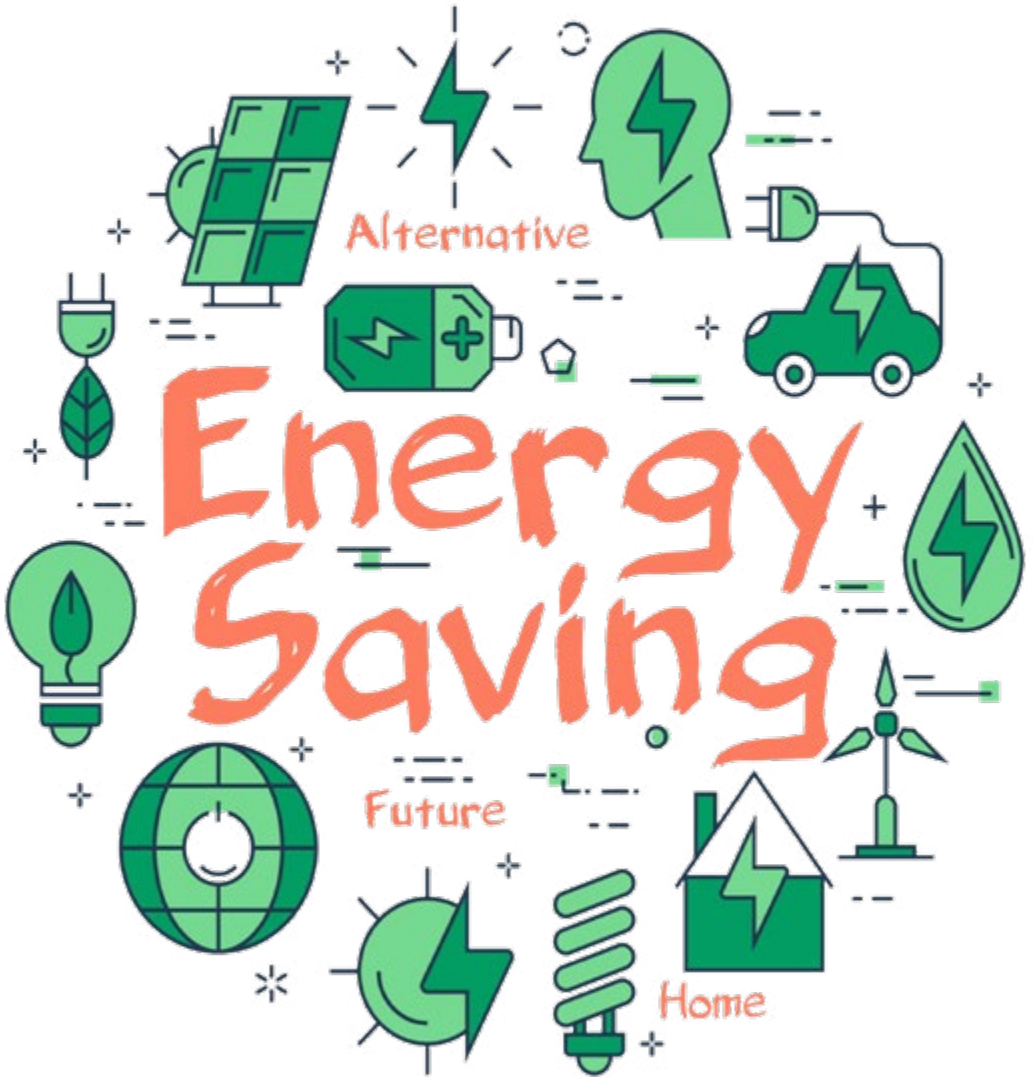
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chapter 1



Energy saving

How much could you save?

- **Turn off standby appliances** – could save £55 per year.
- **Turn down your thermostat** – Save £80- £105 per year for each degree reduced.
- **Ensure lights are switched off when leaving a room** – save £20 per year.
- **Wash clothes at a lower temperature** – Washing at 30 degrees instead of 40 degrees saves money - save £28 per year.
- **Be smarter about water** – Washing up in a bowl saves £25 per year on heating water, cutting one minute from your daily shower will save £7 per person per year.
- **Don't overfill the kettle** – Save £11 per year.
- **Put foil cover card as a reflector panel behind radiators to reflect heat** – Save £25 per year.
- **Draft proof gaps including letter boxes** – Save £30 per year.
- **Limit your shower to 4 minutes** – Save £70 per year.

How can we save in the kitchen?

- **Cook using a Slow Cooker** – They use as much energy as a traditional light bulb.
- **Microwave is the most energy efficient way of heating food** – Quicker than the oven.
- **Rather than boiling water directly on the hob** - Boil a kettle and pour into the saucepan for steaming and boiling.
- **Use glass and ceramic dishes in the oven** – They retain the heat better than metal making them more efficient in the oven.
- **When using an electric oven** – Turn the oven off 10 mins prior to the end of cooking as the temperature will stay the same and the food will continue to cook.
- **Put lids on Saucepans** – Once at boiling point turn down to a simmer to save energy.

so many
simple ways
to save!



chapter 2



FOOD SUPPORT

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
East Cowes	PO32 6HN	Open at Community Spirited, Parkside Pavilion, Vectis Road Tuesday: 12.30pm to 3.30pm Wednesday and Thursday: 10.30am to 12.30pm	01983 296592 communityspirited@hotmail.co
Ryde	PO33 1NE	Open at Oakfield CE Primary School, Appley Road, Ryde Monday, Wednesday and Friday: 3pm to 4.30pm	01983 563732 pantry@oakfieldcepri.iow.sch.uk
Ventnor	PO38 1EJ	Open at Baby Box, Victoria Street, Ventnor Tuesday and Thursday: 4pm - 6pm Saturday: Midday to 2pm	07961 959003 vcpantryiow@gmail.com
Basingstoke & Deane	RG24 9AE	Popley Fields Community Centre, in Carpenters Down.	Popley Fields Community Centre
Basingstoke & Deane	RG26 4HN	Tadley Community pantry, delivered by Tadley community centre, Newchurch Road, Tadley	Tadley Community Centr
Basingstoke & Deane	RG22 6QB	Basingstoke Community Pantry in the South Ham estate, delivered by Westside Community Centre.	Basingstoke Community Pantry
East Hants	GU35 0AU	Bordon Community Pantry, delivered by Sacred Heart Catholic Church, opening in Easter.	Sacred Heart Community Pantry, Bordon
Eastleigh	SO50 9QE	RCS Cableworks Community Pantry Eastleigh	RCS Community Pantry - Eastleigh

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
Fareham	PO14 4PG	Waypoint Church Community Pantry	Waypoint Church Community Pantry
Town	Postcode	Description	Contact
Fareham	PO16 9UY	Woodsy's Pantry, Portchester, delivered by Portchester Community Association	Woodsy's Community Pantry, Portchester
Town	Postcode	Description	Contact
Gosport	PO12 3SX	Gosport Football Ground will be running the pantry alongside their current provision.	GBFC - Feed a Family in Need & Gosport Community Pantry
Town	Postcode	Description	Contact
Hart	GU46 7TF	Yateley Community Pantry, delivered by Yateley Industries, will be open by the end of February half term.	Hart Community Pantry - Yateley Industries
Town	Postcode	Description	Contact
Havant	PO11 0HB	Hayling Island Community Pantry, delivered by Hayling Island Community Association	Hayling Island Community Pantry & Food Bank
Town	Postcode	Description	Contact
Havant	PO9 5BL	Munch Community Food Pantry, Dickinson Centre, Park Community Centre, Middle Park Way, Havant, PO9 4BU	MUNCH Community Pantry - Leigh Park
Town	Postcode	Description	Contact
Havant	PO7 7DB	Waterlooville Community Pantry, delivered by Growing Places @ Mill Hill	Waterlooville Community Pantry - Growing Places Mill Hill
Town	Postcode	Description	Contact
New Forest	BH25 5NY	Nedderman Centre, Marryat Road, New Milton	New Forest Basics Bank and Lymington Community Pantry
Town	Postcode	Description	Contact
New Forest	SO45 3QR	Hythe St Anne's Community Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder

Pantries available in Hampshire and IOW

Town	Postcode	Description	Contact
New Forest	SO40 3LZ	Testwood Baptist Church, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO41 8GN	St Mark's Community Hall, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO45 1YP	Queen Elizabeth Recreation Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	SO45 1BN	St George's Hall, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
New Forest	BH24 1PX	Ringwood Leisure Centre, delivered by Fareshare mobile food larder	Fareshare mobile food larder
Town	Postcode	Description	Contact
Rushmoor	GU11 1BA	Community Cupboard at the Vine Centre	The Community Cupboard
Town	Postcode	Description	Contact
Test Valley	SO51 0HR	RCS Community Pantry - Romsey	RCS Community Pantry - Romsey
Town	Postcode	Description	Contact
Test Valley	SP10 5DE	RCS Longmeadow Community Pantry Andover	RCS Community Pantry - Andover
Town	Postcode	Description	Contact
Winchester	SO22 4EJ	The Caroll Centre, Stanmore	The Caroll Centre
Town	Postcode	Description	Contact
Winchester	SO23 0LD	Winchester Community Pantry, delivered by Unit 12 CIC.	Unit 12 - Community Food Pantry
Town	Postcode	Description	Contact
Winchester	PO17 5AL	Wickham Community Pantry delivered at Wickham Community Centre.	Wickham Community Pantry

chapter 3



ISLE OF WIGHT FOCUSED SUPPORT



Home Start

Home-Start IOW is a voluntary organisation that offers support to parents/carers who are facing difficulties and have at least one child under school age. Support is provided in the family's home and also through Home-Start Groups.

Contact: <https://homestartisleofwight.org.uk/>



Haylands Farm

At Haylands Farm we work with Adults and Children with learning disabilities and autism. We provide a supervised, structured programme of activities.

Contact: <https://getvolunteering.co.uk/organisations/isle-of-wight-mencaphaylands-farm/3126>



Isle of Wight Foodbank

We aim to help those struggling with food poverty and short term crisis on the Isle of Wight.

Contact: <https://isleofwight.foodbank.org.uk/>



Step Change

We can get your finances back on track. Get free debt advice online and we'll support you for as long as you need us.

Contact: <https://www.stepchange.org/>



Isle of Wight Family Centres

There are three family centres on the Island:

- **South Wight:**

The Fairway, Sandown. PO36 9EQ.
(Tel: 01983 408718)

- **North East:**

George Street, Ryde. PO33 2JF (Tel:01983 617617)

- **West & Central:**

Downside, Furlongs, Newport. PO36 9EQ (Tel:
01983 529208).

Hub: 01983 40878

Ryde Hub: 01983 617617.

We have a Facebook page which is updated regularly.
Find us @ Isle of Wight Family Centres.

Website: <https://www.isleofwightfamilycentres.org.uk/>



Hampshire & Isle of Wight Crisis Line for Young People

The crisis line provides immediate access to safe and confidential support for young people experiencing difficulty with their mental health.

Freephone: 0300 303 1590

Contact: <https://www.easthantsmind.org/news/hampshire-iow-children-and-young-people-crisis-line/>



Safe Haven

Our Safe Haven services in Newport and Ryde, Isle of Wight, provide a safe space for people experiencing a mental health crisis. Support from our staff can be accessed by telephone, email or face to face during evenings, weekends and bank holidays.

Newport • Opening hours:

- Monday to Friday – 5 pm to 10 pm
- Weekends and bank holidays – 12 noon to 10 pm
- Contact information:

- Two Saints Ltd

Safe Haven
7 High Street
Newport
PO30 1SS

Email: safehaven@twosaints.org.uk

Telephone: 01983 520168

Ryde • Opening hours:

- Friday – 5 pm to 9 pm
- Weekends and bank holidays – 1pm to 9 pm
- Contact information:

- Two Saints Ltd

Safe Haven
10 Lind Street
Ryde
PO33 2NQ

Email: safehaven@twosaints.org.uk

Telephone: 07976 416051

Website: <https://www.twosaints.org.uk/>



Youth Trust

We are the largest independent provider of youth mental health services on the Isle of Wight. Here at the Youth Trust, we offer a range of support for children, young people and their families. The majority of our work is concerned with providing a professional one-to-one counselling service. We also offer a wellbeing service, group work and increasingly training and other early-intervention opportunities. There are many reasons why a young person might wish to come to counselling, which means that we see a wide range of issues. Whatever the reason you're reaching out, we are here to help.

Youth Trust (IW) Phone: 01983 529 569

Website: <https://www.iowyouthtrust.co.uk/>



Paragon

We have been commissioned by the Isle of Wight Council to deliver their Integrated Domestic Abuse Services. We are the lead agency on the Isle of Wight and work with Hampton Trust as our delivery partner. Together we bring many years of experience to make a strong team better able to support our island community. This is targeted support for victims, children, and perpetrators of domestic abuse and sexual violence. We have also been funded and commissioned by the Office of the Police and Crime Commissioner, local and national government. **Get in touch with our Isle of Wight team:**

Phone: 0800 234 6266

Email: ParagonIOW@theyoustrust.org.uk

Website: <https://theyoustrust.org.uk/>



Barnardo's Counselling services

We run many services supporting young people's emotional health and wellbeing, from one-to-one counselling to group work and schools-based programmes. We have centres where children and young people can visit and have a trained worker they can trust and talk to. We help them build their confidence and get to the root of their difficulties. We work closely with the young people's parents - making sure they feel supported too. We also stay in close contact with other professionals.

Barnardo's Family Space - Virtual Family Centre:

Website: <https://families.barnardos.org.uk/>



Talk 2 Service

Talk 2 Counselling Service for Children and Young People

Parent, GP or Health Professional can refer child/young person. Now offering face to face plus phone or video calling if preferred.

Telephone: 01983 865 657

Website: <https://www.barnardos.org.uk/what-we-do/services/talk-2-service>



YMCA Young Carers

This service provides support to young carers and their families on a needs-led basis liaison with Schools. YMCA Young Carers Support Service is based at YMCA Winchester House, Sandown Road, Shanklin, Isle of Wight PO37 6HT. The house is also the base for our children's nursery, group accommodation and supported housing for young mothers.

Telephone: 01983 861071

Email: iowyoungcarers@ymca-fg.org

Website: <https://ymca-fg.org/young-carers-service-iow/>



Frankie's Workers

For children and young people affected by Sexual Exploitation, Child Sexual Abuse and Female Genital Mutilation. Current offer is phone or video calling if acceptable to the client, or face to face.

Telephone: 02380 664 786

Email: Frankie@hants.gov.uk

Website: <https://www.hampshireiowvictimcare.co.uk/frankie-workers-isle-of-wight/>



Inclusion IOW

We provide a free, confidential and easy to access service to all age groups on the Isle of Wight who are using, or affected by someone else's use of alcohol or drugs. At Inclusion Isle of Wight, we believe individuals are capable of changing their lives for the better. We are committed to help you do this by providing high quality, caring and evidence-based services. If you are concerned and looking for some advice or support then please call us or refer yourself online:

Website: <https://www.inclusioniow.org/>



No Limits

Youth charity No Limits provides mental health support for people aged 11 to 17 years old who are experiencing a mental health crisis. Called Space 4U, it provides young people instant access for emotional and practical support with their mental health, providing tools and techniques to make positive changes.

Currently the service is available by appointment only:

Mondays: 6 - 8pm, at East Newport Family Centre, Furlongs, Newport

Tuesdays: 4.30pm - 6.30pm at Sandown Family Centre, The Fairway, Sandown.

To arrange an appointment call 07741 665182.

Website: <https://nolimitshelp.org.uk/new-youth-mental-health-service-on-the-isle-of-wight/>



Southern 360

We're excited to deliver a new 18-month employment and training programme for residents on the Isle of Wight (IOW). The coaching, mentoring and 1-2-1 employment support from the Employment and Support Team, is open to anyone aged 16+ (Southern Housing Group resident or not) and currently not in paid work handling the process for all residents on the island. If you know someone who'd like to take part, or you have any questions, please get in touch.

Email: Skills4work@sovereign.org.uk

Employment and Training Officer Stuart Sharp: 07392284487.

Website: <https://southern360.org.uk/>

Chapter 4



Hampshire FOCUSED SUPPORT



Roseroad

Rose Road makes a positive difference to the lives of young people with disabilities. The Rose Road Association is a charity that provides direct care services including respite breaks, day services, community outreach, holiday activities and advice for over 300 children and young adults with severe physical disabilities, learning difficulties, and/or autism. We are based in Southampton, and also work across Hampshire and surrounding counties. You can find out more on our website at www.roseroad.org.uk



Hampshire Parent Carer Network

Hampshire Parent Carer Network provides opportunities for parent carers of children and young people with any additional need (diagnosis not needed) aged 0-25yrs to share their lived experiences and help shape the services that support their children and families. Hampshire Parent Carers Network offers: Get Togethers

Our Get Togethers are a great opportunity to meet and share ideas with other parent carers. These take place in venues across Hampshire and we also offer a daytime and evening session on zoom each month for people that are able to attend face to face.

Website: <http://www.hpcn.org.uk/>



Future in Mind

A peer support session with a focus on mental health and emotional wellbeing. These run in venues across Hampshire and we also offer a daytime and evening session on zoom each month. There is always a CAMHS Clinician guest speaker.

Ask About Autism This service is designed to help families of children with Autism (with or without a diagnosis). This service has been developed by three different organisations across Hampshire – BRAAIN, Hampshire Parent Carer Network and Parent Voice, Isle of Wight. Ask About Autism offers workshops, support groups and a telephone helpline.

For information on any of our services please visit our website:

<http://www.hpcn.org.uk/> or follow our Facebook pages:

<https://www.facebook.com/HampshireParentCarerNetwork/>



Healios

We've created a safe and inclusive space where children and young people can gain a better understanding of their mental health, autism and ADHD needs. And we encourage their families or supporters to be part of that journey by joining their sessions virtually.

Website: <https://healios.org.uk/>

Tel: 0330 124 4222



Hampshire SENDIASS

Is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) that aims to make a positive and lasting difference for children and young people with special educational needs and/or disability (SEND) and their parents and carers. We do this by providing timely confidential, impartial information, advice and support through our online resources, at events and workshops, via our helpline service and through individual casework.

Website: <https://www.hampshiresendiass.co.uk/>

Tel: 0808 164 5504



Yellow Door

Preventing and responding to domestic and sexual abuse. We offer a wide range of specialist therapeutic, support & prevention services to anyone at risk from or affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm.

Website: <https://yellowdoor.org.uk/>



Citizens Advice Hampshire

Citizens Advice Hampshire is a charity supporting the independent Citizens Advice Charities in Hampshire, Portsmouth, Southampton and the Isle of Wight.

- We identify and develop options for new and improved services and manage those that operate countywide.
- We support Hampshire's individual Citizens Advice Charities by facilitating knowledge and skills sharing and by providing training.

Website: <https://citahants.org/>



Kooth

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need.

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



House for Households

Countries around the world are facing rising goods and energy prices, inflation and cost of living pressures after the pandemic and Putin's invasion of Ukraine. We know people are worried so the government is offering help for households. See what cost of living support you could be eligible for.

Website: <https://helpforhouseholds.campaign.gov.uk/>



Supporting Hampshire's families and young children

We're here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support. Our mental health experts can help if you feel low, worried or anxious and need to talk.

Website: <https://www.solentmind.org.uk/>

We are excited to be joining together in a partnership with Home-Start Hampshire, a local community network of trained volunteers who support families with young children through challenging times.

Website: <https://www.solentmind.org.uk/news-events/news/partnership-home-start-hampshire/>

We may be called "Andover Mind", but we actually provide services right across Hampshire, supporting people with mental ill health as well as adult carers, who care for an adult, and people living with dementia and mild cognitive impairment.

Website: <https://www.andovermind.org.uk/>



Papyrus (Young Suicide Prevention)

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK. We are open 9am–midnight every day.

Telephone: 0800 068 4141

Website: <https://www.papyrus-uk.org/>



Health for kids

The website is primarily a health information and promotion website, covering important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support.

Website: <https://www.healthforkids.co.uk/hampshire/find-a-service/>



Catch 22 Hampshire

Hampshire 24/7 (Substance Misuse Support)

A county-wide specialist treatment service offering targeted, specialist, and family support for children and young people effected by substance misuse. We offer free and confidential advice and support for young people aged up to 25.

Website: <https://www.catch-22.org.uk/>



Hampshire Family Information and Services Hub

Your Local Offer - Information on services available in Hampshire for children and young people and families.

<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>



Baby Buddy

Baby Buddy 2.0 is a free pregnancy and parenting app from @BestBeginningsCharity. Baby Buddy gives parents the skills and confidence to take care of yourself and give your child the best start in life. There's bite-sized personalised daily information, over 300 videos featuring stories from parents and advice from healthcare experts, and tools to help you manage pregnancy and beyond.

Website: <https://www.bestbeginnings.org.uk/>



Breakout Youth

Hampshire and the Isle of Wight's Local LGBTQ+ Support Charity We offer a confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. Young people who identify as LGBTQ+ or are unsure often feel isolated and alone with their sexuality or gender identity. At Breakout Youth, you will find a group of like-minded young people that you can socialise with safely. You'll also find help with those feelings of isolation or confusion. We run confidential youth groups based in Southampton, Romsey, Basingstoke, Andover, the New Forest and the Isle of Wight.

Website: <https://www.breakoutyouth.org.uk/>

Chapter 5



Learning & Skills providers

LEARNING

in

LIBRARIES



Hampshire Libraries



BOOK NOW!

Scan to find more about
online and accessible
daytime learning near you



 Hampshire
County Council

www.hants.gov.uk/library

Courses available in

Skills for work



Wellbeing

Learning



Arts and
Crafts

Personal
Development



Digital and
Photography

Fitness



Courses
for parents
and carers

Providers Funded by Hampshire County Council who can offer FREE training in Hampshire: see below for more information about what the following organisations offer.

- Hampshire Achieves (hampshire.learns@hants.gov.uk)
- Library Service – (Emma.Evans@hants.gov.uk)
- EMTAS (Rekha.Gupta@hants.gov.uk)
- Community First Wessex (liz.moore@cfirst.org.uk)
- Hampshire Cultural Trust (deborah.neubauer@hampshireculturaltrust.org.uk)
- Itchen College (jbrooke@itchen.ac.uk)
- Romsey Community School (community@romsey.hants.sch.uk)



Do you want to begin a new career? Are you looking for CPD opportunities? Are you interested in improving your skills? Want to find out how to support your child's learning and development?

- ❖ Itchen College believes in raising aspirations, improving life chances and developing social mobility across the communities in which we work. We are creative and innovative with the ability to be flexible and address the needs of the community as each opportunity arises.
- ❖ Itchen offer a number of different projects focusing on education, employment, digital skills and wellbeing and supporting vulnerable members of our community including NEET young people.
- ❖ Itchen provides excellence for learners of all abilities and provides a comprehensive and varied program of courses that supports and develops learners knowledge and experience as well as providing opportunities for employment and higher level education.

What we can offer:

- Introduction to working in schools and childcare.
- Work Academies providing job opportunities with Employers who have live vacancies
- Career Options
- Digital skills for finding work
- ESOL courses for learners who have English as a second language
- Skills and confidence for work
- English skills for life
- Health and wellbeing courses
- Communication skills
- Household finances
- Keeping up with the kids
- Online learning

For further information or to book onto the courses please contact Itchen College Adult Education on 02380 435636 or courses@itchen.ac.uk



Community First

Community First's Training team offers cost-effective and high-quality training and guidance suitable for the voluntary sector and private businesses. We deliver a wide portfolio of learning opportunities including free online sessions, longer courses, professional qualifications, and bespoke courses for your organisation's specific training needs to aid professional development and essential skills.

Want some more information about our training or don't see any courses that suit your needs? **Contact us: bookings@cfirst.org.uk**

- Digital Skills for Small Business Owners
- Paediatric First Aid (Free, Funded, Face to Face)
- Emergency First Aid at Work
- Safeguarding Awareness (Online)
- Level 2 Award in Safeguarding and Protecting Children, Young People and Vulnerable Adults (Free, Funded, F2F)
- How to Recruit and Keep Volunteers (Online)
- Midas Inductions - Standard/Accessible
- Preparing for employment in the Hospitality Industry (Free, Funded, Online)
- Building your personal resilience and wellness (Free, Funded, F2F)
- Level 2 Award in First Aid for Mental Health (Free, Funded, F2F)
- Preparing for Work - building your self-esteem (Free, Funded, F2f)
- Food Hygiene Level 2 (Free, Funded, F2F)

THOUGHT OF CONSTRUCTION?



Want a new start?

Need a change?

Thought of Construction?

Olu and Crystal did...



Construction has jobs waiting for you too!

Free 1-week course at centres across Hampshire and Surrey. It's time to kick-start your construction career. The course includes:

- Qualify with a CSCS green card and Health and Safety Level 1 (needed for work on building site)
- Meet construction employers and agencies for an interview opportunity
- Discover the range of jobs available in the sector
- Get job search support from a dedicated coordinator

Get in touch if you have any questions

Email constructionskills@hants.gov.uk
or call, text or Whatsapp 07742 401193



Construction...

Is it for you?

Discover the world of construction – it's packed with opportunities!

► Gain skills to support you into work ► Find your next steps

18+ and unemployed?

Free 'Step towards Construction' 5-day course that includes:

- Introduction to CSCS and Health and Safety Level 1 (needed for work on site)
- Employability skills: improve communication and interview skills, draft a CV
- Understand how construction agencies work – guaranteed interview opportunity (if you progress to a CSCS qualification)
- Pathway to a course to qualify with CSCS card and L1 H&S

Find out more and enrol here:

hants.gov.uk/construction-training



SEETEC Plus Work and Health programme

It doesn't matter where you've come from, it's where you're heading that counts. No matter what your past experiences, Seetec Plus can help you discover the employment opportunities that are waiting out there for you. We'll begin by learning all about you – your goals, what you're good at and what you'd like help with. Once you start to believe in yourself, you'll go on to achieve amazing things.

Website: <https://www.seetecpluss.co.uk/programme/work-and-health-programme/>



Providing Free online training in maths and English:

<https://www.skillsforlifefnetwork.com/training-course/free-online-functional-skills-courses/>

Preparing for Adulthood



Preparing for Adulthood

The Preparing for Adulthood programme (PfA) is funded by the Department for Education as part of the SEN and disability reforms. This site provides a number of resources for both parents/ cares, young people and professionals. **Website:** <https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources>



IOW Council

If you need a basic qualification in English and Maths, we offer courses in functional skills to help you in your personal and working life. These courses are fully funded and offered at no cost. They are a full-year course, available from September to July. If you're interested in either of these courses, sign up before 30 September. For more information or to apply email acl@iow.gov.uk or call 01983 817280. Our courses and workshops include:

- Arts and crafts workshops
- Online short courses
- Computer courses
- Maths and English Functional Skills
- Careers appointments

Website: <https://beta.iow.gov.uk/adult-community-learning/courses-and-workshops/course-information/>



Family Learning

Family learning courses are delivered in partnership with individual schools. Activities provide parents with skills to support their child's learning at home, knowledge of how children are taught in school and an enjoyable shared learning experience alongside their child. Many adults progress to gain maths and English qualifications, pursue a new career path or study at the local college.

Website: <https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resourcefamily%20learnings>



Studying as an adult – IOW College

We welcome learners of all ages at the Isle of Wight College and are increasingly seeing more adults return to education to re-train or up-skill in their existing roles.

- Adult courses
- Apprenticeships
- Online Learning
- Short Courses
- Access to HE
- University Centre

Website: <https://iwcollege.ac.uk/>



The Way Forward Programme

The Way Forward Programme works with adults and young people from 12 years of age to retirement who have a learning or physical disability, people on the autistic spectrum and people suffering from mental health conditions providing services 7 days a week and every evening.

Situated in Newport, the centre is a hub of fun activity, where we can offer something for everyone to enjoy. It's a place to make new friends and learn new skills and hobbies. Way Forward offers activities Monday to Friday from 09.30am to 3.30pm for those over the age of 18. You can attend for the whole day or just the activity of your choice. Individualised support is also available and transport can be arranged to take you to and from the centre.

General Enquiries: 01983 523000

<https://wayforwardprogramme.org.uk/about/>

CHAPTER 6



LET'S KEEP ACTIVE
TOGETHER

WHY NOT TRY AN INDOOR SCAVENGER HUNT?



something round



hairbrush



pencil



paper clip



a book



something yellow



a picture you made



backpack



toothbrush



toy car



sunglasses



something oval



a flag



flip flops



something with a flower on it



something orange



something tasty



stuffed animal



toy truck



something that starts with a B



Garden bird detective



www.wildlifewatch.org.uk

Pictures: Chaffinch, Blue tit, Goldfinch and Great tit © Amy Lewis / Greenfinch © Gillian Day / House sparrow © Stewart McDonald / Blackbird © Neil Aldridge / Collared dove © Ian Rose / Starling © Margaret Holland / Wood pigeon © Steve Waterhouse

Hunt for Minibeasts!

Minibeast detective



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Credits: Brown's bush-creeper © Bruce Sharland / Harvestman © Richard Bewler / Rough woodlouse © northwestwildlife.co.uk / Lacewing © Rachel Scopes / Silver ground carpet moth © Amy Lewis / Nettle weevil © Rachel Scopes / Millipede © Malcolm Storey / Bluebottle © Bob Coyle / Ash grey slug © Philip Pricey / White-tailed bumblebee © Penny Holt

Try a litter pick or beach clean!

Go on a beach clean



You will need:

- an adult helper
- a group of friends (optional but useful!)

- thick gardening gloves 

- buckets 

- litter picking tool 

- suitable footwear (sturdy boots for rocky beaches) 

Ask an adult to take you on a beach clean...

Check with an adult if you're not sure whether to pick something up.

Note for adults

There can be dangerous objects on the beach, please take care and do not pick up anything that could harm you.



corner bag



Try not to overfill buckets as they may become too heavy.



You could try separating litter into different buckets for recycling.



cigarette butts



bits of plastic



empty cans



crisp packets or wrappers



fishing net



paper



empty bottles

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Build a bug hotel!


How to build a bug hotel



You will need:

- Wooden pallets $\times 4$ 

- Bricks 

- Plastic bottles* 

- Bamboo canes 


- Straw 

- Leaves 


- Tiles 

- Cardboard 


- Stones/pebbles 

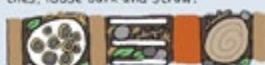
- Twigs/loose bark 


*Use old plastic bottles for this, and always recycle after use.

- Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle. 

- Place your next pallet on top of this and repeat the process for all of your pallets. 

- Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel. 

- Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw. 

- Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name! 

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Illustration: Corinne Webb © Copyright Royal Society for Wildlife Trusts 2015

Illustration: Corinne Webb © Copyright Royal Society for Wildlife Trusts 2015

If it's raining what can we do?



Make mud angels!

Make a mud pie
or stew!

Splash in the rain!

Raindrop races!

Search for
rainbows!

Fill containers!

Sing in the rain!

Make a dam!

If it's raining what can we do?



Go on a nature
adventure!

Go for a wet
weather walk!

Search for
mini beasts!

Wear your wellies &
rain coat!

Leaf races!

Go fishing!

Search for birds!

Make a paper boat
& float it in puddles

Make a nest box!

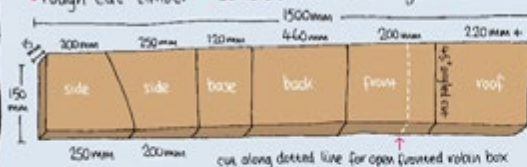


How to make a nest box



What you need:

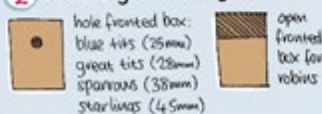
- rough cut timber
- some old rubber or a hinge
- 20mm nails
- tools:



1 Mark out and saw panels

Use diagram above, and write the name of each panel onto the marked out wood.

2 Choose your box type



3 Assemble the box

Nail the panels together:



Where to put it:

2-5 metres above the ground, somewhere sheltered.



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Make a hedgehog house!

Make a deluxe hedgehog house



You will need

- 20mm FSC plywood boards cut to the sizes shown

- Hammer and nails



- 2 metal hinges

- Soil

- Dry leaves

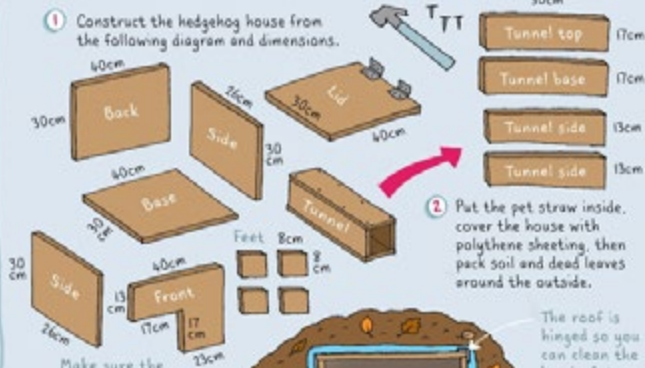
- Pet straw

- Polythene sheeting



Do not creosote or treat the wood

- Construct the hedgehog house from the following diagram and dimensions.



Make sure the entrance tunnel faces south, and is kept clear at all times

- Put the pet straw inside, cover the house with polythene sheeting, then pack soil and dead leaves around the outside.

raised up on feet

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45 Chapter 7: Winter days

Go online and tour around a famous landmark from your own home, try some science experiments or watch the Hubble space telescope pictures;

8 Amazing Virtual Tours of Landmarks Around the World (timeout.com)



21 of the Best Free Virtual Tours of London by Visit London Taxi Tours (<https://www.visitlondontaxitours.com/news/21-of-the-best-free-london-virtual-tours>)



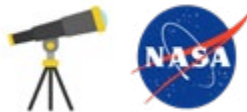
18 Free Online Museum Tours To Enjoy Without Leaving Your Couch (thecollector.com) includes museums from France, Italy, Germany and Netherlands



Five simple science experiments to do at home - Fun Science UK (fun-science.org.uk)



Hubble Space Telescope Videos (<https://hubblesite.org/resource-gallery/videos>) | NASA



The Best Live Animal Cams: Wildlife Cameras From Around the World. (activewild.com) – live footage of animals and birds.



Play A Game Of Cards Together

What you'll need

- 2 Players
- Set of 0-9 cards



How to play:

STEP 1

Start the game with 2500 points.

STEP 2

The first player takes three 0-9 cards and makes a 3-digit number.

STEP 3

They use column addition to add this number to the 2500, to make a new total.

STEP 4

The second player then selects 3 cards, makes a 3 digit number and uses column subtraction to subtract this from the total.

STEP 5

Keep going until either player 1 gets to 5000 or player 2 gets to below 1.

STEP 6

Once the game is finished, players can swap roles, so both have the opportunity to work on addition and subtraction.

What you'll need

- Age 7+
- 2+ Players
- Standard deck of 52 cards



How to play:

STEP 1

Choose a "dealer" to hand out cards.

STEP 2

If there are two or three players, each player is dealt seven cards. If there are more people taking part, each player is dealt five cards. The remaining cards are placed face down in a pile. This is the "fish pond."

STEP 3

Each player sorts their cards into groups of the same number or suit (i.e. group of threes or group of kings), making sure not to show anyone.

STEP 4

The "requester" (person to the left of the dealer) starts the game by asking another player for cards that will match his hand. For example, if the requester has two kings, he will ask the other player for kings. If the other player has these cards, he must hand them over.

STEP 5

The requester continues asking the same player for more cards until the player does not have the cards he wants. If the player does not have the right cards, he can tell the requester to "Go fish."

STEP 6

The requester then has to take one card from the "fish pond." The player who told him to "Go fish" becomes the new requester.

STEP 7

Anyone who collects all four cards of a set (i.e. all four eights or all four Queens) puts them face down in front of him.

STEP 8

The winner is the first person to have no single cards left, only complete sets. If two people run out of cards together, the player with the most sets wins the game.

Crazy Eights

What you'll need

- Age: 5+
- 2-4 Players
- Standard deck of 52 cards



How to play:

STEP 1

In a two-player game, each player is dealt seven cards. In a game with three or four players, each player is dealt five cards.

STEP 2

The rest of the deck goes face down in a pile, with the top card turned up beside it. This is the discard pile.

STEP 3

The player to the left of the dealer discards a card from his hand that matches either the number or suit of the top card in the discard pile. For example, if the card is a five of hearts, he could play any heart or any five. If he does not have a matching card, he continues picking up cards from the deck until he gets one that is playable. Eights are wild and can be put down on any suit. For example, an eight could be played to match a heart.

STEP 4

The next player must match their card to the number or suit that the eight was meant to cover.

STEP 5

Play continues with players matching the card at the top of the discard pile.

STEP 6

The first player to use up all his cards wins. If the deck runs out before the game is over, the discard pile can be used.

What you'll need

- Age 5+
- 3+ Players
- Standard deck of 52 cards is used, but with one queen removed. This leaves a pair of queens in one colour and a single queen (the old maid) in the other colour.



How to play:

STEP 1

All cards are dealt face down to players. Some players may have more cards than others, but this is okay .

STEP 2

Each player sorts their cards into matching pairs of the same number or suit, keeping them hidden from other players.

STEP 3

Players holding pairs of matching cards lay them down on the table face up. If anyone has three matching cards, he only puts down one pair and keeps the spare card. If anyone has four matching cards, he puts down two pairs.

STEP 4

The player to the left of the dealer offers his cards to the player on his left, who cannot see them. That player selects a random card from his hand. If the new card he picks matches any of the cards he already he has, he can put down the pair. If not, he keeps it.

STEP 5

He then offers his cards to the player on his left. This continues until all the cards have been put down in pairs, except the Old Maid, which is left alone and cannot be paired. The person left holding this card is the old maid and loses the game.

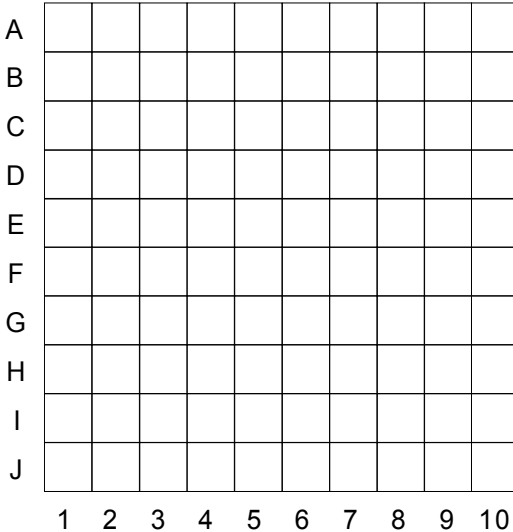
Battleship



Another fun activity from:

www.funorama.com

Defensive Grid

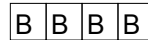


Put the following ships on your defensive grid by placing the appropriate letters -- horizontally, vertically or diagonally.

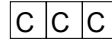
1 - Aircraft Carrier



1 - Battleship



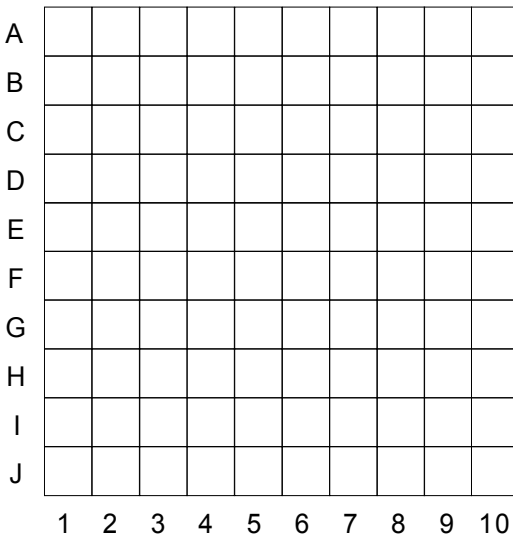
1 - Cruiser



2 - Destroyers



Offensive Grid



Instructions (2 Players Required):

Both players place their ships on the defensive grid according to the chart above. Whoever goes first calls out a position (i.e. G-6). The other player says either "Hit" or "Miss" depending upon whether one of his ships is in the position called out. The person calling out should mark a hit or a miss on the "offensive grid" to keep track of the shots. The other person should mark the shot on the "defensive grid". If the shot is a "Hit", the player goes again--otherwise the other player takes a turn. Once the opposing player has scored a hit on all of the spaces for a particular ship, you must call out "Hit...you sunk my Cruiser" (or whatever type of ship it was). Once a player has sunk all the opponents ships, he is declared the winner.

What you'll need

- Age: 6+
- 6 - 12 Players
- Standard deck of 52 cards



How to play:

STEP 1

Choose a "dealer" to deal all cards, one at a time, to each player. Some players will have more cards than others, which is okay. Players can organize their hand of cards as they please, but do not show any other players.

STEP 2

The player to the left of the dealer begins the game starting with aces. He places the card(s) face down in the centre of the table saying "two aces" or whatever the desired number of cards are. Players can lay up to four cards of the card they are required to discard.

STEP 3

The game continues clockwise to the next player, who will discard twos. The following player discards threes, and so on.

STEP 4

Players announce their cards as they lay them. Start again with aces after kings have been played. Keep in mind that players don't have to play the cards they announce. They can be lying. Even if you do not have the required card to discard, you must put down and name a card.

STEP 5

After each turn, allow a moment to let anyone challenge the player by saying "I doubt it." Remember to challenge a player only if you think he might not be discarding the cards he says he is.

STEP 6

When a challenge is voiced, the challenger can look at the discarded cards. If they match what the person who played them said, the challenger picks up all cards in the discard pile and adds them to his personal pile. If the cards are not what the person said they were, the player who discarded them must pick up the entire discard pile.

STEP 7

The player to lay down his entire hand of cards first will win the game.



CHAPTER 8

LET'S CREATE TOGETHER



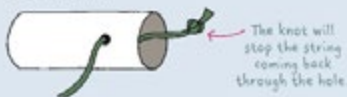
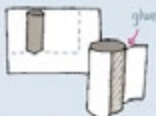
Make your own binoculars

You will need

- Two cardboard tubes (you can use toilet roll tubes)
- String
- Paper
- Scissors
- Glue
- Rubber band
- Hole puncher or pen
- Felt tip pens (optional)



- 1 Cut your paper to size, then cover your tubes with glue and wrap the paper around them.
- 2 Using a pen or hole puncher, insert a hole at the side of each tube, about a third of the way down.
- 3 Glue the two tubes together so that the holes are facing the outside.
- 4 Insert string into one of the holes from the outside of the tubes. Bring it through the tube and tie a chunky knot. Gently pull the string back from the outside. Repeat on the other side.



- 5 Place a rubber band around the tubes to help the glue set. Leave to dry over night.



- 6 Remove the elastic band and then decorate them with pens!



- 7 Go wildlife detecting!

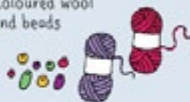


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Decorate a tree

You will need

- Ribbon or string
- Scissors
- Natural objects such as twigs, leaves, dried fruit, feathers
- Coloured wool and beads



- 1 Get creative! Use your natural objects to make decorations.



- 2 Attach the ribbon or string by either tying it around your decoration or by cutting a hole and threading it through.



- 3 Find a tree! Use your ribbon or string to attach your decorations to your favourite tree.



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Origami Bookmark

You will need:

- Coloured paper or card
- Scissors
- Glue
- Felt tips



How to make:

STEP 1

Fold a piece of square paper in half, diagonally, so that it is a triangle.

STEP 2

Take the top layer of paper, at the top of the triangle, and fold the top to the centre at the bottom.

STEP 3

Bring both the left and right corner of the triangle to the centre at the bottom. Make sure the folds are crisp. Unfold both sides.

STEP 4

Fold the same two corners to the top of your triangle, transforming it to a square. Again, make the folds nice and crisp. Tuck them into the pocket that has formed. You have just made your origami corner bookmark!

STEP 5

Now decorate it into a character of your choosing.

Painting rocks



Paint a stone and hide in a public place or on your friends doorstep to surprise them. You can put a message on the back for them. Search for a Facebook Rock searching group such as "Love on the rocks UK" (Hiding rocks making smiles.)



Paper Weaving



How to make:

STEP 1

With two of the same colored pieces of craft paper, we recommend having the children draw on one of the pieces of paper to make it stand out.

STEP 2

Rather than draw, you could have the kids paint one or both pieces of simple paper to give it different dimension.

STEP 3

Color variation of the weaving strips.

STEP 4

Change the size you are cutting the paper and the size of the strips of paper.

STEP 5

For younger children, the thicker the strip size the easier it is for them to weave the paper.

STEP 6

The older kids can handle smaller strips making it a bit longer of a project



Craft Instructions

Cup and Ball

Supplies

- A paper cup
- A sharp pencil
- Sticky tack
- Sticky tape
- Scissors
- String



- Tinfoil
- Pens or crayons



- 1** First, decorate around the sides of the paper cup using pens or crayons. You may like to draw pictures or patterns or just colour the cup.



- 4** Next, thread one end of the string through the hole in the cup. Tape one end of the string inside the cup with the rest of the string on the outside of the cup.



- 2** Next, ask an adult to help you make a hole in the bottom of the cup. Put the cup onto a ball of sticky tack and then push a pencil through the bottom of the cup and into the sticky tack.



- 5** After that, tape the other end of the string in the middle of a sheet of tinfoil.



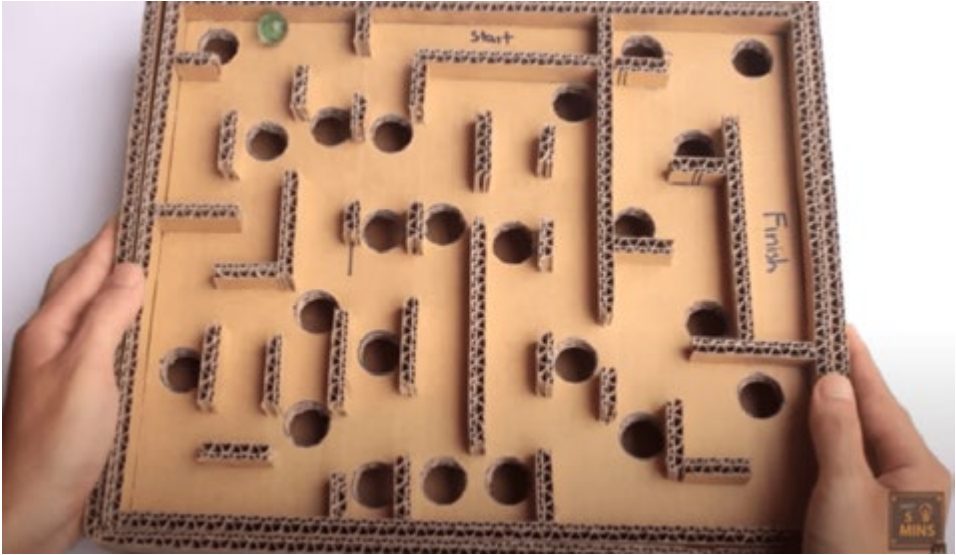
- 3** Then, cut a length of string about 50cm long.



- 6** Next, scrunch the foil sheet around the end of the string to create a ball. (Making sure that the ball is small enough to fit inside the cup.) Now you can try to catch the ball in the cup by swinging and flicking the cup!

Create A Junk Model

Marbles are as popular now as they ever were! Why not upcycle some of your old cardboard and create a fun marble puzzle for the little ones.

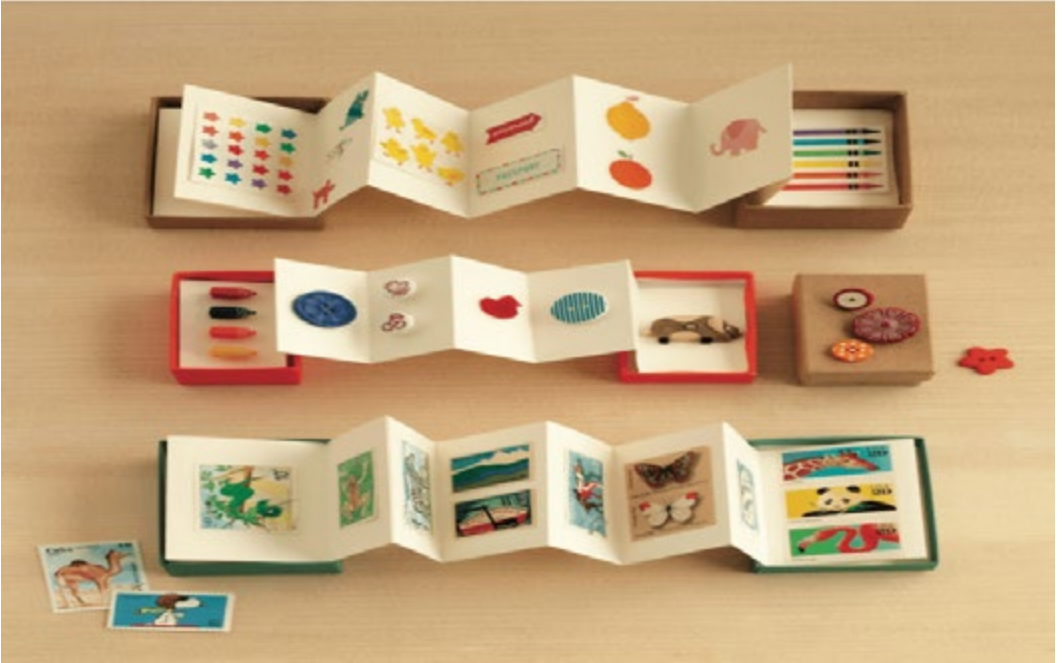


Create A Plant Pot

Why not create a Plant Pot! DIY flowerpots are simple and inexpensive. They often use materials you already have around the house or provide a useful way to upcycle things that would otherwise end up in the landfill.



Try A Family Matchbox Challenge



Words cannot convey how much we truly love a matchbox challenge. If you haven't come across these before, you give kids a matchbox (or any small box will do really) and see what they can turn it into.



Chapter 9



FAMILY RECIPES
TO COOK TOGETHER

Mixed Spicy Beans

INGREDIENTS

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower oil or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed
- 2 x 400g cans black beans, drained and rinsed



METHOD

STEP 1

Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.

STEP 2

Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.

STEP 3

Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.

STEP 4

At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.

Tuna & Sweetcorn Burgers

INGREDIENTS

- 85g white bread , torn into pieces
- 198g can sweetcorn , drained
- 2 x cans tuna in water, drained well
- 25g grated cheddar
- 3 spring onions , finely chopped
- 1 egg , beaten
- 2 tbsp vegetable oil
- Wholegrain bread rolls, lettuce, salsa, to serve



METHOD

STEP 1

Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.

STEP 2

Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle. Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.

TOP TIP

Cut up tortilla wraps into triangles & pop in the oven for 10 minutes to create home made nachos.

Sausage & Mushroom Tagliatelle

INGREDIENTS

- 20g unsalted butter
- Olive oil, for drizzling
- 6 pork sausages
- 350g chestnut mushrooms, sliced
- 1 tsp sweet smoked paprika
- 300ml soured cream
- ½ tbsp wholegrain mustard
- 150ml beef stock
- 400g dried tagliatelle
- Small bunch parsley, chopped



METHOD

STEP 1

Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

STEP 2

Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

TOP TIP

Combine butter & garlic and spread over crusty bread - pop in the oven for 10 minutes for home-made garlic bread

Lentil Bolognese

INGREDIENTS

- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 1l vegetable stock
- 500g spaghetti
- Parmesan or vegetarian cheese, grated, to serve



METHOD

STEP 1

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.

STEP 2

If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days.

TOP TIP

Freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.

Broccoli & Tomato Gnocchi

INGREDIENTS

- 25g/1oz butter
- 1 tbsp olive oil
- 1 onion, finely sliced
- 2 tbsp plain flour
- 400ml/14fl oz milk, full-fat or semi-skimmed
- 1 tsp mustard, Dijon or English
- 150g/5½oz mature cheddar, grated
- 500g/1lb 2oz shop-bought gnocchi
- 200g/7oz frozen broccoli florets
- 100g/3½ oz frozen peas
- 12 cherry tomatoes, halved
- Salt and freshly ground black pepper



METHOD

STEP 1

Preheat the oven to 220C/200C Fan/Gas 7.

STEP 2

Heat the butter and oil together in a shallow, flameproof casserole over a low heat. Add the onion and cook for 5 minutes, stirring regularly until softened.

STEP 3

Sprinkle over the flour and stir well then gradually add the milk, just a little at a time, stirring well between each addition to make a smooth sauce. Stir in the mustard and half of the cheese. Season to taste with salt and pepper.

STEP 4

Stir in the gnocchi, broccoli, peas and tomatoes and bring to a gentle simmer, stirring.

STEP 5

Sprinkle over the remaining cheese and bake in the oven for 12–15 minutes, or until golden-brown and bubbling. Carefully remove from the oven and serve.



More recipes:

<https://www.delish.com/>



Microwave Vegetable Curry

INGREDIENTS

- 100g/3½oz frozen spinach (2 cubes)
- 1 tbsp vegetable or sunflower oil
- 3 tbsp medium Indian curry paste, e.g. tikka masala or rogan josh
- 1 onion, finely chopped
- 375g/13oz butternut squash, peeled and cut into 3cm/1¼in chunks
- 200g/7oz coconut cream or 400g tin coconut milk, not shaken
- 100g/3½oz frozen peas



METHOD

STEP 1

Put the frozen spinach in a microwaveable bowl and microwave on high for 2 minutes. Set aside.

STEP 2

Put the oil, curry paste, onion and squash in a large microwaveable mixing bowl and mix well. Cover the bowl with a plate and cook on high for 10 minutes, or until the squash is tender.

STEP 3

If using coconut milk, scoop out the thick, solid coconut cream from the top of the tin, avoiding the liquid underneath. Add the coconut cream to the curry. Stir in the spinach, along with any liquid, and the frozen peas.

STEP 4

Cover the dish with the plate, return to the microwave and cook for a further 5 minutes, or until hot throughout. Serve with warm naan bread or microwave rice.



More recipes:

<https://www.loveandlemons.com/easy-dinner-ideas/>



Cheesy Baked Tortillas

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 red pepper, chopped
- 400g chopped tomatoes (1x tin)
- 400g beans (1x tin), mixed
- 400g red kidney beans (1x tin)
- 125g mature cheddar, grated
- 5 tortillas



METHOD

STEP 1

Preheat oven to 190°C/Gas mark 5 and lightly oil a large ovenproof dish.

STEP 2

Heat the oil in a frying pan and fry the onion and pepper 5 minutes until softened, stirring occasionally.

STEP 3

Add the tomatoes and beans to the pan, season with black pepper and heat through 5 minutes, stirring to mix lightly.

STEP 4

Divide half the cheese between each tortilla then divide the tomato and bean mixture between them (add an extra tortilla if there is any mixture left over!)

STEP 5

Roll up and arrange in the dish, seam side down.

STEP 6

Sprinkle with remaining cheddar and bake 15 minutes until golden.



More recipes:

[https://www.
simplyrecipes.
com/](https://www.simplyrecipes.com/)



Chicken & Potato Layer

INGREDIENTS

- 500g potatoes
- 350g chicken (cooked), shredded
- 1 onion, finely chopped
- 100g mushrooms, chopped
- 200g bacon, chopped
- 1 garlic (clove), crushed
- 1 tsp herbs, mixed



METHOD

STEP 1

Preheat oven 180°C/Gas mark 4.

STEP 2

Meanwhile boil the potatoes until tender, drain and cut into thin slices.

STEP 3

Use half the potatoes to line a greased oven proof dish.

STEP 4

If using uncooked chicken, cook the chicken breasts.

STEP 5

Lightly fry the chopped onion, mushrooms and bacon - you can use low fat bacon to make it slightly healthier - add the finely chopped garlic.

STEP 6

Mix together with the cooked chicken and add a pinch of mixed herbs with a dash of black pepper for seasoning.

STEP 7

Spoon the mixture over the potato slices and top with another layer of potato slices.

Bubble & Squeak Using Leftovers

INGREDIENTS

- Cooked potato (leftovers)
- Cooked cabbage (or any other leftover, cooked vegetables)
- Salt and pepper (to taste)
- 1/2 tsp nutmeg (to taste)
- 1 tbsp butter



METHOD

STEP 1

Mash up the potato and mix with the cabbage and/or leftover vegetables. Add salt and pepper to taste and a pinch of nutmeg. Shape the mixture into thick rounds using your hands.

STEP 2

Heat the butter in a frying pan over a medium heat, then add the potato mixture. Press the cakes down gently but firmly with the back of a fish slice or spatula to help them brown and keep their shape.

STEP 3

Cook for 3-4 minutes, until golden on the bottom. Flip over and fry until golden all over and cooked through.

STEP 4

Serve with poached or fried eggs and Tenderstem broccoli, plus brown sauce, ketchup or hot sauce (whichever you prefer).



More recipes:

<https://www.allrecipes.com/>



Cheesy Spanish Omelette

INGREDIENTS

- 4 eggs
- 200g potatoes, finely chopped
- 1 carrot (optional), finely chopped
- 2 florets of broccoli (optional), finely chopped
- ½ red pepper, finely chopped
- Cheddar cheese (to taste), grated



METHOD

STEP 1

Finely dice the vegetables and then steam until potatoes and carrots are soft

STEP 2

Whilst the veg are steaming, whisk the eggs in a bowl

STEP 3

Heat some vegetable oil in a pan, add the vegetables and pour the egg on top. Gently move the edges of the egg in until the egg starts to cook

STEP 4

Lightly fry the chopped onion, mushrooms and bacon - you can use low fat bacon to make it slightly healthier - add the finely chopped garlic

STEP 5

When the bottom of the omelette is cooked, remove from the hob and place under the grill to finish cooking the top

STEP 6

When the omelette looks almost ready, remove and sprinkle some cheese on the top, and put back under the grill so that the cheese melts

STEP 7

Once the cheese has melted, remove from the heat and slide onto a plate, allow to cool a little before serving

Chickpea Curry

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- Garlic (1x clove), crushed
- 1 tsp root ginger, grated
- 200g tinned tomatoes
- 400g chickpeas (drained)
- ½ tsp cumin, ground
- ¼ tsp coriander, ground
- ¼ tsp turmeric
- ¼ tsp chilli powder
- ¼ tsp garam masala



METHOD

STEP 1

Heat the oil in a pan and add the onion, garlic and ginger - cook on a low heat for about 10 minutes until the onion has caramelised

STEP 2

Add the cumin, coriander, turmeric, chilli powder and garam masala and stir well

STEP 3

Add the tomatoes and chickpeas

STEP 4

Continue to stir and then pour in 125ml of water, cover and simmer for at least 10 minutes

TOP TIP

Not a fan of spice?
Lay off the chilli powder for a
milder taste

Pitta Bread Pizza

INGREDIENTS

- 1 pitta bread (or naan bread, 1 per person)
- 2 - 4 tbsp tomato puree
- 3 - 6 tbsp cheese (or more/less to taste)
- Toppings (any toppings of your choice)



METHOD

STEP 1

Spread a little tomato puree over the bread

STEP 2

Sprinkle on your toppings (remember that the cooking time is only 2 or 3 minutes if that so anything you do use as a topping should be pre-cooked if necessary)

STEP 3

Cover with cheese

STEP 4

Place in a grill for 2-3 minutes until the cheese has melted & enjoy

TOP TIP

You can add whatever toppings you want, or swap the tomato puree for BBQ sauce

Baked Bean Omelette

INGREDIENTS

- 3 eggs
- 200g baked beans (1/2 a tin)
- Pepper
- 1 tbsp butter



METHOD

STEP 1

Crack the eggs into a bowl, add the baked beans and season to taste - whisk together

STEP 2

Heat some oil in a frying pan, pour in the mixture and swirl to coat the base of the pan

STEP 3

Cook over medium heat for 3 minutes until the sides begin to set and then flip the omelette over

STEP 4

Cook for a further minute and then serve with crusty bread and grilled tomatoes

TOP TIP

Add cheese to compliment the flavours of the bean omelette

Cheesy Eggs & Tomatoes

INGREDIENTS

- 400g tinned tomatoes (drained), chopped
- 2 eggs
- 3 tbsp cheese, grated
- ½ tsp mixed herbs
- Put oven on 180°C/Gas mark 4
- Place chopped and drained tomatoes into a shallow ovenproof dish
- Break eggs on top of tomatoes
- Sprinkle mixed herbs on top
- Sprinkle grated cheese on top
- Place in oven for 20 mins or until eggs have set



METHOD

STEP 1

Put oven on 180°C/Gas mark 4

STEP 2

Place chopped and drained tomatoes into a shallow ovenproof dish

STEP 3

Break eggs on top of tomatoes

STEP 4

Sprinkle mixed herbs & grated cheese on top

STEP 5

Place in oven for 20 mins or until eggs have set

STEP 6

Serve with either little potatoes or toast

TOP TIP

Add Pesto to compliment the flavours of the eggs & tomatoes

Baked Bean Curry

INGREDIENTS

- 1 onion, sliced
- Garlic (4x cloves), crushed
- Chilli (to taste), sliced
- 2 tsp coriander, dried
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 1 tsp ground ginger
- 225g cherry tomatoes, sliced
- 840g baked beans (2x tins)



METHOD

STEP 1

Put onions, garlic, chillis (to taste), herbs and spices in a pan with a drop of oil, and cook until soft.

STEP 2

Add tomatoes and cook for a few minutes.

STEP 3

Add baked beans and cook for a few more minutes until all cooked, hot throughout and well mixed.

STEP 4

Season to taste.

STEP 5

Serve with mashed potato or rice and naan bread, if you like.

TOP TIP

Don't like too much spice?
Lay off the chilli for a milder taste

Spaghetti Cake

INGREDIENTS

- 400 g Cooked Spaghetti
- 250 g Canned Ham
- 1 Canned Mushrooms (sliced)
- Olive Oil (to brush inside the tin)
- 225 ml Double Cream
- 3 Large Eggs
- 100 g Parmesan
- Salt
- Cracked Black Pepper



METHOD

STEP 1

Brush the inside of a 20cm cake tin with olive oil.

STEP 2

Add 40g parmesan cheese and make it stick as much to the olive oil on the inside of the tin as possible. Leave the rest in the base and make sure that the cake tin is on an oven proof tray so that any leaks are caught.

STEP 3

In a bowl beat the eggs and add the cream, ham, mushrooms, remaining cheese, salt, and pepper.

STEP 4

Add the pasta and make sure it is well coated in the mixture.

STEP 5

Pour the pasta into the cake tin and put into a preheated oven at 180c for 40 minutes.



More recipes:

<https://www.bbcgoodfood.com/>



Freezer Jam

INGREDIENTS

- 500g/1lb 2oz berries, fresh or defrosted if frozen
- 500g/1lb 2oz jam sugar
- 1 tsp vanilla extract
- 2 tbsp fresh lemon juice



METHOD

STEP 1

Roughly crush the fruit in a large bowl, then add the sugar, vanilla and lemon juice and stir well for about 3 minutes until properly combined..

STEP 2

Ladle the mixture into a jug, then pour into sterilised jam jars or small freezer-proof containers with lids. Be sure to leave about an inch of space at the top of the jar or container (if using mini jars or containers, you can halve this) for the jam to expand as it freezes. Put the lids on and leave at room temperature for 24 hours.

STEP 3

Pop the jam in the freezer until ready to eat. Take it out of the freezer to defrost an hour before you want to use.



Chapter 10



Wellbeing for all



Your Mindful Garden

Voiced by actor, writer and comedian Stephen Fry, Your Mindful Garden introduces a range of mindful activities to young children in a fun and simple way, helping them learn to relax and de-stress. Your Mindful Garden is part of the free Go Explore app from CBeebies – so, be aware, the mindfulness activities sit alongside educational games and videos. It has a very safe child-friendly feel to it and kids can use the app offline. A good starting point for littlies!



Chill Panda

Aimed at ages 6 to 8 years, the free Chill Panda app is still under development by the NHS but available to use. It's a combination of mindful activities, such as breathing and colouring, and an educational game in which children complete a series of tasks to learn different ways to reduce anxiety. Might be useful for helping children to calm down at the end of the day?





ThinkNinja



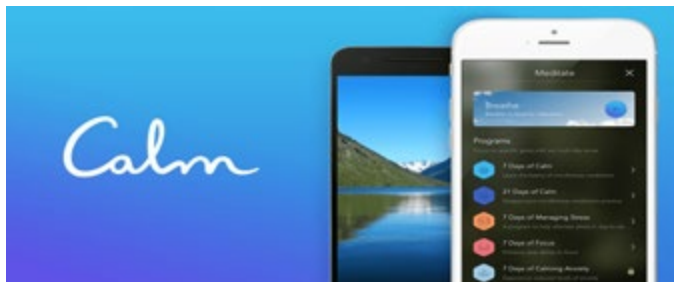
Aimed at 10 to 18 year-olds, ThinkNinja is an NHS-approved app that helps tweens and teens understand mental health and emotional wellbeing issues and tools them up with some really useful coping strategies. Using CBT approaches, the WiseNinja chatbot guides the young user through different areas according to their answers to questions, exploring relevant issues and strategies along the way. It also links teens experiencing more serious issues through to sources of emergency support. ThinkNinja has been free to download during the coronavirus crisis but that may change in the future.



MindShift



MindShift is a free Canadian CBT app for teenagers and young adults experiencing anxiety. It aims to give teens strategies for facing their fears and worries by helping them develop more helpful ways of thinking. It includes tools for relaxation and for steps to help teens take charge of their anxiety and regain control over their lives. There are specific ideas for exam anxiety, social anxiety and performance anxiety as well as coping with everyday worries.



Calm



Calm is a general guided meditation app for adults focusing on stress, anxiety and sleep issues. If your child's issues are undermining your own mental health, Calm will help you stay in the right frame of mind to support your child. There is a monthly subscription (this definitely isn't a cheap option) but the add-on benefit of a premium subscription is that you also get Calm Kids meditations. There are guided meditations for kids/teens aged 3 to 17 years, featuring well-known characters from Disney and Thomas The Tank Engine. So good for the whole family!



Serenity



Serenity is similar to Calm but at half the price. There are fewer frills and fewer meditations for children but it's a good budget option, especially if you are testing the water to see if meditation is for you. Good for general stress relief and sleep issues. Want something you can do together with your child? Check out our free video on self-soothe strategies for children for anxious or overwhelmed children. And if I have missed out any good mindfulness apps for children that you really want to share with other parents, please do let me know!



Engaging in nature is a great way to calm even the most restless children. Being outside provides space for them to run, play or yell in a safe environment. While experiencing the beauty of the great outdoors can be enough on its own, these are some awesome calming activities you can do outside.

Blow Bubbles. Bubbles are so fun and calming for people of any age.

Looking at the Clouds. Look for shapes and characters as the clouds float by.

Go on a Nature Walk. Sometimes a walk through nature is all you need.

Flower Picking. Finding pretty wildflowers and making a pretty bouquet is such a nice activity.

Look for Four Leaf Clovers. Have kids hunt for a lucky four-leaf clover.

Nature Scavenger Hunt. Keep it simple, or difficult depending on their age.

Look for Constellations. Once the stars come out, lay on your back outside and find the shapes in the skies.

Sidewalk Chalk. Sidewalk chalk play provides sensory stimulation and allows kids to be creative or even active. Check out these easy sidewalk chalk ideas for inspiration.

Make a Daisy Crown. Weave daisies together to make a pretty crown.

Sit in the Sun. On a nice warm day, have kids just sit in the warm sun and let it calm you with its glow. Vitamin D is an important mood regulator for children.

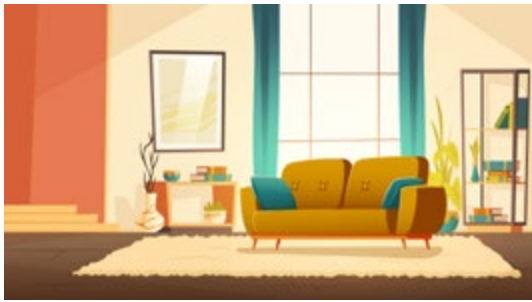
Make a Mud Pie. This one is MESSY but is a classic calm activity for the outdoors.

Swing Slowly. Challenge kids to swing as slowly as they can.

Sit in a Hammock. These are calming on their own!

Sit by a fire. Staring into a fire has a special way of bringing peace and calm to a situation.

Bird Watching. Have kids sit quietly and watch for birds and see if they can identify them. Birdfeeders make this even more engaging!



Sometimes little ones need brain breaks and help with emotional regulation. If you want some easy ideas for calming activities kids can do indoors, use some of these. Write Out Your Emotions. Sometimes writing down what you're feeling or experiencing is the best way to calm down.

Fish Watching. Fish tanks are captivating and mesmerizing for kids.

Colouring. Even adults have found the calming power of colouring! We love these meditative colouring books for kids.

Doodling. Give your child a sheet of paper and a drawing utensil and just let them doodle.

Legos. Legos are a classic because they allow children to create and play independently for hours when they need some time by themselves to calm down.

Threading Beads. You can have kids make a piece of jewelry, or younger children can string pony beads onto pipe cleaners.

Sand Art. Pour different colours of sand into containers to make beautiful layered art.

Play with Blocks. Have little ones build towers and houses and whatever else they can invent.

Do a Crossword. Engage their brains with a little word play.

Emotions Game. Use this activity as a way to identify and name big emotions kids might not know how to recognise.

Busy Bags. These are great to make ahead of time to let kids play with during quiet time.

Writing on a Chalkboard. Let kids draw or write on a big chalkboard.

Lacing Cards. Lacing cards require concentration and precision which can help to redirect energy to help kids come back to calm.

Puzzles. A nice quiet activity that is not stimulating.

Memory Game. These can be as easy or as difficult as you want them to be depending on the capability of the child.

Painting. Painting is an excellent way for kids to express themselves through art.

Calming Auditory Activities

Engaging in a calming activity can use all of the senses, or can focus on one sensory group. These auditory activities are a great way to calm the body and engage different parts of the brain.



Listening

Listen to Soothing Music. Instrumental is usually best.

Guess the Sound Game. Make different sounds like tearing paper, or pouring a cup of water and see if they can guess it by listening only.

Nature Sounds. Play nature sounds to help calm and relax children.

Copy the Sound. Have kids repeat sounds like hums, clicks and other sounds.

Sing. There's something magical about singing out loud whether alone or in a group.

White Noise. White noise helps reduce the rest of the noise in the room so your brain can calm down.

Rain Sounds. Nothing calms like the sound of a gentle rain.

Radio Show. Radio Programs can be a great way for kids to calm down and use their ears to listen.

Identify the Animal. Have kids guess the animal based on the noise it makes.

Positive Affirmations. Have kids repeat positive, calming affirmations out loud. Saying things like, "I am at peace." or, "I am calm." to help them relax.

Play the Quiet Game. Sometimes simply being quiet is a powerful way to calm down.

Find the Instrument. Have children listen to calming music and listen for a specific instrument in the song.

Relaxing Activities

Kids handle times of stress in similar ways to adults. Their muscles can become tense and they can hold tension in different places of their bodies in stressful situations. Engaging them in relaxing activities like these can help them to destress and calm down.



Belly Breathing. Have kids lay on their backs inflate and deflate their bellies with deep breaths. Repeat several times to stimulate the parasympathetic nervous system and send a signal to the brain that it is time to calm down.

Counting. Set a number based on the child's age, and have them count up to it, or down from it.

Envision a Quiet Place. Have children picture somewhere that makes them feel relaxed and at peace.

Deep Breathing. Mindful breathing exercises like deep breaths can help regulate your blood pressure and relax your whole body.

Progressive Muscle Group Relaxation. Have children sit or lay down. Start from the top of the head and move to the bottom of the feet, intentionally clenching and then completely relaxing each part of their body.

Warm Bath. This simple calming activity is a great way to relax at any age.

Imaginary Travel. Pick a place and describe it and have kids travel there in their minds. They can envision what it looks, feels, and sounds like.

Read Quietly. If your child isn't old enough to read, have them look at a picture book quietly instead.

Low Light Experience. Turn out all the lights, or have something simple like flameless candles or Christmas lights on only. The lack of bright light helps you relax.

Calming Exercises

When children are young it's a great time to teach them how to utilise different ways to calm down to help alleviate stress in a situation. Calming exercises are a great way to use your mind, body, and breathing together to calm down. These can be done alone or in small groups.



One of the best times to utilize these exercises is after a stressful situation like after school, or even just before bed.

Yoga Poses. Doing yoga with kids is a great calming activity for brain and body.

Brain Break Dice. There are several types of these. Kids roll the dice and do the exercise the dice landed on.

Follow the Leader. Have kids take turns being the leader walking around the room and doing different movements that their peers have to copy.

Sensory Walks. These take a little prep work, but can be a great way to turn a simple walk into a fun calming activity. Instead of just walking kids will hop, slide and tip-toe instead.

Jump on a Trampoline. Have kids do a mixture of fast and slow jumps and to listen for instructions. You could also have them play one of these fun trampoline games.

Stretching. Deep stretches can calm even the most restless of kids.

Take a Walk. Sometimes a simple walk is best.

Lie Flat on Their Backs. Have children lay flat on their back and close their eyes. They won't sleep, but it helps to engage and relax parts of the body that are normally moving.

Jump Rope. This is an activity easily done alone or in a group and is a great way to burn off extra energy. Kids will enjoy learning all of these jump rope songs, rhymes and chants.

Balance Beam. Start with simple balance beams and then move to more advanced versions.

Would you rather questions to ask at the dinner table

Would you rather be a baby or an adult?

Would you rather eat pizza or fruit for breakfast?

Would you rather listen or be mischievous?

Would you rather be a fairy or a wizard?

Would you rather live on the ground or in the ocean?

Would you rather be a frog or a kangaroo?

Would you rather be a giant or an elf?

Would you rather have extra hands or extra feet?

Would you rather go camping or visit a beautiful city?

Would you rather bathe in chocolate or a milkshake?

Would you rather get caught in the rain or the snow?

Would you rather be a dentist or a vet?

Would you rather be big and scary or small and sly?

Would you rather fly on a broom or an airplane?

Would you rather be a short flamingo or a tall owl?

Would you rather questions to ask at the dinner table

Would you rather have lots of friends or just a few?

Would you rather swim with sharks or crocodiles?

Would you rather feel excited or peaceful?

Would you rather turn into a cat or a dog?

Would you rather climb a mountain or surf the waves?

Would you rather be a big tree or a pretty flower?

Would you rather be an ant or a whale?

Would you rather fight a knight or a cowboy?

Would you rather read a funny story or a serious story?

Would you rather be Red Riding Hood or the Wolf?

Would you rather wash the dishes or sweep the floor?

Would you rather cuddle a bear or a dog?

Would you rather live in the real world or in a fairy tale?

Would you rather read books or play outside?

Would you rather have lots of brothers or lots of sisters?



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Park Community School,
Middle Park Way, Havant,
PO9 4BU.

Tel: 02392 489811