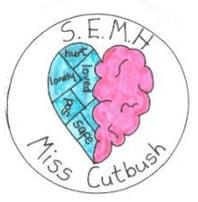


Wheatfields Mental Health and Well-being Newsletter

July 2024



Summer holiday fun

I have rounded up some of the activities available for families to do during the summer holidays for all budgets.

<https://www.nenepark.org.uk/sixweeksofsummer>

<https://www.museums.cam.ac.uk/whats-on>

<https://www.computinghistory.org.uk/pages/30677/What-s-On/>

<https://www.cambridgeppf.org/Pages/Events/Category/cambridge-whats-on-events>

<https://www.dayoutwiththekids.co.uk/attractions/the-playground-30c6dcab>

Help, support and advice

If you find yourself in need of advice, support or help during the summer holidays there are a number of places to go:

St Ives Food Bank:

foodbank@stivesparishchurch.org.uk

Citizens Advice:

<https://www.citizensadvice.org.uk/>

Cambridge County Council:

<https://send.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/advice.page?id=taQhBWfnSGY>

Reporting a safeguarding concern:

<https://www.cambridgeshire.gov.uk/residents/children-and-families/children-social-care/safeguarding-children-and-child-protection>

Helping your child with transition to secondary school

- Plan how your child is going to get to school. Have a few trial-runs to ensure they feel confident especially if they are walking or cycling. Show them how to use maps on their phone to reassure them that they will not get lost.
- Write a checklist for the first few weeks of school with all the equipment they will need for each day at and put it by the front door.
- Encourage them to look at their timetable (once its available) so that they become familiar with it.
- Make sure their uniform fits and is comfortable, get them to wear their new school shoes a few times to help break them in too (include a few plasters in their school bag for the first week).
- Encourage and support independence: packing their own bag, making their lunch, getting their uniform out and ready for the next day.