

# Safeguarding & Family Support Newsletter

## – Summer 2025

### HOLIDAY ACTIVITY AND FOOD (HAF) PROGRAMME

The HAF programme is back this summer! Running **23rd July – 29th August**, this initiative offers up to **16 days of free activities and food** for children aged **5–16** who receive benefits-related free school meals.

➔ Book now: [HAF Programme Booking Link](#)

### Online Support for Parents

From **25th July 2025**, **Ofcom** introduces new online safety rules for platforms used by children. While tech companies are being held to account, **parents play a key role** in keeping children safe online.

#### Top Tips for Parents:

- ✓ Talk regularly with your children about their online activities.
- ✓ Ensure accounts are registered with their real age.
- ✓ Teach how to report/block harmful content.
- ✓ Use **parental controls** to manage screen time and content access.

#### Helpful Resources:

- [Ofcom Online Safety for Parents](#)
- [Safer Internet Centre](#)
- [NSPCC Online Safety Hub](#)
- [Internet Matters Toolkit](#)



### Financial Support & Free Summer Meals

Support with Cost of Living

Explore local and national support:

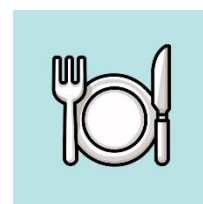
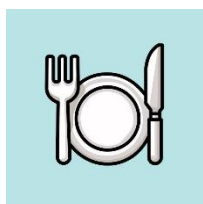
- [Household Support Fund](#)
- [Financial Support & Wellbeing](#)



#### Kids Eat Free – Summer 2024

Find restaurants offering free meals for kids:

➔ [Kids Eat Free](#)



## Young People's Mental Health

Free support for children and young people:

### Off The Record (Age 11–15)

Free counselling, parent groups, and local activities in Kingswood.

-  0808 808 9120 |  Text: 07896 880011
-  [otrbristol.org.uk](http://otrbristol.org.uk) |  [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)



### Kooth (Age 11–18)

Free safe online mental health platform with live chat and forums.

-  [kooth.com](http://kooth.com)

### Childline (Up to 19)




Free, confidential 24/7 support via phone, chat or email.

-  0800 1111 |  [childline.org.uk](http://childline.org.uk)



### Young Minds



Parent helpline, resources and **crisis text service**.

-  Parents Helpline: 0808 802 5544
-  Crisis Text: Text **YM** to 85258
-  [youngminds.org.uk](http://youngminds.org.uk)

## Adult Mental Health Support

### Talking Therapies (Age 16+)

Free NHS therapy and support [VitaMinds](http://VitaMinds)

-  0333 200 1893
-  [wellaware.org.uk](http://wellaware.org.uk)



### Samaritans

24/7 confidential emotional support.

-  116 123 |  [jo@samaritans.org](mailto:jo@samaritans.org)
-  [samaritans.org](http://samaritans.org)

## Family & Parenting Support

### Solihull Parenting Courses

Free online parenting courses for all, spanning from pregnancy to 19 years. These courses can be worked through at a pace that suits the individual with the aim to increasing parental knowledge and confidence around child development through all stages of the parenting journey.

→ [inourplace | Solihull Approach – South Glos](#)

### CCP (Caring for Communities and People)

Early help parenting support and outreach.

→ [ccp.org.uk](http://ccp.org.uk)

### NHS Parenting Advice

Advice for parents that covers everything from toddler tantrums to teenage mood swings.

→ [Live Well – NHS](#)

## Support for Families with Children with Additional Needs

### SEND and You (SAY)

Free support for families with children who have SEND.

-  0117 989 7725 |  [support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)
-  [sendandyou.org.uk](http://sendandyou.org.uk)

### South Glos Parents and Carers

Workshops, events, peer support, and weekly drop-ins for parents who have children with a disability and/or additional need.

-  [team@sglopc.org.uk](mailto:team@sglopc.org.uk)
-  [sgpc.org.uk](http://sgpc.org.uk)

## More Local Help – South Glos LIFE

Find services, guidance and community support in South Gloucestershire.

→ [South Glos Life](#)

### South Glos LIFE

South Glos LIFE: Local Information for Everyone. A source of information, advice and guidance for people living in South Gloucestershire, built by us with local partner organisations.



#### Children and families

Our children and young people and families section gives you information on services and support available locally for children, young people and families.



#### SEND Local Offer

Your source of information on help, services and support for families and children age 0-25 with special educational needs and disabilities.



#### Adults

Care and support, guidance and information for anyone over the age of 18, including helping people to be as independent as possible.



Rolls-Royce



University of the  
West of England



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