



The White Rose Federation



The summer holidays can be a difficult time for some children and their families. With the increasing cost of living, holidays, regular days out, the little luxuries will be more difficult to access.

Below is some information that may be useful to support you and your family during these difficult times.

We look forward to seeing you when we return in September.

Pastoral Team



Miss Maud (previously Mrs Thornton) Pastoral and SEMH lead



Miss Langhorn – Emotional Support Assistant - Chapel Haddlesey



Miss Bowers – Emotional Support Assistant - Burton Salmon



Mrs Hindle – Emotional Support Assistant - Barlow Primary

One Family, branching out together.

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Mental Health support

North Yorkshire Mental Health Crisis support: [0800 0516 171](tel:08000516171)

Helpline for those struggling with emotional wellbeing - Hear to help: [01423 856 799](tel:01423856799)

For social care support and assessments: [01609 780780](tel:01609780780)

Need urgent support?

If you need urgent support or you feel suicidal, please call the Samaritans on: 116 123.

Local services

Mind

- Craven Mind - 01904 643364
- Harrogate and Ripon Mind - 01423 503335
- Scarborough, Whitby and Ryedale Mind - 01723 339838
- York and District Mind - 01904 643 364

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- Darlington Mind (covering Hambleton and Richmondshire) - 01325 283169 (Darlington) or 01609 780758 (Northallerton)



Tel: 01904 661916

Tel: 0800 008 7452

Email: phoenix@compass-uk.org

Supporting Children & Young People in North Yorkshire

The aim of the Compass Phoenix service is to improve outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children and young people.

We offer:

- One-to-one or group work support and interventions for children and young people aged 9-19 (and up to 25 for those with special educational needs or disabilities) who are experiencing mild to moderate mental health difficulties.
- Support to schools to develop a whole school approach in relation to emotional wellbeing and mental health through the delivery of training.
- Professional Consultation to school and college staff, providing advice and guidance on emotional wellbeing and mental health to help make sure that children and young people get the right support at the right time in the right place.

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- Our BUZZ US text messaging service.

Our dedicated team help young people to make sustainable lifestyle changes in order to improve their long-term health, resilience and emotional wellbeing, reduce risk to themselves and others and equip them to reach their potential.

We also work with school and college staff to build their confidence and knowledge of approaches to support the emotional and mental health needs of the children and young people.

How the service can help you

If you are starting to struggle with your mental health, then our caring and dedicated team can meet you face-to-face or we can support you on the phone or by an online video call.

We use 'talking therapies' (sometimes called 'therapeutic interventions') designed to help you cope and to understand your particular issues. We can also suggest useful ways family members and others close to you might be able to support you at home – but this is something we would talk to you about first.

How you can get support if you're a child or young person

You can speak to someone from Compass Phoenix by ringing us on **01904 661916** or on our Freephone number **0800 008 7452**.

If you are a young person wanting to make a self-referral, please download our Request for Support form, then email the completed form to phoenix@compass-uk.org

The White Rose Federation Early Help Offer



info@theclothingbank.org.uk

Call the organiser: 07949 591 852

View the website: theclothingbank.org.uk.



<https://www.familyfoodbank.org/>

The Family Food Bank provides support to families that are experiencing financial hardship, meaning they are unable to buy food or are left with a difficult choice between paying for food or other basic necessities.

Our aim is to help you get the support you need!

A sudden drop in finances can happen to any of us, at any time, for a number of reasons.

Please never feel embarrassed or ashamed in reaching out and asking for help.

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Our food bank approach is very simple....

- 1) Access a voucher through our partner organisations or directly from a distribution centre
- 2) Contact your nearest distribution centre ahead of turning up to ensure they have the right box in stock for your needs.
- 3) Take you voucher to your nearest distribution centre and exchange it for your box.

All food bank vouchers and boxes are issued at the discretion of our partner organisations.
Please provide them with respect and courtesy, as they are trying their best to help!



1. Jem's Pit Stop

Where: Brookroyd Mills, 678 Bradford Rd, Batley WF17 8ND

The offer: Jem Pit Stop's Kids Eat Free offer is on all summer long during school holidays Monday – Friday from 9 am – 4 pm. Kids get a free meal with every adult breakfast or main meal. The offer is good for one child per adult. Book here using code KIDS EAT FREE.

2. Reds True BBQ

Where: There are 5 venues in Yorkshire in Headingley, Leeds, Bradford, Hull and Huddersfield

The offer: Kids eat free with every adult main meal purchased from 12-5pm Saturday and Sunday. 1 child eats free (main, side and dessert) per accompanying adult orders a full price, main menu main course, not including kid's meal. Minimum spend per adult is

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£10.00. Kid's meal valued at a maximum of £4.95 and must be ordered from the Little Crusaders menu. Maximum three children can eat for free per party size. Not valid in conjunction with any other offer.

3. Mexicali

Where: Mexicali, 10 Stable Court, Huddersfield Road Holmfirth HD9 3AY

The offer: Kids eat free Monday – Friday from 12-6 from 27th July to 4th September at Mexicali.



3. Morrisons

Where: Nationwide

The offer: One free meal from the kids' menu with any one adult meal with a value of £4.99 or over after 3pm. Full details can be found on Morrisons website.

4. Yard and Coop

Where: 6-8 Merrion Street, Leeds, LS1 6PQ

The offer: This summer from 12-6pm get one FREE kids' meal for every main meal purchased. There is also LEGO and crayons to keep little people busy!

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5. ASDA Cafe

Where: Nationwide

The offer: Children under 13 eat for just £1 at any time of day in Asda Cafés, seven days a week, with no minimum adult spend required.

6. Bella Italia

Where: Castleford, York, Leeds, Sheffield, and Filey

The offer: Kids eat for £1 with the purchase of every adult main from 4-6pm on Monday-Thursday! Kids can enjoy three delicious courses & a Cawston Pressed Fruit Water for just £1. Meals are suitable for 2-11-year olds.

7. Dobbies Garden Centre

Where: Huddersfield, York

The offer: Kids eat free with an adult main meal daily from noon. This includes kids lunch menu or pick 'n' mix' meal, plus a drink.

8. Yo! Sushi

Where: Leeds, Harrogate, York and Sheffield

The offer: Kid's eat free from 3pm-5.30pm from Monday to Thursday until 29th September. Children can tuck into the Mini Ninja children's menu!

9. Hungry Horse

Where: There are over 20 Hungry Horse Pubs in Yorkshire

The offer: Children can eat free every day through the School Holidays when accompanied by a paying adult.

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10. Sizzling Pubs

Where: There are over 20 Sizzling Pubs in Yorkshire

The offer: For every adult Sizzling meal you'll get a kid's main meal for £1 all day Monday – Friday during the school holidays.

The menu: Sizzling skilletts & pub classics

11. Beefeater

Where: 82-90 Merrion Street, Leeds, West Yorkshire, LS2 8LW

The offer: Adults who enjoy unlimited all-you-can-eat breakfast can bring two kids under 16 to eat for FREE with every adult breakfast purchased.

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Free Yorkshire
Summer Events

Object handling: Take a closer look at the Craven Museum collection

July 19 @ 11:00 am - 3:00 pm



Skipton Town Hall

High St, BD23 1AH Skipton United Kingdom

Have you ever wanted to get up close to the museum collection? Now's your chance!
Come along to our free object handling drop-in sessions.

Family STEM Club



July 20 @ 4:00 pm - 5:00 pm

National Science and Media Museum

Little Horton Lane

Bradford, National Science and Media Museum BD1 1NQ United Kingdom

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Summer Sensory Trail & Beasts



July 23

Cannon Hall

Bark House Ln, Cawthorne
Barnsley, S75 4AT United Kingdom

Explore the beautiful gardens of Cannon Hall as you never have before with our multisensory trail.

Summer Holidays at the National Railway Museum



July 23 @ 10:00 am - 5:00 pm

National Railway Museum

Leeman Road
York, North Yorkshire YO26 4XJ United Kingdom + [Google Map](#)

Our scientific summer activities are bursting with fun—just the ticket for a big family day out.

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Summer @ Pit

Mostly Free



July 23 @ 10:00 am - 5:00 pm

National Coal Mining Museum for England

Caphouse Colliery, New Road, Overton,
Wakefield, WF4 4RH United Kingdom

Wednesday- Sunday 23 July – 4 September 2022 Mostly FREE

The Beach Pack your bucket and spade, we're off to the beach! Unearth a summer of fun learning what a treat it was to go on holiday ...

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Summer at Skipton Town Hall

Most events FREE

July 25

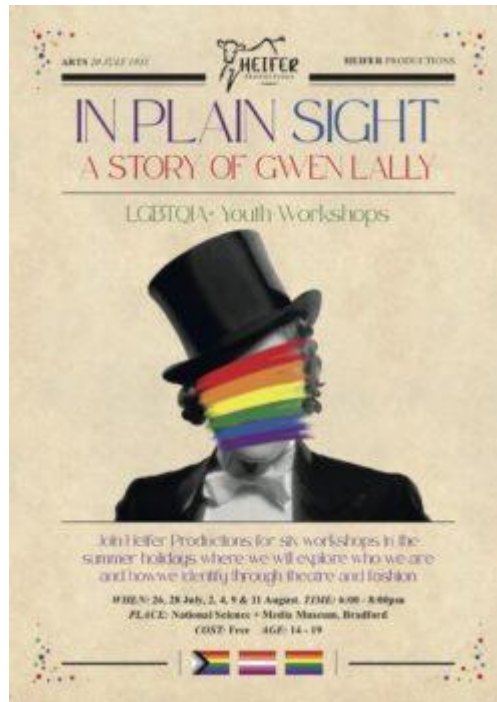
Skipton Town Hall



High St, BD23 1AH Skipton United Kingdom + [Google Map](#)

This summer Skipton Town Hall have family friendly events to keep you entertained every day through the school holidays, and many of them are free! Young people aged 10-18yrs can join Art Club on a Mo...

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LGBTQ+ Youth Theatre & Costume Workshops

Free

July 26 @ 6:00 pm - 8:00 pm

National Science and Media Museum

Little Horton Lane

Bradford, National Science and Media Museum BD1 1NQ United Kingdom

Heifer Productions is running a series of fantastic LGBTQIA+ workshops this summer and we would love to invite your young person along! The Professional Production In Plain Sight: A Story of Gwen Lally...

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Experience TV



July 27 @ 10:00 am - 5:00 pm

National Science and Media Museum

United Kingdom

Explore the development, significance and cultural impact of one of the most influential inventions of the 20th century: television.



Make and Take

Free

July 27 @ 10:00 am - 11:00 am

Skipton Town Hall

High St, BD23 1AH Skipton United Kingdom

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7/27 – Make & Take: Design and make your own collection of coins and a treasure chest to store them! Design and make your own collection of coins and a treasure chest to store them! We...

Craven Museum tour: Remarkable Romans

Free



July 28 @ 11:00 am

Craven Museum tour: Remarkable Romans – a guided tour around Craven Museum, looking at our objects relating to the Ancient Romans. For all ages. From shiny coins to beautiful jewellery, Craven M...

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Young Archaeologists' Club



Free **July 29 @ 10:00 am - 12:00 pm**

Skipton Town Hall

High St, BD23 1AH Skipton United Kingdom

Young Archaeologists' Club: Drop-in Launch Event – Dig for artefacts, record your findings and get up close with real museum objects, then chat with us to learn more about YAC.

Leeds Jurassic Trail



Free **July 30**

Leeds City Centre

12 newly-built dinosaurs will go on show this summer in Leeds right across the city centre in the completely free to see the trail. The exact dinosaurs and their locations will be revealed in co...

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Kirkstall Abbey Markets



Free

July 30 @ 11:00 am - 3:00 pm

Kirkstall Abbey

Kirkstall Abbey, Kirkstall Road
Leeds, LS5 3EH United Kingdom

Come along to Kirkstall Abbey Markets, held on the last weekend of every month between March and November. Set in the beautiful surroundings of Kirkstall Abbey ruins, the weekend markets are a great w...

Yorkshire Day Outdoor Cinema Event



July 30 @ 11:00 am - 5:00 pm

Morley Town Centre

Queen Street, Morley
Leeds, West Yorkshire LS27 9DY United Kingdom

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Come join us on the 30th July to celebrate Yorkshire Day! We will have stalls and entertainment all day, and also will have an outdoor cinema at the bottom end of Queen Street throughout the day ...

Morley Fire Station Emergency Services Day



July 30 @ 11:00 am - 5:00 pm

Morley Fire Station

Morley, LS27 9NB United Kingdom

Fire and Rescue Service Vehicles, Demonstrations, Ambulance Service and more... No tickets required! Location – Morley Fire Station, St, Morley Leeds, LS27 9NB

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Huddersfield Lego Trail 2022

Free



August 1

Huddersfield Centre

Outside St Peter's Church

Huddersfield, West Yorkshire HD1 1BU United Kingdom

Huddersfield Lego trail is back for 2022! Brought to you by Huddersfield BID, you are challenged to find all 10 Lego sculptures that have been hidden around Huddersfield town centre.

Elizabethan Summer

Free

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August 1 @ 10:00 am - 5:00 pm

Royal Armouries

Royal Armouries Museum

Leeds, LS10 1LT United Kingdom

Join us for an action-packed summer at the Royal Armouries Museum in Leeds. Celebrate the golden Elizabethan age with a range of free events every day. Museum admission is free

A Flutter of Butterflies

Free



August 1 @ 10:30 am - 2:30 pm

Cannon Hall

Bark House Ln, Cawthorne

Barnsley, S75 4AT United Kingdom

Make your own beautiful butterfly or magical minibeast in these free, drop- in sessions in our wonderful walled garden.

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The Ridings Returns

August 6 @ 10:00 am - 4:00 pm

Ridings Shopping Centre

Wakefield, WF1 1DS

'Sentinel Squad UK' will be sending a detachment of troopers and various characters along to 'The Ridings Shopping centre' for our second visit of the year in the summer for me...

A Grand Day Out Wakefield



Free

August 6 @ 10:00 am - 4:00 pm

Wakefield City Centre

Kick off a summer like no other by heading over to Wakefield city centre on Saturday 6 and Sunday 7 August for a full weekend of free activities brought to you by Wakefield Council. Enjoy a giant sand...

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Jurassic Wakey

Free



August 19

Wakefield City Centre

Roam Wakefield city centre at this totally free event during August and September to discover lifelike displays of prehistoric creatures from a time long forgotten.

Sentinel Squad UK



Free

August 20 @ 10:00 am - 3:30 pm

Xscape Yorkshire

Colorado Way

Castleford, WF10 4TA United Kingdom

'Sentinel Squad UK' will be sending a detachment of troopers and various characters along to the legendary 'Xscape' to partake in summer high fives, trooper selfies* and Wookiee...

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Kirkstall Abbey Markets

Free



August 27 @ 11:00 am - 3:00 pm

Kirkstall Abbey

Kirkstall Abbey, Kirkstall Road
Leeds, LS5 3EH United Kingdom

Come along to Kirkstall Abbey Markets, held on the last weekend of every month between March and November.

'Sentinel Squad UK' at 'White Rose Shopping Centre'

Free



August 29 @ 10:00 am - 4:00 pm

White Rose Shopping Centre

Dewsbury Rd
Leeds, LS11 8LU United Kingdom

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Protecting young children when out and about

Statistics show that crime against young children by strangers is rare. Even so, these seven tips can help protect your child:

- tell your child to avoid talking to people they don't know when you're not around
- make sure your child knows never to walk away with strangers
- make sure your child understands that they should always tell you if a stranger approaches, and never to keep this secret
- if your child is travelling alone, tell them to sit near other families on the train or bus
- if your child has to use a lift – tell them only to use lifts with friends, and not to feel worried about getting out if they are uncomfortable about someone else being in there
- if your child gets lost, they should ask for help from a police officer, another grown-up with children or someone working at a nearby shop
- have your children learn their address and telephone number by heart

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While you are
out with your
children

Sometimes, young children can still be vulnerable even if you are with them. Following these simple precautions should give you peace of mind:

- try to keep your children within your sight or another adult's whom you trust
- use reins for your toddler - these will keep your child nearby even if you get distracted
- when out and about visiting places, always arrange a meeting point for you and your child, in case either of you get lost
- make sure you all travel together in the same train carriage, or have seats close together on a bus or coach
- always go with your child into public toilets
- remind your child never to talk to strangers, even if you are nearby