

Essex

ACTIVate

Family Support Booklet

Information, resources, top tips and useful contacts to support and inspire you and your family this summer



TIME FOR YOU AND YOUR FAMILY TO

FIND
YOUR
ACTIVE

4

FREE

With many of us feeling the pinch, **Find Your Active** wanted to highlight some of the ways you can still participate in physical activity, with it costing little or no money at all. Plus, with the warmer months, and brighter days, **it's easier than ever to get moving for free!**

Being mindful of where we spend our income is becoming particularly prevalent across the county. However, it is still important to take care in looking after our physical and mental health. We know that a boost of energy and movement can benefit our mental wellbeing but recognise the increased worry among residents around how to deal with what life throws at you.



Top 5 things to do this summer to keep the whole family moving, for little or no cost at all:



1. A Walk!

Whether it be by the beach, in your local green space, across country fields or just into town, walking is a great way to explore your community and get outside!

Download the Go Jauntly app with routes to follow:

 www.gojauntly.com



2. Family Bootcamps or Park Events

Free activities such as parkrun (or parkwalk), as well as ParkPlay, take place every Saturday morning in different green spaces across the county.

Find your nearest one by visiting:

 www.activeessex.org/health-wellbeing/active-environments



3. Travel Activity!

Save on petrol costs and take smaller journeys on a bike, scooter, or by walking.



4. Outdoor Gyms

We see them all the time, but with short instructions on how to participate, you could do a quick workout whilst the kids play in the park – or they may want to join you too!



5. Go to the Beach!

With over 300 miles of Essex coastline, we're spoilt for choice! Pull together a picnic and head down for a day splashing in the water and building sand castles.



For more ways to get moving, whether that be in the garden, or to see what's on near you, visit the **Find Your Active** webpages here:  www.activeessex.org/find-your-active



Sun & Water Safety

As summer approaches and we all start to spend more time outside, **it's important to be mindful** when being in the sun or around water.



Slip on a t-shirt



Slap on sun cream with a protection factor of 30 or more



Shade from the sun wherever possible



Slide on some quality sunglasses



Slap on a wide brimmed hat

The Five S's

Water Safety



1. Spot the dangers

Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you'd be able to swim in open water.

2. Take safety advice

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

3. Don't go alone

Children should always go with an adult, not by themselves. An adult may be able to point out dangers or help if someone gets into trouble.

4. Learn how to help

You may be able to help yourself and others if you know what to do in an emergency.



To stay hydrated & energised drink lots of water throughout the day

When using sunscreen, the label should have a sun protection factor (SPF) of at least 30 to protect against UVB and at least 4-star UVA protection. UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Most people do not apply enough sunscreen. Adults should aim to apply around 6-8 teaspoons of sunscreen if you're covering your entire body.

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF 30, you could use a higher SPF.

30 minutes before going out sunscreen should be applied to ALL exposed skin, including the head if you have thinning hair. Sunscreen needs to be applied frequently, this includes straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It's also recommended to apply sunscreen every 2 hours. If you're at risk of burning, you'll need to apply sunscreen twice.

5. Call for help

If you see someone in difficulty, tell somebody, preferably a lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach.

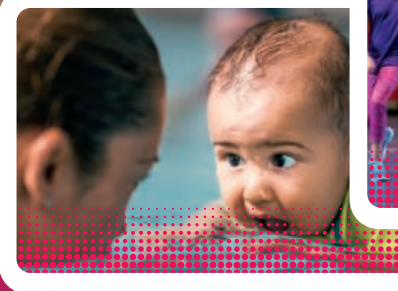
SAFE TO PLAY

Say Something if you See Something

Did you know that 6 out of 10 parents have safety concerns with their children's sports and physical activities? With swimming and football being the most concerning sports for injuries and safeguarding.

We want to make sure our sports and activities are safe, secure, accessible and a welcoming environment for all.

Safe To Play highlights the role everyone involved in sport – parents, players, coaches and volunteers – can play in protecting our children and young people; raising awareness of safeguarding to ensure everyone taking part in sport and physical activity has a positive experience.



If you see something which doesn't look right, say something.

▶ Scan the QR code to watch our latest videos!

✉ Contact us: safeguarding@lta.org.uk

🌐 www.safetoplaytennis.co.uk



Summer Family Recipes

Quick and easy to prepare and cook, these low-cost, home-made summer recipes are best enjoyed leisurely with family and friends!

PIZZA SALAD

Ingredients:

- 300g of Cherry Tomatoes
- 2 Wholemeal Thins
- 1 Red or White Onion
- 100g of Mushrooms
- 120g of Mozzarella
- 1 Tin of Mixed Beans (can substitute for chicken or pepperoni)
- 1 Tablespoon of Dried Italian Mixed Herbs
- 1 Clove of Garlic
- Splash of Olive Oil
- Rocket or Spinach (optional)

Directions:

- 1 Preheat the oven to 180 degrees
- 2 Roughly chop the tomatoes, onion and mushrooms, then add to a large oven dish drizzled with olive oil, along with the mixed Italian herbs and garlic, and bake for 20-25 minutes
- 3 Tear up the thins and place on a separate baking sheet and drizzle with oil, also bake for 15 minutes
- 4 Once both the vegetables and bread are cooked, place the cannellini beans (or substituted meat) and the mozzarella in a bowl with the cooked vegetables, then give it a good stir to melt the cheese
- 5 Add the cooked bread pieces and rocket, stirring well again
- 6 Serve and enjoy!



Top Tip:

This can be enjoyed as a main meal or side dish!



FULL TIME
GET COOKING WITH
MARCUS AND TOM

Tom Kerridge and Marcus Rashford have made it super simple with their Full Time Meals campaign to support families during the holidays – no need for lots of pots and pans or expensive ingredients, so try out these pocket-friendly, easy-peasy recipes for mega-tasty, hearty home cooked grub!

www.endchildfoodpoverty.org/full-time-meals

FAKEAWAY FLAME GRILLED BURGERS

Ingredients:

- 500g of Beef Mince
- 4 Gherkins
- 4 Slices of Cheddar Cheese
- 2 Salad Tomatoes
- 1/4 Red Onion
- Splash of Oil
- 4 Burger Buns or Thins

For the Burger Sauce:

- 4 Tablespoons of Greek Yoghurt
- 2 Teaspoons of Ketchup
- 1/2 Tablespoon of Yellow Mustard

Directions:

- 1 Squish the minced beef together to form burger shape patties (add salt and pepper if required)
- 2 Place a little oil on the BBQ grill to stop the patties from sticking, then place the patties on the BBQ, cooking for a few minutes before flipping over and continuing to cook
- 3 Combine all of the sauce ingredients to create the burger sauce
- 4 Once the burger patties are cooked to your liking, load them up in the burger buns with the sauce, gherkins, onion and tomato
- 5 Tuck in and enjoy!



Top Tip:

Place the cheese on top of the burger patty while it's still on the BBQ grill to melt the cheese! These can also be cooked in an oven or airfryer if the UK weather lets us down!



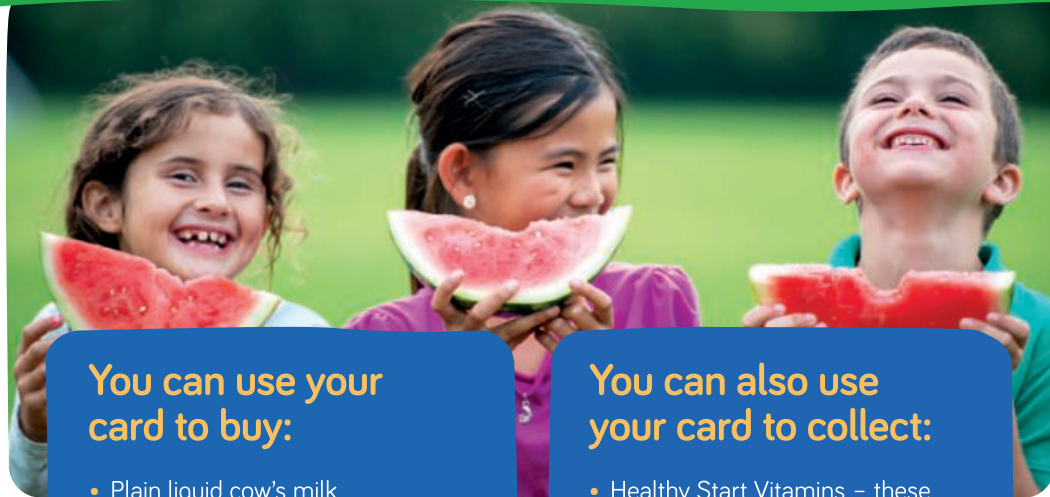


Healthy Start Scheme



If you're more than 10 weeks pregnant, or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.



You can use your card to buy:

- Plain liquid cow's milk
- Fresh, frozen, and tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk based on cow's milk



You can also use your card to collect:

- Healthy Start Vitamins – these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children – these are suitable from birth to 4 years old



For more information, visit: www.healthystart.nhs.uk

Essex County Council

Unsure about maths?

Looking to improve your confidence? From taster sessions to longer courses, we've got the support you need to improve your maths skills.

Whether you're seeking help with household budgeting or need guidance to help your children with their homework, Multiply has you covered!

With over £8m in government funding, we're running free maths courses across the county for the next three years. Covering every district, borough and city with online and in-person options, there really is a course for everyone. And they're all completely free of charge!

Boost your confidence. Find a course near you. www.essexopportunities.co.uk/multiply or scan the QR code.



Multiply



With the summer holidays hurtling towards an end, and school once again appearing on the horizon, here are some tips for when it's time to **make the switch from summer fun to school time!**

Restart Routines

Children need time to adjust, so provide a head start! About two weeks before school begins, make bedtime earlier and aim to serve meals at approximately the same times your child will be eating throughout the school year.

Discuss Ground Rules

Decide when and where homework will be completed and be sure to cover tricky topics: Can they watch TV after they finish their work? How late can friends visit on school nights? Establishing guidelines and going over them together will make sure you're on the same page.

Exercise & Fresh Air (even if it's raining!)

Getting to the park for a walk, bike ride or scooter and connecting with nature supports childrens' physical and mental wellbeing. It naturally helps to relieve stress and helps them settle better at night, as well as helping to get away from screens for a bit.

Keep Talking

If your child is feeling anxious or worried about going back to school, get them to share their feelings and emotions, especially focusing on the positive aspects of heading back to school.

Whether you're looking to gain new skills and qualifications, explore your creativity, find employment, or improve your wellbeing, **ACL Essex has a course for you.**

Courses are delivered online live and face to face at various locations across Essex, and offer learning classes. None of the sessions are recorded because learning is based on lived experience and promote confidentiality and safeguarding as core values to courses. You will come to non-judgemental, supportive learning sessions facilitated to support your family's journey.

For more information, visit:
www.aclessex.com

To find more information about ACL centre locations, on-site services and opening times, visit: aclessex.com/centres

IT & DIGITAL SKILLS COURSES

ACL offer a range of digital skills courses for complete beginners with very little to no experience, to those who wish to gain qualifications for employment or further education. ACL tutors and Digital Champion volunteers support learners to achieve their goals in centres across the county.

Telephone: **0345 603 7635**
Email: lifelong.learning@essex.gov.uk
Website: aclessex.com/digital

FUNDING SUPPORT

ACL receives funding from the Education and Skills Funding Agency to deliver courses to Essex residents. This funding could cover some or all of the costs of your course depending on your circumstances or prior achievements.

For more information, visit:
aclessex.com/funding-support

Active Travel

Making journeys in physically active ways boosts physical and mental health, and is an essential element of the transition to a net-zero carbon economy! Essex County Council and Active Essex are committed to optimising the levels of physical activity among school pupils across Essex. School travel plans bring together all kinds of initiatives and offers, all aiming to help more pupils travel to school in the most sustainable ways. This might be "active travel" – walking, scootering or cycling – or, if you live a bit further from your school, car sharing, public transport or "park-and-stride". Find out more below.



Delivered by an alliance of specialist organisations, Essex residents (excludes Southend-on-Sea and Thurrock) who are registered with a GP and are aged 16+ can receive health and wellbeing support. Whether it's help to quit smoking, social isolation support, weight management, or help with day-to-day needs; **Essex Wellbeing Service (EWS)** is here to help employers, families and communities to stay healthy, safe and well. EWS also runs a volunteering service where we recruit and connect volunteers with Essex residents in need of support with everyday tasks, social isolation and making long-term friendships.

The **EWS** ensures that families have free access to local health services in the community; whether in a local clinic, children's centre, or in a family's home.



www.essexwellbeingservice.co.uk



0300 303 9988



**Essex
Wellbeing Service**

If you're a low-income family receiving Universal Credit or other benefits, you could be eligible for a **social broadband tariff** and save up to £202 a year on your broadband bills.



www.essex.gov.uk/broadband



Whether it's recycling and throwing away less food, eating a more plant-based diet or reducing energy consumption at home, there are hundreds of small daily changes which we can make to protect the future of our planet!

Download the **Carbon Cutting Essex** sustainability app, which will help us to keep track of our carbon footprint and suggest ways which we can reduce it.

The app will provide many fun activities which focus on various themes around climate action such as transport, energy, food and waste. It will also motivate us all to take positive action by providing points and rewards!



Talk, Listen and Cuddle is an Essex campaign that looks to help parents, carers and families of young children support their children's communication development and learn how to help their children gain the best start in life through playful learning at home. The initiative offers a range of ideas, top tips and games to support children's language, physical and emotional development, to ensure children start school ready to explore, learn and make friends.



www.tlc-essex.info



Essex County Council have put together a directory of local services and their contact details for families and children, scan the QR code to find a service you require