

# Summer Holiday Support

# Your Family Advisors Becky Nelufa

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We can help you with



★ Advice about Baby ★
▲ Antenatal Support ↓
Finding Organisations
★ and Charities ★
Local Doctors,
④ Pharmacies and ④
Hospitals
♣ Parenting Courses ★
Local Schools, Nurseries
☆ and Childminders €

And activities

Oral Health and Local Dentists
Early Language and
Home Learning S
Environment
Financial Advice 
Finding in important
✓ forms /
Finding Midwives or
Health Visitors 
Housing Advice 
Foodbanks 
Local Dentists

### <u>Food</u>

#### Foodbank Centres Opening times 2023

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Monday	West End Church, Stoke	10.00am-12.00pm	OPEN
	St John's Church, Knypersley	11.00am-1.00pm	OPEN
	Wesley Hall Church, Sneyd Green	3.00pm-5.00pm	OPEN
Tuesday	Hope Community Church, Hanley	10.00am-12.00pm	OPEN
	St Stephens Church, Bentilee	12.30pm-2.30pm	OPEN
Wednesday	Bethel Church, Longton	10.00am-12.00pm	OPEN
	Swan Bank Methodist Church, Burslem	2.00pm-4.00pm	OPEN
	Penkhull Christian Fellowship, Penkhull	2.00pm-4.00pm	OPEN
Thursday	Temple Street Methodist Church, Fenton	10.00am - 12.00pm	OPEN
	Grace Church Hanley,	10.00am -12.00pm	OPEN
	The Hive Centre (St Albans), Blurton	2.30pm-4.30m	OPEN
	Wesley Hall Church, Sneyd Green	4.00pm-6.00pm	OPEN
	English Martyrs RC Church, Biddulph	6.00pm-8.00pm	OPEN
Friday	United Reformed Church, Longton	10am – 12pm	OPEN
Friday			
Friday	St Andrews Church, Weston Coyney	3.30pm-5.30pm	OPEN

Office Opening Hours Monday – Thursday 9am – 2pm More Information: <u>www.stokeontrent.foodbank.org.uk</u>

Below are a couple of shops that work like a supermarket and have brand names for cheaper prices.

**Community Grocery** in Burslem - open Mon-Fri: 9:30am-4:30pm - these are on the bus route. Sign up for £5 then you can do a full shop for £4.

https://stokecommunitydirectory.co.uk/directory/listing/community-groceryburslem/

**Port Vale Foundation**: open Friday 10am-12pm - choose your own items - 10 items for £5 and 15 items for £7. All sanitary products are free.

https://stokecommunitydirectory.co.uk/directory/listing/port-vale-foundationcommunity-cupboard/

**Community Can Social Supermarket** (inside Tunstall market): Free to join. 10 items for £5 or 15 items for £7.50 - long life items, cleaning products, baby products and toiletries. Free sanitary products and some free end of shelf life products. In Tunstall Market - 10:30am-5pm, Wednesday, Friday and Saturday.

### <u>Health</u>

**Dentist**: Emergency Dentist Contact Number for those not registered with a dentist.

Contact: 0300 123 0981

**Period Power:** supply sanitary products to people who would otherwise go without due to their social and financial circumstances.

Phone: 07895 361202 Email: <u>periodpower2017@gmail.com</u>

#### Health Visitor:

Stoke Hub (Covering all localities in Stoke-On-Trent)
Freephone: 0808 178 3374
Chat Health Text Messaging Service
Parents/Carers Text: 07312 277161
For young people living in Stoke-On-Trent, text: 07520 615723

**Sexual Health Support:** provides a free confidential non-judgemental support.

Address: The Dudson Centre, Hope Street, Hanley, ST1 5DD Phone: 01782 201251 Email: <u>ask@sshcharity.co.uk</u> Website: <u>https://sshcharity.co.uk/</u>

#### Community Drug and Alcohol Service (cdas): free service

Address: 476-82 Hope Street, Hanley, ST1 5BY Phone: 01782 283113 Email: <u>referrals@sotcdas.org.uk</u> Website: <u>https://www.scdas.org.uk</u>

### <u>Mental Health</u>

#### Changes:

Free to access peer support groups and various workshops across the city.

Address: Wellbeing Centre, Victoria Court, Booth Street, Stoke, Stoke-On-Trent, ST4 4AL

Phone: 01782 411433

Email: <a href="mailto:stoke@changes.org.uk">stoke@changes.org.uk</a>

Website: <a href="https://www.changes.org.uk/">https://www.changes.org.uk/</a>

#### Stoke City:

#### Mental Well-Being Football

Every Friday, 3:30pm-4:30pm at the Academy Dome. Delivered by Stoke City Football Club. Each Session is Free of charge and is open to people aged 16 and over.

#### Let's Talk Football

Let's Talk Football sees supporters, community members and staff come together and provide people the opportunity and space to talk about mental health with other likeminded Potters fans. Sessions take place at the Bet365 Stadium every Thursday between 2pm and 3:30pm.

Phone: 07503 200337

Email: <u>Thomas.pond@stokecityfc.com</u>

Website: <a href="http://www.stokecityfc.com/community/health-wellbeing/">www.stokecityfc.com/community/health-wellbeing/</a>

### **Holiday Activities**

Stoke -On-Trent Family Hubs: <u>www.facebook.com/SOTChildrensCentres/?</u> <u>locale=en\_GB</u>

Stoke-On-Trent City Council: <u>www.stoke.gov.uk/events</u>

Whats on in and around Stoke-On-Trent: <u>www.wherecanwego.com/whats-on/</u> <u>stoke</u>

Things to do & days out in Stoke-On-Trent: <u>www.dayoutwiththekids.co.uk/</u> <u>things-to-do/west-midlands/staffordshire/stoke-on-trent</u>

Stoke-On-Trent Events: <u>Stoke on Trent Events 2023 | What's on in Stoke on</u> <u>Trent | Skiddle</u>

The Hubb Foundation: www.thehubbfoundation.com

Stoke Learning (Twitter): <u>www.twitter.com/StokeLearning</u>

Stoke School Holidays Group: <u>www.facebook.com/groups/616823978352239/</u>

YMCA GO: <u>www.ymcans.org.uk/ymca-go/</u>

## Holiday Activities for those with SEND

Autism Friendly Cinema Screening: <u>www.facebook.com/SOTChildrensCentres/?</u> <u>locale=en\_GB</u>

Courses for Horses: <u>www.coursesforhorses.org.uk/special-needs</u>

Breakthrou' Frontline Dance: <u>www.stokecommunitydirectory.co.uk/directory/</u> <u>listing/breakthroudance/</u>

The Narrow Boat Beatrice: <u>www.stokecommunitydirectory.co.uk/directory/</u> <u>listing/the-narrow-boat-beatrice/</u>

Caudwell Children, Family Workshops: <u>www.stokecommunitydirectory.co.uk/</u> <u>directory/listing/family-workshops/</u>

SEND Juniors Club: <u>www.stokecommunitydirectory.co.uk/directory/listing/send</u> -juniors-club/

Caudwell Children Short Breaks: <u>www.caudwellchildren.com/short\_breaks/</u> <u>staffordshire/</u>

### **Other Useful Links**

Community Directory – Online took to find local activities, clubs, support, health services and what's on in the local area: <u>https://</u><u>stokecommunitydirectory.co.uk</u>