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| **Additional Resources** | |
| **Public Health** | **\*\*COMING SOON\*\* The Sunderland Healthy Child Award**  The Sunderland Healthy Child Award is directly linked to the Sunderland Healthy School Award, which contributes to the [City Plan - Sunderland City Council](https://www.sunderland.gov.uk/city-plan), providing the blueprint for all partners and communities to work together to achieve shared economic and social ambitions for Sunderland, to enable the city and its people to achieve their full potential. The [Sunderland Healthy City Plan - Sunderland City Council](https://www.sunderland.gov.uk/healthycityplan) supports the delivery of the City Plan and its vision “By 2030, Sunderland will be a connected, international city with opportunities for all”, addressing the interlinked challenges that exist between good health and other key issues in the city.  The Sunderland Healthy Child Award is broken down into the same five sections of the Charter Marks of the Sunderland Healthy School Award, such as Food & Nutrition and Great Active.  The sections of this award offer children and young people statements to help them think and decide what they want to get from the learning experiences they access. The statements are a tool to support them in recognising their learning and achievement through the activities they take part in, as they will actually learn from a lot of the things they do in and outside of educational settings.  Please contact [karen.lightfoot-gencli@sunderland.gov.uk](mailto:karen.lightfoot-gencli@sunderland.gov.uk) or [ryan.houghton@sunderland.gov.uk](mailto:ryan.houghton@sunderland.gov.uk) with any requests for further information. |
| **KS1, KS2, KS3 and KS4** |
| **Public Health** | **Links for Life –** <https://www.linksforlifesunderland.co.uk/>  Health is not just about what happens in hospitals and doctors’ surgeries.  Our health is impacted by the places we live and the communities and social groups we are part of. Links for Life Sunderland is about helping people live the best life they can, by creating healthy, happy communities and supporting them to link to local services.  **Our Vision:  Links for Life Sunderland will bring together people within communities, supporting everyone to have healthy, happy lives, with no one left behind.**   * Links for Life is about giving people information. There is a lot of information about a wide range of topics that impact our health and wellbeing can be found under the [topics section](https://www.linksforlifesunderland.co.uk/services/). * Links for Life is about giving people knowledge about services available in their communities, so they can make decisions to help them improve their health and wellbeing. Information about the services our members provide can be explored in our [Community Directory](https://www.linksforlifesunderland.co.uk/directory/)section. * Links for Life is about improving connections between our services, so residents receive support that is right for them. Local organisations can register to become a member of Links for Life under our [members page.](https://www.linksforlifesunderland.co.uk/members/become-a-member/)   If you are still a bit uncertain where to start, please visit our [more help](https://www.linksforlifesunderland.co.uk/home/more-help/) page for some suggestions of where you might get support |
| **Public Health** | **Health Champions - Understanding Health Improvement Training**  **Course Description** <https://www.linksforlifesunderland.co.uk/health-champions-understanding-health-improvement-training/>  The aim of this qualification is to provide candidates with a knowledge and understanding of the principles of promoting health and wellbeing and of how successful candidates can direct individuals towards further practical support in their efforts to attain a healthier lifestyle.  The qualification covers examples of inequalities in health within the UK, explains possible reasons for why there are inequalities in health and current approaches to tackling these inequalities. How individuals can help others improve their health is central to this qualification. Candidates will learn how effective communication can support health messages, how to promote improvements in the health and well-being of others and understand the impact of change on improving an individual’s health and well-being.  This course covers   * How inequalities in health may develop and what the current policies are for addressing these * How effective communication can support health messages * How to promote improvements in health and wellbeing to individuals * The impact of change on improving an individual’s health and wellbeing   This course is accredited by the Royal Society of Public Health if participants pass an **optional**40 question multiple choice exam. |
| **18+** |
| **Financial Wellbeing** | [www.sunderland.gov.uk/managingyourmoney](http://www.sunderland.gov.uk/managingyourmoney)  Sunderland City Council’s ‘Managing Your Money’ webpage to access information regarding council support, local advice providers and information and tips on how to make money go further  [www.sunderland.gov.uk/MYMGF-Checklist](https://www.sunderland.gov.uk/MYMGF-Checklist)  Make your money go further checklist to support professionals with 19 practical actions about various support including benefits calculators, childcare costs, energy support and more.  [www.sunderland.gov.uk/FW-Partner-Area](http://www.sunderland.gov.uk/FW-Partner-Area)  Information on various topics that can help you to support your customers' financial wellbeing. This includes information, downloadable resources and useful links. |
| **Together for Children** | <https://www.togetherforchildren.org.uk/>  **Main webpage** of services for children, young people, families and practitioners in Sunderland, including information such as school term dates and the school’s directory. |
| **Together for Children** | **Participation and Engagement**  The Participation and Engagement team support children, young people and their families in Sunderland to have the opportunity to actively participate in the decisions that affect their lives, in the delivery of the services they receive and in the development of the policies that impact on them. There are a range of different groups for young people to get involved with, including Sunderland Youth Council, STARS and Change Council. [Participation and Engagement - Together for Children](https://www.togetherforchildren.org.uk/participation-and-engagement) |
| **Together for Children** | **Sunderland Young Achievers Awards**  The Sunderland Young Achievers Awards is held annually to celebrate the achievements of children and young people aged eight to 18 or up to 25 with a special educational need or disability (SEND), recognising their bravery, talent and positive contributions to their communities. There are a range of categories to nominate children and young people and are open to individuals or groups living in Sunderland including Washington, Houghton and Hetton, which educational settings are encouraged to submit. [Sunderland Young Achievers' Awards - Together for Children](https://www.togetherforchildren.org.uk/SYAA) |
| **Together for Children** | **Holiday, Activity and Food (HAF) Programme**  The Holiday Activity and Food (HAF) programme - named 'Wear Here 4' in Sunderland - is a Department for Education funded programme delivered locally and providing fun, enriching activities and tasty, nutritious meals during school holidays.  Wear Here 4 Spring, Summer and Winter programmes provide school aged children with an opportunity to get involved in a range of activities centred around sports, culture, arts and learning, as well as providing healthy meals and activities based on developing cooking skills and knowledge about nutrition, that families can use at home. Young people also get the chance to socialise with friends and make new ones, with children across the city coming together to get involved.  With more clubs and an ever-growing range of activities and provision. there is something for everyone. From sports to dance, crafts, outdoor fun and there is even a spot of science.  **Who is the programme for?**  Funding for the programme has been provided from the Department for Education (DfE) to Together for Children for families eligible for Free School Meals.  Sessions are free for children and young people who:   * Live in Sunderland * Are of school age (between 4 and 16 years old) * Are eligible for means-tested free school meals during term time * Have a special educational need or disability (up to age 25)   [Holiday Activity and Food (HAF) Programme - Together for Children](https://www.togetherforchildren.org.uk/HAF) |
| **Together for Children** | **Eligibility for Free School Meals?**  If a parent is in receipt of any of the benefits listed below, their child is likely to be eligible for free school meals.  If you aren't sure if they are eligible, please contact 0191 561 1417 or [freeschoolmeals@togetherforchildren.org.uk](mailto:freeschoolmeals@togetherforchildren.org.uk)  and one of the team will try to help.  The child might be able to get free school meals if the family receive any of the following:   * Income Support * Income-based Jobseeker's Allowance * Income-related Employment and Support Allowance * Support under Part VI of the Immigration and Asylum Act 1999 * The guaranteed element of Pension Credit * Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190) * Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit * Universal Credit -  your household income must be less than £7,400 a year (after tax and not including any benefits you get) |
| **Family Hubs** | **Locality Family Hubs**  Access to information, support, and activities in Sunderland, available through the five **Family Hubs** located at Bunny Hill (North), Hetton Centre (Coalfields), Thorney Close (West), Rainbow Family Hub (Washington) and WinniBell Family Hub (East). Get information relating to every stage of family life, from pre and post pregnancy, through the early years as well as things to do at home. Browse Sunderland's Services Directory, with up-to-date Ofsted information and see our Start for Life offer open to everyone in Sunderland. [Family Hubs - Together for Children](https://www.togetherforchildren.org.uk/family-hubs)  **My Best Life**  <https://www.mybestlife.org.uk/Sunderland-Family-Hubs> |
| **Sleep Service** | Using a tiered approach, the **Sleep Service** provides telephone support and resources, Sleep Support Workshops for parents/carers, and one to one Sleep Assessments which, if all tiers have been accessed, can include the creation of a bespoke sleep plan. The service can be accessed by families of children with additional health or development needs who are between 3 ½ to 18 years old.  Contact **Daisy Chain** for more information on 01642 531248 or at [info@daisychainproject.co.uk](mailto:info@daisychainproject.co.uk) |
| **National resources to encourage healthy eating, physical activity, good oral health and wellbeing** | Curriculum linked teaching resources are available on the [School Zone](https://campaignresources.phe.gov.uk/schools). These include resources for head teachers, and reception and year 6 teachers to help them teach their pupils about healthy lifestyles. It includes ideas for whole school activities to encourage eating well and moving more, as well as suggestions for keeping teeth and gums healthy and for engaging parents. Teachers can subscribe to the School Zone to keep up to date with new mental wellbeing and healthy lifestyle materials. The School Zone also offers lesson plans for year 6 and key stages 3 and 4 to support the relationships, sex and health education curriculum and enable teachers to support the wellbeing of students. |
| **Healthier Together** | <https://www.nenc-healthiertogether.nhs.uk/>  **Healthier Together**, is a place to find accurate and trusted NHS healthcare advice in the North East and North Cumbria.  All the information on this site has been checked by clinicians, to ensure the offer of the best advice for parents, carers, young people and health professionals. |
| **Internet Safety** | <https://www.ceopeducation.co.uk/>  The National Crime Agency's **CEOP** Education team aim to help protect children and young people from online child sexual abuse.  We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families. |
| **Databanks** | [What Is The National Databank | Free Mobile Data For Digital Inclusion | Good Things Foundation](https://www.goodthingsfoundation.org/our-services/national-databank#:~:text=Learn%20about%20the%20National%20Databank,%20a%20Good%20Things%E2%80%99%20digital%20inclusion)  Schools can join the National Databank, and provide free SIM cards to parents and carers who look after children who can’t access the internet at home, or download important information received via Apps/text messages, which can often affect vulnerable people facing other inequalities. Acting as a Databank is similar to a foodbank, but instead of handing out food, you hand out free SIM cards for mobile phones. Many schools don’t realise that they can register so don’t, plus its free. Meaning you can support your pupils, parents and carers connect more in a digital world. More information about the national Databank can be found [here.](https://www.goodthingsfoundation.org/our-services/national-databank#:~:text=Learn%20about%20the%20National%20Databank,%20a%20Good%20Things%E2%80%99%20digital%20inclusion) If Schools are interested in registering, you need to [join](https://www.goodthingsfoundation.org/network) the National Digital inclusion network, then once registered, apply to become a databank. The process takes about 6-8 weeks. You can re-order SIMs cards if you run out, and access to training and guides will become available once your signed up. |
| **Go Online Sunderland** | [Go Online Sunderland - Sunderland City Council](https://www.sunderland.gov.uk/GoOnlineSunderland)  Go Online Sunderland is a digital inclusion programme to help young people, families and residents access local and national support, by bringing information into one place to help find what is available to get people to Go Online. The site provides up to date information on where to access digital devices, free Wi-Fi, one to one support, along with tools to improve accessibility, digital skills and careers and online safety. Aimed at organisations and residents of all ages. |
| **Sunderland Smart City** | <https://www.sunderlandoursmartcity.com/>  Sunderland named the UKs Smartest City by The Times. The City has established itself as a frontrunner in smart city innovations, leveraging cutting-edge technology to enhance the lives of residents. Keep up to date with the latest news by subscribing to the newsletter, and find out more about the Internet of Things (IoTs) sensors for mould, road temperatures, dust, noise, lifebuoys, traffic motion, flood buckets and many more which are producing data-driven decisions to ensure the City’s smart places are connected, inclusive and digitally enabled. |