

# SUPPORTING YOUR SUMMER HOLIDAYS

## Health and Wellness

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Take the stress out of summer - 6 tips for frazzled parents - BBC Bitesize](#)

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[West Sussex Mind | Home Resources | Autism Central](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## Activities

[24 Cheap and Easy Summer Activities for Kids \(parents.com\)](https://parents.com)

[Holiday Activities and Food programme - West Sussex County Council](#)

<https://www.creativebeatz.co.uk/projects>

[What's on - West Sussex](#)

[Parent's Survival Guide to the Summer Holidays – Mental Wealth Hub](#)

## Financial Support

[Community Hub - West Sussex County Council](#)

[Community-food-hub \(ukharvest.org.uk\)](http://ukharvest.org.uk)

<https://chichesterdistrict.foodbank.org.uk/get-help/how-to-get-help/>

## Support

[Home | The Young People's Shop \(yps-south.org.uk\)](https://yps-south.org.uk)

[Community Hub - West Sussex County Council](#)

[Request support or raise a concern about a child - West Sussex County Council](#)

[Local Offer - West Sussex County Council](#)