



healthy early years

Support Directory



Northamptonshire Healthy Schools take no responsibility for content and accuracy of the websites listed as they are maintained by other organisations.

General

Various health promotion topic resource packs	www.activelearningresources.co.uk
Asthma	www.asthma.org.uk
Barnardos	www.barnardos.org.uk
Child accident prevention trust - accidents and child development guide	www.capt.org.uk
Rospa - royal society for the prevention of accidents	www.rospa.com
Children's workforce development council	www.cwdcouncil.org.uk
Contact a family	www.cafamily.org.uk
Childcare link - 1 stop shop for children's information services	www.childcarelink.gov.uk
A range of resources for various health promotion topics e.g. Healthy Teddy	www.comiccompany.co.uk
Early education	www.early-education.org.uk
Homestart - offers support & practical help	www.home-start.org.uk
Inclusion	www.inclusion.ngfl.gov.uk
National childminders association	www.ncma.org.uk
National children's bureau	www.ncb.org.uk
National day nurseries association	www.ndna.org.uk
National School Partnership - Early Years resources	www.nationalschoolpartnership.com
Netmums	www.netmums.com
NSPCC - Downloadable Childline posters and leaflets as well as a range of resources	www.nspcc.org.uk
Ofsted	www.ofsted.gov.uk
Parentline plus	www.parentlineplus.org.uk
Pre-School Learning Alliance - sample policies	www.pre-school.org.uk
Save the children - Charity working for children's health around the world. Some useful resources	www.savethechildren.org.uk
EYFS support material and information	www.education.gov.uk
Teachers information	www.teachernet.gov.uk
Worklife Support for Staff Wellbeing - Provide local and national advice	www.worklifesupport.com

supporting staff emotional health and wellbeing	
Northamptonshire Shoebox Resource - A resource kit primarily for schools on emotional health and wellbeing but also has many relevant contacts and interventions for children in the early years.	www.northamptonshire.gov.uk
Northamptonshire Healthy Schools	www.health4schools.net
Health Promotion resources Westgate House, 2 Ground Floor, 21 Gambrel Road, Westgate Industrial Estate, Northampton, NN5 5BB Tel: 01604 321516	hpresources@northants.nhs.uk

Personal, Social, Emotional Development (PSED)

Change4life including smallsteps4life & start4life - 'Top tips for top kids' booklet is free and offers great advice to families. There is also a special Early Years pack of ideas for healthy eating and lifestyles.	www.nhs.uk/change4life
Circle time resources	www.circle-time.co.uk
Featherstone Education catalogue - PSED resources	www.acblack.com/featherstone
Life Education - runs a programme of PSED for children aged from 3 years upwards	www.lifeeducation.org.uk Mike Nice (Northampton & North of County) Tel: 01604 880086 Pamela Jennings (Northampton & South of County) Tel: 07801 274314
Hand hygiene resources & activities	www.hygiene4health.com
Hand hygiene resources	www.e-bug.eu
Fire safety education	www.welephant.co.uk
Railway safety	www.trackoff.org
Seaside safety	www.rnli.org.uk/shorething
St Johns Ambulance	www.sja.org.uk
Red Cross	www.redcross.org.uk

Healthy Eating

Allergies	www.anaphylaxis.org.uk
British heart foundation - Resources for children aged 3-7	www.bhf.org.uk
Caroline Walker Trust - nutritional & practical guidelines & resources	www.cwt.org.uk
Dental care information and free resources	www.stop-the-rot.co.uk
Dental care FAQ's	www.bdasmile.org
Download & order useful weaning resources	www.milk.co.uk
Milk for schools and pre-schools to order	www.coolmilk.co.uk
Department of health guidance	www.dh.gov.uk
Five a day	www.5aday.nhs.uk
Food standards agency	www.eatwell.gov.uk
Food information	www.food.gov.uk
Practical help & information on nutrition	www.infantandtoddlerforum.org
Tips for feeding the under 3's	www.littlepeoplesplates.co.uk
Healthy start	www.healthystart.nhs.uk
Menu & recipes	www.nutrition.org.uk
Activities & information from age 3 upwards	www.foodafactoflife.org.uk
Growing & cooking ideas for under 8's	www.thefoodies.org
Phunky foods - A comprehensive programme to teach primary school children key healthy eating and physical activity messages through art, dram, music, play and hands on food experience.	www.phunkyfoods.com
Potatoes for schools-free growing kit	www.potatoesforschools.org.uk
Growing school garden - ideas & resources to promote the outdoor classroom	www.growingschoolsgarden.org.uk
Rocket gardens - Provide ready made vegetable plants for schools and preschools in packs for you to grow on.	www.rocketgardens.co.uk
Country Trust - Free farm visits in Northamptonshire to look at the processes of growing food and animals	www.countrytrust.org.uk

Information on farm visits & safety	www.farmsforschools.org.uk
Pre school education programme	www.tasteforlifenuresery.com
Vegan society	www.vegansociety.com
Vegetarian society	www.vegsoc.org
NCC local website for queries regarding food and drink in Early Years settings. NCC also offer Level 2 nutritional training and administer the Early Years Heartbeat Award.	www.healthyfoodanddrink.co.uk food&drink@northamptonshire.gov.uk www.northamptonshire.gov.uk

Sample food policy's and sample menus can be found in;

- Bromley's 'Full of Beans' resource - food and nutrition in nurseries and pre-schools - found on the Bromley website at www.bromley.gov.uk
- 'Eating Well for Under-5's in Child Care' produced by The Caroline Walker Trust.
- Feeding Young Imaginations - nutritional guidance for the under fives - produced by the Pre-School Learning Alliance.
- Guidance for food and drink provision in early years settings (March 2010)- produced by the School Food Trust at www.schoolfoodtrust.org.uk
- "Nutrition for Healthy Tots" - produced by Leicestershire healthy Tots Programme. (Available from Healthy Early Years Team)
- Tasting A Rainbow - A CD resource written for primary schools, but with lots of great ideas and practical advice and information about healthy eating that can be used in the Early Years. Available free from the Healthy Schools Team.
- The Essential Early Years Cookbook - The Essential Early Years Cookbook is packed full of recipes and practical advice for preparing healthy meals and snacks specifically tailored to the nutritional needs of under-fives. The hard-cover, 250 page book will be of interest to nurseries and pre-schools as well as anyone who prepares food for children in their care, including childminders. Each recipe comes with its own tip on why children will enjoy it, together with a nutrient analysis table listing the amount of energy, fat, protein and carbohydrate in each serving.
Pre-School Learning Alliance £25.95 Order online at www.pre-sch.org.uk/shop

Physical Activity

Action Kids - a range of publications to encourage movement, song and rhyme for the early years.	www.valsabinpublications.com 01604 580974
Children's Traffic Club - produces materials to help with the understanding of road safety for the early years.	www.trafficclub.co.uk
British Heart Foundation - Arties Olympics - a fun activity based fundraising scheme for young children	www.bhf.org.uk
Association for Physical Education- Promotes the development of high quality physical education and has produced resources for the early years.	www.afpe.org.uk
Learning Through Landscapes- A charity offering support to schools and early years settings on use of outdoor spaces.	www.ltl.org.uk
Youth Sports Trust Two programmes to promote physical activity, closely linked to the relevant curriculum frameworks. Top Tots (for the 18-36 month age group) Top Start (for 3-5 year-olds)	www.youthsporttrust.org
Active travel	www.travelactively.org.uk
Walk 4 life	www.walk4life.info
Living streets	www.livingstreets.org.uk
Play england	www.playengland.org.uk
Sustrans	www.sustrans.org.uk
Yogabugs - Combine yoga and physical activity with self esteem activities	www.yogabugs.com

- MEND programme - Healthy weight & activity programme in Northamptonshire
Kerrie Pearson - Co-ordinator
Northamptonshire PCT, Highfield, Cliftonville Road, Northampton
01604 745084 / 07917758417 E-mail: Kerrie.pearson@northants.nhs.uk

- Play Rangers - Can help your setting with a range of physical activity opportunities

Daentry 01327 302596 E-mail: playrangers@daentrydc.gov.uk

Kettering 01536 521291

Northampton - Jemma Locke 01604 837647

E-mail: playrangers@northampton.ymca.org.uk

Emotional Health and Wellbeing

SEAD guidance	www.education.gov.uk
Sure Start - Information, resources and examples of good practice on nutrition, social and emotional development and physical activity.	www.surestart.gov.uk
Safeguarding - local board	www.lscbnorthamptonshire.org.uk
Bereavement information	www.childhoodbereavement.org.uk
Bereavement	www.winstonwish.org.uk
Cruse bereavement	www.crusebereavementcare.org.uk
Anti-bullying information & resources	www.bullying.co.uk
Anti-bullying information & resources	www.kidscape.org.uk
Childline	www.childline.org.uk
Mental health foundation	www.mentalhealth.org.uk
Young minds-information & advice for anyone concerned about a child's mental health.	www.youngminds.org.uk
Association for Infant Mental health	www.aimh.org.uk
Domestic violence	www.womensaid.org.uk
Relate	www.relate.org.uk
Separation and divorce	www.itsnotyourfault.org
Parenting support-local support for families.	www.cry-sis.org.uk
Fathers support	www.fatherhoodinstitute.org
Gingerbread - information for lone parent families	www.gingerbread.org.uk
Grandparents plus	www.grandparentsplus.org.uk
Meet a mum association - to help isolated mothers	www.mama.org.uk
Relaxkids- A range of CD's and training to help with relaxation	www.relaxkids.com
Protective behaviours - A programme to promote personal safety to families and groups. Training available.	www.protectivebehaviours.co.uk

- Child and Adolescent Bereavement Services
Northamptonshire General Hospital
Cliftonville, Northampton, NN1 5BD
Tel: 01604 545131 (Beatrice Standen)
- Solihull Approach - A framework that can help meet the outcomes in Every Child Matters. It is a practical model that brings together well known psychological models about how people function supported by an extensive resource pack of materials that can be used with families, colleagues, children individually or in groups.
Training available through NCC Multi-Agency Training Guide.
cyptraining@northamptonshire.gov.uk Tel: 01604 237336
- Well Being and Involvement Training and Northamptonshire Baby Room Project
Led by Early Years Advisory Team Tel: 01604 655111
For details of current courses visit www.northamptonshire.gov.uk