

# Services for Young Children

## Parents/ Carers Update – July 2022

Included this month: Holiday Activities and Food Programme, Lyme disease, how to cope in hot weather, 30 hours and Tax-Free Childcare deadlines, Cost of Living Support Guide 2022

### Connect4communities – Holiday Activities and Food Programme



Summer holiday schemes with free activities and meals for thousands of children from families on low incomes across Hampshire are being supported from the [Connect4communities](#) programme.

Parents and carers can find out what is on offer locally through the Family Information and Services Hub directory: <https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

### Summertime... watch out, ticks are about!

Always check your body for any signs of ticks at the end of a day in the countryside, and if you do find any ticks feeding, remove the tick promptly with tweezers, clean the bite site with an antiseptic wipe and watch for any symptoms of Lyme disease, remembering to consult your GP if you feel unwell. The infection can be serious if not treated.



The [three-minute video](#) will give you details on how to remove the tick and things to look out for. NHS [Lyme disease](#) information.

### How to cope in hot weather



It is nice to have warm weather, but heatwaves can pose risks such as

- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)

The NHS have published details on their [website](#) of those people who are most at risk, and tips for coping in the hot weather.

### Important! Accessing 30 hours childcare or Tax-Free Childcare, or wanting to apply to start in September?

If your child is receiving 30 hours childcare or Tax-Free Childcare make sure you re-confirm your information; or apply for the funding **before the 31 August 2021** to ensure that your child receives their entitlement with no gaps or delays from September 2021.

To re-confirm\* or apply, visit: <https://www.childcarechoices.gov.uk/>

\*Parents who already access the funding must check their childcare account to re-confirm.



SOCIAL WELFARE  
TRAINING

Social Welfare Training have produced a quick outline guide of the main points for the various schemes of government support in response to the cost-of-living crisis: [Cost of Living Support Guide 2022 | Social Welfare Training](#)