

Services for Young Children

Parents/ Carers Update July 2024

Included this month: Holiday Activities and Food Programme, funded childcare hours for working parents, Early Years Skills Bootcamps, how to cope in hot weather

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/advice.page?id=XRITDNF8hhM>

Funded childcare hours for children of working parents - apply in plenty of time

If you are an eligible working parent, you can apply for:

- **15 hours childcare** per week over 38 weeks of the year, if you have a **child between 9 months old and 3 years old**. Your child must be at least 9 months old on or before 31 August.
- **30 hours childcare** per week over 38 weeks of the year, if you have a **child aged 3 or 4 years old**.



Apply now to get your funded childcare code to start in September 2024.

If you plan to return to work from parental leave or start a new job by the **end of September**, you can also apply now for a childcare code. You will then receive a letter in the post within 1 to 2 weeks.

For further information visit: <https://www.gov.uk/apply-free-childcare-if-youre-working>

Skills Bootcamps are marching their way to you!



Join a Skills Bootcamp for Hampshire residents. Among the 'camps' there is an Early Years one, for people looking to start or change their career. Participants will be able to access a funded course to provide training and skills to prepare them for a role in either an early years or childcare setting, or to become a childminder. The next bootcamp is happening in **Eastleigh, starting on the 9 September**.

For more information or to book onto the Skills Bootcamps, please contact Itchen College on 02380 435636 or email courses@itchen.ac.uk. <https://www.itchen.ac.uk/adult-learning/our-courses/adult-learning-courses/skills-bootcamps-in-early-years/>

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.