



The Stable School
Safeguarding Newsletter
Autumn 2025



Should you have any questions or concerns please do not hesitate to contact me directly on: Linda@thestableschool.co.uk

Linda Differ – Designated safeguarding lead (DSL) and Head of vulnerable learners.

Cost of living support and food banks.



A comprehensive list of local support services in Dorset and Hampshire to help residents manage the cost-of-living crisis.



Food & Essentials Support

- **Christchurch Food Bank+**
Offers emergency food parcels, furniture bank, cookery workshops, and debt advice.
📍 67A Purewell, Christchurch BH23 1EH
☎ 07587 371088
[Visit Website \[faith-works.org.uk\]](http://faith-works.org.uk)
- **Access to Food Partnership (BCP Council)**
Map of food banks, community fridges, pantries, and social supermarkets.
[Access the Food Map \[bcpcouncil.gov.uk\]](http://bcpcouncil.gov.uk)
- **Feeding Dorset Partnership**
Supports affordable and emergency food projects county-wide.
[Learn More \[helpandkin...ness.co.uk\]](http://helpandkin...ness.co.uk)
- **Help and Kindness Food Bank Directory**
Find food banks, community fridges, and social supermarkets across Dorset.
[Explore Directory \[helpandkin...ness.co.uk\]](http://helpandkin...ness.co.uk)
- **Community Pantries (Connect4Communities)**
Low-cost food membership schemes across Hampshire.
[Find a Pantry \[hants.gov.uk\]](http://hants.gov.uk)



Financial Help & Grants

- **Household Support Fund (BCP Council)**
Grants for food, energy bills, and school holiday food vouchers.
[Apply via Citizens Advice BCP \[bcpcouncil.gov.uk\]](http://bcpcouncil.gov.uk)
- **Emergency Local Assistance Fund (Dorset Council)**
Vouchers for white goods, furniture, and emergency utilities.
☎ 0330 1234 225
[More Info \[dorsetcouncil.gov.uk\]](http://dorsetcouncil.gov.uk)

- **Citizens Advice Dorset**
Free, confidential advice on debt, benefits, housing, and energy.
 0800 144 8848
[Visit Website \[citizensad...set.org.uk\]](https://citizensadvice.org.uk/dorset)
- **Household Support Fund (Hampshire County Council)**
Grants for food, fuel, and essentials.
[Apply Here \[hants.gov.uk\]](https://hants.gov.uk)
- **Citizens Advice Hampshire**
Help with debt, benefits, housing, and energy bills.
 Offices in Portsmouth, Southampton, Isle of Wight, and more
[Find Local Office \[citahants.org\]](https://citahants.org)
- **Connect to Support Hampshire**
Directory of financial help, grants, and budgeting advice.
[Explore Resources \[connecttos...ire.org.uk\]](https://connecttosupporthants.org.uk)



Support for Families.

Holiday Activities and Food Programme

Free meals and activities for children during school holidays.

[More Info \[dorsetcouncil.gov.uk\]](https://dorsetcouncil.gov.uk)

- **Home Start Hampshire**
Support for families in challenging circumstances.
 0330 124 2095
[Visit Website \[fareham.gov.uk\]](https://fareham.gov.uk)
- **Connect4Communities Programme**
Funded by DfE, offers food schemes, school holiday vouchers, and community support.
[Learn More \[hants.gov.uk\]](https://hants.gov.uk)



Housing & Homelessness

- **East Hampshire District Council**
Help with rent, council tax, housing advice, and emergency support.
[Visit Website \[easthants.gov.uk\]](https://easthants.gov.uk)
- **Connect4Communities Housing Support**
Exceptional housing cost support via district councils.
[More Info \[loveandover.com\]](https://loveandover.com)
- **First Point Dorset (You Trust)**
Support for housing, homelessness prevention, mental health, and financial hardship.
 0330 123 2550
[Visit Website \[theyoutrust.org.uk\]](https://theyoutrust.org.uk)
- **Dorset Council Housing Support**
Help with rent, deposits, insulation grants, and emergency housing.
[Housing Help \[dorsetcouncil.gov.uk\]](https://dorsetcouncil.gov.uk)
- **Dorset Council Housing Advice Line**
 01305 221000
 housinghelp@dorsetcouncil.gov.uk
[Housing Support Info \[dorsetcouncil.gov.uk\]](https://dorsetcouncil.gov.uk)
- **Christchurch Magdalen Trust**
Offers cash grants to local charities including Christchurch Food Bank+.



Mental Health & Wellbeing

- **Access Wellbeing Dorset**
Free support for adults aged 18+ via hubs in Boscombe, Poole, Weymouth, and more.
[Find a Hub \[dorsetacce...eing.co.uk\]](#)
- **Dorset Mind**
Mental health support, workshops, and signposting to cost of living help.
[Visit Dorset Mind \[dorsetmind.uk\]](#)
- **Dorset Community Action – Wellbeing Hub**
Nature-based and creative wellbeing programmes, peer support, and community connection.
📍 Wimborne Hub
[Learn More \[dorsetcomm...ion.org.uk\]](#)
- **Mental Wellbeing Hampshire**
Support for adults, children, carers, veterans, and those in crisis.
[Visit Website \[hants.gov.uk\]](#)
- **Connect to Support Hampshire – Wellbeing Directory**
Includes sleep, bereavement, nature therapy, and workplace wellbeing.
Explore Directory [\[connecttos...ire.org.uk\]](#)



Energy & Heating

- **Hitting the Cold Spots (Environment Centre)**
Home visits, heater loans, energy advice, and Warm Home Discount checks.
☎ 0800 804 8601
[More Info \[fareham.gov.uk\]](#)
- **Warmer Homes Grants**
Help with insulation and heating upgrades.
[Apply via Local Council \[basingstoke.gov.uk\]](#)
- **Pension Credit & Winter Fuel Payments**
Extra financial support for older residents.
Check Eligibility [\[gov.uk\]](#)

Autumn Term support services contact details

Social care	Telephone	Email
Dorset social care	01305 228866	childrensAdviceandDutyService@dorsetcouncil.gov.uk
Hampshire social care	0300 555 1384	childrens.services@hants.gov.uk
BCP social care		childrensfirstresponse@bcpcouncil.gov.uk
BCP social care – Out of hours	01202 738256	childrensfirstresponse@bcpcouncil.gov.uk
Dorset social care – out of hours	01305 228866	childrensAdviceandDutyService@dorsetcouncil.gov.uk
Hampshire social care – Out of hours	0300 555 1384	childrens.services@hants.gov.uk

CAMHS	Telephone	Email
BCP CAMHS Bournemouth	01202 646300	
BCP CAMHS Poole	01202584600	
Hants CAMHS Hampshire	0300 304 0050	hantscamhsspa@spft.nhs.uk
DORSET CAMHS East Dorset	01202 605882	
DORSET CAMHS North Dorset	01258 394149	
Dorset Connections- Out of hours	0800 6520190	

Places where children can eat free – Autumn half term 2025


**PLACES WHERE KIDS EAT FREE (OR FOR £1)
OCTOBER HALF TERM 2025**
moneysavingcentral.co.uk/kids-eat-free


ANGUS STEAKHOUSE
Kids under 8 eat FREE daily, 12pm to 5pm

ASDA
Kids eat for £1 daily, with no adult spend

ASK ITALIAN
Kids under 10 eat for £1 during school holidays

BELLA ITALIA
Children eat for £1 with any adult main

BILLS
Kids Eat Free weekdays, 27th - 31st October 2025

BREWDOG
1 Kid eats free with 1 adult, Scotland 13th - 17th Oct
England & Wales 27th - 31st Oct

BURGER KING
From 13th Oct - 2nd Nov, Kids Eat Free (via app)

CHIQUITO
Kids eat FREE Daily 27th - 31st October

COCONUT TREE
Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025

DOBBIES GARDEN CENTRES
Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS
2 Kids eat free From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales).

FLAMING GRILL
1 Kids eats free, Mon 13th - 20th Oct (Scotland) &
Mon 20th - Fri 31 Oct (England & Wales)

FUTURE INNS
Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS
Kids under 10 eat FREE all day, every day

HARVESTER
Kids eat for £1 until October 31st 2025 via App

HUNGRY HORSE
2 Kids eat for £1 From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales).

IKEA
Kids get a meal from 95p daily from 11am

LAS IGUANAS
Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE
Kids under 12 Eat FREE daily with an adult spend

MARSTON PUBS
kids eat for £1 during the october half term

MORRISONS
Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM
Kids eat FREE with every £4 spend all day

PREMIER INN
2 kids eat for free with 1 adult breakfast

PRETO
Kids up to age 10 eat free with 1 paying adult

PUREZZA
Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS
Kids eat for £1 on Wednesdays

SIZZLING PUBS
Kids eat for £1. Every Monday to Friday, 3 - 7pm

TABLE TABLE
2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS
Kids Eat Free with any adult meal (Via App)

THE REAL GREEK
Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE
2 kids eat for free with 1 adult breakfast

WHITBREAD INNS
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI
Kids eat free all day (weekdays) in school holidays

Copyright of MONEY SAVING CENTRAL



Holiday Clubs in Dorset and Hampshire



Holiday Clubs in Dorset and Hampshire

Rockley Adventure Camps

- 📍 Poole Park, Wareham, Buddens Activity Centre
 - 🕒 10am–4pm (early drop-off/late pick-up available)
 - 🌊 Activities: Kayaking, paddleboarding, sailing, high ropes
 - 🧑 Ages: 6–16
- [Details & Booking \[totalguide...dorset.com\]](#)

Club Hub UK Directory

- 📍 Nationwide search including Dorset & Hampshire
 - 🧑 Filter by age, location, and activity type
 - 🎮 Activities: Sports, STEM, arts, drama, coding
- [Search Clubs Near You \[clubhubuk.co.uk\]](#)

Poole Forest School Holiday Club

- 📍 Poole Forest School
 - 🕒 9am–1pm
 - 🌲 Activities: Fire lighting, tool use, crafts, mud play
 - 🧑 Ages: 5–11
- [Book Here \[poolefores...school.com\]](#)

Project my time – diverse abilities

- 📍 The Tree House, Hurn, Dorset
 - 🕒 various times depending on activity
 - 🍀 Activities: Bowling, swimming, crabbing Sensory play, cinema room, soft play, mini golf
 - 👶 Children and young people aged 8–18
- [Book Here](#) Visit Project My Time Website <https://diverseabilities.org.uk/project>
- 🌐 More Info on Dorset Youth [dorsetyouth.com]



Half Term Events & Enrichment Activities

Hampshire Highlights

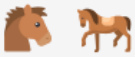
- 🎩 Wizard Week at Watercress Line – Steam train magic and slime lab
 - 🏰 Winchester Science Centre – Live shows, UV pumpkin party
 - 🏰 Milestones Museum, Basingstoke – Horrible Histories: Vile Victorians
 - 🚂 Exbury Gardens Ghost Train – Spooky steam ride and crafts
- [More Ideas \[hants.mudd...ftos.co.uk\]](#)

Dorset Highlights

- Farmer Palmers Farm Park – Pumpkin picking, spooky maze
- Brownsea Island Mystical Quest – Nature and storytelling trail
- Monkey World – Crafts, competitions, and trails
- Lulworth Castle Zombie Barn – Autumn games and spooky fun

Social Media - The Hidden meanings behind emojis

The meanings behind emojis learners use are often harmless, but in some cases, they act as a disguise for darker interactions. In fact, certain emojis may indicate risks, including extremism and bullying.

Emoji(s)	Potential Meaning
	The red pill emoji is linked to incel, or “involuntarily celibate”, culture, where misogynistic and extremist views are prevalent. The meaning originates from The Matrix films, but has been adopted by the manosphere to represent those who see the “real truth” in the world.
	The blue pill emoji is used in incel culture to represent the opposite of the red pill - those who are blind to the real truth and adhere to more mainstream views about gender dynamics.
	The 100 emoji is used in relation to incel culture. It represents the idea promoted by those in the manosphere that 80% of women are attracted to 20% of men.
	The dynamite emoji is used in incel culture to represent the exploding red pill, in other words, breaking out of societal norms and myths.
	The kidney beans emoji is tied to incel culture. It is thought to represent coffee beans, which link back to a series of memes mocking women.
	The plug emoji can be used to mean drug dealer, also known as a person’s “plug”.
	The snowflake, nose and petrol pump emojis are all used to represent the drug cocaine.
	The horse emojis can be used to represent the drug ketamine.



Skull, alien and devil emojis may represent the drug ecstasy.



The **balloon** emoji may be used to represent the drug nitrous oxide.



Camera emojis can represent a request for nude/explicit images or videos.



Peach, aubergine and cherry emojis can all be used to represent body parts in a sexual context.



The **sweat** emoji may also be used in a sexual context.



The **face with no mouth** emoji can convey the message "Do not tell anybody". It may be used in a bullying context or when sharing inappropriate, illegal or sensitive information.



The **frog** emoji can mean "You're ugly". It is used in bullying or harassment contexts.



Heart emojis can mean different things depending on the colour used.

The **red heart** usually means love.

The **purple heart** can be used to convey attraction or sexual desire.

The **yellow heart** may mean "I'm interested, are you interested?"

The **pink heart** can mean "I'm interested but not in sex."

An **orange heart** is more likely to be platonic, and means "You're going to be fine."

It's important to remember that **context matters** - the use of these emojis does not automatically indicate a potential risk. The circumstances in which a symbol is used should reveal whether it's a cause for concern.

Any questions or concerns please email – Linda@thestableschool.co.uk

The Stable School Autumn Term 2 – Monday 3rd November 2025

Any concerns over the summer holidays – Please email –
Safeguarding@thestableschool.co.uk

The email will be checked at regular intervals over the holiday period.

