



Disadvantaged Toolkit Weblinks



The following weblinks have been gathered as a resource to consider sources of support for children and families who may be disadvantaged. The broad areas of support have been selected following consultation with the sector. Each signposts to website to support practitioners in the setting also ways to support families outside of the setting.

Language skills

For Settings:

[Home | Nuffield Early Language Intervention \(NELI\) \(teachneli.org\)](#)

NELI is a programme for children in Reception (4-5 years) which has been found to improve children's language and early literacy skills.

[Talk Boost speech and language interventions \(ican.org.uk\)](#)

Talk Boost are targeted interventions for children with delayed language helping to boost their language skills to narrow the gap between them and their peers

[Professionals Information and Resources | Cumbria's Family Information Directory](#)

The Screening Tools provide a short, structured assessment of a child's developing speech, language and communication skills. It will support you to identify a child with, or at risk of potential, Speech, Language and Communication Needs (SLCN). This will allow for specific planning of next steps to support the child/children within the identified areas.

For parents:

[I CAN's Talking Point](#)

Information to help you understand and support children and young people's speech, language and communication. Talking Point is there to help parents who are concerned about their child's development.

[Learning to talk | 2 to 3 years | Start for life \(www.nhs.uk\)](#)

Top tips to help with speech development at different ages.

[Support for Childminders, Early Years and Childcare Provision | Cumbria County Council](#)

Scroll to: Chat, Play Share home learning: Rhymes and linked activities to share with parents to develop speech and language skills.

[Share a book every day | Cumbria's Family Information Directory](#)

Share a book everyday promotes time for closeness, laughing and talking together and it can also help your child to become a lifelong reader and have a love of books.

[National Literacy Trust](#)

Resources and tools for early language development and parental engagement.

[BookTrust: Getting children reading | BookTrust](#)

BookTrust is the UK's largest children's reading charity, dedicated to getting children reading.

Low cost/ no cost activity ideas for home learning:

[What can I do today at home? \(cumbria.gov.uk\)](#)

Ideas and activities to support parents and carers with practical ideas and activities to do at home to encourage children's learning that are no cost or very low cost.

[Activities | Words for Life](#)

Hungry Little Minds activities for parents and carers



Health and Food

For settings:

Healthy Families Cumbria Pledge | Cumbria County Council

The Healthy Families Cumbria Pledge aims to improve children's health and development through a joined up approach between families and early years providers. Providers can work towards being awarded the Healthy Families Cumbria pledge.

Eat better, start better guidelines (cumbria.gov.uk)

A practical guide to the Voluntary Food and Drink Guidelines for Early Years Settings.

Smile4Life Flyer (cumbria.gov.uk)

The Smile 4 life programme is an awards programme aiming to improve oral health.

For Parents:

Help for Households - Get government cost of living support

Government website to find information on household costs, energy bills, childcare, income support, transport and help to find work.

Healthy Start Booklet (cumbria.gov.uk)

Information on where to access to free healthy start vitamins in Cumbria.

How to apply – Get help to buy food and milk (Healthy Start)

Information on applying for Healthy Start – milk and food vouchers.

Cost of Living Support | Cumbria County Council

Provides information on the cost of living support for Cumbrian residents.

Support with Cost of Living - Turn2us

Support to find out what help may be available through benefits, grants and other sources of support.

Welfare - help with food | Cumbria County Council

Information for people who may be struggling to feed themselves or their family.

Food support for individuals - FareShare

Signposting to support for people who are struggling to feed themselves or their families.

Grants | Cash for Kids | Helping the children that need it most

Information and applications for emergency grants during cost of living crisis

Welfare Grants - Family Action (family-action.org.uk)

Family action grants programme information - needs agency referral

Mental Health

Health and Wellbeing Team - Hawcs and Officers | Cumbria County Council

Information on the Health and Wellbeing Coach (HAWC) team within Public Health in Cumbria County Council who aim to support improvements in individuals health and well-being through coaching.

Cost of Living Support - mental health support | Cumbria County Council

Signposting to organisations who offer mental health support.

Physical Development and play

ParkPlay Cumbria - Active Cumbria

ParkPlay is a new Sport England-backed charity which offers free, fun games and activities in local parks and green spaces every Saturday morning in Cumbria.

home | parkrun UK

Parkrun is a free weekly community event which included weekly Junior Parkruns.

School Holiday activities

Cumbria's Holiday Activity and Food Programme | Cumbria County Council

A place to find a wide range of exciting activities running during the school holidays.