**Press Release**

**South-Tees Families Find Joy and Support Through Summer Event**

Over 30 Families from the Family Action South Tees Perinatal Support Service and South Tees Maternity Services were treated to a special summer event at Saltburn-by-Sea beach huts, thanks to the Family Action Summer Fund.

Family Action’s Summer Fund provides families across the UK with access to activities, local events and days out that might otherwise be out of reach. These experiences are designed to help families build confidence, improve mental health, and connect with local communities.

At the summer day out in Saltburn families enjoyed playing on the beach, decorating pebbles, paddling in the sea, wellbeing sessions led by Kate Schott from Enlightened Living, and of course fish and chips for all.

“Families feel pressure to live up to unrealistic expectations of summer—packed with big trips and expensive activities. But for many of the families we work with, for lots of reasons, even accessing the simple joys of summer feels out of reach.” said Jen Booth, Family Action Service Manager.

“Every family’s summer looks different, and for many, the idea of a “perfect” summer is far from reality. Recognising the unique challenges families face—from financial hardship and health conditions to anxiety and caring responsibilities— Family Action’s Summer Fund looks to bring joy, connection, and support to those who need it most.”

One Mum who took part shared her experience: “‘It was really great. Me and River had such an amazing time and it was River's first time at the beach as well, so that was a really nice experience to have for me and him.”

Another said: “‘It was such an amazing day yesterday all the ladies were amazing and treated us mams like queen's for the day! It was fabulous for us to meet other mams and for our babies to interact with other babies.”

Family Action is committed to ensuring that no family feels left behind this summer. Through the Summer Fund, they are helping to create a more inclusive and compassionate community: one day out at a time.

The Family Action South Tees Perinatal Serviceprovides support to parents where one, or both, parents or caregivers require some support with their mental health or well-being. It also supports parents with bonding and attachment with their baby, from birth up until the baby’s 2nd birthday.

To find out more about Family Action visit [http://family-action.org.uk/holiday-hunger](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Ffamily-action.org.uk%2Fholiday-hunger&data=05%7C02%7Ccathy.midgley%40family-action.org.uk%7C71ca18fe9ee54751a31608ddbefc088d%7C7c3c6b24370f462392f2ecf5e01521ac%7C0%7C0%7C638876711884737301%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=tgSLp%2B91hX0rc1MNDGtBJFGe4XJMedT9Ahg4bcGw3Jw%3D&reserved=0)

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**About Family Action**

Family Action have supported families through life’s toughest challenges for over 150 years. Founded in 1869, when ideas about family were very different, the charity helped shape the roots of modern social work and has continually evolved to meet the changing needs of families in the UK today.

Today, Family Action are the country’s leading family and relationship support charity — offering practical, emotional and financial help to families of all kinds, at every age and stage of life.

The charity run 150+ specialist services across England and Wales, supporting some of the most vulnerable children, young people and adults in society. From parenting and post-adoption support, SEND services and therapeutic help for families affected by trauma, to community FOOD Clubs, crisis grants and the National School Breakfast Programme — Family Action provide real support for real life.

They offer nationwide access to FamilyLine, a free, confidential helpline, and deliver Relate counselling to individuals, couples and families. Family Action believe that family — in all its forms — can shape the future. They want to make sure that no-one gets left behind.

For further information, please visit our website at [www.family-action.org.uk](https://www.family-action.org.uk/)

Registered charity number: 264 713

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