Chadsgrove
Family Support Newsletter
5th June 2020

Issue #5

Hello and welcome to the 5th issue of Chadsgrove's Family Support Newsletter! We hope that you enjoyed the sunny half term break, and find the links below useful.

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)					

"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Support Fund...
WORCESTERSHIRE ASSOCIATION OF CARERS

Support for carers aged 16+, helping to address the emergencies and difficult situations the crisis has created.
carersworcs.org.uk/news/carers-emergency-fund#

SCOPE = Equality for disabled people

Find out what we are doing to support you, and keep you safe during the coronavirus outbreak.

www.scope.org.uk/coronavirus-information/

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schudioTv **FREE ONLINE COURSE** – Preparing Autistic and SEND children for going back to school --- www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school

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NHS Worcestershire Health and Care NHS
NHS Trust

We are aware that the closure of schools may be having a significant impact on you and your child. Please take a look at the following for help and support:
www.startingwellworcs.nhs.uk/support-during-covid19 - one off advice about your child's behaviour.
www.worcestershire.gov.uk/here2help - one off advice about your child's behaviour, anxiety and wellbeing.
www.hacw.nhs.uk/sltcovid19 - social stories, visual timetables and resources to help with anxiety.
www.hacw.nhs.uk/childrens-speech-and-language-resources/ - resources.
WHCNHS.sltcovid19@nhs.net – email a member of the team to arrange a time to receive specific advice about your child's behaviour, anxiety and emotional wellbeing.

Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women)
0808 8010 327 (men)

If you are in immediate danger, call **999**. If you can't talk dial **55** and help will come.

gov.uk/guidance/domestic-abuse-how-to-get-help

Thrift Corner! We have searched the web to find some great deals that could save you ££s!

FREE play ideas and resources!
www.maketime2play.co.uk

NEW JK Rowling text and resources!
www.jkrowling.com/j-k-rowling-introduces-the-ickabog

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