

Chadsgrove

Family Support Newsletter

15th May 2020



Issue #3

Need anything translating?
Let your weekly contact know.

Hello and welcome to the third issue of Chadsgrove's Family Support Newsletter!
We hope that you find the help and advice in this newsletter useful.



www.hacw.nhs.uk/sltcovid19

to access Worcestershire Health and Care NHS Trust.



Sensory Spectacle have a range of helpful mini online courses, and sensory activity ideas...

<https://us12.campaign-archive.com/?u=a08a392428ca485164cd8a214&id=e305bd3d76>

Which?

Interesting read...

Shopping habits are beginning to return to normal, according to Ocado, with customers purchasing fewer items per order and returning to fresh food versus long-life products
Read more:
www.which.co.uk/news/2020/05/supermarkets-coronavirus-latest/ - Which?

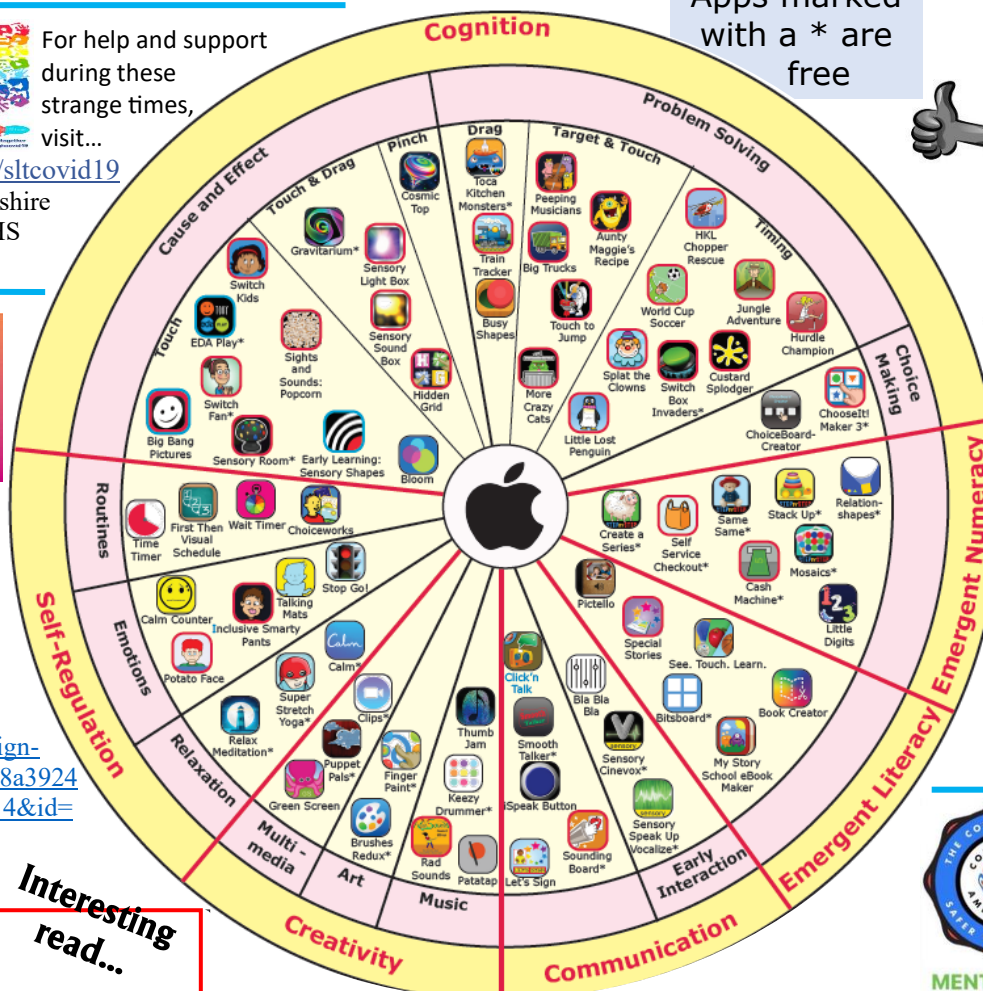
Don't suffer in silence

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

Apps marked with a * are free



YOUNGMINDS

Tips, advice and where to get support for your child's mental health during the COVID-19 pandemic.

<https://youngminds.org.uk/find-help-for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



MENTAL HEALTH AWARENESS
MAY 2020

MENTAL HEALTH SERVICES THAT CAN SUPPORT YOU

NHS - 111
CHILDLINE - 0800 1111
KOOH - <https://www.koooh.com/>
MIND - <https://www.mind.org.uk/>
YOUNG MINDS - <https://youngminds.org.uk/>

THERE IS ALWAYS SUPPORT OUT THERE FOR YOU!

Covid-19: Family Hubs

Have you got children 0 - 19yrs & need to talk to someone?

You can call us from 9am - 4pm, Monday to Friday:
Bromsgrove Families: 07943 832294
Redditch Families: 07506 554297

Families can contact us for any advice needed, including food banks, nursery funding, parenting advice, or general enquiries. Help us to reduce the spread of Coronavirus & call us for a chat instead of coming to our Family Hubs. Many thanks & stay safe.

Health Visiting:
Bromsgrove Team: 01527 488320
Redditch Team: 01527 488770
Telephone Advisory Service (TAS): 0300 123 9551
open Monday to Friday 8am - 4pm.

School Health Nursing:
Bromsgrove 01527 488321 Redditch: 01527 488780
or by texting Chat health (07507 331750) from Monday to Friday 9am - 4pm.

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



FREE Editions of Marvel and DC Comics online...

www.moneysavingexpert.com/deals/deals-hunter/2020/04/free-digital-marvel-comic-books/



FREE Superhero Cook Book from Belling!!



www.latestfreestuff.co.uk/free-baby-stuff/free-cooking-recipe-book/

£ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £