

Chadsgrove

Family Support Newsletter

9th June 2020



Issue #6

Need anything translating?
Let your weekly contact know.

Hello and welcome to the 6th issue of Chadsgrove's Family Support Newsletter! We hope that this newsletter finds you all safe and well. As always, any questions or concerns, please let your weekly contact know. Have a fabulous week!

Safety makes sense!



Parents' pack



www.capt.org.uk/Handlers/Download.ashx?IDMF=44e36e43-bd5e-4dd0-acae-c040f37fe2ef

Keeping children safe during lockdown and beyond

With the pressures on the NHS, many parents are worried about a trip to A&E with their child. The fact that our homes are accident hotspots for younger children is a scary prospect at the best of times. And sadly less traffic doesn't mean we can completely switch off about road safety. Here at the Child Accident Prevention Trust we are reaching out to families feeling the pressure in lockdown to highlight easy wins that can keep children safe.

First, we share our top tips - they are so simple and just take a few minutes but massively reduce the risks to your child.

Next, we share sheets with a bit more information on each sort of risk, for when you have the head space to do a bit more.

After that, you'll find some fun activities for when things have calmed down or you need a distraction.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. If your child has a serious accident don't delay seeking help.

WELLBEING in 15

10 x homeschool mini-courses and 30 x short videos

designed to support children's mental health. Access is free until 14th June - saving £99!

www.onegoal.co.uk/freeoffer

Here2Help mental health urgent help

www.worcestershire.gov.uk/info/20758/here2help_coronavirus_covid-19/2220/mental_health_urgent_help

Support offered includes;

Urgent Crisis Team
Health Minds Service
Mental Health and Wellbeing
Your Child's Mental Health and Wellbeing
Staying at Home Wellbeing



healthy body



healthy mind



happy life

TOP 10 Things Kids Deserve

1. A smile every day.
2. To have a say in their classroom design.
3. Someone who looks them in the eye.
4. A fresh start every day.
5. To know that they matter.
6. To have teachers who are learners.
7. A school that values their perspective.
8. Recess. Every day.
9. Patience.
10. An adult who believes in them.

#KidsDeserveIt

Worcestershire Children First
@WorcesChildren

Sign up for a free #family #learning sessions online. Offering fun 30-minute videos each day to complete in your own time and support from a mentor. Why not try:

- Book and Cook
- Family Fun
- Crafts
- Signalong



capublic.worcestershire.gov.uk/CourseBookingPublic/CoursesSearch/FAMILIES?ga=2.118818185.1608172585.1590756317-2002204098.1556267723



- explains social distancing



www.bbc.co.uk/news/uk-england-surrey-52923751



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!



LOOK OUT FOR OUR FATHER'S DAY SPECIAL EDITION!



£ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £