# Chadsgrove

### **Family Support Newsletter** 19th June 2020



### Issue #7

Need anything translating? Let your weekly contact know.

You will never speak

to anyone more than

you speak to yourself

in your head.

Be kind to yourself.

tinybuddha.com

lockdown www.bbc.co.uk/bitesize/articles/zrmhscw

www.takeitaway.org.uk/news/adaptive-musical-instrument-guide/

This guide includes details of more than 80 musical instruments and products, from prototypes and

bespoke to commercially available and common accessories. Many have been specially designed to

make learning and playing musical instruments of all kinds as accessible as possible for disabled players of

DAPTIVE MUSICAL

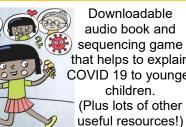
Hello and welcome to the 7th issue of Chadsgrove's Family Support Newsletter! We hope that this newsletter finds you all safe and well. As always, any questions or concerns, please let your weekly contact know. Have a fabulous week!



David attenborough Teaches Geography

The presenter of Blue Planet and Planet Earth fronts new Geography lessons on BBC Bitesize!

www.bbc.co.uk/newsround/53048939



Downloadable audio book and sequencing game that helps to explain COVID 19 to younger children. (Plus lots of other



www.tonies.com/staying-in-tune/



## Free Father's Day





ww.hobbycraft.co.uk/ideas/kids/free-fathers-day-certificate-download



classic children's book covers reimagined for life during lockdown!

www.thepoke.co.uk/2020/05/30/classic-childrens-booksreimagined-for-life-during-lockdown/









#BoredomBusters

all ages.

From keeping siblings entertained when their parents need to be with their sick brother or sister, to coming up with innovative ways to keep young minds occupied from a hospital bed or doctor's appointment!

ВВС

**Bitesize** 

Manage your

parent carer

during

wellbeing as a



www.rainbowtrust.org.uk/

WORCESTERSHIRE Learning Disabilities Carer Online Coffee Break Saturday 23<sup>rd</sup> June

Starts @ 1pm

6

Ends @ 2pm

www.carersworcs.org.uk/event/learning-disabilities-carer-online-coffee-break-jun

Change lives. For good. FREE activities to expand act:onaid

their world at home!



www.actionaid.org.uk/get-involved/school-resources/discovery-days

### 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/quidance/domestic-abusehow-to-get-help

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

### \*FREE\* Art Supplies!

www.latestfreestuff.co.uk/free-arts-and-crafts/free-benicci-acrylicpaint-set/ - FREE Acrylic Paint Set

www.latestfreestuff.co.uk/free-arts-and-crafts/free-a4-paper-bundle/

- FREE A4 Paper Bundle

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