

Chadsgrove

Family Support Newsletter

26th June 2020



Issue #8

Need anything translating?
Let your weekly contact know.

Hello and welcome to the 8th 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!

WORCESTERSHIRE ASSOCIATION OF CARERS **Get Involved!**

We have some great online events for carers happening this week...

www.carersworcs.org.uk/pages/events/category/events

Getting through COVID-19



autism
west midlands

A series of FREE webinars for parent carers and professionals.

www.autismwestmidlands.org.uk/events/

Supporting communication on a video call

Help THEM to understand you:

Talk more slowly than usual.



Stop and wait for a response.



Make sure they can see your mouth.



Speak one at a time. Don't interrupt.



Show them what you mean!



Have the light ON you NOT behind you.



What to try if you can't understand them:

Prompt them with the last thing you understood...

So you were watching a film and....

Encourage their non-verbal communication...

Can you show me?

Use 'wh' questions to support their narrative...

Who else was there?

Ask them if they can help you by trying again...

Sorry - I missed that! Can you tell me again?



Forestry England

www.forestryengland.uk/resource/for-est-bathing-home-activity-sheets

Download your Forest Bathing activities from home!

Local News for Carers

www.notion.so/Jigsaw-Local-News-for-Carers-9a61e287d3f5484fab383ec97b1ff0a

Birmingham Libraries Story Time

birmingham.spydus.co.uk/cgi-bin/spydus.exe/MSGTRNGEN/WPAC/VIRTUALstory



Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our NHS Volunteer Responders are here to help.

Join the thousands of others throughout England who are already receiving support - even if it's just for a friendly chat.

Call 0808 196 3646 or visit nhsvolunteerresponders.org.uk

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.



Face covering exemption card

If you cannot wear a face mask because of a disability or health problem please cut out one of the cards below to show.



photosymbols®

disabilitypartnershipcalderdale.org/2020/06/16/mask-exemption-cards-print-wear/

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 10 Point Car Safety Check (save £15!)

www.halfords.com/motoring/batteries/car-batteries/full-car-check-315006.html



10 ways to reuse old fabric to save money!

www.moneysavingexpert.com/team-blog/2020/06/using-fabric-scraps-to-save-money/

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