

Families in Focus Bulletin - Part 1

Information and Support for Families, Parents/Carers and Young People during Coronavirus

April 2020

Hello and welcome to the Citywide Bulletin from the Families in Focus team.

We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

This Bulletin has grown so big that we have now split it into 2 parts as follows:

Part 1 – Information and Support for Families, Parents/Carers and Young People during Coronavirus

Part 2 – Information and Support for Practitioners during Coronavirus

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

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Service updates and information

Next Link, Domestic abuse support service



NEXTLINK.
changing the face of
domestic abuse support services



COVID-19 - WE ARE STILL OPEN

Because of Coronavirus our office hours are changing to 10am to 4pm.

The out of hours service will be available outside of these hours.

**All our services are up and running
and our Live Chat is now open from 10am to 4pm.**

If you are concerned about your safety and need help and support, please
contact us and we can help



Next Link domestic abuse telephone help lines are **open 10am - 4pm Monday to Friday**

0117 925 0680

Help is also available **24 hours a day, 7 days a week** on the **National Domestic Violence Helpline - Freephone 0808 2000 247**

Domestic Abuse Support



HM Government

**AT HOME
SHOULDN'T
MEAN  AT RISK**

#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

North Bristol Children's Centres



North Bristol Children's Centres (NBCC) are still working hard to support all families with young children. Our services of course look very different, with no face to face contact but we are discovering new and creative ways of working.

The 4th May will see the launch of our new virtual timetable which will be accessible through our Facebook page and website (poster attached). The timetable will have days /times when advice and support is on offer and also the opportunity to hear and see Children Centre staff singing songs and presenting activities

If you would like to contact someone please ring one of the numbers below:

Long Cross Children's Centre 0117 9030740

Filton Avenue Children's Centre 0117 3772685

North Bristol Children's Centres is excited to announce the launch of our new website and Facebook page!

www.northbristolcc.org.uk

Please  and follow our Facebook page "northbristolcc"



nbee
north bristol children's centres



Bristol Autism Support

Bristol Autism Support

We are here for you

It's clear to us all that Covid-19 is here to stay, and will affect all of our lives long beyond the lockdown period. We are working hard to create a virtual support network to help you help your child, yourself and your family.

I made this short video to tell you more about what we are doing:



Please join our membership scheme



We've had a wonderful response to our new [membership scheme](#). Our members-only WhatsApp and Facebook groups are offering lovely support, and we are providing as much virtual support by phone and email as we possibly can. We run a weekly Zoom chat and are offering more support options each week! Please [join us](#) today.

Would you like some encouragement?



Last week we launched our [love letters for parents of autistic children](#) scheme. If you are a parent or carer of an autistic child (diagnosed or undiagnosed) living in a BS postcode, you may sign up to get letters of encouragement in the post. How good is that! It's free to join and your details will only be seen by BAS staff. [Click here to learn more](#)

We're hiring!

We need a part time (two hours a week) volunteer manager to ensure that our phone support volunteers have everything they need. Could this be you? [Click here to learn more about this interesting role](#)



Become a Friend of BAS to help us support more parents remotely during Coronavirus
[Click here to learn more about our monthly donation scheme](#)

Helpful resources

[Gympanzees](#) has created [Our Home](#), a hub for at-home activities for all abilities.

[Amazon Future Engineer](#) has created a free coding program for children aged 12-17 which runs until 3rd June.

[Access Sport](#) continues to add new [inclusive at-home activities](#) to its website each week.

[The BBC](#) has launched [BBC Bitesize](#) to give little bits of education every day.

[Playmobil](#) has made [this helpful video](#) to help explain Covid-19 to children.

The [NSPCC](#) has created [this guide](#) to help you support your SEND child during the lockdown.

If you are struggling to get home essentials, one of our members has discovered [Cherryz](#), a helpful site that is full of useful items at bargain prices.

I hope this email finds you well and happy.

All the best,

A handwritten signature in black ink, appearing to read 'Kate', with a large, stylized initial 'K'.

Kate Laine-Toner
Founder and Director

Carers UK - Guidance for carers:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

What is the latest advice for unpaid carers?

The government has just published (8 April) some specific [guidance for carers of friends or family](#) during the coronavirus outbreak. If you are caring for someone who is deemed to be extremely vulnerable, take extra precautionary measures by only providing essential care and ensure you follow the [NHS hygiene advice](#) for people at higher risk.

The government's [guidance](#) also provides practical information on matters such as finding alternative care quickly if you're unable to continue caring and on what to do if you or the person you care for has symptoms. [Read more](#).

In Northern Ireland, specific guidance for unpaid carers can be found on this [health-ni.gov.uk page](#).

Do I need to stay away from the person I care for?

The NHS has written to everyone considered to be at risk of severe illness if you catch the coronavirus. You may have received the letter yourself, either as someone in this 'high risk' group or as the named carer of someone else who is.

If a person you care for has received this letter, the instructions are very clear. They must stay at home at all times and avoid all face-to-face contact for at least 12 weeks, **except from you as their carer and healthcare workers continuing to provide essential medical care.**

However, if you start to display any of the [symptoms of coronavirus](#), you must suspend your face-to-face visits. We have some information further on in this page about how you can continue to support in other ways. If this means that the person you care for will be even more vulnerable, for example because they will no longer receive the essential supplies that you bring them, the government has set up a dedicated helpline for vulnerable people seeking additional care.

Even if you are not showing symptoms, the government says it is vital everyone stays at home (except for key workers), avoiding non-essential contact with

others and all unnecessary travel, to save lives. See the government's [full guidance for people at the highest risk](#) of severe illness from coronavirus.

How do I protect someone I care for?

In the first instance, it is advisable to protect yourself and others by following the hygiene and infection control guidelines illustrated on the [BBC's video](#) and included under [How to avoid catching or spreading coronavirus](#) on the NHS website.

If you live with those you care for

If you think you've been in close contact with someone with confirmed coronavirus, take extra precaution to self-isolate and check if you have symptoms using the [coronavirus helpline](#) symptom checker. For more details on protecting those at highest risk, this [NHS page](#) has some useful practical suggestions on how you can look after yourselves. If you haven't already, start putting in place contingency measures to support the person you care for. For tips and suggestions, [read our advice on creating a contingency plan](#). Our [Coronavirus - further support](#) page also provides some answers to current common concerns.

If you do not live with those you care for

We suggest you keep in regular contact over the phone, through email or through video calls.

Families may want to think about spending time together in a different way – for example, by setting up a group chat or playing online games together. If online communication isn't possible, never underestimate the value of a regular phone call to offer social contact and support.

If necessary, make plans for alternative face-to-face care for the person you care for, for example by calling on trusted neighbours, friends or family members. [Read our advice on creating a contingency plan](#).

Make a plan

If you are having to self-isolate or are required to work longer hours and cannot provide care in the same way as before, [read our advice on creating a contingency plan](#). Here, we explain how many different sources of support can be used to bolster your plan. For example, you can: ensure key information is made readily available for professionals; draw on networks of community and family support; and explore what technology can be used to support someone you look after when you can't be in the same place at the same time.

Also check how the person being cared for feels about any decisions you need to make. Their welfare is of course paramount and they should be part of any decision made.

It may be of some reassurance to know that councils/trusts have been advised to develop care and support plans to prioritise people who are at the highest risk. They have also been asked to contact all registered providers in their local area to make necessary plans.

You could check with the local authority – or health and social care trust in Northern Ireland – of those you care for to see whether they have an Emergency Plan in place. You can find their contact details here: <https://www.gov.uk/find-local-council> or use our [support where you live](#) directory. The local authority should also publish this plan on their website.

If you're concerned about someone you know being discharged from hospital earlier than expected, take a look at our [tailored guidance on 'coming out of hospital'](#). Whether you need to take on caring responsibilities for the first time or need to resume your role as their carer, this will provide some tips on what to expect to help you feel more prepared.

It is a good idea to let your GP or medical professional know that you are a carer. See our guidelines on how you could go about this on our [Let your GP know](#) page.

What's the advice if I have care workers and other home help?

The NHS guidance is now very clear. Visits from people who provide essential support such as healthcare, personal support with daily needs or social care should continue. Carers, like yourself, and paid care workers must stay away if you/they have any of the symptoms of coronavirus.

During this time, you can only provide support to vulnerable people if **all** of the following apply:

- you are well and have no symptoms like a cough or high temperature and nobody in your household does
- you are under 70
- you are not pregnant
- you do not have any long-term health conditions that make you vulnerable to coronavirus.

The government has provided specific guidance about [home care services](#).

Let friends and family know that they should only visit if providing essential care such as washing, administering medication, dressing and preparing meals.

All people coming into the home should wash their hands with soap and water for at least 20 seconds on arrival and often during their visit. Talk to the person you care for about the hygiene and infection control measures they should expect someone coming into their home to follow. They should not be afraid to insist that these are followed.

If you have a care worker employed by an agency ask them what protective measures they are taking and how they plan to respond if any of their staff are affected. If the care worker shows symptoms of coronavirus, inform the agency. They will need to carry out a risk assessment and take steps to protect staff, their families and all clients from the virus. The agency should work with you to ensure that the person you care for is also safe.

Guidance for working carers

If you're juggling caring with work, you will no doubt be wondering what measures to take if affected by the coronavirus. [Read the government's latest guidance](#) for employees.

What if I have to take time off?

If you have been advised to 'self-isolate' by NHS 111 or a medical professional, because you or someone in your household has COVID-19, you must tell your employer as soon as possible. This does not need to be in writing. Your workplace's usual sick leave and pay entitlements will apply. The government has promised that Statutory Sick Pay (SSP) will be given from day one of self-isolation – see further details [here](#). You should check your contract of employment to see if your employer offers contractual sick pay on top. You may also be asked to certify your absence.

By law, for the first seven days of sickness, you are not required to provide medical evidence to your employer. However after seven days, it is at the discretion of your employer to decide what evidence, if any, they need from you. Due to the unusual nature of the situation, the government has strongly advised that employers use their discretion. You can self-certify your absence to prove your sickness by creating an isolation note [here](#), which replaces the usual need to provide a 'fit/sick note' after seven days of sickness absence. Workers who are not eligible for SSP may be eligible to apply for support through the new-style ESA and/or Universal Credit.

What does it mean to be furloughed and can I apply?

The government has introduced a temporary scheme, referred to as the Coronavirus Job Retention Scheme, to support UK employers whose operations have been significantly impacted by COVID-19. The scheme is aimed at helping employers to retain staff during the pandemic even if forced to temporarily close

down. It is open to all UK employers, providing they had a PAYE payroll scheme in operation on 28 February 2020, and will last for at least three months starting from 1 March 2020.

The government's guidance on furloughing workers explicitly states that furloughing applies to people with caring responsibilities. Your employer can claim for 80% of your wages under this scheme (up to £2,500 a month). It is at the discretion of your employer whether they choose to top-up the extra 20% of your salary. If you agree to this with your employer, you will be kept on payroll. This is what is known as being furloughed. Whilst on furlough, you cannot do any work for your employer and you retain all the rights you did before, with exception to usual pay. You can train or do voluntary work as long as it is not in service for or generating revenue for your employer. Those who started employment after 28 February are not eligible.

If it is not possible to work from home, and your employer cannot give you paid or unpaid leave, then you could discuss with your employer whether you should be furloughed. For example, if you have taken on caring responsibilities as a result of COVID-19, you could ask your employer to apply for the Coronavirus Job Retention Scheme. However, your employer would still need to agree to this. For more details, see this [Gov.uk page](#) and answers to frequently asked questions can be found here on the [Working Families site](#). Also see our [latest statement](#) on this.

Can I work flexibly?

The government says that people should [stay at home](#) and work from home where they possibly can, with [key workers](#) being the only exception. As a carer, you have the statutory right to [request flexible working](#). Check with your employer how they can support you with this.

What if I need to take time off to help someone else?

As an employee, you also have a statutory right to take a 'reasonable' amount of time off from work to see to an emergency or unforeseen matter involving your partner, child, parent, grandchild, or someone who relies on you for care. There is no fixed amount of time you can take off. The time off is unpaid unless your employer is willing to give paid time off as a contractual right. Also check your work policy on care leave. Acas has further [useful information](#) on taking time off to look after someone else.

If you are at risk of redundancy, you can find some useful information about your employment rights at <https://workingfamilies.org.uk/articles/coronavirus-furlough/>. You may also find our [work and career pages](#) of interest.

We have more answers to frequently asked questions on [this page](#).

Supporting bereaved children through difficult times

Frightening events widely reported in the media, such as the coronavirus pandemic, can cause children to worry about themselves and others. It is normal for children to feel unsettled when something scary is happening or has happened, and many will be upset, sad or fearful at times. Children who have been bereaved are likely to show a stronger reaction and may worry that they or someone they know will die.

Here are some tips to help you support a bereaved child:

Talk

Children and young people often find it helpful if they can talk about what is happening, helping them to make sense of events and feel less afraid. Even young children are likely to hear reports in the media or overhear adults talking about deaths due to coronavirus, or the risk of death from becoming ill with the virus.

It's important to talk about their fears or anxieties honestly and openly in age-appropriate language. It may also help to restrict the amount of media coverage and social media they are exposed to, and balance this with other activities and positive things to focus on.

Children's understanding of death varies with their stage of development and it can be helpful to understand why children may respond differently. Our website has information which can help you understand and accommodate these differences and you may find it useful to watch our short guidance film [Children's understanding of death at different ages](#).

Create routines

Currently, keeping to usual, daily routines might be difficult. But routines can be reassuring to children when everything else seems to be disrupted. If you are at home with your child, try to keep to regular routines such as meal times, school work, breaks, play and bedtime.

Children feel more in control, and therefore less fearful, if given simple clear jobs to do, such as washing their hands properly, or simple jobs around the house.

Be honest

Give children honest, factual information in language appropriate to their age and level of understanding, and be guided by their questions. Children tend to pick up when questions are avoided and may then imagine all kinds of things, causing further anxiety. It's not necessary to go into detail but it will be helpful to explain things that affect them directly, such as why they are being asked to wash their hands regularly and how the virus is spread, why their school has closed, why they can't visit a grandparent or why a parent is working from home.

Acknowledge concerns

Bereaved children may be concerned about someone they know becoming ill or even dying. Explain that some people will have no symptoms and will be fine, most people will experience only a mild form of the virus and will get better, but some people are more vulnerable and so we need to make sure they are protected. Be honest though and don't shy away from explaining that some people may die, as children need to trust that you are being honest and open with them, so that they can ask you other questions with confidence.

Get support

If you are struggling with your own reactions, try to get support for yourself. Children and young people are quick to pick up on the distress of others around them, even if the adults are trying to hide their feelings.

For guidance on supporting a bereaved child, please contact Child Bereavement UK:

Helpline: 0800 02 888 40

Live Chat via childbereavementuk.org

Email support@childbereavementuk.org

9am-5pm, Monday-Friday (except Bank Holidays).



Catalyse *Change*
Empowering Young Women
for Sustainable Futures

New Green Career Masterclasses



As we enter another three weeks of lockdown, life in the UK has already changed beyond recognition. We do hope you are safe and well and managing to find ways to keep healthy and resilient during this difficult time.

At Catalyse Change we are busier than ever. As although the crisis has affected

To help you stay connected and supported during this time of isolation and uncertainty. We are delighted to offer a free online series of [Green Career Masterclasses](#). These start this Tuesday 21st April at 2pm - kicking off with [Feeding Britain](#), see below - and will then be held every fortnight until 2nd June.

our normal activities and funding streams, we are working to support the young women in our community, whose lives have now been turned upside down.

With schools and universities closed, exams and internships cancelled, it is a very stressful and uncertain time for young people.

Taryn, a catalyst from last year, and Hellie, our communications intern, have both written insightful and useful blogs (see below) about how they are dealing with life right now.

They are designed to provide you with both inspiration and practical support around your pathways into sustainability work and careers.

Also we are currently developing a 'virtual' contingency plan, in case we can't meet in person this summer, on our [2020 Catalyst Bootcamp & Mentoring programme](#).

We do hope you can join us. For any queries or comments please contact me Traci Lewis traci@catalysechange.com

[Click Here to Find Out about our 2020 Catalyst Bootcamp & Mentoring Programme](#)



Self-Love in the time of Coronavirus

Taryn Everdeen share's her experiences & coping strategies

"Well, there's no denying it: we are living in very strange times. Everything feels more than a little surreal... For the first few days, I didn't handle things well. I wasn't really sure how to react: this is something that nobody in living memory has experienced. So I plunged into sadness and worry, overwhelmed by it all. All the things that I had been doing – activism, songwriting, photography – all felt meaningless and unimportant in the face of this global crisis." Read all of Taryn's brilliant blog [HERE](#).



EMBRACING THE UNCERTAINTY

"I am a second year university student, and my summer internships have been cancelled. Also I am now having to put in place contingency plans for next year's Study Abroad year. This virus has affected everyone but for young people, whether at school, university, or looking for an internship or job, it is hard to know what comes next and how long we have to endure this."

Read all of Hellie's excellent blog [HERE](#) - where she shares 7 ways she is coping with COVID-19.

Feeding Britain: Join our 1st Masterclass!

In our 1st Green Career masterclass we will explore opportunities in food and farming. Helen Taylor, who was once CEO of the world's only vegan football club, will join us. "There are a wealth of exciting & often unknown opportunities in the food industry, with sustainability needing to be at the core. The skills are endless – it's a forgotten 'key' sector and one we could, and should, revive as a result of these current unprecedented times." **Book your FREE place [HERE](#).**

Would you like to join us this year?

Enter our competition to win a FREE place

We would love you to join our Catalyst Bootcamp & Mentoring programme this year. This month there is an opportunity to win a free ticket.

Just tell us in a 100 words - or with a 1 min video - or image;
'Why I want to be a Catalyst for Change.'

Send your entry to traci@catalysechange.com by 30th April. We look forward to hearing from you.

So how are you getting on during this difficult time?
What sort of support would you find most useful right now?

If you'd like to share your story or suggest a Green Career masterclass topic. Or just find out more about our programme. Then do get in touch.

We'd love to hear from you. Let's stay connected and support each other.

Traci Lewis & Jenna Holliday

co-founders & directors, Catalyse Change CIC

traci@catalysechange.com www.catalysechange.com

PS. Do join us on social media and if you would like to support our work please get in touch or [DONATE](#) here, thank you.

Money Advice and Support

WHAM support

WHAM | Warmer Homes, Advice & Money

Struggling to top up your prepayment gas/electric meter due to COVID-19? WHAM can help!

- Call your gas/electric supplier first, they may be able to offer short-term support
- If you are still struggling to top up or are worried about running out whilst self-isolating, contact Warmer Homes, Advice and Money

Call 0800 082 2234 or fill in our contact form at www.cse.org.uk/covid-support





Our offices are closed due to Covid-19, but we are still here, providing free and independent advice by telephone. If you have money worries, or are having problems with welfare benefits, please contact us and we will try to help:

Debt advice

- explain your options for dealing with debt.
- help manage enforcement action by creditors - eviction, bailiffs, court action etc.
- check that you are getting the right income or benefits.
- explain which debts are the most important.
- complete a financial statement with you.
- give advice about Debt Relief Order (DRO) applications.



Welfare benefits advice

- check that you are receiving the correct amount of benefits.
- advise on benefit overpayments.
- advise on tax credits, overpayments and renewal forms.
- help you appeal benefit decisions, including representation at tribunal.

**Tel: 07731 842 763 or 07595 047 278
or visit www.northbristoladvice.org.uk**

South Bristol Advice Service



SBAS Provides Free, Professional, Confidential Advice and Information to Residents of South Bristol Seeking Help with Welfare Benefits and Debt.

Due to the Corona Virus Covid-19 we are unable to see clients face to face.

We are still able to help by;

Phone for Debt 0117 9038358 or Mobile 07526067224

Phone for Welfare Benefits 0117 9851122 or 07957353427

You Can - Drop off Paper work or Documents to our Main office at The Withywood Centre Tuesday and Wednesday between 10 and 12am

You Can Post to SBAS The Withywood Centre Queens Road Bishopsworth Bristol BS13 8QA

Council tax reduction scheme

Council tax reduction scheme available to those with coronavirus-related financial difficulties



7 April, 2020

Bristol City Council has reaffirmed its support for those struggling to pay their council tax during the COVID-19 crisis.

Even before the coronavirus pandemic, the council already offered reductions to those who might be struggling due to financial difficulties.

Now the council is reassuring residents that it will extend this support to those finding it difficult to pay as a result of COVID-19 restrictions.

The council has also stated that it will not penalise people that miss payments during this time and no interest will accrue. However, the debt will still need to be paid off at a later date.

The council plans to contact those who have missed payments at a later date in order to offer support.

The council's tax reduction scheme is means-tested and funding from central government means that it can now provide additional support of up to £150 this year for working age households.

Anyone who believes they are eligible for a reduction in their Council Tax is advised to contact Bristol City Council Benefits Service: <https://www.bristol.gov.uk/benefits-financial-help/council-tax-reduction>

Food Support and Information

DO YOU NEED HELP?

**Are you affected by the Coronavirus
and in need of help in Redcliffe?**

Call St Mary Redcliffe on **0330 159 4919**

If you can offer your help to neighbours, please contact us.

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly.



Can you donate?



Cereal
Soup
Tinned beans/spaghetti
Tinned tomatoes
Pasta Sauce
Tinned vegetables
Tinned Meat

Pulses
Tinned fish
Tinned fruit
Biscuits
Pasta/Rice/Noodles
Tea/Coffee
Milk UHT/powder

Toiletries e.g. toothpaste, soap, sanitary products, nappies, toilet roll

**We also need
medium-sized cardboard boxes!**



Please deliver to:

Faithspace, Prewett St, Redcliffe, BS1 6PB - Wednesdays ONLY 10am - 1pm
OR Ebenezer Church, Filton Ave, Horfield, BS7 0BA - Mon-Fri 9am - 5pm

Redcliffe
Emergency Foodbank



ST MARY REDCLIFFE CHURCH





Share and create this list of Bristol food, including for those in need during coronavirus

By The Bristol Cable on 7th April, 2020

CORONAVIRUS IN BRISTOL: corona resource

Support local food businesses and find help if you are in need.

At the Cable we're creating a collection of community resources to centralise and distribute information during the coronavirus pandemic.

This one focuses on food, including how to support local businesses and how to find help if you or someone you know is in need.

This is not a complete list so please help and contribute other resources using the form below!

If you are in need of general support regarding coronavirus please call the council's free hotline between 8.30am and 5pm on 0800 694 0184.

Please note that this list is solely intended as a community resource. The Cable is in no way responsible for the practises or produce of the organisations listed here.

<https://thebristolcable.org/2020/04/list-of-bristol-food-including-those-in-need-coronavirus/>

Bristol Food

BRISTOL, 15 April 2020

#SOULFOODBRISTOL

WHAT IS YOUR SOUL FOOD? SHARE YOUR RECIPES WITH #SOULFOODBRISTOL

“Now is the time to bring together cultures, inspiration and resources to celebrate the role of food in the community and the efforts by all in ensuring our neighbours and loved ones have what they need”

Gem Burgoyne, St Pauls Learning Centre

The Architecture Centre is working in partnership with the communities of St Pauls over the next 6 months as part of **The Green Way** Project. In the first phase we worked with locals to co-design a plan for the area, now we’re collecting recipes from Bristolians to feed into designs for capital development around St Pauls.

Do you have a favourite recipe? What are you craving in lockdown? What meals lift your spirit and bring happiness into your home? What is your soul food?

Anna Rutherford, Director of The Architecture Centre, explains;

“Food brings people together, especially in times of adversity. Cooking keeps us connected and grounded. We’re asking Bristolians and locals to St Pauls to share their favourite recipes, whether these are new creations or recipes that have been in our families for generations. The designs will feed into artwork being created with organisations across St Pauls as part of the innovative Green Way project.”

‘It’s difficult times like these that remind us that friends, family, community and the food and hopeful stories that feed us are really important in nourishing and supporting us.’

Cllr Jude English, Green Councillor for Ashley Ward, Bristol City Council

This April, we’re working in partnership with the Bristol-based social enterprise, [91 Ways to Build a Global City](#) on The Green Way project.

HOW TO SHARE

To add your recipe to the pot, simply go to our Facebook Group and add your recipe here:

www.facebook.com/groups/579036856041747

- **Take a photo** of a written recipe (on paper or in a book) and post it on the Facebook Group
- **Type out your recipe** and post it in the Facebook Group
- **Take a video** of you or your family member talking through your recipe and share it on the Facebook Group
- **All recipes must include a list of ingredients** – method is optional
- We’d also love to see pictures of your cooking! *Not got Facebook? Send your recipe to georgina.bolton@architecturecentre.org.uk*
- Please submit your recipes by Friday 15th May

RECIPES TO BE TRANSFORMED INTO PERMANENT ARTWORK

This project is a great opportunity to share recipes with our neighbours in lockdown. The recipes will then go on to inspire permanent artworks which reflect and celebrate the diversity and culinary

heritage of the area. Bristolians will be able to take pictures of the recipe murals and bring them to life in their own homes.

What is The Green Way?

The Green Way project is a collaboration between The Architecture Centre, St Pauls Learning Centre, 91 Ways to Build a Global City, St Pauls Adventure Playground, Talo and the local people and councillors of St Pauls. Together we have designed and fundraised for a series of creative improvements to The Green Way, a little known walking and cycling route through St Pauls. In the coming year (lockdown depending) we are working together to make public realm and capital improvements across this route from St Agnes Park to Halston Drive, bringing **nature and art** into to these spaces and creating a place for communities to gather when the outbreak is over.

The Green Way Project is funded by Bristol City Council (Community Infrastructure Levy) and Arts Council England (Grants for Arts).

About The Architecture Centre

The Architecture Centre bring people together to shape better places. We are the region's leading centre of excellence for urban design and creative placemaking. As a registered charity we work with politicians, professionals and with the public to catalyse, create and promote better buildings and places for everyone.

Other Project Quotes

"Communities need to unite more than ever during these troubling times. Food is a common language we all share, regardless of background, and helps to bring us together. Whilst we can't physically meet at the moment, a recipe swap is a fantastic way to share cultures and develop relationships which we hope to reinforce at our community feast in St Pauls later in the year.

Kalpna Woolf, Founder of 91 Ways to Build A Global City

"As residents of St Pauls ourselves, we are absolutely thrilled to be working with our local community on this inspiring creative project. We are looking forward to hearing from local people about the recipes and ingredients which make up their 'soul foods', and the stories behind them.

Sophie & Rob Wheeler, Local Artists, Graft

"Fostering relationships with our local communities, food resilience and engaging with our green spaces has never been more important. This project has given us all the opportunity to really consider our sense of place and to work together within a rich and dynamic community to aid greater community cohesion.

Shankari Raj, Project Architect

Contact: Sian Magill, Marketing & Communications Manager

Email: sian.magill@architecturecentre.org.uk

Phone: 0773239209

Web Link: www.architecturecentre.org.uk/2020/04/soul-food-st-pauls-the-green-way/



St Pauls
Learning Centre



T A L O
advocate & empower



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Helplines



Telephone Advice Service

**School Health Nursing, Health Visiting
and Safeguarding Public Health Nursing**

Health visiting advice and support lines (Bristol)

South	0300 125 6264
East and Central	0300 125 6274
North	0300 125 6278

**Safeguarding Teams (Public Health Nursing)
advice and support lines**

Bristol	0300 124 5801
North Somerset	01275 885450
South Gloucestershire	0300 124 5934

School Health Nursing advice and support lines

Bristol	0300 124 5816
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Gypsy Traveller Helpline

Bristol	07795646541
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Young Peoples Mental Health Resource

Off the Record are running several workshops over the coming weeks. There are still some spaces available. The workshops, all aimed at 11 to 17 years-old, will include:

- Mind Aid: for anyone struggling with difficult feelings related to stress, anxiety, low mood, or depression. Learn more here <https://www.otrbristol.org.uk/what-we-do/mind-aid/>



- Shameless: for anyone feeling impacted by issues around body image and low self-esteem. Learn more here <https://www.otrbristol.org.uk/what-we-do/shameless/>



- hARMED: for anyone struggling with self-harm or thoughts of self-harm. Learn more here <https://www.otrbristol.org.uk/what-we-do/harmed/>



The workshops consist of one hour session on a digital platform, once a week for six weeks:

1. Young People will be offered to access the original content of the workshops via an online platform. Here, they will be able to see and hear the group facilitators and follow the workshops in an interactive way. They will be able to write down comments while being able to see the comments from other group participants.
2. **Young People won't have to show their face or speak anywhere.** They won't have to write anything if they don't want to, and they can even choose their own nickname to use on the platform!
3. Once signed up, one of the facilitators will get in touch to make sure they go through all practicalities beforehand so that Young People will know what to expect and how to best participate from the very first session!

Start dates are all week commencing 27th April.

Signing-up is either via the links above or directly here <https://otrbristol.typeform.com/to/XvWn5r>

Also the distrACT app, which is NHS approved, is another useful source for young people at risk of suicide and self-harm.

Free helpline

- Information and on-going support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name
- You do not need to tell anyone else you are talking to us
- You can talk as often as you want

Call
0800 358 3456

Email
helpline@nacooa.org.uk

Message Boards
nacooa.org.uk/messageboards

You can also find 24 hour support at ChildLine on 0800 1111

Nacooa was founded in 1990 to address the problems faced by children growing up in families where one or more parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Nacooa's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£20, £10 or £5) to 70070 or visit nacooa.org.uk/getinvolved

"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15

Patrons

Tony Adams MBE • Oily Barkley • Celum Best • Liam Byrne MP
Lauren Booth • Geraldine James OBE • Cherie Lunghi
Elle Macpherson • Suzanne Stafford CQSW • David Yelland

Helpline: 0800 358 3456; helpline@nacooa.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 929 8005; admin@nacooa.org.uk
Website: nacooa.org.uk

Some mums & dads drink too much.....



nacooa.org.uk

Registered Charity No: 1009143



FREE Helpline 0800 358 3456
helpline@nacooa.org.uk

Do you....

Feel too embarrassed to take friends home?

Keep secrets about the problems affecting your family?

Tell lies to cover up for someone else's drinking?

Feel guilty and don't know why? Feel different from other children?

Feel confused when mum or dad change when they drink?

Feel nobody really cares what happens to you?

Think no one could understand how you feel?

"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my mum would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore." Charlie, age 12

Things to remember

- You are not alone
- When a parent has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if mum or dad don't stop drinking
- Talking can help you to feel less alone

The Nacooa Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

Ways to feel better

Talk to someone you trust

Talking about how you feel is not telling on your family.

Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

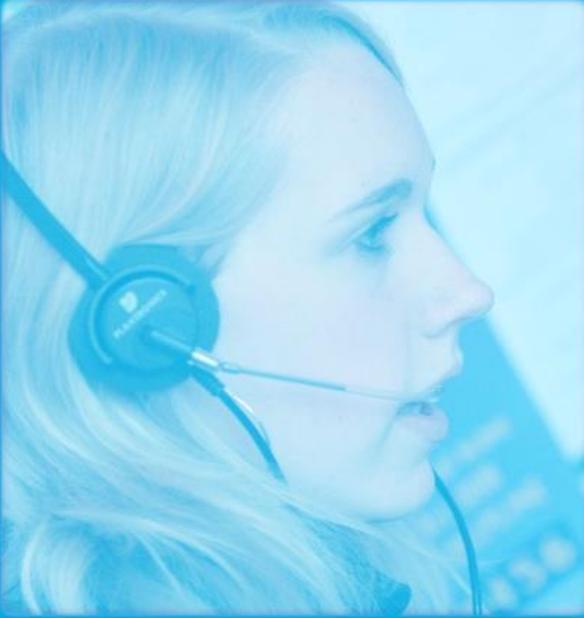
Talk to Nacooa

We understand the problem and you can trust us. You can talk to us on the phone, send an email, or use our online message boards. Talking can help you understand some of the confusing feelings.

Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacooa website.

Visit our website
Nacooa.org.uk for lots more information and support



Free confidential helpline for everyone
affected by their parent's drinking

Monday - Saturday

☎ 2pm - 7pm

✉ 12pm - 9pm

0800 358 3456

helpline@nacoa.org.uk

More resources from NACOA can be found here:

<https://www.dropbox.com/sh/02i93x8vnt85n6w/AABqASWKUGjHhtVgekMOjxaga?dl=0>

**Someone at the door?
Suspicious new email?
Strange letter in the post?
Unknown phone call?**

Stop

Think before
you act.

Challenge

Are you
certain of their
intentions?

Check

Are you sure
they are who
they say they
are?

Protect

Contact a
trusted person
immediately
if in doubt.

[crimestoppers-uk.org/
keeping-safe/safer-streets](https://crimestoppers-uk.org/keeping-safe/safer-streets)

CrimeStoppers.

0800 555 111

100% anonymous. Always.

CrimeStoppers

Parenting Services and Information

How to work from home when the kids are around



Many of us are now having to adjust to a new way of doing things and are discovering that working from home – with children around – brings a whole new set of pressures.

So, your imagined, carefully choreographed day has become, in reality, a nightmare of noisy kids clamouring for your attention. Suddenly, you need to balance the demands of your employer with those of your family.

How are you to cope when the two distinct worlds of parenting and work collide? Here are some ideas to relieve the potential stress.

[Read now](#)

Recipes you can get the kids to make

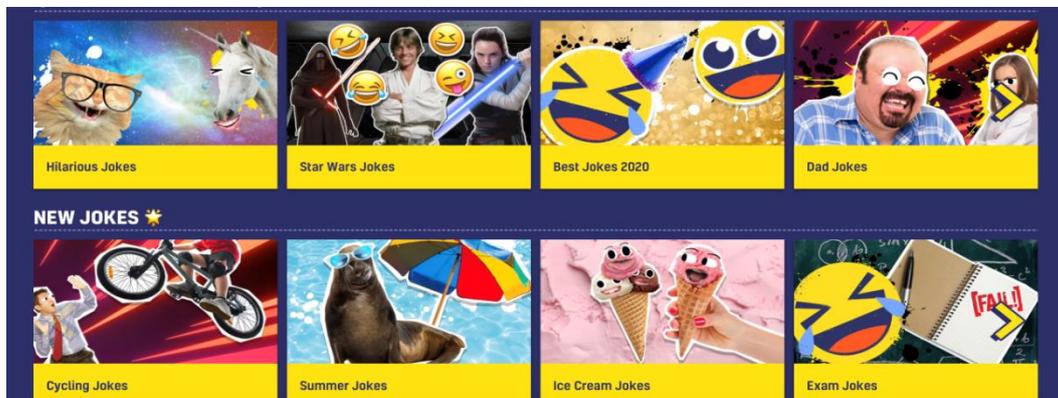


With the kids at home all the time, you might be running out of ways to keep them entertained. But don't worry – we've got you covered.

We've pulled together a selection of both sweet and savoury recipes that will keep the whole family busy, happy and well-fed!

[Read now](#)

Awesome websites for your kids to visit



With a whopping 1.74 billion websites, the internet is an amazing resource for curious grown-ups and kids alike – but in all its vastness, it can also leave us spoilt for choice.

To help you sort through all of the noise, we've picked some of the best, Parent Zone-approved websites for families to visit.

[Read now](#)

How to help children spot fake news



Since news first broke of the COVID-19 outbreak, misinformation has been rife on social media and TV – from televangelists claiming drinkable silver will cure the disease within 12 hours to conspiracy theorists spreading rumours that the UK's 5G infrastructure is the cause of the virus.

In this article, we give advice on how parents can help children separate the fake from the facts by building their critical thinking skills

[Read now](#)

Get free Parent Zone Membership until June



The **COVID-19 situation** is throwing new challenges at everyone – especially those of us who work with children and families.

In case you missed it, we're offering all schools and organisations **free Parent Zone Membership until 19 June** to ensure you have the most useful information and advice at your fingertips, whatever happens.

You'll have access to a library of exclusive materials written by our expert team at Parent Zone to support the families you work with through this difficult time – including resources specifically designed to help families deal with the new challenges posed by COVID-19 such as:

- **Families' COVID-19 questions answered**
- **What parents in lockdown need to know about digital resilience**
- **A guide to video chatting**

[Claim your FREE membership](#)

Until next time,
Team PZ

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We all have arguments

We are living in difficult and uncertain times and further restrictions are being made on how we live our lives. Despite this as parents we must continue to meet all the needs of our families: parenting, household chores, relationships, home schooling, health concerns etc.

This can make feel as overwhelmed as try to do everything. Advice is that the fewer things we concentrate on the more we are likely to achieve. So with regard to parenting and managing challenging behaviours.

'pick you battles' and 'don't sweat the small stuff'

Prioritising concerns into 'baskets' allows us to identify dangerous and more challenging behaviours that must be addressed first.

Red Basket

- What you see as your top priority the most serious one or two problems. They could include physical aggression, controlling behaviours etc.



Amber Basket

- Your next most pressing problems. Behaviours like swearing that you don't like and don't want to accept but are not putting you or other family members at risk, these are behaviours you can negotiate.



Green Basket

- The remainder of the problems such as the messy bedroom, the towel on the floor etc. these can be addressed later.



Take some time to list all the behaviours you're struggling with, think about which basket you would place each behaviour in, gain support from partners, or family members if you can. Consider other views and opinions. Remember you only want one or two behaviours in that red basket, one or two behaviours you're going to focus on now!

We all have arguments

We are all living in very difficult and uncertain times and further restrictions are being made to how we live our lives.

This could impact on our emotional wellbeing, cause tension and arguments are likely to occur amongst people living together in these circumstances.

This is a very normal way to be responding to these difficult times, however there are ways in which we can stop this from increasing stress and anxiety within our homes particularly when children are present.

Here are a few tips you may find helpful:

Pause.

- Is the disagreement escalating to a point you are no longer in control of the things you are saying or the way you behave, are you just reacting?
- Take a breath, take time and assess the situation.



Think.

- Try to reflect on why the argument started, is it something you argue about often or is it your frustration about something else.
- How were you feeling before the conversation started?
- Were you feeling anxious or tense already?



Resolve it.

- Step back- Is this argument about something important?
- Can you come back to it when you are both calmer, talk things through and compromise?
- Are you both just feeling frustrated with the current situation and venting on one another?



There are things you can try to help you feel calmer

Taking some time out, this could involve going to an area of the house where you are left alone to take a breather, be clear that you are taking that time for yourself and let those around you know what you are doing.

Do you have any objects or personal items that you can associate with happy memories, for example a keepsake or souvenir (this could help lift your mood)

Activities can also be helpful such as colouring or breathing exercises for example breathe in through your nose for 7 seconds, out through your mouth for 7.

Getting On Better cards

Arguments are like fire: for parents

When you know how arguments work, you can learn to keep them under control.



The logs



What issues do you argue about most?

The match



What usually starts an argument?

The fuel



What makes it worse?
Are you fueling the fire?

The water



What helps calm things down?

1) You can think of arguments like a fire.

The logs are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

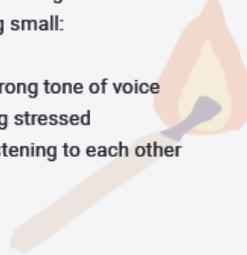
- Money
- Friends
- Housework
- Sex
- Children



 bit.ly/logsandfire

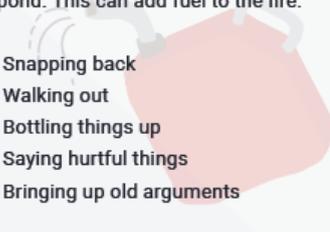
2) The match can be anything that starts an argument. It's often something small:

- The wrong tone of voice
- Feeling stressed
- Not listening to each other



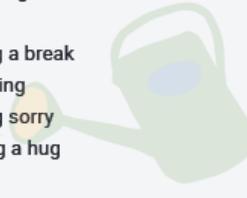
3) Once the argument has started, we can make things worse by the way we respond. This can add fuel to the fire:

- Snapping back
- Walking out
- Bottling things up
- Saying hurtful things
- Bringing up old arguments



4) There are also things we can do to stop the argument getting worse. This is like putting water on the fire:

- Taking a break
- Listening
- Saying sorry
- Having a hug



Here's a few things to try:

- a) Can you think of what your logs are?
- b) The next time you argue, see if you can tell when you're pouring fuel.
- c) Think about ways you could pour water, and try them out.

NHS message for Parents

FOR PARENTS

A SPECIAL COVID-19 MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111, or go the Accident and Emergency Department (A&E). While the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance around what to do if your child shows any of the following symptoms or signs.



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary & secondary care clinicians from Barts Health NHS Trust & East London Health & Care Partnership

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF:

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit



BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Unusually noisy breathing

OTHER

- ▶ Bleeding from an injury that doesn't stop after 10 minutes of pressure
- ▶ Fever with a stiff neck

YOU SHOULD GO TO A&E IF:

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone



OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than 3 months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant self harm thoughts
- ▶ Head injury

YOU SHOULD CALL YOUR GP IF:

APPEARANCE

- ▶ Mild/moderate allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Moderate tummy pain
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours



BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for 5 days or more
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress (where your child can't be reassured)

YOU SHOULD USE 111 ONLINE OR CALL 111 IF:

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain



BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 5 days

Young Minds, Parent Helpline

Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>



Your child may understandably be concerned or worried by what they see, read or hear in the news or online regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed, and will take a lead on how to view things from you. Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own.

You may need to gauge their level of understanding or interest to decide what level of detail you need to go into when explaining what is going on. It's important to respond to their questions and concerns, so that anxieties don't build up. You could start by asking them what they think is going on, if their friends are talking about it and what they are saying, and if they have any questions.

Older children may have already read or seen a lot of information about coronavirus on social media or online. If they are feeling overwhelmed by what they are reading, encourage them to acknowledge what they are finding difficult. You could help them limit the amount of times they check the news, and encourage them to get information from reputable websites. The Government website is the most up-to-date and reliable source of information, and the NHS common questions has useful information if they are worried about symptoms or family members.

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts. Above all, it's important to remember that as a parent, you do not need to know all the answers but you can help to contain their fears and anxieties by being there for them.

For suggestions on activities you can do with your children during isolation and tips on how to use this time to start a conversation with them about their mental health, have a look at our page on [activities and conversation starters during the coronavirus pandemic](#).

Ten tips from our Parents Helpline

1. Try not to shield your child from the news, which is going to be nearly impossible at the moment. The amount of information on the internet about coronavirus can be overwhelming, so ask your child about what they're seeing or hearing online and think together about reliable sources of information.
2. Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. [Have a look at our conversation starters and ideas for activities you can do with your children while isolating at home.](#)
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you

ICON, Parent support

Reminder about Safe Sleeping:

- The safest place for your baby to sleep is a separate cot or Moses basket in the same room as you for the first 6 months, even during the day.
- When putting your baby down for a sleep, place them on their back, with their feet at the foot end of the cot.
- Don't let them get too hot – 16-20 degrees celsius is comfortable.
- It is dangerous to sleep with a baby on a sofa or in an armchair, never do this.
- Make sure that your baby is not exposed to cigarette smoke, as this increases their risk of cot death.

You can talk to your Midwife or Health Visitor about all aspects of crying and safe sleeping.

CRY-SIS National Help Line: 08451 228669

Lines open 7 days a week, 9am-10pm

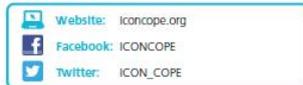
Remember – if you are concerned that your baby may be unwell, contact your GP or NHS 111 (go to 111.nhs.uk or call 111- the service is available 24 hours a day, 7 days a week).

In an emergency, ring **999**.

For a translation of this document, an interpreter or a version in



Please send requests to ICON Website at: iconcope.org



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NHS West Hampshire Clinical Commissioning Group
March 2020. Designed by NHS Creative - C09607



BABIES CRY! Infant crying is normal and it will stop

A baby's cry can be upsetting and frustrating. It is designed to get your attention and you may be worried that something is wrong with your baby.

Your baby may start to cry more frequently at about 2 weeks of age. The crying may get more frequent and last longer during the next few weeks, hitting a peak at about 6 to 8 weeks.

Every baby is different, but after about 8 weeks, babies start to cry less and less each week.



Barr RG. The normal crying curve: what do we really know? *Developmental Medicine and Child Neurology* 1990;32(4):356-362.

What can I do to help my baby?

Comfort methods can sometimes soothe the baby and the crying will stop.

Babies can cry for reasons such as if they are hungry, tired, wet/dirty or if they are unwell.

Check these basic needs and try some simple calming techniques:

- Talk calmly, hum or sing to your baby
- Let them hear a repeating or soothing sound
- Hold them close – skin to skin
- Go for a walk outside with your baby
- Give them a warm bath

These techniques may not always work. It may take a combination or more than one attempt to soothe your baby.

If you think there is something wrong with your baby or the crying won't stop speak to your GP, Midwife or Health Visitor. If you are worried that your baby is unwell call NHS 111.

The crying won't stop, what can I do now?

Not every baby is easy to calm but that doesn't mean you are doing anything wrong.

Don't get angry with your baby or yourself. Instead, put your baby in a safe place and walk away so that you can calm yourself down by doing something that takes your mind off the crying. Try:

- Listening to music, doing some exercises or doing something that calms you.
- Call a relative or friend – they may be able to help you calm or may be able to watch your baby.

After a few minutes when you are calm, go back and check on the baby.

It's normal for parents to get stressed, especially by crying. Put some time aside for yourself and take care of your needs as well as your baby's to help you cope.

What not to do...

Handling a baby roughly will make them more upset. Shouting or getting angry with your baby will make things worse.

Sometimes parents and people looking after babies get so angry and frustrated with a baby's cry they lose control.

They act on impulse and shake their baby.

Shaking or losing your temper with a baby is very dangerous and can cause:

- Blindness
- Learning disabilities
- Seizures
- Physical disabilities
- Death

Remember: Never ever shake or hurt a baby



Remember – This phase will stop! Be an ICON for your baby and cope with their crying.

Babies Cry, You Can Cope!

- I** Infant crying is normal and it will stop
- C** Comfort methods can sometimes soothe the baby and the crying will stop
- O** It's OK to walk away if you have checked the baby is safe and the crying is getting to you
- N** Never ever shake or hurt a baby

Share the ICON message!

It isn't just parents who get frustrated at a baby's cry. Think very carefully about who you ask to look after your baby.

Share the ICON message with anyone who may look after your baby.

Check that caregivers understand about how to cope with crying before you decide to leave your baby with them and share this ICON leaflet with them.

Further information and support:

Midwife _____

Health Visitor _____

GP _____

Who I can go to for help with crying?

What will I do if I need a few minutes to myself?
What makes me feel better?

Infant crying and how to cope

Online Courses, Community Learning

COMMUNITY LEARNING



Free online courses

We've put together a number of free online courses, which you can access at any time, involving live sessions and online resources aimed at helping you & your families whilst you are in lockdown, the first of these are:

- **Manage your stress & anxiety**
- **Parenting (staying sane during lockdown)**
- **Start your own business**

These courses are starting the week of 27th April

If you are interested in joining us please let me have your email and you'll receive an invite to the online class

Find more useful info & advice during lockdown at

www.communitylearningwest.net or enrol

via phone on 07788353420 or email

Richard.davies@bristol.gov.uk

COMMUNITY LEARNING



Paediatric First Aid online

Dates: 5/5/20 to 30/6/20

Time: 10.00 to 12.00 each week

A mix of online lessons and catch up videos through Zoom. Will work best on laptop, computer or tablet but all are welcome.

Course to help you deal confidently with baby/childhood first aid emergencies. Practical assessment will be done once lockdown is lifted if you want to get the full qualification. Course free if on means tested benefits or fee of £48.00 if not.

Enrol at www.communitylearningwest.net

For more information call Lucy on 07788353446 or email lucy.fieldhouse@bristol.gov.uk



BRISTOL
LEARNING CITY

EMPLOYMENT
SKILLS &
LEARNING



Resources

How Bitesize will support you while you're learning from home

It's a strange time to be a school pupil right now but wherever you're doing your lessons, BBC Bitesize is here for you - more than ever.

From 20 April, you'll be able to access regular daily lessons in English and Maths, as well as other core subjects, in an expanded version of our website and also on special programmes broadcast on BBC iPlayer and BBC Red Button.

We've worked with our colleagues in other parts of the BBC and education experts from around the UK to make sure everyone who needs it can access learning resources during this uncertain time. You can also expect some of it to be delivered by well-known faces.

The Bitesize website you use now will expand to offer additional help for students and their parents. New Maths and English lessons will be available every day for all ages. These will be created with resources from Bitesize, other parts of the BBC and other education providers. The content of these lessons will be backed up by new videos, practice tests, educational games and articles. Regular lessons on other core subjects, including science, will also be available. Mums and dads can get advice on how to teach anyone who is home-schooling and the Bitesize website will also have guides for pupils with SEN (special educational needs).

Lessons on screen

BBC iPlayer and the Red Button service will host Bitesize Daily. These are six different 20 minute shows, each designed to target a specific age group, from ages five to 14, and for pupils throughout the UK. Experts and teachers will be involved, covering what should be learned that day for the different year groups and key stages. Maths, Science and English will be covered in dedicated programmes, and other subjects such as History, Geography, Music and Art will also be covered.

For older students, BBC Four is also joining forces with Red Button for evening programmes to support the GCSE and A Level curriculum.

Learners in Scotland can see content specific to the Scottish Curriculum for Excellence every day from 10.00am on the [BBC Scotland television channel](#). Each day, the channel will show a selection of Bitesize videos and Authors Live events for Primary and Secondary learners, covering Literacy, Maths, Sciences, social subjects and expressive arts. You can find out more about content for learners in Scotland from [Learn at BBC Scotland](#) and on the [@BBCScotLearn](#) Twitter feed.

Listen and learn

In addition, BBC Sounds is also launching separate podcasts, aimed at either primary or secondary pupils, to support everyone learning at home. The daily shows, each around 10 minutes long, will link with content on Bitesize which supports education and also your other needs, in what is likely to be a confusing and worrying time for many young people as we continue to live in lockdown.

Bitesize also has an app. This will be providing daily lessons for 14 and 15 year olds. Find out more about the app [here](#).

The social side of learning

Bitesize's social media will also look a little different for a while. Its [Facebook](#) and [Twitter](#) accounts will now focus on parents, where information including study schedules will be shared. Teenage students can still enjoy our [Instagram](#) platform, where flashcards, subject guides, memes and some lighter relief in the form of advice and encouragement from well-known faces will be readily available.

Tony Hall, Director General of the BBC, says: "In these uncertain times parents look to the BBC to support them and offer education while children can't be in school. This is the biggest education effort the BBC has ever undertaken. This comprehensive package is something only the BBC would be able to provide.

"We are proud to be there when the nation needs us, working with teachers, schools and parents to ensure children have access and support to keep their learning going - come what may.

"We have been overwhelmed by the offers of help and support in putting this provision together and are looking forward to ensuring every child can continue to learn, and have fun, through our high-quality teaching and accessible education offer."

In the meantime, Bitesize is here as usual, and will continue to be so when life returns to normal



LEADING LIGHTS
EDUCATION & WELLBEING

BRINGING LOVE

GLOW aims to make three key differences for children, young people and their families affected by SEMH or SEND:

- Improve social, emotional and mental health
- Reducing feelings of isolation and being better able to make friends and build supportive peer relationships
- Being better able to thrive in education and improve educational outcomes.

GLOW Weekly Timetable - From Monday 30th March 2020					
	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:00 p.m.					
1:00 - 2:00 p.m.					
2:00 - 3:00 p.m.	Remix Primary				No Filter
3:00 - 4:00 p.m.			Parents Helpline	Children's Helpline	
4:00 - 5:00 p.m.					
5:00 - 6:00 p.m.					

Remix Primary Online Mentoring Group:

These **REFERRAL ONLY** online sessions are for **primary school-age** children with mental health needs particularly for those with significant anxiety and social isolation:

- Small group creative therapeutic sessions provide specialist learning and wellbeing provision
- There is a strong wellbeing focus for these sessions since they provide the opportunity to make friends within a safe environment reducing social isolation.
- Proactively addresses emotional and mental health
- Emphasis on building on key curriculum skills and creating enjoyment of learning across subjects.

Please email shona@leadinglightseducationandwellbeing.org.uk for referral information

Parent Telephone Helpline:

This telephone helpline is **OPEN to any parents affected by mental health and SEND** needs for themselves and their children who need advocacy and support from specialists or just want to chat with someone. We can text if people prefer and can make this a proactive service and ring out to parents who professionals are worried about if they refer to us. Parents or professionals can call or text Shona, Ben or Sarah Louise using the contact numbers below:

- Shona - 07497308748
- Ben - 07397851890
- Sarah Louise - 07869146087

Children and Young People Telephone Helpline:

This telephone helpline is **OPEN to any children or young people affected by mental health and SEND** needs who need advocacy and support from specialists or just want to chat with someone. We can text if people prefer and can make this a proactive service and ring out to children who professionals are worried about if they refer to us. Children, young people, parents or professionals can call or text Shona, Ben or Sarah Louise using the contact numbers below:

- Shona - 07497308748
- Ben - 07397851890
- Sarah Louise - 07869146087

No Filter Secondary Online Sessions:

These **REFERRAL ONLY** online sessions are for **secondary school-age** young people with mental health needs particularly for those with significant anxiety and social isolation:

- Small group mentoring sessions for young people aged 14+ will be focused on resilience and thrive mentoring for young people struggling with social isolation or who have been bullied and will help in building relationships, confidence and develop resilience.
- Provides opportunity to build friendships in a safe environment and enables access to talking, narrative, and therapies to build resilience.
- Reduces social isolation and provides opportunities to create positive peer networks

Please email shona@leadinglightseducationandwellbeing.org.uk for referral information

Employment Support

Reflections Training Academy



Reflections Training Academy

"Can you cut it, yes you can!"
Join Reflections Training Academy for our
exciting 5 day virtual workshops

"Your choice, Your future"
What's on Offer?
Virtual Workshop:

1	2	3	4	5
Thursday 16th April 2020	Thursday 23rd April 2020	Thursday 7th May 2020	Thursday 14th May 2020	Thursday 21st May 2020
<i>What is an apprenticeship?</i>	<i>The industry and what is expected</i>	<i>Styling workshop</i>	<i>Product knowledge, hints & tips</i>	<i>Interview tips, CV writing, how to get that dream job</i>
13:00pm – 14:00pm	HAIR 13:00pm – 14:00pm BARBERING 15:00pm – 16:00pm	HAIR 13:00pm – 14:00pm BARBERING 15:00pm – 16:00pm	HAIR 13:00pm – 14:00pm BARBERING 15:00pm – 16:00pm	HAIR 13:00pm – 14:00pm BARBERING 15:00pm – 16:00pm

Our creative and inspirational workshops will keep you engaged and up to speed with everything related to the hairdressing and barbering industry – with great tools to prepare you for this career!

Register your interest at
www.reflectionstraining.co.uk
Quoting 'PREP DAYS'



Birmingham: Unit 2a/2b Commercial Street, Birmingham, B1 1RS
Bristol: 15a Colston Street, Bristol, BS1 5AP



How has COVID 19 changed your work life?

Furlough?

Redundancy?

Career Change?

Job Hunting?

The impact of Corona Virus has affected the ways we work too. We have changed our ways of working to offer online and telephone appointments so we can continue to support you when you need us.

Free impartial careers advice and support for all adults

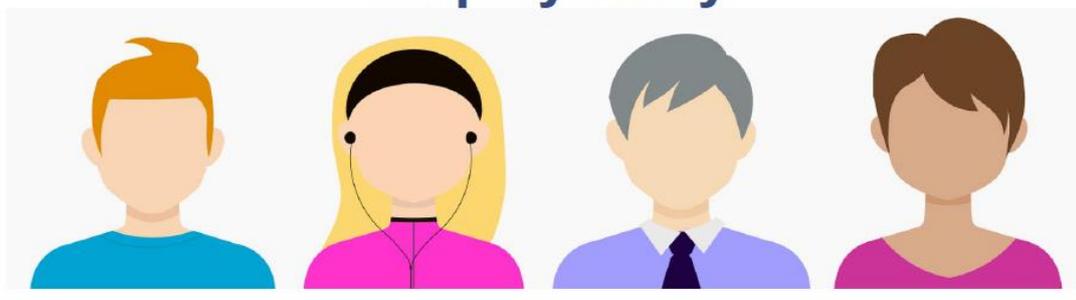
The **National Careers Service** provides free, up to date impartial information advice and guidance on careers, skills and the labour market. **We can help you:**

- **Review your work situation**
- **Assess your skills**
- **Find courses to study online**
- **Get new qualifications**
- **Review and develop your CV**
- **Improve your interview skills**
- **Understand the local job market**
- **Position yourself for future work**
- **Realise your potential**

Get in touch today: 0800 100 900

***On-line courses * Self-development * Home working * Managing change * Work / Life balance * Self-assessment -**

Award in Personal Development for Employability



Who is this course for?

We have created this course to support those affected by the COVID19 pandemic. This course is on an interactive learning platform with **live tuition and support** from one of our tutors. As well as professional advice from your tutor you will also have the opportunity to interact with other participants and share experiences and ideas. This course is for people like you that are looking for work or that want to be ready to return to work when things get back to normal. It is for people that want to develop an understanding of their current skills and qualities, build confidence in a friendly and supportive virtual environment, produce a professional profile for work and prepare for upcoming interviews.

What will I learn on this course?

You will learn about your current skills and abilities, how to action plan and set goals to reach achievable targets to gain additional skills. Our supportive staff will help you learn how to write a CV and prepare for interviews.

What will I learn on this course?

You will learn about your current skills and abilities, how to action plan and set goals to reach achievable targets to gain additional skills. Our supportive staff will help you learn how to write a CV and prepare for interviews.

Self-Assessment

- Understand personal strengths and weaknesses
- Understand the importance of recognising personal skills and qualities
- Understand goal-setting

Searching for a Job

- Know sources of information about jobs
- Know how to recognise own interests and skills for job roles
- Know how to search for job vacancies

Produce a CV

- Know the purpose of a Curriculum Vitae (CV)
- Know information required in a CV
- Be able to produce a CV

Prepare for an Interview

- Know information required to prepare for an interview
- Be able to prepare for interview questions
- Be able to plan travel for an interview

Interview Skills

- Be able to prepare to be interviewed
- Be able to respond to questions in an interview
- Be able to assess own performance in an interview



How will it be delivered and assessed?

This is a two-day online course, 9am to 4pm with live tuition and tutor support. Unlike self-directed online courses, this course is interactive. You will be able to speak with your tutor and classmates over our virtual platform just like a real classroom. You will be assessed through a workbook as well as practical activities that you will complete online.



What can I do next?

This course is designed to support you into employment and further studies.

The Restore Trust is also able to offer impartial information, advice and guidance through the National Careers Services to support you on your career path.

We also have opportunities for you to progress into a range of full and part time courses, including adult apprenticeships, should you want further training and development.



Email info@therestoretrust.org or Phone 0117 942 7000 to find out more



The Restore Trust
4-6 Longmead avenue
Horfield, Bristol
BS7 8QB



info@therestoretrust.org



+44 (0)117 942 7000



Pre-employment training

If you're unemployed, we have a huge range of advice, support, training and courses to help get you into work.

These courses are free if you're receiving Universal Credit, job seeker's allowance or employment support allowance, or if you attend a work-related activity group.

Whether you are aged [16 to 19](#), or [aged 19+](#), we have a course to suit your needs, ranging from:

- Individual coaching
- Short programmes
- Intensive support programmes
- Vocationally-related opportunities
- [Traineeships](#)
- [Apprenticeships](#)
- One-to-one sessions and longer-term mentoring.

These courses have been designed to reflect the local job market and the job opportunities available. Local employers and stakeholder networks, such as Jobcentre Plus, have been consulted and support our unemployed opportunities.

Activities for Children and Young People

Online Creative Courses



Free courses for 11-16 year olds
28th April – 8th July

Work on Zoom with professional animators and visual artists.

Get a Bronze Arts Award, a great Level 1 qualification.

Develop your talent, skills and confidence.

To book and for more info:

creative.dept@creativyouthnetwork.org.uk
[www.creativyouthnetwork.org.uk/
creativecourses](http://www.creativyouthnetwork.org.uk/creativecourses)
0117 947 7948

PUPPET MAKING

Group session - 4-4.30pm every Wed
Individual catch up - Thu afternoons

CRAFT & TEXTILES

Group session - 4-4.30pm every Wed
Individual catch up - Thu afternoons
or Fri mornings

ANIMATION

Group session - 4-4.30pm every Tue
Individual catch up - Wed afternoons

Delivered by:



Funded by:



REG CHARITY: 266318 | REG CO. IN ENG: 01099684 | VAT NO: 110992037

We're fighting back against Covid-19 and have responded to what young people are telling us they need. Our range of support options help build young people's physical health and mental resilience during this difficult period. Keep fit, learn new skills and discover new possibilities for the future, so we can come out of this even stronger!

All our services are FREE during this period. To get involved call the team on 0117 4523333, email info@empirefightingchance.org, or follow us on Facebook/Instagram/LinkedIn/YouTube and Twitter.

Boxing and Mentoring (age 10+)

Our coaches have gone online to offer 1-1 workouts combined with intensive personal support.

HELLO FUTURE Careers Mentoring (age 13+)

Our Careers Coach will help you discover your passions, skills, career options and mini-goals to get you there – all while keeping fit!

Boxing Therapy (age 10+)

Online 1-1 therapeutic support from our qualified Counsellors.

Education Support (Yr7+)

1-1 remote support to motivate students to complete school work and remain engaged with learning, plus our AQA awards for Personal Development.

ASDAN Sports & Fitness short course (age 10+)

Our virtual Sports and Fitness qualification to do from home. 4 hours of exercise, 2 fun research projects, and a certificate to put on your personal statement or CV!

Career Planning Skills Workshops

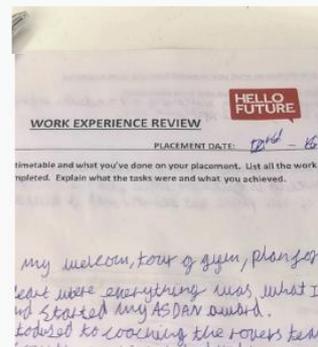
Virtual, power-versions of our fitness-based careers workshops. Develops key skills, identifies what success really means, and helps set goals to get there.

HELLO FUTURE Toolkit

Resources, activities and short films to help you through important decisions and find out more about the world of work.

Remote Work Experience (Yr9+)

As we can't host placements at our gym, we're offering virtual work experience so you can learn about working with us, get to know the staff and practice those key employability skills!



Package of support for Schools and Young People

COMMUNITY LEARNING



Family fun– arts and crafts activities together

Starts soon, FREE 6 week course, using a closed facebook group for an Arty Craft Hub, going live Thurs. 23rd April, 2pm.

This FREE online family learning course offers activities for you and your child /children at home, using recycled materials you may have already at home. The tutor will use a closed facebook group and post a live video each week.

Try your hand at some new art/craft skills. Find out about other online courses on offer.

Course would suit: Adults aged 19+ and your child/children up to key stage 2.

Our courses are for adults with few or no qualifications.

Find more details online at

www.communitylearningwest.net or contact Suzanne for more information on 07887451776.

suzanne.gaffney@bristol.gov.uk



BRISTOL
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EMPLOYMENT
SKILLS &
LEARNING



<https://communitylearningwest.net/educate/>

With all of us struggling to cope with all of the changes due to Coronavirus we thought it would be helpful to bring together all of our recommendations for home study in one place. In particular help for parents trying to keep their children occupied and educated at home.

HERE'S A SUGGESTED DAILY ROUTINE

9am: [PE with Joe Wicks](#) – Via Youtube, you don't need to watch this live.

10am: [Maths with Carol Vorderman](#) – Normally costs £2 per week

11am: [English with David Walliams](#) – Listen to one free David Walliams audiobook each day

1.30pm: [Dance with Darcey Bussell](#) – Via Facebook Live

2pm: [History with Dan Snow \(free for 30-days\)](#) – A good podcast to listen to. Lots of other great free podcasts out there

3pm [Science with Brian Cox](#) – Superb free science podcast

4pm: [Home Economics with Theo Michaels \(Mon/Wed/Fri\)](#) – Instagram or Youtube

[GOV.UK](#) list of recommended resources

Daily Routine, Community Learning



Activity Pack, Unique Voice

Here at Unique Voice, we recognise the importance of creativity and play in children's lives. Whilst practising social distancing, we want to encourage families to pursue creative outlets.

Inside this pack you will find 30 different activities that you can partake in with the young people in your household. We have chosen activities that require as little resources as possible to ensure there are plenty of things for you to do without having to leave your home. You can do these activities for fun or even incorporate them into your child's home learning.

'Stay At Home - Activity Pack' free to download from the following link:
www.uniquevoice.org/resources/stay-at-home-activity-pack/

Arts and Crafts



TIE-DIE

Get groovy with your own piece of tie-dye. You can tie-dye anything of your choosing, even pillow cases and cushion covers to brighten up your home!

RESOURCES

- White 100% cotton t-shirt or white cotton item
- Tie-dye kit or fabric dye (e.g. dylon dye)
- Squirt bottle
- Rubber bands
- Rubber gloves
- A plastic bag to keep the dyed



STEP BY STEP:

1. Wet the t-shirt
2. Twist it into your desired tie-dye pattern. (The easiest way of doing this is placing your t-shirt or chosen garment flat, pinching the centre and twist in one direction until you have a spiral shape. (see left for examples)
3. Scrunch into a circle shape and secure with rubber bands.
4. Mix your fabric dye and squirt it onto the fabric
5. Leave for 24 hours, unravel and then rinse the material thoroughly.
6. Once the t shirt is dry, it's ready to wear!



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Arts and Crafts



PAPER DRAGON

Get creative and use your recycling to make these ferocious dragons!

RESOURCES

- Poster paint
- Toilet paper roll or half kitchen roll inner tube
- Orange tissue paper
- Glue
- Felt tips
- Scissors
- Googly eyes and pom poms (optional)

STEP BY STEP:

1. Paint the toilet paper roll the colour you want your dragon to be.
2. Once dry, take the orange, red and yellow tissue paper and cut a handful of long strips. These are the flames.
3. Decorate your dragon head. Draw scales. Glue 2 x green pom poms for eyes and 2 x smaller green pom poms for the snout. Glue googly eyes to the larger pom poms.
4. On the snout end, line the inside of the roll with glue.
5. Place the strips of tissue paper to the glue. You can alternate colours to create a flame effect.
6. Once the glue is dry, blow hard through your dragon head to make it breathe fire!



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Drama

MOOD DIAL

This is a really fun drama game that is guaranteed to lighten the mood, and cause lots of laughter!

RESOURCES

- Just imagination!

Top Tips: Emotion can be expressed in different ways - facial expressions, physicality, tone of voice, language spoken. Examples of emotion: happy, proud, angry, sad, excited, surprised, shocked, nervous, embarrassed.

STEP BY STEP:

1. Begin with thinking of different types of emotions that we may feel
2. The mood dial is a scale of emotion. 10 is that emotion at it's most intense and 1 is hardly at all.
3. Moving around a room, explore how those emotions look. Start with 1 and growing to 10.
4. Have one person pick the number and emotion. They can also choose individual people to show a specific emotion. e.g. "Ally be happy at 10".
5. You could also create scenes with each person displaying a different emotion on different levels. e.g. Everyone is eating dinner at a terrible restaurant. Ally is angry at 4. Mo is shocked at 10. Fizzah is nervous at 3.

Games

USE THIS WORD

This is classic around the table game that can prove great fun for the entire family.

RESOURCES

- Paper
- Pens

STEP BY STEP:

1. This game starts by everyone writing down 5 interesting words on 5 separate pieces of paper.
2. Papers are folded and put in the centre of the circle.
3. Players can sit in a circle or at a table. The aim is to create a story.
4. The first player picks a word out of the pile of words.
5. They must then use the word in a sentence to begin the story.
6. The next player must choose their word and continue the story with a sentence using their chosen word.
7. This continues with each player until the words are finished.

Other Activities



SCAVENGER HUNT

Have fun working in teams or as individuals to collect a list of objects.

RESOURCES

- Pen
- Pencils
- Paper
- Bags

STEP BY STEP:

1. Create a list of objects to find. You can ask someone who isn't playing to make the list if you want to be surprised.
2. Decide if you want to be in teams or play as individuals.
3. Give a copy of the list to each player/team, also give them a pen and bag.
4. Start the scavenger hunt.
5. The player/team who collects all the objects in the fastest time is the winner. List of object ideas: Something blue, something square, something soft, something that smells nice, the biggest leaf, the tallest piece of grass, something slimy.



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Arts and Crafts



TRASHION SHOW

Fashion meets recycling, in this activity full of creativity. Turn this activity into a competition and work in teams to make the best outfits.

RESOURCES

- Clean recycling
- Cereal boxes
- Bubble-wrap
- Plastic bottle
- Safety scissors
- String
- Sellotape
- Any other found objects that you think would be appropriate to use

STEP BY STEP:

1. Find and clean the materials you want to use. Plastic bottles, bubble wrap, foil, cardboard are perfect.
2. Set a theme for the outfits you want to create e.g. superheroes, royalty, animals, wedding.
3. Create your outfit using the materials you've found. Don't forget accessories!
4. Once you've finished, ask a member of your household to be a judge.
5. Find a space for a catwalk and strut your stuff to your favourite music.
6. The judge announces their winner.
7. Set a different theme and repeat!



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3

Other Activities



DEN BUILDING

This fun activity can take place indoors or outdoors, it's up to you!

RESOURCES

- Indoor: Pillows, cushions, blankets, bunk beds, table, chairs, bedsheets, cardboard boxes
- Outdoor: tent frame, rope, outdoor furniture, branches

STEP BY STEP:

1. Using two chairs, place them back to back with enough space in-between for your den.
2. Then take a big blanket or sheet and drape it over the two chairs.
3. This can be the start to your den and you can add extra sections depending on what you have at home.

Remember to give us a tweet, follow or like and please do share lots of pictures of your creations with us and we can share them on our social media platforms. Just click the links below to go directly to our pages.



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BS7 8AF



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0117 428 6240



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www.uniquevoice.org



@UniqueVoice_CIC



Unique Voice CIC

This resource was created by Unique Voice CIC.

For more support, resources or information please do not hesitate to get in touch.



Online Safety at Home, ThinkUknow

We're excited to tell you that our third **#OnlineSafetyAtHome** pack is now available with new activities for parents and carers to use at home! Access them here:

[4-5s](#), [5-7s](#) [8-10s](#) [11-13s](#) [14+](#)

You can still find all of our previous home activity packs on our [parents and carers website](#). These can be downloaded at any time you choose

Spread our message with our social media support pack

Using social media to keep in touch with parents and carers during lockdown?

Our new **#OnlineSafetyAtHome** social media support pack contains ready-to-use social posts and images to help you keep your community up to date with the latest news and resources.

[Access your support pack](#)

Online safety during COVID-19: guidance & organisations

It can be tricky keeping on top of the new online safeguarding guidance and resources being published to support you during COVID-19. [Our latest blog post](#) signposts to key guidance, reporting routes, and organisations that can support you and the families you work with.

Video chat during isolation: new for parents and carers

Professionals and parents and carers have told us that children are using video-chatting

apps and sites to access learning and keep in touch with friends and family.

Two new [Parent Info](#) articles look at some of the things parents and carers should think about to make sure their child's experience of video chat is safe and fun:

- [Video chatting: a guide for parents and carers of primary school-age children](#)

[Video chatting: a guide for parents and carers of secondary school-age children](#)

Our surveys are still open!

Join over 200 professionals in sharing your views and helping us develop our support package by taking our [short survey](#)

The survey will be kept open to enable you to tell us if your views or experiences change over the next few weeks and months.

Like our professionals survey, our [parents and carers survey](#) is also staying open. Where you can, please share our survey to give them the chance to let us know about the challenges they face and how we can support them

Looking for e-learning opportunities?

If you're using this time to develop, or refresh, your understanding of online safeguarding, why not take our [Keeping Children Safe Online e-learning course](#), developed in partnership with the NSPCC.

The NSPCC has temporarily reduced the price of this course by a minimum of 10% depending on the number of licences you buy

Check out our [Twitter](#) and [Facebook](#) for updates on the latest Thinkuknow advice and resources, and get in touch with us at ceopeducation@nca.gov.uk for further support or to share feedback on our new packs.

Best wishes,

CEOP Education Team



Keeping Active at home, Access Sport



**LOOKING FOR
INCLUSIVE WAYS
TO KEEP ACTIVE
AT HOME?**

Sign up for a weekly e-newsletter with:

- A directory of online and 'live' sessions from across the sector with indications of suitability for different needs
- Home Activities with household equipment
- Wellbeing Activities
- Options for all ages and disabilities

Sign Up Now:
<http://eepurl.com/gZWgDf>

#stayinworkout
#StayActivewithAccess



We've started [weekly e-newsletters 'Supporting You Through COVID-19'](#) thanks to support from clubs and partners. In each newsletter we share;

- A [directory of online and 'live' sessions](#) with direct links to organisations who are delivering inclusive physical activity sessions for all ages to do at home. This also has an inclusive key so disabled people can easily find which activities would suit their abilities
- [Home Activities](#) – 30 minute inclusive activity session plans for disabled children/young people with minimal equipment across a range of skills and activities
- [Wellbeing Activities](#)
- All content included in every newsletter can be found on our [Access Sport website including plain text versions](#)

We would love for you to share it through your networks so that disabled people and families can find everything in one place from across the inclusive sport and physical activity sector. Please just share this sign up link and/or the attached image, and make sure you're signed up too! - <http://eepurl.com/gZWgDf>



DISCOVER NATURE ON YOUR DOORSTEP!

Download the iNaturalist App and take a closer look
at wildlife from your window, garden or street

FESTIVAL ²⁰²⁰
OF NATURE

festivalofnature.org.uk

   @festofnature



City Nature Challenge

What is City Nature Challenge?

City Nature Challenge is a global citizen science project to collect information about our local wildlife. Bristol and Bath are collaborating with 200+ cities across the world to find and record as much wildlife as possible. All wildlife recorded during the Challenge will help local and national conservation work.

When is it?

City Nature Challenge will take place throughout April, May and June. You can also join the big international Challenge weekend on 24-27 April when all 200 cities will be active at once!

How do I take part?

You will be amazed at how much wildlife you can discover right on your doorstep, from your window, balcony or in your garden. If you are taking part whilst on your daily walk, please use your outdoor exercise time responsibly and stick to [Government guidance on outdoor exercise](#).

To take part, simply download the [iNaturalist app](#) and use it to upload photos of any wildlife you see. You don't have to be an expert, the app is free, easy to use, and will give you ID suggestions.

For further information, visit the website:

<http://www.festivalofnature.org.uk/>

Virtual events and resources

Need some more training on how to use the iNaturalist app? What to connect with other participants and share your finds with likeminded nature enthusiasts? Looking for resources for schooling children at home?

Visit our website to view the virtual events calendar and to download teaching resources: <http://www.festivalofnature.org.uk/>

Sharing on social media

The more wildlife recordings the better! So please do share information about the Challenge with friends and groups on social media. We have created a sample post below and have attached a City Nature Challenge image to the email.

If you've been enjoying the signs of spring, why not get involved in the citizen science project City Nature Challenge. You can take part from windows, gardens, or on your daily walk. 🌱🌸🌿

Taking part is easy and free, find out more at <http://www.festivalofnature.org.uk/>

#citynaturechallenge

Own it Keyboard and App, BBC



The BBC Own It keyboard and app

So, you've got your first phone. You're probably spending much more time online now, using your phone to chat to friends and family and even doing your schoolwork. The Own It app will help you to make smart choices, feel more confident and get advice when you need it.

The Own It app helps you take control of your online life!

Download from your **Apple** or **GooglePlay** store. If you're under 13, make sure your parent or guardian has given you permission first.

Need **more information** about the BBC Own It app?

Find out what happens to your **personal information** when you use the BBC Own It app.

Parents and carers can **discover more** about the app.

The Own It app comes with a special keyboard. This can be used like any other keyboard, but it also gives you helpful tips and friendly advice as you write!

- Track how you feel and improve your wellbeing.
- Packed full of gifs and emojis to help express yourself!
- Lots of fun quizzes, videos and articles to enjoy.

Best of all, the Own It keyboard and app is personal to you. Everything you type is kept completely private, and never leaves the Own It app on your phone.

<https://www.bbc.com/ownit/take-control/own-it-app>