

EXTRA Early Help Newsletter Stroud: March 2020

Hello All,

This EXTRA newsletter is specifically designed for our Children and Families within Stroud, so they know who they can turn to for advice and guidance. Please feel free to disseminate this to all families and children.

Our NHS colleagues are working tirelessly on helping to reduce the risk to our most vulnerable people and advice on anything relating to the illness will be found on <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Kindest regards

Early Help Coordinators Stroud



The Family Information Service directory www.glosfamiliesdirectory.org.uk holds a wide range of information advice, and signposting to support families, children and young people from 0 - 19 years of age (25 for young people with additional needs). This includes information on finding and choosing childcare, such as local day nurseries, playgroups, childminders, children's centres, out of school clubs and holiday playschemes.

The directory also provide information on:

- Family Support
- 2, 3 & 4 year old funding towards childcare
- 30 hours funding for working parents and some foster carers
- Referrals for parenting programmes including Triple P, Solihull, Webster Stratton and You & Me, Mum
- The Key Disability Register
- Tax Credits, Benefits.

Parent/Carers can also view/download from the Family Information Service page useful resources to support family life, including a Parent's Guide to mobile phone and internet safety, being left Home Alone to name just a few.

Practitioners will also be able to access useful information including training and referral forms from within the relevant sections.

The Whitminster Inn GL2 7NY

Are currently offering local primary aged children free pasta with tomato sauce and garlic bread, between the hours of 12-2pm and 5-7pm.

Extra help for the vulnerable in an emergency

Did you know that a simple registration process will ensure that those who need it can get special support from the major utilities companies when things go wrong? Help spread the word amongst our residents and your family and friends.

Electricity at the flick of a switch, water at the twist of a tap and gas the moment we need it - we're just so accustomed to these services that it's possible we've never considered what we would do if something happened to interrupt the supply of such important resources. And what of those in our communities who are less able to manage without heat and water, for example? A power cut or loss of water supply could cause serious problems for them.

If you know someone who would be at risk in some way in the event of this kind of emergency, why not encourage them to sign up to the priority services register? All water and power companies run such a register and it ensures that anyone listed is given special consideration and help in the event of an interruption in service.

To find out more, please see the websites of the main providers in our area:

Severn Trent Water

SGN

SSEN

Thames Water

Welsh Water

Western Power



Our assessment workers are working remotely taking referrals and conducting assessments by telephone or video whatsapp or skype. 01452 733060

We will not be undertaking any groups or activities at this time.

We are proactively posting ideas to help young carers stay connected on our facebook page and shortly on the website

<https://www.facebook.com/GloucestershireYoungCarers/>

Apps to help with keeping children busy:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions>

<https://www.twinkl.co.uk/search?term=school%20closure>

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

<https://blockly.games>

Learn computer programming skills - fun and free

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

National Geographic Kids

<https://www.natgeokids.com/uk>

Activities and quizzes for younger kids.

<https://mysteryscience.com>

Free science lessons

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

The Body Coach

PE with Joe starting Monday morning at 9am on YouTube channel: The Body Coach TV

Long Table Ready Meals

In light of Coronavirus, people self-isolating and the practice of social distancing coming into effect we've found we are well placed to help build strong communities like never before.

We will be delivering 7 meals for £25. We can drop them direct to the door (with or without contact) or these can be collected from our warehouse. For deliveries we are currently able to cover the entire Stroud District.

We endeavour to cater for most dietary requirements, please let us know of any allergies when you make your order. The current menu includes:

1. Lentil Dahl
2. Turkey Curry (mild)
3. Sausage Casserole
4. Bean Stew
5. Mediterranean Vegetable Pasta
6. Chickpea Curry

As always we are offering a pay-it-forward option for those who may not be able to afford the meals at this time. The target recipients are:

1. People self isolating with funds who want affordable tasty and nutritious meals for their household.
2. People whose carers can no longer visit them as the carers are self isolating.
3. People who are nervous about going into public or are being asked to minimise contact as they are over 70+.
4. People who need help but can't afford support but are identified by organisations and charities who want to draw down a free meal.

How to order

Email meals@thelongtableonline.com or call 01453 367499 during office hours, and let us know the following details;

1. How many meals you would like to order
2. If you have any dietary requirements
3. If you would like to collect the meals or have a delivery

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk



HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

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

#ViralKindness

In a world
where you can
be anything,
be kind.

