


Good to Know

21st January 2021

Working with Families News

News:	For more info:
Up-to-date local information on COVID-19 restrictions can be found on Council's website	Sandwell Latest
The COVID Winter Grant Scheme , is funding specifically for families facing financial hardship as a direct result of the impact of Covid-19. It can be used for essential household items, food or utility bills.	To see who can claim, or apply online: https://www.sandwell.gov.uk/info/2/00354/coronavirus_advice/4560/covid_winter_grant_scheme or call the emergency helpline 0121 569 2266
There are two options for getting tested for Covid-19 in Sandwell. You can get a test if you have Covid-19 symptoms (a high temperature, a new continuous cough or a change to your sense of taste or smell), OR you can get a rapid test to see if you have Covid-19 if you don't have any symptoms. This test is only for people with no Covid-19 symptoms.	https://www.sandwell.gov.uk/testsandwell
Changes Antenatal is being offered as both a three-week virtual course and as a distant-learning programme. If you know anyone who lives in Sandwell and is expecting a baby encourage them to book a place.	https://bookwhen.com/changes
Bump to Baby is a new online information session before offered in Sandwell highlighting the importance of early communication skills with parents.	https://bookwhen.com/changes
Best Beginnings is offering free group support sessions to mums, dads and other non-birth parents who may be feeling anxious or isolated at the moment.	https://www.bestbeginnings.org.uk/see-hear-respond
The Family Information Service are offering parents the opportunity to attend a short online session to find out more about the services they offer.	https://bookwhen.com/changes
Sandwell Children's Safeguarding Partnership have produced a 7 minute briefing.	 7 minute briefing Jan 21

<p>Ask for ANI (Action Needed Immediately) is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy.</p>	 <p>Ask for ANI</p>
<p>Hempsall's has been funded by DfE to provide a National Webinar for Family-Facing Professionals. Its aim is to increase confidence and skills in supporting take-up of 15 hours early learning for least advantaged two-year-olds. It will be on 9th February 9.30am</p>	<p>Book: https://www.eventbrite.co.uk/e/changing-lives-through-childcare-tickets-132436253399</p>
<p>SAFL is offering a FREE online workshop to help parents understand the importance of E-safety. It includes how to set up secure passwords, parental controls and how to know and spot the dangers online for young people. It starts on 2nd February 2021 10am-12pm.</p>	<p>https://www.learnsafl.ac.uk/pages/home/online-courses/ict-courses-online/e-safety-for-parents</p>
<p>Do you have a child under the age of 6? Then the University of York would like to hear from you. They are carrying out a piece of research on memory and sleep in parents. There are prize draws for participants.</p>	<p>https://sites.google.com/york.ac.uk/the-omg-sleep-study/home</p> <p>Contact: SleepStudy@york.ac.uk</p>
<p>Check out the Change4Life website and get kids moving with their favourite Disney characters and 'Shake Up Games'. The website also links to Mental Health tips for Parents.</p>	<p>https://www.nhs.uk/change4life</p>
<p>Action for Children are delivering FREE virtual classes for Pre-schoolers which include Baby Massage, Messy Play, Little Sparklers, Physical and Junior Explorers. Materials can be accessed via Whats App and email. Starts February.</p>	<p>You'll receive a goody bag for completing. To register your interest or ask for further information then please call 0121 588 5431</p>
<p>Thinkuknow have produced a series of simple 15-minute activities families can do to support their child's online safety at home. Packs are available for ages 4 to 14+.</p>	<p>https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/</p>
<p>Ollee, is a virtual friend developed by Parent Zone and funded by BBC Children in Need's A Million & Me. Aimed at 8-11 year olds and their parents, Ollee helps families talk about difficult topics. Resources packs are also available to accompany learning.</p>	<p>https://parentzone.org.uk/Ollee</p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team parent_support@sandwell.gov.uk</p>