

# Good To Know

27<sup>th</sup> March 2020

## Working with Families News

News:	For more info:
<p>For the latest advice about the coronavirus and the services, advice and support that are available through the Council please refer to the main Sandwell council website.</p>	<p><a href="https://www.sandwell.gov.uk/coronavirus">https://www.sandwell.gov.uk/coronavirus</a></p>
<p>Banardos has produced some useful advice for all families on '<b>How to talk to your child about coronavirus</b>'. It includes hints and tips for parents as well as online resources that they can share with their child(ren). There are also ideas for getting creative with under 5s.</p>	<p><a href="https://www.barnardos.org.uk/blog/how-talk-your-child-about-coronavirus">https://www.barnardos.org.uk/blog/how-talk-your-child-about-coronavirus</a></p> <p><a href="https://www.barnardos.org.uk/blog/getting-creative-your-kids-while-home">https://www.barnardos.org.uk/blog/getting-creative-your-kids-while-home</a></p>
<p><b>Public Health England</b> has released expert advice and top tips on how to look after your mental wellbeing whilst you stay at home during the coronavirus (COVID-19) outbreak. <b>Every Mind Matters</b> also includes guidance if you're feeling worried or anxious about the outbreak.</p>	<p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p>
<p>Sandwell Council are undertaking a huge operation to make sure the most vulnerable people in Sandwell have access to what they need during the pandemic. Whether you are an individual wishing to <b>volunteer</b>, or a business that can <b>deliver</b> or <b>donate</b> supplies to others, you can get in touch through the website.</p>	<p><a href="http://www.sandwell.gov.uk/news/article/5589/council_support_for_vulnerable_residents_%E2%80%93_and_how_people_and_businesses_can_volunteer_and_help">http://www.sandwell.gov.uk/news/article/5589/council_support_for_vulnerable_residents_%E2%80%93_and_how_people_and_businesses_can_volunteer_and_help</a></p>
<p>The <b>Stop Loan Sharks helpline</b> service remains open and fully operational during the COVID-19 pandemic. They encourage not only victims but friends, family members and the wider community to come forward if they suspect someone is suffering at the hands of loan sharks of what is a tough time financially for many.</p>	<p>The Stop Loan Sharks helpline is 0300 555 2222</p>
<p><b>ThinkUKnow</b> is providing support and resources to help parents learn about online safety at home with their child. There are primary and secondary helpsheets, and home activity sheets for different age groups.</p>	<p><a href="https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/">https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/</a></p>

<p><b>Sandwell Family Information Service (FiS)</b> has a complete list of all the schools and childcare available to Key Workers and Vulnerable children in Sandwell. FiS has also produced a useful collection of educational and fun resources by ages and topics for families staying at home.</p> <p>Bot.h of these resources are on the FIS Facebook page and the FiS hub</p>	<p><a href="https://www.facebook.com/SandwellFIS">https://www.facebook.com/SandwellFIS</a></p> <p><a href="https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page">https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page</a></p>
<p>The <b>Breastfeeding Network</b> are still available to support mums and families with advice before or after the birth of baby. They still have telephone support and are holding antenatal sessions and peer support through video conferencing.</p>	<p> BFN support</p> <p>07505 775357 call anytime and leave your details</p>
<p>As a result of the Coronavirus pandemic, there has been a significant reduction in people travelling and operators have begun to reduce the frequency of bus and rail services. <b>Network West Midlands</b> has a dedicated webpage with the latest information and advice. Do not travel unless it is essential.</p>	<p><a href="https://www.networkwestmidlands.com/plan-your-journey/network-overview/">https://www.networkwestmidlands.com/plan-your-journey/network-overview/</a></p>
<p>In an attempt to support financial wellbeing at this time, Sandwell’s Citizen Advice Bureau will be posting regular newsletters about any topic that may help you and the people you care for. The first topic is on energy and includes advice for those on a pre-payment meter.</p>	<p> 1. Covid -19_Energy</p> <hr/>
<p>All job clubs are cancelled until further notice, but Employment and Skills advisors are still available to help with advice and support with job search, applications, interview practice and more via telephone, WhatsApp, and text message.</p>	<p>For a list of contact numbers visit: <a href="http://www.sandwell.gov.uk/info/200233/jobs/3945/employment_event">http://www.sandwell.gov.uk/info/200233/jobs/3945/employment_event</a> or email <a href="mailto:enquiries_recruitment@sandwell.gov.uk">enquiries_recruitment@sandwell.gov.uk</a></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 <a href="mailto:parent_support@sandwell.gov.uk">parent_support@sandwell.gov.uk</a></p>