



Family Link Letter November 2022



Hello to all of our families. In case you have not met me yet, I am Barb. I am the Family Link for nursery, so my job is to provide families with anything they might need a little bit of help with. I hope you are enjoying autumn and the changing leaves and colours. I know the children have loved raking the leaves and exploring pumpkins in nursery garden. But this rainy damp weather can be uncomfortable-wrap up warm!



The hot topic on everyone's lips is the cost of heating and household bills! There are a number of schemes in place to support families with the ever rising costs. Please have a look at the following links for some great money saving ideas as well as schemes you can apply to.

Act on Energy work across Warwickshire and can help with reducing heating costs. Please call their advice line on 0800 988 2881.

Martin Lewis, the money saving expert has also shared tips on how to reduce the cost of your heating by making some simple adjustments to your boiler that can save you £112 per year! Follow the step by step guide here:

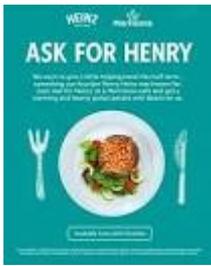
https://moneysavingboilerchallenge.com/?gclid=EAIaIQobChMI0O-hkPqb-wIVytDtCh3jMgm_EAAYASAAEgJZEfD_BwE

The government have launched their 'Help for Households' scheme. There are a number of resources and benefits that you may be eligible to apply for including Winter Fuel payment. Please follow this link to have a look:

https://helpforhouseholds.campaign.gov.uk/?gclid=EAIaIQobChMIhK3G7Pqb-wIVS9DtCh19twf4EAAYAiAAEgJ0mPD_BwE&gclsrc=aw.ds

For those families that are in immediate need of help with food, energy or water, the local Government Welfare Scheme can help you. This is an emergency service. Please call them on 0800 4081448 or 01926 359182. or follow this link:

<https://www.warwickshire.gov.uk/localwelfarescheme>



Did you know that Morrisons are working together with Heinz to offer a free, no questions asked, hot meal to either adults or children in their café's at any time? All you need to do is attend the café and ask for a 'Henry Meal' (named after Mr Heinz himself) to get a free hot dinner. For more information just look here: <https://metro.co.uk/2022/10/25/morrisons-you-can-discreetly-ask-for-henry-if-you-need-a-free-meal-17631016/>



Citizens Advice Bureau

Are offering a free drop in at Bedworth Heath Community Centre every Monday 10.30-11.30. They can help with benefits advice, debt and financial matters, relationships and family matters.



I am working together with Cannons Primary to attend support sessions from their school. The first one is on 17 November in The Hive at Cannons from 1.30-2.30. They will be having a speaker from Roots to Branches Autism support group and also the Family Information Service who are an invaluable support to parents with a child with additional needs. Why not pop along? Ask me for more information.

St Michaels Children and Family Centre are running an SEND coffee morning for parents of children with needs in Bedworth. It is on Friday 2nd December from 10-11.30. Please call the centre to book a place on 02476 494171. Free tea, coffee and cake!

In a nutshell, these are hard times for all. However, should you find you need more help and are not sure where to turn, please give me a call. I am a qualified Mental Health First Aider and can advise help and support if you are low or finding life difficult.

I am also on hand to support with child development, routines and boundaries. Speak to me if you would like some help with anything development wise. I also work closely with the Health Visitor team locally and other agencies and can listen to your worry and try to help.

Domestic Violence is on the up, and the current hardships we are facing is likely to make things worse for those living in homes with domestic violence, physical or mental abuse. I work with supporting agencies including Domestic Abuse Counselling Service as well as National Centre for Domestic Violence and Refuge and can help with non molestation orders and housing if you are fleeing abuse. Please speak to me in confidence.

Debt is having a huge negative impact on many families. I work closely with Family Information Service, the Department for Work and Pensions and Local Government and can access help for a number of issues. I am here to help.

Alcohol and Substance Abuse can impact greatly on your health, mental health and wellbeing, as well as your children's development. Additionally financial difficulties can get worse. I can access support for you if you would like help with any of the topics I have written today.

Thanks for reading, and I hope you find some helpful links here. Please just speak to me if there is anything else I can do to help.

Barb

Barbara Charles, Family Link.

Bedworth Heath and Atherstone Nursery Schools.

Bedworth Heath 02477 752 392

Atherstone Nursery 01827 794 164