



## Family Link Newsletter October 2024

**A warm hello on this really cold morning- we are definitely in Autumn now!**

Hi again from me Barb. I am the Family Link for nursery, so my role is to support families with anything that is impacting on family life. I am also the Designated Safeguarding Lead, so if your family is being supported by Children's Services I will usually attend your meetings so will get to know you very well.

Can I say a huge thank you to those parents who attended my Behaviour Workshop this week. I hope you found it useful to have some top tips for managing those challenging behaviours that we see in children of nursery age. If this is something that you would like help with I run the workshop each term, so please look out for the next dates advertised, or come and see me and we can have a chat. Next term's will be afternoon workshops.

I have a Toilet Training Workshop coming up later in the term on Thursday 24th October. I usually run this with the Health Visitor team Community Nursery Nurse Michelle, and she has a wealth of knowledge. If you would like to book a place on this workshop then do so here:

[https://www.bedworthheathnurseryschool.com/service-page/toilet-training-workshop-2?referral=service\\_list\\_widget](https://www.bedworthheathnurseryschool.com/service-page/toilet-training-workshop-2?referral=service_list_widget)

I will be adding information to my regular updates throughout the year on latest services from our partner agencies, including the local Children and Family Centres, Job Centre, Mental Health Services, NHS, Health Visitors, Local Council and Refuge to name a few.

As always there are some constant services that I can help with. These are:

**Mental Health Support:** There are many reasons why we may be having difficulties, and everyone's mental health goes up and down at times in their lives. However, support is here if needed. I am a Mental Health First Aider and a Psychological First Aider, and can advise or get help if needed. Please call, text or email me (contact details below) and I will gladly help. There is also a wealth of information and support in our Mental Health and Wellbeing Policy- please have a look here:

[https://www.bedworthheathnurseryschool.com/\\_files/ugd/5d67fb\\_5173c3a43a20404aba17ab4b40e6797f.pdf](https://www.bedworthheathnurseryschool.com/_files/ugd/5d67fb_5173c3a43a20404aba17ab4b40e6797f.pdf)

**Behaviour, Routines and Boundaries:** Parenting can be the hardest job we ever do! If you need any advice or support I am always around to help. I also link with the Health Visitors who offer ideas and strategies well, and I can advise what's on offer at the moment regarding parenting programmes in Warwickshire.

**Financial Difficulties:** Finances have changed hugely for many families at the moment. You don't have to suffer in silence. I can access with help with benefits, charity support, or legal help.

**Act on Energy** are a charity to help families reduce their fuel and energy bills. They have grants available that can clear fuel or energy debt. Please see if you are eligible here for more information:

<https://www.actonenergy.org.uk/project/warwickshire-hsf/>

**Water Bills cost reduction-** Severn Trent Big Difference Scheme can see up to 70% reduction on water bills if you fit their criteria. Lots of our families do! Please apply here:

<https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

## **Safety Messages**

**CAR SAFETY:** As part of my role as Safeguarding Lead, I am worried about a few recurring incidents of children being transported to nursery without the correct car seats! This is a LEGAL requirement and by law children must have the correct seats for their size in order to keep them as safe as possible in the car. For more details on car seats see here:

<https://www.gov.uk/child-car-seats-the-rules>

**WINTER ILLNESS:** This time of year sees the increase of flu, colds, viruses and tummy bugs, or Covid. To see how to reduce spread of these illnesses and for how long children have to be kept off school or nursery see this link: <https://www.gov.uk/government/publications/infectious-diseases-schools-and-other-childcare-settings/how-long-should-you-keep-your-child-off-school-checklist-poster-text-version>

Fire Safety Check-the Fire Brigade are able to come and check your home for fire safety, and supply free smoke alarms as well as giving recommendations for things to improve the safety of your home- good for tenants. If you would like me to request a Fire Safety Check just let me know. A great way to keep your family safe.

## **Money matters:**

**Universal Credit** will soon be the one benefit taking over all the others- so tax credits, ESA etc will be phased out. Please do look out for a letter telling you how to switch, and act on that. I am here to help if needed. Your old benefits will stop so this is really important to avoid delay in your payments. For more information see this link: <https://www.understandinguniversalcredit.gov.uk/tax-credits-customers/tax-credits-are-ending/>



**Snack donations:** Please, if you can, donate some snack each week. We are getting very low! 2 pieces of fruit or veg such as apple, cucumber, bananas, oranges. Or a loaf of bread, a tub of dairy free spread, some crackers or cereal are all great snack offerings. Please remember our allergy lists though and avoid those ingredients. Thank you all so much.



**Hats, Scarves and Gloves:** During this really cold spell please remember to send your child with their own hats, scarves and especially gloves. They are relatively cheap, but a real need as we allow children to be out in all weathers and their little hands get cold quickly. Try and pop their name in, or sew a bit of ribbon on and write on it if there is no label



### **Together with Autism Conference**

The 'Together with Autism' Conference is brought to you by Act for Autism. Please join them for inspiring talks, workshops and to meet with your local services representatives.

This event is for Warwickshire and Coventry parents/carers of autistic adults and children, and professionals wanting to better understand autism.

To book your free place please register here: <https://www.eventbrite.co.uk/e/nuneaton-in-person-together-with-autism-conference-tickets-1017020354257?aff=ebdsopongprofile>

### **Family Fun Day tomorrow!**

**St Michael's Community Fun Day THIS SATURDAY 12TH OCTOBER** - this fun day is for all the family - face painting, art and crafts, bouncy castle, community café and lots more. It is FREE entry and there will be lots to do and also pick up information from local services that will be present. It will take place on **Saturday 12th October 2024, 11 am to 2 pm at St Michael's Children & Family Centre, Hazel Grove, Bedworth. CV12 9DA.** No booking needed just turn up.

If you would like some support with any aspect of family life do get in touch:

Whatsapp or call me on 07833 288959 or email on Charles.b@welearn365.com or speak to me at nursery. Take care and keep warm! Barb