



## Family Link Letter December 2023

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

Hi again from me, Barb. I am the Family Link for nursery. Can I say a HUGE thank you to those who have donated toys for the Salvation Army Toy Appeal and food items for the hampers. What a fantastic community feeling we have, exactly how it should be. Thank you, it really will make such a difference to many.

As part of helping parents and carers with their children's development, I run termly 1 hour workshops on a range of topics. I have already planned in dates for the next term and am running AFTERNOON workshops on both behaviour and toilet training. Click the following link to book on as places are limited: to 8 families per workshop

<https://www.bedworthheathnurseryschool.com/book-online>

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: [chrome-extension://efaidnbmnnnibpcapjcqlcfeindmkaj/https://www.bedworthheathnurseryschool.com/files/ugd/f33174\\_80f5b06b66e4406081e351790ea8780e.pdf](chrome-extension://efaidnbmnnnibpcapjcqlcfeindmkaj/https://www.bedworthheathnurseryschool.com/files/ugd/f33174_80f5b06b66e4406081e351790ea8780e.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.

### Contact Details:

Email: [Charles.b@welearn365.com](mailto:Charles.b@welearn365.com) Mobile: 07833 288959 call, text or WhatsApp

**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/>

**Warm Home Discount Scheme** is starting again on 16th October for eligible households to get £150 off their energy bills. Please see the following link for details on how to apply:

<https://www.gov.uk/the-warm-home-discount-scheme>

**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, impetigo and chicken pox as well as scarlet fever. 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/>

**Bedworth Hub and Grub:** Are you in need of a warm space and some free/ cheap food over the winter period? Scan this QR code to find local warm Hub and Grubs across Nuneaton and Bedworth.





**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



I hope you have a wonderful Christmas and New Year. Please do contact me if you need help with anything. I work some of the holidays and will be available at nursery by phone or email on 3rd, 4th and 5th of January before we return to children on 9th January.