



Tewkesbury Locality Early Help Partnership Newsletter

EXTRA NEWSLETTER DURING COVID-19 CRISIS— MARCH 2020

Welcome to this **EXTRA** newsletter. This is specifically designed for our Children and Families within Tewkesbury so they know who they can turn to for advice and guidance. Please feel free to disseminate this to all families and children.

Our NHS colleagues are working tirelessly on helping to reduce the risk to our most vulnerable people and advice on anything relating to the illness will be found on <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Best wishes,

Early Help Co-Ordinators

Cheryl for the Tewkesbury Locality and **Theresa** for the Cheltenham Locality

Welcome to the Tewkesbury and Cheltenham Early Help Coordinators

And The Schools Allocated To Them

Please note there are occasions when we may be asked to support schools in other localities. In addition to the direct numbers above, EHCOs can be contacted by calling the Families First Team on 01452 328250.

Staffing Update: Sinead Kirk transferred to the Cotswolds EHCO team in mid December.

Her replacement is currently being recruited for.

Please contact Cheryl Rodham and Theresa Brown with any queries regarding those schools.

Cheryl Rodham cheryl.rodham@gloucestershire.gov.uk 01452 328164 07827840570 (Works Mon-Thurs 9-3pm)	<u>Secondary</u> Cleeve School Winchcombe	<u>Primary</u> Bishop Cleeve Primary Academy Gotherington Gretton Grangefield Isbourne Valley Oak Hill St Mary's Presbury Tredington Winchcombe Abbey Woodmancote
Theresa Brown theresa.brown@gloucestershire.gov.uk 01452 328385	<u>Secondary</u> Churchdown Academy Chosen Hill	<u>Primary</u> Churchdown Village Infants/Junior Churchdown Parton Manor Infants/Junior Innsworth Infants/Junior Longford Park St Marys Catholic Primary
Position is currently being recruited Contact Cheryl or Theresa for help/support	<u>Secondary</u> Henley Bank Tewkesbury School <u>Independent, Special & Alternative Provision Schools</u> Abbey View Alderman Knight School Breadon Independent	<u>Primary</u> Ashchurch Carrant Brook Junior Deerhurst & Apperley Mitton Mattor Northway Infants Norton Queen Margaret Tewkesbury CofE The John Moore Twynning Tirlebrook Shurdington Brockworth Casltehill Coopers Edge Primary



The Family Information Service directory www.glosfamiliesdirectory.org.uk holds a wide range of information advice, and signposting to support families, children and young people from 0 - 19 years of age (25 for young people with additional needs). This includes information on finding and choosing childcare, such as local day nurseries, playgroups, childminders, children's centres, out of school clubs and holiday playschemes.

The directory also provide information on:

- Family Support
- 2, 3 & 4 year old funding towards childcare
- 30 hours funding for working parents and some foster carers
- Referrals for parenting programmes including Triple P, Solihull, Webster Stratton and You & Me, Mum
- The Key Disability Register
- Tax Credits, Benefits.

Parent/Carers can also view/download from the Family Information Service page useful resources to support family life, including a Parent's Guide to mobile phone and internet safety, being left Home Alone to name just a few.

Practitioners will also be able to access useful information including training and referral forms from within the relevant sections.

TEWKESBURY ABBEY

During this very difficult time, Church of England services are currently suspended. Tewkesbury Abbey's website has links where you can download a copy of their 'Praying at Home' booklet, and for a list of online prayer resources.





1. Get in touch with us.

If you call our foodbank we can talk through your situation and put you in touch with a relevant local agency.

2. Arrange a visit to the referral agency.

People who wish to apply for a foodbank voucher should contact one of the agencies listed below who will evaluate the need and will work with them to get to the root cause of the emergency and its solution. You can start by coming in to our centre (76 Church Street, Tewkesbury, GL20 5RX. Tel: **01684 296824**) where you will be warmly welcomed and given advice. Or you may contact one of our Partners to get a Foodbank Voucher before coming in. Voucher holders are:

- Mythe Medical Practice 01684 293278
- Priors Park Neighbourhood Project: 01684 290069
- Citizens' Advice Bureau: 01452 527202
- Tewkesbury Borough Council (TBC): 01684 295 010
- TBC Benefits Assessment: 01684 272035
- Green Square: 01452 726951
- Severn Vale Housing: 01684 272728
- Tewkesbury Drop-In Centre: 01684 299315

When you arrive, we'll welcome you with a warm drink and our trained volunteers will chat with you about your situation. We'll also discuss any dietary needs you may have and exchange your foodbank voucher for a parcel of three days of emergency food. We'll also help to support you in any other ways that we can. Most of our foodbank centres offer a cafe style environment and our aim is to provide non-judgemental support at the point of crisis.



76, Church Street

01684 296824

OPENING TIMES

Mon	Closed
Tue	09:30 - 12:30
Wed	Closed
Thu	09:30 - 12:30
Fri	09:30 - 12:30
Sat	Closed
Sun	Closed

ADDRESS

76 Church Street,
Tewkesbury,
GL20 5RX.
GL20 5NA

Gloucestershire Helplines and Online Support

In an emergency call 999 and ask for help or

- Go to the Accident and Emergency (A&E) department at your local hospital or
- Talk to your GP (between 9am-5pm Monday – Friday) or
- Phone NHS Direct by ringing 111 (after 5pm or weekends) or
- Mental health emergency only (age 11+): 2gether Crisis Team: 0800 1690398 (available 24/7)



Helplines & Websites:

- **www.onyourmindglos.nhs.uk** mental health support and advice.
- **Childline:** Online help and advice telephone and text chat support
- www.childline.org.uk Phone: 0800 1111
- **Young Minds:** mental health advice and info for young people www.youngminds.org.uk
- **YoungMinds CRISIS MESSENGER:** 24/7 service, providing free, mental health crisis support for young people across the UK. Text YM to 85258
www.youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/
- **Samaritans:** www.samaritans.org National Freephone: 116 123 (24-hours).
- **Self-Harm Helpline Rethink Gloucestershire:** Everyday 5pm-10pm
- Webchat www.gloucestershireselfharm.org Phone: 0808 8010606 Text: 075374 10022
- **PAPYRUS:** www.papyrus-uk.org confidential help and advice to prevent suicide.
- Helpline: 0800 0684141 Text: 07786 209 697 Email: pat@papyrus-uk.org
- **ChatHealth:** NHS School Nursing confidential text chat service 9am-4.30pm Mon-Fri
- Text: 07507 333351
- **Anxiety UK:** information, support and advice www.anxietyuk.org.uk
- Monday – Friday 9.30am-5.30pm - Infoline: 03444 775 774 Text: 07537 416 905
- **Hey Sigmund:** Anxiety in children and young people - latest research and news
- www.heyigmund.com
- **NHS young people's mental health** www.nhs.uk/Livewell/youth-mental-health
- **Fixers:** stories by young people for young people www.fixers.org.uk
- **Drugs Advice (Frank):** www.talktofrank.com Live chat: 2pm-6pm
- Phone: 0300 123 6600 Text: 82111
- **Homelessness (Nightstop):** www.gloucestershirenightstop.org.uk
- Phone: 01452 331330 Email: admin@glosns.uk

Self-help apps:

Free to download from your app store

- **Calm Harm** - managing self-harm
- **MindShift** - to help manage anxiety and urges to self-harm
- **Cove** - express your mood with music
- **Stress & Anxiety Companion** - helps you handle stress and anxiety
- **Chill Panda** - relaxation and breathing exercises

Parent Support:

- **TIC+ Parent Support Advice Line:**
Mon & Wed 5-9pm Tues & Sat 9.30am-1pm
- Online-chat: www.ticplus.org.uk Freephone: 0800 652 5675
- **Young Minds:** www.youngminds.org.uk Parent Helpline: 0808 802 5544
- **Family Lives:** www.familylives.org.uk Parent Helpline: 0808 800 2222



FACEBOOK

During this difficult time, elderly and/or vulnerable people who live in our lovely town of Tewkesbury and surrounding areas are struggling with many aspects of life, such as getting groceries and medication.

There is a support group on facebook called:



We will help.COVID- 19 TEWKESBURY

where people can volunteer to help those in need, and where people can ask for help.

In a world
where you can
be anything,
be kind.



PARENT SUPPORT & ADVICE LINE

Are you worried about your child's mental health, emotional wellbeing or behaviour?
Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

FREE - CONFIDENTIAL - ANONYMOUS



TIC+ cares – we're here to help!

If your child is 0-25 years old and lives in Gloucestershire, drop-in to our free, anonymous, confidential helpline during open times and talk to one of our trained parent support advisors.

YOU ARE NOT ALONE

PARENT SUPPORT LINE
0800 6525675

OPEN TIMES:
Monday & Wednesday: 5pm – 9pm
Tuesday & Saturday: 9.30am – 1pm

PARENT SUPPORT WEB CHAT
www.ticplus.org.uk/parents-carers

Open times may be subject to change -
check our website for up to date
information

www.ticplus.org.uk



TIC+ is a mental health charity founded in 1993. Our mission is to improve, preserve and promote, good mental health and wellbeing among children, young people and families.
Charity number 1043439



THE NATIONAL TRUST

The National Trust are being incredibly generous, encouraging us all to look after your well-being: <https://www.nationaltrust.org.uk/>

'At this time of everything closing the National Trust have agreed to remove all pay barriers from National Trust parks and Gardens. This is in response to do what we can for everyone at this time to support social distancing and the need to be outside in nature for our own mental wellbeing. It will mean that all the grounds behind pay barriers will now be open for everyone. In addition all car parking chargers will be removed. You can enjoy the open space and keep your social distance as per the government advice.

We will however be closing all cafes, houses, retail, and cancelling events. So take a flask and a sandwich.

There is no commercial drive behind this, it will cost the charity a significant loss in income - but we acknowledge mental health and wellbeing at this time is the priority.

Also, the National Parks are free and always open.

Stay at home as much as you can, but when you need it - nature is there for you and free'.

SUPERMARKETS IN TEWKESBURY: ELDERLEY AND VULNERABLE SHOPPERS



(Information correct as of 1pm 19th March 2020)

Morrisons and Tesco's in Tewkesbury and the Co-Op in Northway are NOT offering a slot during their opening time for elderly and vulnerable shoppers.

In Cheltenham the following supermarkets do offer a protected shopping slot:

Tesco's (Tewkesbury Road) - Monday, Wednesday, Friday 9am-10am

Sainsbury (Whaddon, Chelt) - 7am-8am daily



Our assessment workers are working remotely taking referrals and conducting assessments by telephone or video whatsapp or skype. 01452 733060

We will not be undertaking any groups or activities at this time.

We are proactively posting ideas to help young carers stay connected on our facebook page and shortly on the websi

<https://www.facebook.com/GloucestershireYoungCarers/>

te www.glosyoungcarers.org.uk ; @GloucestershireYoungCarers

Apps to help with home schooling:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

<https://www.twinkl.co.uk/search?term=school%20closure>

HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

100 Things to do indoors

www.spreadthehappiness.co.uk



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk