

Children's Centres Newsletter

Issue 5:

January 2021

Hello and welcome to the fifth Children's Centres Newsletter, which we hope you will find helpful.

As in our fourth addition, we have included a section on free training and events and also featured the second round of Equalities and Diversity training that we have commissioned to help you, your Leaders, Trustees and Governors get up to date in this area and to help with funding bids.



Also featured are a number of funding opportunities, information regarding support for parents as well as an update on the Children's Centres Sustainability Project. We hope you find this edition informative and useful and look forward to hearing your feedback.
*Louise Slender –
Commissioning Officer*

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Children's Centre Sustainability Project Update

As you are aware, the Children's Centre Sustainability Project was established in January 2020, to support those Centres that are now being run by Schools, Charities and Private Businesses across the County and managed by Helen Black.

As of January 2021 the project will be managed by Commissioning Officer Louise Slender. Louise has previously been employed as a team manager for Barnardos, Gloucester City targeted family support service. She was appointed to the role in April 2017, when Barnardos were awarded the contract for the 6 Gloucester City Children and Family Centres. Louise has managed a

team of family support workers, responsible for offering targeted support to children aged 0-11 years and their families and also had responsibility for the day to day running of the Link Children and Family centre, in Matson, Gloucester.

Louise joins the team bringing experience of developing and sustaining relationships with key partners, has worked closely with children's social care and Families First as well as health and education colleagues.

Louise has been involved in children centre services for many years having been part of

the Sure Start local programme in Barton, Tredworth and WhiteCity, moving on to help shape and deliver universal Children's Centre services within what were the Gloucester North and South localities.

Louise is very excited to have joined the team on and is looking forward to working with you all more closely in the new year.



Covid-19 Update

2021 hasn't started quite like we would have hoped, but am sure that since our first newsletter in April 2020, we are all getting better at dealing with the challenges that the COVID 19 pandemic brings.

There have certainly been a lot of changes to service provision over the last year, including making settings COVID secure, and/or juggling working from home, home schooling and keeping connected via virtual platforms. Hopefully 2021 will give us the opportunity to come together and welcome more vulnerable children and their families back to Centres as we progress through the year.

Guidance on volunteering during national lockdown in England

The government has updated its guidance for volunteering during the lockdown at <https://www.gov.uk/guidance/enabling-safe-and-effective-volunteering-during-coronavirus-covid-19>.

Key points:

- People must volunteer from home, unless it is not reasonably possible for them to do so.
- If they cannot volunteer from home, people can volunteer outside their home, follow [social distancing guidance](#), or [COVID-secure guidance](#) if volunteering in a workplace.
- [Clinically extremely vulnerable](#) people should not volunteer outside their home.
- Where they are unable to volunteer from home, people can travel to volunteer or while volunteering. They should where possible, stay local and avoid travelling outside the area where they live unless absolutely necessary.
- While volunteering, people can meet in groups of any size, indoors or outdoors.

Do you need volunteers?

At the VCS Alliance, we will be resuming our volunteer newsletter later this month. We send details of volunteering opportunities to over 500 potential volunteers who signed up to the Help Hub initiatives last year, to encourage them to continue supporting their communities and VCS organisations.

We need your help! If you have opportunities that you would like included, please send us:

- Your organisation name and location
- What the opportunity is and any special requirements, eg car driver, must be physically fit.

- Where it is, if not in the area where you are located
- How much time is required and how frequently, for example weekly, monthly or ad hoc
- Contact details so that anyone interested can get in touch.

Please email info@glosvcsalliance.org.uk and we will include your opportunities in the next available newsletter.



Barnardos See, Hear and Respond service extended

The Barnardos See, Hear and Respond service has been extended until March 2021 for those children and young people in England who are experiencing harm and increased adversity during the pandemic, by providing support to those who are not being seen by schools or other key agencies. **There is no minimum threshold for referrals.** Barnardos will support children from pre-birth up to 18 years of age and those with special educational needs under the age of 25.

- Online support hub
- Call for free on **0800 157 7015**
- Forms: [Self referral form](#) and [Professional referral form](#)

Job Retention Scheme extended

Did you know that the Job Retention Scheme has been extended until 20th April 2021 and you can claim 80% of an employee's usual salary for hours not worked?

For more information or to see who can qualify please visit: <https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme#who-can-claim>

Information regarding schemes and grants available to businesses were sent out in previous additions but please let us know if there is any support you would like with this or check out the government's business support website for answers to frequently asked questions. Full details can be accessed by following this link: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses>.



Get help with technology during Coronavirus (Covid19)

Where schools identify a child from a disadvantaged family, without internet access at home, they can now request free, additional data through the DFE's Get Help With Technology Programme <https://www.gov.uk/guidance/get-help-with-technology-for-remote-education-during-coronavirus-covid-19>



Guidance

Actions for early years and childcare providers during the coronavirus (COVID-19) outbreak (Updated 7 January 2021)

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures>

Having a COVID test – Easy read guides

<https://www.achievetogether.co.uk/wp-content/uploads/2020/03/COVID-19-Swab-test-book-Mar-2020.pdf>

<https://www.achievetogether.co.uk/wp-content/uploads/2020/04/Being-tested-for-Covid-19a.pdf>

Update from Positive Relationships Gloucestershire

Important update from Positive Relationships Gloucestershire (PRG) who provide help for people who may have caused harm to their partner or ex-partner and want to change their domestically abusive behaviour. More information about the service is attached and available at: <https://www.splitz.org/gloucestershire.html>

Unfortunately, PRG will be placing their waiting list on hold until further notice due to current lockdown restrictions and suspension of all in person support. They are unable to accept new referrals at this time, and will be contacting all those current on the waiting list to let them and referrers know. If you have any queries, please contact them via prggloucester@splitz.org or by calling **01452 529 866**.

Please contact PRG directly to discuss referrals or seek advice on current client. Advice may be available for professionals to complete some 1:1 work with clients while awaiting the PRG waiting list reopening.

Free Training and events

Over the next few months, Louise will be organising a series of workshops that may be beneficial to you as Children Centre leaders.



An invitation to our first Children's Centre Coffee Morning has been sent out, where we will have an opportunity to discuss what might be helpful. The Coffee Morning will take place on Wednesday 10th February, 10-11:30am. Please can you respond to your invitation from

Amber Williams to let us know if you can attend.

Louise's initial thoughts are:

- an introduction to Early Help,
- Introduction to parenting programmes in Gloucestershire,

- Introduction to Domestic Abuse Services,
- Fund raising, Bid/Grant applications
- Sharing good practice.

Please have a think about what would be useful.

A message from the County Council's Community Learning team:

Adult Education are still committed to delivering quality courses to the most vulnerable, and we still have a number of exciting and interesting Zoom courses to help keep you occupied over lockdown.

Yoga and Guided Meditation

Tuesdays 12:30-2:00 online via Zoom
For all parents/carers and grandparents. Discover yoga regardless of your ability. All you need is space to lie down and to be wearing some comfortable clothes. The second part of the session will be a relaxing guided meditation. You may want a warm blanket for this part!

Contact Fay.tucker@gloucestershire.gov.uk

Happier and Calmer: Wellbeing at Home

Wednesdays 9:30-11:00 online via Zoom
For all parents/carers and grandparents. Join us to find out the latest science behind leading a happier and calmer home. Find new techniques which can help your family be more resilient and build on your strengths.

Contact Fay.tucker@gloucestershire.gov.uk

Expression through Poetry

Tuesdays 11am – 1pm – online via Zoom
Investigate what poetry is and what it can do. Read and discuss different forms of poems and experiment with writing your own. Build new awareness of language and self expression

Contact Nusrath.khan@gloucestershire.gov.uk / 07825 424319

Finding Peace in a Frantic World

Wednesdays
11:30am – 12:50pm – online via Zoom

A mindfulness course recommended by the UK's National Institute for Health and clinical excellence; for those that are struggling to keep up with the relentless demands of the modern world. This course is designed to help you meet the worst that life throws at you with renewed courage

Contact Nusrath.khan@gloucestershire.gov.uk / 07825 424319

Valentines Special – The Food of Love

Wednesday 10th February
10:30am – 12:30pm & 2:00pm – 4:00pm – online via Zoom

For that special someone in your life, or as a treat for yourself, learn how to make a deliciously rich and creamy lemon posset dessert and a batch of short, jammy heart biscuits

Contact Karen.stiles@gloucestershire.gov.uk

continued overleaf...

Perfect Pancakes

Tuesday 16th February

10:30am- 12:30pm & 2:00pm – 4:00pm – online via Zoom

In this workshop you'll learn how to make the perfect pancakes. Have fun making and tossing pancakes, then fill with a delicious creamy chicken and mushroom filling, and have a couple left over to enjoy with the classic lemon and sugar.

Contact Karen.stiles@gloucestershire.gov.uk

Gateway to Your Future

Wednesday 24th February

9:30am – 2:30pm – online via Zoom

You will work with our qualified career and employability specialist to find out how your interests and skills can lead you to a new career that suit you best whilst accessing live vacancies.

Contact Nasrin.Atcha-Patel@gloucestershire.gov.uk

Relax & Recharge

Monday 15th February – 8th March

10.30 -12.00pm online via Zoom

A 4 week course through the practice of techniques from different cultures, we will explore ways to balance the internal energy system of the mind & body, looking at how/why blockages occur & how to release them, reliving stress & being able to relax.

Contact michelle.johnson@gloucestershire.gov.uk

A Journey Through the Chakras

Tuesdays

10.30 – 12.00 online via Zoom

An 8 week course which focuses on the energy known as “chakras” which form part of well being and are used to aid and balance body and mind

Contact michelle.johnson@gloucestershire.gov.uk

Colour for well- being

Tuesday 16th February

1.00 -2.30pm online via Zoom

Contact michelle.johnson@gloucestershire.gov.uk

Intro to Ayurveda

Wednesday 27th January – 17th February

1.00 -2.30pm online via Zoom

Ayurveda was developed more than 3000 years ago in India. It is based on the belief that health and wellness depend on a delicate balance between the mind , body and spirit.

Contact michelle.johnson@gloucestershire.gov.uk

Deepening the practice

Monday 15th February - 08th March

1.00 – 2.30pm online via Zoom

The aim of this course is for all in the group to continue developing their skills, to reduce stress, achieve levels of relaxation, and calm the mind through the practice of mindful activities. To encourage participation in repeated & new practices.

Contact michelle.johnson@gloucestershire.gov.uk

All of our workshops/courses are free subject to eligibility

You must be:

- Over the age of 19
- A UK/EEU resident in the last 3 years / valid residence permit

One of the following:

- Unemployed/earning below £17,000 a year
- Qualified below a Level 2 (5 GCSEs equivalence)

→ Mental health challenges (includes substance misuse)

→ Learning difficulty or disability

If you would like to receive the posters for these courses, please email the respective contact, under each course.

Community Learning, Adult Education in Gloucestershire

Gloucestershire County Council
4-6 Commercial Road
Gloucester GL1 2EA

Mothers' and Physical health workshop

Fiona Spotswood (Bristol University) and Tom Hall (Active Gloucestershire) propose a co-creation workshop to explore cross-disciplinary opportunities for developing a co-created physical activity programme for Gloucestershire targeting inactive mothers from deprived communities.

Fiona works with Bristol Girls Can on their Sport England funded project. She uses her novel social science research about mothers' physical activity and everyday lives to inform the BGC social marketing programme. She has insights from her research to share and proposes to use these research findings as an opportunity to bring key stakeholders together to co-create

ideas for a programme of physical activity support, facilitation and intervention in Gloucestershire. Fiona has received a small amount of funding already to cover this co-creation workshop in Gloucestershire. She hopes to support stakeholders in thinking through innovative ideas for an adapted strategic social marketing approach specific to the Gloucestershire context.

Fiona and Tom will be attending our Coffee Morning on Wednesday 10th February 2021, as guest speakers so there will be an opportunity to find out more about their ideas then.

Please express an interest and preferred date by following the link below: https://doodle.com/poll/4buxwcembecnkn9y?utm_source=poll&utm_medium=link

2nd round of Equality, Diversity and Inclusion training.

Thank you to those of you who attended the 1st round of training, we hope you found these sessions useful. Thank you to those of you who have completed the evaluation.

For those of you who were not able to attend we have organised another round of training which will be delivered for us by The Diversity Trust (<https://www.diversitytrust.org.uk/>) and SARI (www.sariweb.org.uk) who are excited to be working with you in the coming months. As you are aware, being up to date and confident with Equality, Diversity and inclusion is important for organisations providing activities and services in local communities. To make sure that they are accessible, most funders will ask if you have equalities and diversity policy and some will ask for a copy of the policy as part of the application process.

Dates: Monday 13th March 2021, 2:00pm-4:30pm and Thursday 18th March 2021, 2:00pm-5:00pm (both sessions need to be attended). Please let Louise know if you would like to attend the training by **WEDNESDAY 23RD FEBRUARY**. Joining instructions will be sent out to you.



Support for families

A Voice For Parent Carers

“Gloucestershire Parent Carer Forum is a voice for those with lived experience of being a Parent Carer (This means parents and/or carers of children with any disability, SEN, condition, impairment or additional need). We can create a bridge to the providers of statutory services to help build better services for all families of disabled children in Gloucestershire.”

If you have any questions or concerns please get in touch with us so we can pass these on. We are engaging in weekly Q and A sessions with GCC and the CCG to provide up to date information and guidance.

You can email us: info@glosparentcarerforum.org.uk or contact us via our [Facebook Page](#) or the [Forum Discussion Group](#).

The best way to be kept up to date and to help get the voice of Parent Carers heard is join the forum as a member.



Home-Start Gloucestershire

<https://home-startgloucestershire.org.uk/>

Home-Start Gloucestershire is a consortium of three local Home-Start charities that provide emotional and practical support to parent with at least one child under five years old. The consortium is made up of [Home-Start North and West Gloucestershire](#), [Home-Start Cotswolds](#) and [Home-Start Stroud and Gloucester](#). Between these three Home-Starts, families throughout the county are able to access help and support.

We are three independent charities affiliated to [Home-Start UK](#), the UK's leading family support charity. Our volunteers are all parents or have parenting experience, and are trained, supported and mentored to Home-Start UK standards.

Our aim is to provide early support to families who are facing the challenges and stresses of family life, including a wide range of difficulties such as isolation, low self-esteem, physical and mental health issues.

We work alongside parents in their own homes to help raise their self-confidence and their ability to cope in an increasingly pressured society. Our key emphasis is on parents helping parents.



We offer a unique service; recruiting and training volunteers who then go on to offer informal, friendly and confidential support to families at home who have at least one child under five.

To help give children the best possible start in life, Home-Start supports parents as they grow in confidence, strengthen their relationships with their children and widen their links with the local community.

Whilst all Home-Start schemes are guided by the same principles, each is an autonomous unit, individually registered with the Charities Commission, and with their own local management committee responsible for their own funding.

Home-Start Gloucestershire exists to facilitate some county wide projects involving all three of our local Home-Start charities.



Healthy Start is a Government funded scheme that provides £3.10 worth of vouchers every week to eligible families which they can use to obtain free milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses and instant formula milk.

Find out more about the scheme at: www.healthystart.nhs.uk

A family is eligible if they're at least 10 weeks pregnant or have a child under four years old and they receive certain benefits.

Women who are under 18 and pregnant also qualify for the scheme even if they don't receive benefits.

Families can check if they are eligible by taking this short 'Do I qualify' questionnaire: www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/do-i-qualify

North Cotswold's online job club: here to support you with finding work

The outbreak of COVID-19 resulted in widespread disruption for the North Cotswold's as it has across the country. In order to continue helping people who are facing uncertainty and require support into employment, our Navigator Developer Daniel Gale based at GRCC along with P3 Moreton adapted their previous job club to an **online job support club** to ensure that they could continue providing job advice and help during this time.

This digital job club approach has also proved beneficial in other ways; it has removed barriers such as transport issues and also allowed for more people to attend, as previously numbers were restricted due to the room size.

Over the last few months, the club has hosted a number of speakers that have offered a plethora of advice and knowledge to attendees. Speakers from Christians Against Poverty, the Churn Project and Volunteers from Cotswold's Friends, as well as our GEM Opportunity Hunters have all supported the online job club. When the club was held physically, speakers were often harder to come by due to transport and

availability, so this has opened up even more opportunities.



Not only has the job club benefitted attendees in a professional capacity, but also in a social one. It has provided numerous digital social interactions and individuals have noted it is one of the more social activities they do in a week due to the isolated nature of the North Cotswolds.

The job club is there to support attendees in moving closer towards or into work and has resulted in people finding employment, self-employment and volunteering opportunities.

If you would like to attend this job club, it takes place every Tuesday from 3pm-4pm via Google Meet. You can access this via this link: <https://meet.google.com/kqo-vddh-cia>



Children's Centre in Focus

We would really like to celebrate, promote and share ideas from each of your Centres going forward. If you have anything that has been a particular success or if there is anything you are proud of and want to tell us about, then please forward the information to Louise who will add to the next addition of our newsletter.

Gloucestershire County Council's Wellbeing support for children, young people and their parents



This time of year can be difficult for children and young people, especially with all the added worries created by coronavirus. At Gloucestershire County Council, we've updated our website with a list of support available for children and young people in Gloucestershire and nationally.

We are also regularly adding articles with information and

advice on particular topics, to help children and young people cope with the current situation. The most recent articles include:

- [Advice for children and young people on coping with school/college](#)
- [Advice for parents on supporting children and young people with school/college](#)

The articles cover topics including bullying, peer pressure, friendship troubles, planning for the future and what to do if you are worried about a friend.

There is also lots of information and advice on our website for adults, including links to available support.

5 ways to manage your wellbeing as a parent during lockdown

Being a stay at home or working from home parent during lockdown can be tough, especially whilst Primary and Secondary schools are closed. Peter Fuggle, (Director of Clinical Services at the Anna Freud Centre) and Yvonne Millar (MBE, Clinical Psychologist), have produced a great article which focuses on:

- Being kind and realistic to yourself
- Noticing what is on your mind
- Connecting with other parents
- Creating routine and agreeing

your own rules

- Being honest and saying sorry when you can

The article can be found on the BBC Bitesize website: <https://www.bbc.co.uk/bitesize/articles/zkyr47h>

The NSPCC have also produce information for parents who are working from home, which can be found by following the link: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-parents-working-from-home/>

Chamwell Centre

The Chamwell Centre's £5.1 million capital fundraising target has been achieved and the Centre is opened in December 2020. Chamwell has been adapted to be as safe from Covid as possible, even for the most vulnerable.

Services available at Chamwell include:

- Hydrotherapy for children and adults with severe physical disability
- Playdays – half days of care and activities for children with severe disability
- Interactive climbing wall
- 3 storey fully accessible soft play
- Wheelchair sports and wheelchair friendly outdoor play area

To find out more, and see the full list of services available, please visit www.chamwellcentre.org.uk.

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Every Mind Matters
[Take the quiz here:](#)



Funding Opportunities

C19 Emergency Living Fund Information

Follow [this link](#) for full details. The fund provides practical support to eligible adults and families for food, gas/electricity top ups and household items such as furniture including white goods/appliances and furniture.

Launch of the GloW Community Grants programme

- aims to invest in community based and led activities that address the things that contribute to our mental wellbeing and help improve our mental health e.g. activities that promote good mental health and wellbeing, reduce isolation, and support the prevention of suicide and self-harm in those most likely to be affected. Launched on 1 October 2020, the programme will run for three years. Each year will have a budget of £50,000, with individual funding awards of up to £5,000 per annum. Follow link [here](#).

Message from the Gloucestershire VCS Alliance:

Welcome to 2021. We all know how challenging 2020 was for charities and fundraising. We hope the Funding Bulletin has been of use to you and that will continue in 2021. The latest version is now available on the Gloucestershire VCS Alliance website at <http://www.glosvcsalliance.org.uk/external-funding-opportunities-bulletin/>.

Please remember to let us know if you are successful in receiving funding because of something you have seen listed in the bulletin. This is important in helping us to monitor the effectiveness of the funding bulletin – thank you

Some Highlights

- Stroud District Council is setting up a community lottery to benefit good causes in the area. Page 19
- BBC Children in Need small and main grants programme will be open from 18 February to 18 March (page 35).

- The True Colours Trust which supports disabled children and children with life-limiting conditions and their families has re-opened its UK small grants programme. Page 49
- The MSE Charity will be open for applications from 1 February. This grant round will focus on supporting young people under 25 to learn financial life skills, to enable them to grow and thrive in a difficult financial climate (page 99).

Gloucestershire VCS Alliance is the independent voice that informs, strengthens and develops the local voluntary and community sector. To learn more about what we do, please visit www.glosvcsalliance.org.uk.

You will find the full funding bulletin here: <http://www.glosvcsalliance.org.uk/external-funding-opportunities-bulletin/>

Stroud Town Council support for community groups

Stroud Town Council still has funding available to support community groups responding to the coronavirus pandemic. Applications are invited from local voluntary sector organisations and community groups that support vulnerable people. Funding can be used to cover additional costs due to increased activity or functions where there are insufficient resources.

Grants of up to £500 are available for registered charities, community interest companies or community and voluntary groups working in Stroud Town Parish.

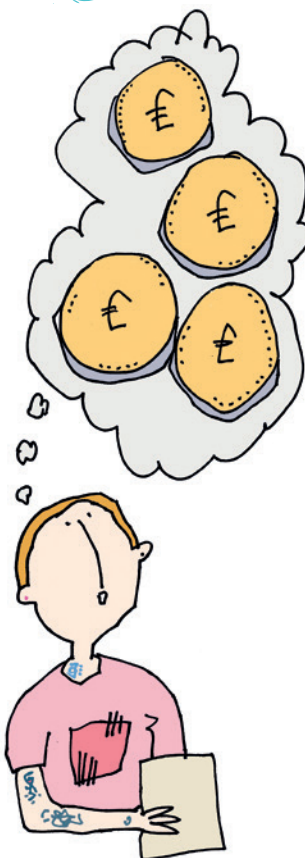
To find out how to apply, visit <https://www.stroudtown.gov.uk/news/2020/04/fund-to-support-community-groups-responding-to-the-coronavirus-pandemic>

Gloucester Neighbourhood Fund

Gloucester Community Building Collective is working with We Can Move to launch a new fund for Gloucester city. The Neighbourhood Fund is designed to help people in Gloucester support their communities to stay connected and active, and support the community recovery from Covid19. The Fund provides small pots of funding, up to £250, to help neighbours and community groups get something up and running or give a little boost to an existing club or group in your local area.

Groups of residents or friends; community or voluntary groups; small charities or community interest companies across Gloucester can all apply. Applications are now open until 24 December 2020.

If you have an idea for your neighbourhood, speak to one of the local Community Builders, email info@gloscommunitybuilding.co.uk, visit <https://www.gloscommunitybuilding.co.uk/initiatives/neighbourhood-fund> or contact Gloucester Community Building Collective on social media.



Fun things for families to do and to help build relationships

Celebrity supply teachers

Is it time for a supply teacher to take over? Check out the CBBC channel with their celebrity supply teachers. All 40 episodes can be watched on the BBC iplayer. From PE with Marcus Rashford to Business Studies with Gemma Collins, there is something for everyone!

<https://www.bbc.co.uk/programmes/m000jy8k>

BBC newsround

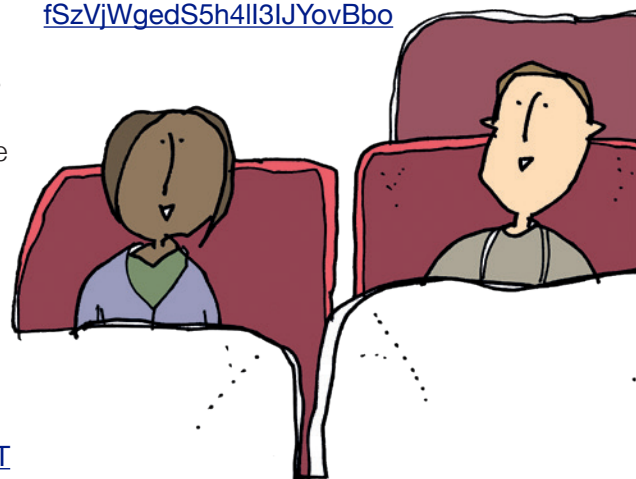
What's on the news right now can cause children to feel sad, anxious and confused. They are also home from school, not seeing their friends or attending out of school clubs like they might usually. BBC newsround have produced information about what children can do if they are upset by the news and tips include:

- Encouraging your child to share their worries
- Reminding them to do things that make them feel happy such as going for a walk with family members, reading a book or thinking about their favourite things
- Reassuring your child that it is normal to be worried or scared.

https://www.bbc.co.uk/newsround/13865002?fbclid=IwAR0zAgJkOT_Hjw8jP--ecueaALIsMETPsMMhXRJuczA4be11XXXI03RmsoVo

Grab the Popcorn and have a MOVIE NIGHT:

https://www.dayoutwiththekids.co.uk/blog/must-see-new-family-films-released-this-year?fbclid=IwAR1c-sm2ExFIC_y_KGzrQKS5jWkhUFLYSH-fSzVjWgedS5h4lI3IJYovBbo





Gloucestershire
COUNTY COUNCIL

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