



Stroud Lead Practitioner Newsletter

Extra Issue 9– 15.06.2020

Welcome to Issue 9 of the Stroud Lead Practitioner newsletter.

This week will see more children attending our Secondary Schools, which has required a lot of planning and discussions to ensure that it is safe for students and staff alike. We would like to take this opportunity to acknowledge the incredible work that has been going on in our schools during this very challenging time.. Thank You. Whatever happens, please be assured that we are here to provide advice and guidance and support to you in any way we can so please don't hesitate to get in touch by email or our mobile numbers.

Claire, Jose and Anita



ChatHealth

The School Nursing Services are offering a confidential texting service for 11-19 year olds where they can text a school nurse about any health worry they may have. This is available Monday-Friday 9-4.30pm and they aim to respond in the same working day. They have

helped a lot of young people with managing their emotional health and wellbeing such as worries, anxiety, stress as well as sexual health and physical health issues. For confidential, friendly and helpful advice, text... **07507 333 351**

DadPad[®] app

Top tips for new dads

Gloucestershire hospitals NHS trust and DadPadUK have brought DadPad's free app to the

county. The app covers a range of issues and hands on advice for new fathers. In addition to general advice, the app is designed to help partners cope with theirs and their partner's mental health problems during pregnancy and after the birth of the baby.



Gloucestershire
COUNTY COUNCIL

Children's Services have recently updated the consent and sharing information leaflets. Please use these when gaining consent from families when requesting additional support, they can be found here :

www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/advise.page?id=5o0SnQG0ID4

We are aware that the financial impact of corona virus on many families has been huge. We are therefore trying to be creative in finding funds to meet some of these needs. We are trying to collate a list of local funding streams that are available for families. If you are aware of any in your neighbourhood then please email claire.williams@gloucestershire.gov.uk

with the details

Lockdown Babies

Almost 100,00 babies will have been born during lockdown, the Children's Commissioner outlines the additional concerns for these babies. The support that new parents are getting is limited, therefore any professional that has contact with the family should check in to ensure that they are managing. For the full report

www.childrenscommissioner.gov.uk/wp-content/uploads/2020/05/cco-lockdown-babies.pdf



We have previously talked about various helplines in our newsletters, but we thought it may be useful to list them all together:

CAMHS helpline for parents concerned about their child's mental health 01452 894300

CAMHS helpline for practitioners 01452 894272

Parent helpline being run by Family Information Service 0800 5420202



Barnardos are considering offering primary schools an opportunity to offer the Helping Hands programme, for groups of 4-6 children from September 2020. The Helping Hands programme has been developed by Women's Aid to support children to understand feeling safe, and to explore and promote behaviours which will contribute to a safe environment.

A pastoral worker from the school would need to support the group. The group runs for 10x40 minute sessions for 7-11 year olds. The school would need to identify the children that would benefit from attending the group and parental consent would need to be obtained.

Please contact Kelly Anderson on 07590 626361 if you would like further information.



WE WANT TO LET YOU KNOW:

P3 is still here ... in fact we never went away!

Also, just to let you know GROUPS and DROP-INS are still a 'No-No' but we can offer the following ways for you to get the support you need, so we can all stay safe

If you are new to us or if we already know you:

- Text us
- Ring us
- Message us on the P3 Connect App
- Request a doorstep visit from us
- Arrange a Hub appointment
- Arrange a socially distant home visit where this is possible



#STAYS SAFE

For more information about how P3 could help call 01453 750480 or email

StroudCBS@P3Charity.org

While Away the Hours...



Action for Children have a list of 23 fun things to do at home with children aged 5-12. They range from karaoke, food tasting sessions and stargazing.

www.parents.actionforchildren.org.uk/things-to-do-at-home-young-children



We have been having some lovely clear evenings recently and CBeebies have lots of fun activities to inspire future astronauts and astronomers! www.bbc.co.uk/cbeebies/shows/stargazing



For those teenagers who are thinking ahead to their future, Future Learn have a range of free courses which may help them to make some decisions and will

also look good on their personal statements!
www.futurelearn.com



For young people involved in design Code Academy offers free coding classes
www.codecademy.com