

# Good to Know

21<sup>st</sup> January 2021

## Working with Families News

News:	For more info:
Up-to-date local information on <b>COVID-19 restrictions</b> can be found on Council's website	<a href="#">Sandwell Latest</a>
<b>The COVID Winter Grant Scheme</b> , is funding specifically for families facing financial hardship as a direct result of the impact of Covid-19. It can be used for essential household items, food or utility bills.	To see who can claim, or apply online: <a href="https://www.sandwell.gov.uk/info/2/00354/coronavirus_advice/4560/covid_winter_grant_scheme">https://www.sandwell.gov.uk/info/2/00354/coronavirus_advice/4560/covid_winter_grant_scheme</a>  or call the emergency helpline 0121 569 2266
<b>There are two options for getting tested for Covid-19 in Sandwell.</b> You can get a test if you have Covid-19 symptoms (a high temperature, a new continuous cough or a change to your sense of taste or smell), OR you can get a rapid test to see if you have Covid-19 if you don't have any symptoms. This test is only for people with no Covid-19 symptoms.	<a href="https://www.sandwell.gov.uk/testsandwell">https://www.sandwell.gov.uk/testsandwell</a>
<b>Changes Antenatal</b> is being offered as both a three-week virtual course and as a distant-learning programme. If you know anyone who lives in Sandwell and is expecting a baby encourage them to book a place.	<a href="https://bookwhen.com/changes">https://bookwhen.com/changes</a>
<b>Bump to Baby</b> is a new online information session before offered in Sandwell highlighting the importance of early communication skills with parents.	<a href="https://bookwhen.com/changes">https://bookwhen.com/changes</a>
<b>Best Beginnings</b> is offering free group support sessions to mums, dads and other non-birth parents who may be feeling anxious or isolated at the moment.	<a href="https://www.bestbeginnings.org.uk/see-hear-respond">https://www.bestbeginnings.org.uk/see-hear-respond</a>
The <b>Family Information Service</b> are offering parents the opportunity to attend a short online session to find out more about the services they offer.	<a href="https://bookwhen.com/changes">https://bookwhen.com/changes</a>
<b>Sandwell Children's Safeguarding Partnership</b> have produced a 7 minute briefing.	 7 minute briefing Jan 21

<p><b>Ask for ANI (Action Needed Immediately)</b> is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy.</p>	 Ask for ANI
<p>Hempsall's has been funded by DfE to provide a National Webinar for Family-Facing Professionals. Its aim is to <b>increase confidence and skills in supporting take-up of 15 hours early learning</b> for least advantaged two-year-olds. It will be on 9<sup>th</sup> February 9.30am</p>	Book: <a href="https://www.eventbrite.co.uk/e/cha-ning-lives-through-childcare-tickets-132436253399">https://www.eventbrite.co.uk/e/cha-ning-lives-through-childcare-tickets-132436253399</a>
<p>SAFL is offering a <b>FREE online workshop</b> to help parents understand the <b>importance of E-safety</b>. It includes how to set up secure passwords, parental controls and how to know and spot the dangers online for young people. It starts on 2nd February 2021 10am-12pm.</p>	<a href="https://www.learnsafl.ac.uk/pages/home/online-courses/ict-courses-online/e-safety-for-parents">https://www.learnsafl.ac.uk/pages/home/online-courses/ict-courses-online/e-safety-for-parents</a>
<p><b>Do you have a child under the age of 6?</b> Then the University of York would like to hear from you. They are carrying out a piece of research on memory and sleep in parents. There are prize draws for participants.</p>	<a href="https://sites.google.com/york.ac.uk/the-omg-sleep-study/home">https://sites.google.com/york.ac.uk/the-omg-sleep-study/home</a>  Contact: <a href="mailto:SleepStudy@york.ac.uk">SleepStudy@york.ac.uk</a>
<p>Check out the <b>Change4Life website</b> and get kids moving with their favourite Disney characters and 'Shake Up Games'. The website also links to <b>Mental Health tips for Parents</b>.</p>	<a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a>
<p>Action for Children are delivering <b>FREE virtual classes for Pre-schoolers</b> which include Baby Massage, Messy Play, Little Sparklers, Physical and Junior Explorers. Materials can be accessed via Whats App and email. Starts February.</p>	You'll receive a goody bag for completing. To register your interest or ask for further information then please call 0121 588 5431
<p>Thinkuknow have produced a series of simple 15-minute activities families can do to support their <b>child's online safety at home</b>. Packs are available for ages 4 to 14+.</p>	<a href="https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/">https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/</a>
<p><b>Ollee</b>, is a virtual friend developed by Parent Zone and funded by BBC Children in Need's A Million &amp; Me. Aimed at 8-11 year olds and their parents, Ollee helps families talk about difficult topics. Resources packs are also available to accompany learning.</p>	<a href="https://parentzone.org.uk/Ollee">https://parentzone.org.uk/Ollee</a>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	Parent Support Team <a href="mailto:parent_support@sandwell.gov.uk">parent_support@sandwell.gov.uk</a>