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| **Good To Know**  **22nd May 2020**  **Working with Families News** | |
| **News:** | **For more info:** |
| For the latest advice about the **coronavirus** and the services, advice and support that are available through the Council please refer to the main Sandwell council website.  Sign up to **receive email updates** about how the Council is responding to coronavirus. | <https://www.sandwell.gov.uk/coronavirus>  <http://www.sandwell.gov.uk/emailupdates> |
| **Look after your mental health.** Having good mental health helps us relax more, achieve more and enjoy our lives more. Expert advice and practical tips to help you look after your mental health and wellbeing. | [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=CjwKCAjw5Ij2BRBdEiwA0Frc9WrfTfDCiaRqiTV-xRvNW1NkdwZHYK64_RwLL4PimoyMruIXAKkwBBoCFDsQAvD_BwE) |
| **Best Beginnings** have created a page with information about many national and local charities offering remote support during COVID-19. Please share this page so more parents can benefit from 24/7 support. | https://www.bestbeginnings.org.uk/charities-uk-support |
| West Midlands Network are reminding people to:  **Only use public transport if you have no other travel option.** | <https://www.youtube.com/watch?v=0--XwGlzyms&feature=youtu.be> |
| A really useful article from **ParentZone** about the transition to secondary school. | [ParentZone Year 6 Transition](https://parentzone.org.uk/article/how-prepare-secondary-school-life-after-lockdown?utm_source=Parent+Zone+Newsletter&utm_campaign=6966b0fe75-EMAIL_CAMPAIGN_2020_05_21_12_59&utm_medium=email&utm_term=0_1ee27d9000-6966b0fe75-179166653v) |
| This policy briefing from the Children’s Commissioner for England focuses on families with a **baby born during the coronavirus lockdown** and the additional challenges they will face. | [Lockdown babies: children born during the coronavirus crisis](https://ncb.us9.list-manage.com/track/click?u=93ca41ab24380caf57761bd37&id=b8aa65d6f5&e=d0e5b47e72) |
| This brand-new podcast from the **Dove Self-Esteem Project** dives deeper into some of the topics covered by the [Uniquely Me guide](https://parentzone.org.uk/article/download-uniquely-me-parent-guide) – a free resource from Dove UK and Parent Zone, designed to help parents boost children and young people’s self-esteem and body confidence. | [Dove Self-Esteem Project](https://parentzone.org.uk/dseppodcast?utm_source=Parent+Zone+Newsletter&utm_campaign=6966b0fe75-EMAIL_CAMPAIGN_2020_05_21_12_59&utm_medium=email&utm_term=0_1ee27d9000-6966b0fe75-179166653) |
| ParentZone are asking for help with some research they are carrying out - **how has tech affected your family's lockdown experience?** | [ParentZone Survey](https://docs.google.com/forms/d/e/1FAIpQLSfAPBaHOIXs1QToEpILqf59e1gOaf0XwU2W77wVS-PVnmD2ww/viewform) |
| The **ThinkUKnow team at CEOP** have released their 5th activity packs for children and young people. These are short activities, approximately 15 minutes each. | [**4-5s**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=80bbddcb70&e=ea9d3ec562)  [**5-7s**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=f21dc25c25&e=ea9d3ec562)  [**8-10s**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=7b722bfa38&e=ea9d3ec562)  [**11-13s**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=e72b9275fc&e=ea9d3ec562)  [**14+**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=1308ac7f84&e=ea9d3ec562) |
| **Google and Parent Zone** are launching a series of virtual parent sessions for Be Internet Legends – and you're invited to join one of the very first **Friday 22nd May at 15:30**. These YouTube livestreams are an ideal way for teachers and professionals to engage parents and strengthen support for families. | [Google and ParentZone Live session](https://www.youtube.com/watch?v=2V0Q5eN7c2A&feature=youtu.be&utm_source=Parent+Zone+Newsletter&utm_campaign=6966b0fe75-EMAIL_CAMPAIGN_2020_05_21_12_59&utm_medium=email&utm_term=0_1ee27d9000-6966b0fe75-179166653) |
| The **ThinkuKnow team** have produced a short video for parents and carers to highlight some of the resources available and to remind parents of the things they can do to help keep children safe online. | [ThinkYouKnow Parent and Carer Advice](https://www.thinkuknow.co.uk/parents/Support-tools/presentations-for-parents/?utm_source=Thinkuknow&utm_campaign=e9ea1fa21d-TUK_ONLINE_SAFETY_AT_HOME_19_05_20&utm_medium=email&utm_term=0_0b54505554-e9ea1fa21d-55075637) |
| **Breastfeeding Celebration Week** will take place during the week 1st – 7th June 2020. The theme will be ‘Promoting and supporting breastfeeding during the Covid-19 pandemic’. During the week PHE will be highlighting the support available for breastfeeding in the community and in neonatal units, as well as showcasing innovation, such as support provided via video-conferencing. | If you have any questions, please contact [partnerships@phe.gov.uk](http://content.phepartnerships.co.uk/?VVT4zCaSWhqCkPhCX3j2OLRVIvcrWjQiV&mailto:partnerships@phe.gov.uk?subject=Start4Life) |
| DfE have launched the **Skills Toolkit**, a new online platform giving people easy access to free, high-quality digital and numeracy courses to help them build up their skills, progress in work and boost their job prospects. | You can access the toolkit [through the gov.uk website and start to build your skills.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MDUuMjEwNTcwODEiLCJ1cmwiOiJodHRwczovL2JpdC5seS9EZkVTa2lsbHNUb29sa2l0In0.LSQyIBDDBdn3eXubNwZ1h7lx4vqbyg1A5pC_hAwNpp4/br/78232159954-l) |
| Sandwell Council is advertising **vacancies** including:🚘🔧 Three vehicle technician posts 📚  Specialist teaching roles and more. | Check out our vacancies on our website and on [WMJobs](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTkuMjE3MzIxNzEiLCJ1cmwiOiJodHRwczovL3d3dy53bWpvYnMuY28udWsvZW1wbG95ZXIvMjE2Mi9zYW5kd2VsbC1tZXRyb3BvbGl0YW4tYm9yb3VnaC1jb3VuY2lsLz9MaW5rU291cmNlPUhvbWVQYWdlIn0.sNjfioHiFuYAtctHvsoVKjlcnXxMrQd_dDp1qheXNHw/br/78835158706-l) |
| There are continued reports of used **PPE** including masks and gloves **being discarded around the borough**. Please encourage people to put used gloves and face masks into ‘black bag’ waste at home or at work, or in a litter bin. | [usedppe2](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..gLH74TGtoN8isA4PQ2FRuRx0tVwdpDDydQisSJPsxIM/br/78951083893-l) |
| If you would like to promote services or information in this newsletter or share a good news story, please contact the team. | Parent Support Team  [parent\_support@sandwell.gov.uk](mailto:parent_support@sandwell.gov.uk) |

