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| **Good to Know**  **21st January 2021**  **Working with Families News** | |
| **News:** | **For more info:** |
| Up-to-date local information on **COVID-19 restrictions** can be found on Council’s website | [Sandwell Latest](https://www.sandwell.gov.uk/coronavirus) |
| **The COVID Winter Grant Scheme,** 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:  <https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4560/covid_winter_grant_scheme>  or call the emergency helpline  0121 569 2266 |
| **There are two options for getting tested for Covid-19 in Sandwell.** 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. | <https://www.sandwell.gov.uk/testsandwell> |
| **Changes Antenatal** 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. | <https://bookwhen.com/changes> |
| **Bump to Baby** is a new online information session before offered in Sandwell highlighting the importance of early communication skills with parents**.** | <https://bookwhen.com/changes> |
| **Best Beginnings** is offering free group support sessions to mums, dads and other non-birth parents who may be feeling anxious or isolated at the moment. | <https://www.bestbeginnings.org.uk/see-hear-respond> |
| The **Family Information Service** are offering parents the opportunity to attend a short online session to find out more about the services they offer. | <https://bookwhen.com/changes> |
| **Sandwell Children’s Safeguarding Partnership** have produced a 7 minute briefing. |  |
| **Ask for ANI (Action Needed Immediately)** 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. |  |
| Hempsall’s has been funded by DfE to provide a National Webinar for Family-Facing Professionals. Its aim is to **increase confidence and skills in supporting take-up of 15 hours early learning** for least advantaged two-year-olds. It will be on 9th February 9.30am | Book: <https://www.eventbrite.co.uk/e/changing-lives-through-childcare-tickets-132436253399> |
| SAFL is offering a **FREE online workshop** to help parents understand the **importance of E-safety**. 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. | <https://www.learnsafl.ac.uk/pages/home/online-courses/ict-courses-online/e-safety-for-parents> |
| **Do you have a child under the age of 6?** 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. | <https://sites.google.com/york.ac.uk/the-omg-sleep-study/home>  Contact: <SleepStudy@york.ac.uk> |
| Check out the **Change4Life website** and get kids moving with their favourite Disney characters and ‘Shake Up Games’. The website also links to **Mental Health tips for Parents.** | https://www.nhs.uk/change4life |
| Action for Children are delivering **FREE virtual classes for Pre-schoolers** which include Baby Massage, Messy Play, Little Sparklers, Physical and Junior Explorers. Materials can be accessed via Whats App and email. Starts February. | You’ll receive a goody bag for completing. To register your  interest or ask for further information then please call  0121 588 5431 |
| Thinkuknow have produced a series of simple 15-minute activities families can do to support their **child's online safety at home**. Packs are available for ages 4 to 14+. | <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/> |
| **Ollee,** is a virtual friend developed by Parent Zone and funded by BBC Children in Need’s A Million & 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. | <https://parentzone.org.uk/Ollee> |
| 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) |

