



Stroud Lead Practitioner Newsletter

Extra Issue 8 - 01..06.2020

Welcome to Issue 8 of the Stroud Lead Practitioner newsletter. Whilst many of you were continuing to provide care provision throughout half term for children of key workers and those identified as vulnerable, we hope that you were also able to enjoy some rest, relaxation and the beautiful weather we have been fortunate to have been having!

This week sees us move in to the next stage of the Covid-19 exit strategy and the educational landscape is going to experience a significant number of changes throughout the coming weeks and months. As staff, children, young people and their families navigate their way through these changes, we understand that feelings and emotions may differ, new needs may be identified and new challenges faced. 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.

Best wishes and stay safe.

Claire, Jose and Anita



Gloucestershire Healthy Living and Learning (GHLL) have created a new section on their website, which pulls together lots of useful advice and information to support children and young people during Covid-19 as well their fortnightly PSHE Bulletins. There are also resources and support for Post Covid-19 that can be used for 1:1 work or as a whole class/school activity.

To find out more, please visit www.ghll.org.uk/covid19/.

In addition, they have recently started a MOVE survey, which is a transition survey for Year 6 pupils transitioning into Year 7. The survey is being carried out by Foster and Brown (OPS). The anonymous survey will take children a maximum of 10 mins to complete online either at home or at school using any electronic device e.g. iPad, smartphone laptop etc. Each primary school will receive their own report as well as the appropriate secondary school. Themes of the survey include making new friends; homework; finding my way to different lessons; travelling to your new school; what, if anything, are you particularly worried about or not looking forward to?

To sign up as a school, please go to <https://gccopsmonitor.fabsurveys.co.uk/SchoolsAdmin/SchoolSignUpForm>. You will then be sent a unique login directly, which can be sent out to pupils to enable them to access and complete the survey.

Triple P (Positive Parenting Programme)

If you are working with a family and parents would like to access a Triple P course, there are 2 ways that this can be accessed...

Practitioner Referral - with consent, please complete the short referral form, which can be accessed on the GlosFamilies Directory (www.glosfamiliesdirectory.org.uk using 'Triple P' in the keywords search). Please email completed forms to parenting@gloucestershire.gov.uk and the Triple P team will contact the family.

Self Referral - parents can request a place on the programme directly by contacting the Family Information Service on 01452 427362. An adviser will ask for the relevant information and share this with the Triple P team who will then contact the family as soon as possible.



The Music Works (formerly Gloucestershire Music) work with young people across Gloucestershire to help them reach their full potential through music. And now, during the Covid-19 outbreak, they're continuing to do that same thing - just online instead of in-person! To help them do this, they have created a brand new website 'The Music Works at Home', enabling young people to access lots of free music making tools and activities including Garage Band music lessons, daily singing warm ups and guitar lessons. In addition, young people can also book a 1:1 lesson online to ensure that The Music Works continues to help and support young people during and after this pandemic.

To find out more, please visit <https://musicinisolation.wordpress.com>.

SPACE: Supporting Parents and Children Emotionally

The SPACE Programme is for all parents, with the aim of providing information using trauma awareness about children's and adult's emotional behaviour. Rock Pool Life CIC (Community Interest Company) have produced a series of 5 FREE factsheets, which have been designed to help parents and families navigate the emotional challenges brought about by Covid-19: Being Safe; Keeping Connected: Understanding Resilience; A Nurturing Environment; Understanding Emotions and Healthy Relationships.

To download the factsheets, or to find out more, please visit the SPACE section of Rock Pool Life's website - <https://rockpool.life/course/space-supporting-parents-and-children-emotionally/>.



Exercise instructors at The Pulse, Stroud District Council's leisure centre in Dursley are offering a personal exercise programme that people can follow while confined to home.

Since leisure centres were closed in an effort to halt the spread of Coronavirus, the team at The Pulse has been busy recording a range of free-of-charge exercise videos and holding live Facebook classes in an effort to keep people in the district fit and healthy.

The personal exercise programme is free-of-charge, and available to anyone who lives in the Stroud district.

For more information:

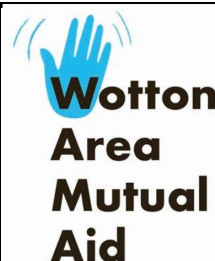
<https://www.stroud.gov.uk/news-archive/the-pulse-leisure-centre-is-offering-everyone-a-free-personal-exercise-programme-during-lockdown>



Stroud Beresford Group

Is a women's refuge based in Stroud. During the COVID 19 pandemic they are still available and willing to help victims of domestic abuse. Both in the community and in the refuge.

Please encourage anyone affected by domestic abuse to seek help by calling 01453 764385



Are able to offer a free box of essential groceries to anyone in the Wotton area who is finding it hard to make ends meet. There is no need for a referral. You can order through the website

www.wottonareamutualaid.co.uk

Or by phoning 07545 042794

They also have a soup kitchen available on Wednesdays and Thursdays from 9am-midday. Call 01453 844726 and volunteers will deliver to you

While Away the Hours...



Activity Village have pulled together some of their favourite activities to create free, downloadable activity packs to help during school closures.

In addition, the website has 100's more ideas for crafts, puzzles and other activities, which can be accessed without becoming a member.

To find out more, visit www.activityvillage.co.uk.

Glitter Jar for Mindfulness

You will need:

- A jar or plastic water bottle
- 3 colours of glitter - alternatives include coloured beads or Lego
- Glycerine (optional) - slows down the fall of the glitter

Method:

Fill the jar to the top with water to represent the mind and add the glycerine (optional). Ask the young person to choose a colour to each represent: thoughts; feelings; behaviours (or urges to do things and add a few pinches of each colour glitter to the water. Seal the jar. Ask the young person for events (positive and negative) that might make the jar swirl, swirling/turning the jar each time they name one, demonstrating how difficult it can be to keep track and see clearly our thoughts, feeling and urges. Watch and wait while the glitter settles to the bottom and the mind becomes more clear. For a more detailed method visit www.mindful.org/how-to-create-a-glitter-jar-for-kids/.