

Families Matter

Issue 48 November—February 2019

Welcome to the 48th edition of the Families Matter newsletter!

Welcome to the Winter Edition of Families Matter. With the Christmas holidays approaching it's a great time to look out for activities to keep your family occupied. We have packed this edition of Families Matter with lots of information about things to do to help fill those cold winter days. In addition to events going on around the county and Christmas craft, you will find information about free childcare for some two year olds and County Lines. We hope that you enjoy this edition! If you would like to sign up to our mailing list please email familyinfo@gloucestershire.gov.uk.

How about doing a Parenting Course?

Being a parent isn't always easy which is why the Glosfamilies Directory is here to help. Below are some of the FREE group parenting courses held around the county, that will be starting in January 2019.



Triple P - Positive Parenting Programme - There are 2 courses available, Standard (0-12 years) and Teen (12 years +) It's an opportunity for parents to expand their toolbox of parenting ideas as well as meet with other parents to share experiences. Topics covered include the five aspects of positive parenting, why children behave the way they do and strategies to manage problem behaviour. The Teen course includes how to develop a good relationship with your teenager and dealing with risky behaviour. One-off workshop sessions also available on various topics.

You, Me and Mum - Supporting children and young people who have lived with domestic violence. A 10 week course for mothers which will help you understand how domestic violence affects you as a parent and how it affects your children.

Solihull Approach Parenting Group - A 10 week programme that helps parents/carers to understand their child's behaviour and support their relationships. It explores issues such as: tuning into children, exploring feelings, parenting styles, communication, temper tantrums, sleep patterns, behavioural difficulties.

Incredible Years Programme (Webster Stratton) - Suitable for parents who face challenging behaviour. 12 week programme -6 weeks positive parenting and 6 weeks positive discipline.

For January course dates go to www.glosfamiliesdirectory.org.uk just click on Training and Workshops and type "parenting". Once you have selected the course that's right for you, call the Family Information Service to book on tel **01452 427362** or email familyinfo@gloucestershire.gov.uk



Family Information Service



If you would like to receive your copy of this newsletter automatically or have any suggestions, email us at familyinfo@gloucestershire.gov.uk.

0800 542 02 02 or 01452 427362

www.glosfamiliesdirectory.org.uk



Gloucestershire
COUNTY COUNCIL

Common Sense Media

Common Sense Media is an independent non-profit organisation dedicated to helping children thrive in a world of media and technology. They can help steer away from things that are developmentally inappropriate and help find the hidden gems that are right for families and children. There is a dedicated Parent Section where you will find some useful reviews of games and Apps. You can also search by gaming device and child's age, to find age appropriate games. As well as this, you can search for age appropriate movies, books, and TV shows. There is some helpful insights into current social media trends and also "Family Guides" on topics such as "Device Free Dinner". There is also a dedicated section for additional needs and learning difficulties. To find out more go to the website www.commonsensemedia.org



Paediatric First Aid Training



'Little Hearts First Aid Training is a Gloucestershire-based company providing paediatric first aid training to parents, grandparents, schools, nurseries, childminders and play groups. They pride themselves in being professional, approachable, knowledgeable, friendly and welcoming as well as teaching in a relaxed manner and where no question is a stupid one. Their courses are taught by two current serving members of the ambulance service with over 25 years experience between them and who are also mums so they are acutely aware of anxieties surrounding weaning, choking and all things to do with first aid and children.

Next course is Saturday 23rd February 2019 10am – 2.30pm at Holiday Inn, Crest Way, Barnwood, Gloucester GL4 3RX. Booking required, please call **Tel: 07572 524823**

Email: contact@little-hearts.co.uk

Grants for People in Gloucestershire

Do you have a disability or mental health issue?

Are you part of a community group that needs some funding or do you want to start a new inclusive group where you live? Do you work for an organisation that works with disabled people and people with mental health problems? Barnwood Trust gives grants to support people with disabilities and mental health problems and to help build belonging in Gloucestershire.

For more information on grants, including how to apply, visit

www.barnwoodtrust.org/grants or call tel 01452 611292



Christmas Craft Project

Doesn't this pipe cleaner snowflake look festive? Imagine a flurry of them decorating your window, or tree!

You will need: 2 silver pipe cleaners and 3 blue pipe cleaners

Instructions: Cut the two silver pipe cleaners in half. Put one piece aside so you have 3. Twist these three pieces together in the centre so that you have a shape with six points (look at the photo above for help with this). Cut the blue pipe cleaners in half and then in half again. You will have 12 pieces. Twist these on to the silver base to decorate your snowflake.

If you want to hang your snowflake, take the piece of silver pipe cleaner you put aside, fold in half and twist the ends to one of the snowflake points to make a loop.

www.activityvillage.co.uk/pipe-cleaner-snowflake



Do you have a Two Year Old?

If your child is receiving free school meals, or you receive Universal Credit and have gross annual household earnings of no more than £15,400, you may be entitled to 15 hours per week for 38 weeks of the year of funded childcare. If eligible, funding would be available the term after the child's 2nd birthday.

Families may also be entitled to the funding if they meet one of the following criteria:

- Child has an **Education Health & Care Plan (EHCP)** or a current statement of special educational needs, or a **SEND My Plan +**.
- Child is in receipt of **Disability Living Allowance**.
- The Child is in the **care of the Local Authority**, they have left care through **special guardianship order, child arrangement order** or **adoption order**.

To find out if you are entitled and to apply online go to www.gcca2yofunding.com

or call the Family Information Service **tel 01452 427362**

County Lines

Children are being exploited by gangs involved in drug crime. County Lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:

- Persistently going missing from school or home, or being found out of area.
- Unexplained acquisition of money, clothes or mobile phones
- Excessive receipt of texts or phone calls
- Relationships with controlling, older individuals or gang association
- Leaving home or care without explanation
- Suspicion of self-harm, physical assault or unexplained injuries
- Parental concerns
- Significant decline in school performance
- Significant changes in emotional well-being

If you see something that doesn't feel right, or looks suspicious, concerning a child or young person you should report it by calling **101** or **999** in an emergency. Alternatively you can call **Crimestoppers** anonymously on tel **0800 555 111**



Applying for an Infant or Primary School Place for September 2019 ?

From November, letters are sent out explaining how to apply for a school place. If you are resident in Gloucestershire and your child was born between 01/09/2014 and 31/08/2015 and you have not received a letter by December 2018, please contact Co-ordinated Admissions. You can apply online for a school place from 5th November 2018 until 15th January 2019. The closing date for all applications is Tuesday 15th January 2019. You may contact the **Co-Ordinated Admissions Team 01452 425407** or view the website at www.gloucestershire.gov.uk

What's On?

All of these events and activities, plus school holiday day camps, events and fun can be found on our website www.glosfamiliesdirectory.org.uk/whatson

Christmas Lantern Procession - 18th November. Join in Gloucester's stunning **FREE** lantern procession at 4.30pm. Local artists and school children have been working on a series of giant lanterns based on this year's theme: "The Snow Queen". The parade travels along Southgate Street, Westgate Street and College Street with the city's Christmas lights illuminating as it passes underneath. Followed by a free carol concert at Gloucester Cathedral. **Tel 01452 207020** for more information or see the website www.thecityofgloucester.co.uk/whats-on

Cheltenham Christmas Lights switch on event - 24th November. There will be lots of sparkling new lights for Father Christmas to switch on, but first he must stay away from the Giant White Witch and her band of trolls as they move through Montpellier and down The Promenade, past the Christmas market. A magical evening for all the family from 4pm. **FREE** event. www.exploregloucestershire.co.uk

Christmas Spectacular at Clearwell Caves - 30th November to 24th December. Follow the seasonal story – Cora and the Bloobious Bright – through exciting displays, meet Father Christmas in his Grotto, choose a present and halfway through discover a little Christmas market selling gifts, decorations, stocking fillers and seasonal treats. 9.30am to 4.30pm Booking essential tel **01594 832535**. Clearwell Caves, Clearwell, Coleford GL16 8JR. For prices see website www.clearwellcaves.com

Stories with Santa at the Corinium Museum - 20th December. Santa visits the Corinium Museum to tell a short story from the North Pole in a magical setting and present the children with a seasonal gift at the end. A special occasion for families or playgroups with young children. Booking essential. Suitable for all ages. Tel **01285 655611** Corinium Museum, Park Street, Cirencester GL7 2BX. www.coriniummuseum.org/ Price £2.00 - £3.50 booking essential.

Snow White and the Seven Dwarfs - 21st December to 24th December. That's Entertainment Productions return again this Christmas with Snow White and the Seven Dwarfs at the Subscription Rooms for the pre-Christmas season. With a brilliant star cast, including ITV's hilarious Britain's Got Talent finalist Drew Cameron as Muddles. Box Office tel **01453 760900** Stroud Subscription Rooms, George Street, Stroud GL5 1AE. Call box office for prices.

Useful Contacts

School Admissions 01452 425407

Free School Meals 01452 425390

SENDIASS 0800 158 3603

Ofsted 0300 123 1231

Child Law Advice Line 0300 330 5480

Tax Credit Helpline 0345 300 3900

Child Benefit 0300 200 3100

Local Welfare Provision 0330 123 5550

Citizen's Advice 08444 111 444

Jobcentre Plus 0345 604 3719

Shelter Housing Advice 0808 800 4444

Teens In Crisis 01594 546117

Child Maintenance Options 0800 988 0988

Non-emergency NHS 111

Non-emergency Police 101

Gloucestershire Domestic Abuse and Support Service 0845 602 9035

Family Lives 0808 800 2222

Bullying UK 0808 800 2222

Childline 0800 1111

Contact A Family 0808 808 3555