

Wycombe Updates

Welcome to the 6th newsletter for Wycombe. **July** is one of the hottest months of the year. It is nearly the end of the school year and summer holidays are near. **July** is the seventh month of the year according to the Gregorian calendar. It was the fifth month in the early calendar of the ancient Romans.

It is also National Picnic Month!



To help improve the experience you gain from the newsletters I have created a folder in the Wycombe folder under Resources > Newsletters to save all the information gained and shared. There are also links throughout the newsletter creating even more accessible information.

Wellbeing and mindfulness

[CORONAVIRUS: 11 SOOTHING PODCASTS TO BRING CALM DURING SELF ISOLATION](#)

Jobs & Volunteering

Please see attached a document that contains National organisation support offers, in addition to links to recent Touchbase Specials

[Touchbase](#)

[Touchbase](#)

Jobcentres are now starting to re-introduce labour market activity. We will be contacting each customer individually to discuss job search or upskilling activities as relevant, although not yet mandatory, we hope to encourage claimants who need support to take up our offers.

Many thanks to those of you who have already alerted me to your current virtual training or support offers. If you have any opportunities that you would like promoted to our claimants that we are unaware of, or would like to work with DWP to develop any new offers, please drop me an

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email or we can arrange a phone call/skype meeting to discuss further.

Kind regards Janine

Janine Thomas | Partnership Manager (Buckinghamshire & Milton Keynes) | Department for Work and Pensions | Work & Health Services Directorate | Berkshire, Buckinghamshire & Oxfordshire District | Aylesbury Jobcentre | Sunley House | Oxford Road | Aylesbury | HP19 8EZ | Mobile 077969 37750 | www.gov.uk. Follow us on Twitter @JCPinBucks

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Career Advice

England	The National Careers Service in England continues to be available for job centre clients in need of careers information, advice and guidance. In line with government guidance, adviser sessions will be available via telephone. Clients can book an appointment via the National Careers Helpline 0800 100 900. They can also book webchat sessions via the National Careers website https://nationalcareers.service.gov.uk/
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Support on Offer from Our Partners

Action on Hearing Loss	Local face to face activities are paused but they have a helpline 0808 808 0123 and textphone 08080 808 900 and live chat available. Their website has a range of advice from what to do about hearing aid problems during the lockdown to working from home.
Age UK	Have information and advice on the website . This is broken down in to Looking after others, Staying safe and Information. The latter page has a range of helpful advice including connecting digitally, arranging a funeral, shopping, caring for someone in another household...
Barnardo's	Support for parents and young people to help deal with Coronavirus. This includes tips on family activities during lockdown and mental health and wellbeing advice tailored for adults as well as young people. <ul style="list-style-type: none">• Parents• Young People
British Heart Foundation (BHF)	Have a specific section on Coronavirus covering a range of health related topics.
British Red Cross (BRC)	Have a "Coronavirus: eight ways to be kind" page with details of how to help your neighbours and yourself through this challenge. Find out more on the website
BITC	As the impact of the COVID-19 pandemic on towns and cities across the UK intensifies, the need to link business support to community need has never been more urgent. To meet this need we have launched the National Business Response Network to identify community needs across the UK and match them to the right business support. The network then connects businesses who have the resources to help. Find out more.

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Cancer Research UK (CRUK)	Have a page dedicated to Coronavirus to help answer questions and concerns for those with cancer and with a range of useful links.
CIPD	Are providing advice, resources and guidance, on their website , to support employers and people professionals in their response. They are also holding regular webinars to bring together experts, leaders and practitioners to tackle the key issues faced by organisations and employees around the pandemic.
Citizens Advice	Have a range of information on the website , they also have a dropdown which allows you to find specific information for England, Scotland and Wales.
GamCare	All their services are still available this includes the National Gambling Helpline which is open 24 hours every day on 0808 80 20 133, they also have a live chat these sessions are open twice a day but they are planning to increase these. Treatment sessions continue but are over the telephone. Find out more on the website .
Gingerbread	Have a webpage that collects together information that is especially helpful to single parents. This includes advice on going to work, if your off work, benefits, housing issues, mental health and talking to children about the pandemic.
Headway	Have general help and advice on their website and also have a helpline 0808 800 2244 or can be emailed on helpline@headway.org.uk
Macmillan	Have the latest guidance for people with cancer, Macmillan supporters and their volunteers. The website has information on a range of topic from health to financial support
Mencap	Have a page with easy to read advice on Coronavirus . They also have a helpline 0808 808 1111 available 9 am to 3pm Monday to Friday. This offers advice and support for people with a learning disability, and their families and carers. They also have an online contact form (completing this online form) which can be used as an alternative to the helpline. More information is available on the website .
MIND	Have arrange of information on their website . This includes support for young people coping with loneliness, anxiety and stress as well as help for those who are working: mental health tips for remote workers, coping with going in to work during the pandemic and supporting a team at work
Parkinson's UK	Have the latest guidance on coronavirus and Parkinson's, and where to get support on their website . They also have a helpline 0808 800 0303 to offer support.

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support services

Princes Trust	Have set up a Coronavirus Support Hub with some of the most useful advice, guidance and resources so young people can continue to upskill by developing their confidence and abilities during this challenging time, as well as find the answers to questions on work and self-employment.
Refugee Council	<p>Continue to provide vital services for refugees. They are:</p> <ul style="list-style-type: none"> • providing translated versions of the updated NHS guidelines and resources on how to stay safe from Covid-19, produced by Doctors of the World • set up digital groups to help people still feel connected – for example for our ‘Conversation Clubs’, which enable our clients to learn and practise their English while meeting other refugees at the same time • ensuring our most vulnerable clients are still getting the critical necessities by handing out food and money parcels <p>Find out more on the website</p>
RNIB	The helpline on 0303 123 9999 is available for information and support. The website has a FAQ to answer the most common queries. There is also advice and guidance in coping with sight loss and social distancing including guidance in shopping in supermarkets.
Scope	<p>Have help to support people especially the disabled. Their Coronavirus page includes a range of information and advice such as:</p> <ul style="list-style-type: none"> • benefits and coronavirus • support with Council Tax during coronavirus • getting food and essentials • Cerebral Palsy and coronavirus • self-isolating when you are a carer • employee rights and coronavirus • support with council tax during coronavirus • self-employment support during coronavirus • prescriptions and accessing health • help with coronavirus guidelines and risk
The Salvation Army	Are ensuring they are directly reaching those hit the hardest by the coronavirus.

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	<p>Foodbanks - expanding foodbanks and using local networks to reach people who can no longer feed themselves or their families and are cut off from other sources of help.</p> <p>Shelter - opening buildings to become safe night shelters for homeless people, with space for healthy separation.</p> <p>Homeless day centres - offering doorstep health advice and offering food parcels while night time soup runs are delivering hot food at a safe distance from emergency response vehicles.</p> <p>Employability service - Employment Plus continues to offer telephone and online support.</p> <p>Debt Advice Service - helping people work out how to pay their next bill.</p> <p>Maintaining their safe houses - for the victims of modern slavery and meeting the emotional support for people who have escaped slavery and now have to self-isolate.</p> <p>Other - supporting communities with a mixture of practical and emotional support, from phone calls to the isolated to prescription runs and food deliveries.</p> <p>Virtual worship - maintaining a sense of belonging with their congregations as well as bringing hope at a time when we need it most.</p> <p>Information is available on the website</p>
Shelter (England)	<p>The website has a specific section on Housing Advice and Coronavirus this includes information on:</p> <ul style="list-style-type: none"> • Eviction • Rent payment problems • Benefits and other financial help • Domestic abuse • Homelessness • Mortgage arrears and repossession
Spectra First	<p>Are offering specialist support to Care Leaver's on a whole range of issues. Their Care Leaver APP is also a great way of reaching and helping vulnerable Care Leaver's too.</p>
St Giles	<p>Have a dedicated support line to help with access to benefits, advice on housing and welfare support. They are also:</p>

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	<ul style="list-style-type: none"> • providing food deliveries to those self-isolating • access to educational resources for those with children • phones and laptops for those who are socially isolated and do not have access to technology • Providing contact and support during social isolation (via video call/phone) <p>More information is available on the website</p>
Step Change	Are able to provide free debt advice online or via a helpline 0800 138 1111. The website has dedicated pages with information on dealing with Coronavirus affects on finances, work or benefits. They have also produced a guide on how to avoid debt problems if you are furloughed or income is reduced due to the pandemic.
Stroke Association	Have information and advice on the website tailored to people affected by stroke and details of support available in the local area. They are also providing a helpline 0303 303 3100.
Trussell Trust	Have a dedicated area on their website which is updated regularly with information about what's happening in food banks across the country and what to do if you need support from a food bank.
Versus Arthritis	Have a helpline 0800 5200 520 and a virtual assistant on their website to help with information and answer common Coronavirus questions. They are also pulling together useful information and signposting to services and other appropriate sites.
Women's Aid	Have set up a Coronavirus Hub with practical support and advice. This includes a range of materials and help for those experiencing domestic abuse. They are also holding live chat sessions - the hours have been extended because of demand to 10am – 2pm Monday to Friday.
Youth Employment UK	Have a range of information to support young people they are a one-stop ideas shop when it comes to education, work and future. More detail is available on the website

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Update from the Information and Outreach Officers

We are still here and still working to support families whether it is by answering queries, providing information, support and guidance, communicating by social media or researching information. Please do contact us if we can help with providing any information by calling us direct on 01296 383293 or email familyinfo@buckinghamshire.gov.uk.

Social Media



Please remind your families about our Facebook Pages. We are monitored on the number of newcomers to our pages, and although there is a small increase in likes, we need to continue to reach more people in the community.



Please follow us on Facebook and encourage all your families too. We are putting out loads of great information via our Family Centre Facebook Pages.

Please can you ask the schools you are linked with to follow their local page and share any relevant posts. We are trying to cover all age groups 0-19 (25 send).

Please encourage all your families, partners/professionals and colleagues to follow too.

Followers at June 2020

@castlefieldfamilycentre	(160)	@mapledeanfamilycentreplus	(371)
@hampdenwayfamilycentre	(520)	@marlowfamilycentre	(41)
@hithercroftfamilycentre	(31)	@risboroughfamilycentre	(211)

Did you know there are several social media channels for young people:

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Did you know there are several social media channels for young people:

Youthspace Bucks are on:

Twitter – <https://twitter.com/youthspacebucks>

Facebook - <https://www.facebook.com/youthspacebucks>

Instagram - <https://www.instagram.com/youthspacebucks/>

FIS Digital regularly post on these channels but if you would like to add anything, email fisdigital@buckinghamshire.gov.uk

We also now have a Digital Champion for the Wycombe area, Emily Eastmond. Emily will be looking to find and share information on the Family Centre Facebook pages, working with Nikki Page to keep the Facebook pages up to date and engaging with colleagues, partners and families to like and share the pages to make as much information as possible accessible.



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Friends in Need East Berkshire & Buckinghamshire – Virtual July Timetable



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
29th June	Kara on A/L 29th – 6th 11.00 – 12.30 Art with Jo @ Facebook Live 14.00 – 15.00 Coffee catch up with Debbie @ Zoom	Sufia on A/L 10.00 – 10.45 NEW Tai Chi with Catherine @ Zoom *Page 4 14:00-15:00 Crafts with Yvonne @ FB Live 21.00 – 20.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ FB Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 16.00 – 17.00 New Member Meeting with Charlene & Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	12.00 – 13.00 Learning Sign Language with Amber @ Zoom 14:00-15:00 Coffee and chat with Charlene @ Zoom 19.00 – 20.30 Action for Happiness with Linda @ Zoom (First Thursday of the month)	11.00 – 12.00 NEW Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat 12.00 – 13.00 Reiki With Carole @ Zoom Sun 13.00 – 14.00 Affirmations & Positive Thinking with Julia @ FB Live Sun 19.00 – 20.00 Quiz with Michelle, V, Phil or Sharon @ Zoom
6th July	Kara on A/L 29th – 6th 11.00 – 12.30 Art with Jo @ Facebook Live 14.00 – 15.00 Coffee catch up with Ansa @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 4 14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Sufia @ Zoom 21.00 – 20.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 NEW Yoga with Laila @ Zoom * Page 4 12.00 – 13.00 Learning Sign Language with Amber @ Zoom 14:00-15:00 Coffee and chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat 12.00 – 13.00 Reiki With Carole @ Zoom Sun 13.00 – 14.00 Affirmations & Positive Thinking with Julia @ FB Live Sun 19.00 – 20.00 Quiz with Michelle, V, Phil or Sharon @ Zoom
13th July	11.00 – 12.30 Art with Jo @ Facebook Live 14.00 – 15.00 Coffee catch up with Kara @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 4 14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Sufia @ Zoom 21.00 – 20.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 16.00 – 17.00 New Member Meeting with Kara, Charlene, Sufia & Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 4 12.00 – 13.00 Learning Sign Language with Amber @ Zoom 14:00-15:00 Coffee and chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat 12.00 – 13.00 Reiki With Carole @ Zoom Sun 13.00 – 14.00 Affirmations & Positive Thinking with Julia @ FB Live Sun 19.00 – 20.00 Quiz with Michelle, V, Phil or Sharon @ Zoom
20th July	Ansa on A/L 20th – 27th 11.00 – 12.30 Art with Jo @ Facebook Live 14.00 – 15.00 Coffee catch up with Kara @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 4 14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Sufia @ Zoom 21.00 – 20.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Kara @ Zoom 14:00-15:00 Cooking with Charlene 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 4 12.00 – 13.00 Learning Sign Language with Amber @ Zoom 14:00-15:00 Coffee and chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat 12.00 – 13.00 Reiki With Carole @ Zoom Sun 13.00 – 14.00 Affirmations & Positive Thinking with Julia @ FB Live Sun 19.00 – 20.00 Quiz with Michelle, V, Phil or Sharon @ Zoom

Continue on to next page.....

All activities are **free!** If you're interested in joining our activities and becoming a Friends in Need member then please contact your coordinator

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FAMILY support service

Friends in Need East Berkshire & Buckinghamshire – Virtual July Timetable

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
27 th July	<p>Charlene on A/L 27th – 3rd</p> <p>11.00 – 12.30 Art with Jo @ Facebook Live</p> <p>14.00 – 15.00 Coffee catch up with Kara @ Zoom</p>	<p>10.00 – 10.45 NEW Tai Chi with Catherine @ Zoom *Page 4</p> <p>14:00-15:00 Crafts with Yvonne @ FB Live</p> <p>21.00 – 20.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ FB Live</p>	<p>10.30 – 11.30 Wednesday Words with Ansa @ Zoom</p> <p>16.00 – 17.00 New Member Meeting with Kara, Sufia & Ansa @ Zoom</p> <p>19.00 - 20.00 Mind the Note Singing with Michael @ Zoom</p>	<p>10.00 – 10.45 Yoga with Laila @ Zoom *Page 4</p> <p>11.00 – 12.00 Cooking with Ansa @ FB Live</p> <p>12.00 – 13.00 Learning Sign Language with Amber @ Zoom</p> <p>14:00-15:00 Coffee and chat with Ansa @ Zoom</p>	<p>11.00 – 12.00 NEW Games with Colette @ Zoom</p> <p>14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live</p>	<p>Sat 12.00 – 13.00 Reiki With Carole @ Zoom</p> <p>Sun 13.00 –14.00 Affirmations & Positive Thinking with Julia @ FB Live</p> <p>Sun 19.00 – 20.00 Quiz with Michelle, V, Phil or Sharon @ Zoom</p>

Covid-19 Guidelines: <https://www.gov.uk/coronavirus>

*Please read disclaimer on page 4 regarding your participation in tai chi/yoga.

Friends in Need – We can do this together!

Check out our FiN virtual activities via our closed Facebook group.

Name: **Friends in Need East Berkshire and Buckinghamshire**

Link: <https://www.facebook.com/groups/128815250860939/>

Links for FiN zoom meetings are on the next page 😊

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Friends in Need East Berkshire & Buckinghamshire – Zoom links for FiN members


Day	Time	Activity	Zoom Link	Meeting ID	Password
Monday	10.00 – 12.00pm	Sophia Hobbs Training	https://us02web.zoom.us/j/82089884339	820 8988 4339	
Monday	14.00 – 15.00pm	Coffee & Catch Up with Kara	https://us02web.zoom.us/j/83636021937	836 3602 1937	
Tuesday	10.00 – 11.00pm	Tai Chi with Catherine	https://us02web.zoom.us/j/89068569044	890 6856 9044	
Tuesday	15.00 – 16.00pm	Coffee & Catch Up with Sufia	To confirm with Sufia		
Wednesday	10.30 – 11.30am	Wednesday words with Ansa	https://us02web.zoom.us/j/87185255069	871 8525 5069	
Wednesday	19.00 – 20.00pm	Mind the Note with Michael	https://us04web.zoom.us/j/2868792898?pwd=eHl2b0pzNThSTDhzeKZjVCOFQrdz09	286 879 2898	sing
Thursday	12.00 – 13.00pm	Learning Sign Language with Amber	https://us02web.zoom.us/j/81437285404?pwd=VzVhYXdvdU5jY2w5NkFleGVyWnAxdz09	814 3728 5404	941719
Thursday	14.00 – 15.00pm	Coffee & Chat with Charlene	https://us02web.zoom.us/j/85602851121?pwd=NnNBVXBQ1grRTkwRktsQVZHT2NHQT09	856 0285 1121	9pYHVC
Thursday	19.00 – 20.30pm	Action for Happiness with Linda	Sign up via website: https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GR0UP=GRP20%20(Slough)		
Friday	11.00 – 12.00pm	Games with Colette	https://us02web.zoom.us/j/89038931979	890 3893 1979	
Saturday	12.00 – 13.00pm	Reiki with Carole	<i>*No link – You need to log into zoom, click the 'Join a meeting' tab on the top right hand corner and enter the meeting ID and password.</i>	831 385 9661	3SFAKG
Sunday	19.00 – 20.00pm	Quiz night with Michelle , V, Phil and Sharon	https://us02web.zoom.us/j/83489432014	834 8943 2014	

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Back issues of the newsletter can be found at <https://www.adultlearningbcc.ac.uk/family-learning/>

Issue No: 14 | 2 July 2020



Keep in Touch with Family Learning

Hello! This week we are celebrating the fact that, here in Britain, we have the whole world on our doorstep. So many of the stories, songs, and dances, as well as the food that we enjoy, have come here from all over the world and have become part of life in Britain today.

Share a book	Through books, children can start to become aware of the lives of people who are different in some ways to themselves - and can discover how, in other ways, they are just like them. Children also need to see something of themselves in the books that they encounter. Amazing Grace tells the story of a little girl who loves stories and learns that nothing should stop her from following her dreams! You might also enjoy sharing Sulwe's Song from the book <i>Sulwe</i> by Lupita Nyong'o. Younger children will love Ten Little Fingers and Ten Little Toes . I know that I do!
Busy Fingers	Nadiya Hussain's recipes are inspired by her roots in Bangladesh, food from around the world and traditional British food. She advises parents to let their children get involved in the kitchen as there is no better way to get children used to different tastes and textures. Mashing, mixing, chopping, sprinkling really gets those fingers busy and those taste-buds tingling!
Time to sing and move	Try bhangra dancing, or be inspired by dance moves that have come from Africa, South America or India. Try mixing up your own favourite moves with some new ones to create your own dance style.
Explore!	Enjoy some free digital theatre from Unicorn Theatre featuring the stories of Anansi the Spider which have travelled from Africa to America and are now much-loved in Britain.

Useful Websites of the Week

You can borrow books from [Buckinghamshire Libraries](#).

Click the link to find out what they are doing so that people can borrow and return books.

Do ask the librarian to help you find books that reflect the diversity within British society today. They will be happy to help you!

[Booktrust](#) has lots of book recommendations.

New Online Story Workshops with Family Learning!

During **July and August** try one of our story workshops.

While your child enjoys a story, activities and songs, you can find out how this helps your child's development.






Little Pirates: Text Wendy 07768 044813

Jasper's Beanstalk: Text Sarah 07739 880400

Dragon's Breath: Text Iva 07710 145234

Polar Bear What Can You Hear: Text Karen 07983 563240

Text us to find out dates & times. (with your name & workshop)




www.adultlearningbcc.ac.uk



This newsletter is shared weekly on the Family Centre Facebook pages so do encourage your families to follow the pages for more information and ideas.

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FAMILY support service



Carer befriending line



**Are you looking after someone?
Are you feeling lonely and isolated?
Would you like a friendly chat with
someone?**

**Our volunteers are here to talk to family
members, friends and carers of our patients**

**Call our dedicated line for carers anytime
on 01865 901012
Someone will call you back between
11am-12noon, Monday to Friday**



Buckinghamshire Mind also produce a newsletter packed full of information and activities, click on the image above to access.



Click on the image above to access the document.

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Ministry of Defence GB

@DefenceHQ



The children of service personnel will be entitled to free breakfast and after-school childcare as part of new measures to better support the Armed Forces and their loved ones **@BWallaceMP** announced today ow.ly/JXbH50AryA9 pic.twitter.com/BAxOcg3kH9

07/07/2020, 10:59

The above press release was issued yesterday and you will see that Buckinghamshire is the first area to benefit from this new scheme for service families for school age children. Letters are being sent to all the providers in the Wendover and High Wycombe areas to make them aware of the scheme and to encourage their participation. Service Families will be contacted over the next few days to make them aware of the scheme and the eligibility criteria (which we haven't got). Parents will need to contact their RAF contact about their individual eligibility. If a provider calls please pass them on to us via the earlyyears@buckinghamshire.gov.uk mail box. There is a cap on the amount they will fund although they haven't told us what it is, Parents can choose to go to a more expensive provider and pay the difference.

In some cases, unfortunately it has not been good news...

Positive Relationships Programme Closes

<https://www.reducingtherisk.org.uk/cms/content/positive-relationships-programme-closes>

Sadly, we have to report on a recent evaluation of the 10 week voluntary, Positive Relationships Programme funded by Thames Valley PCC. The programme was for those who feel they have an issue in their relationships and want to address their behaviour.

This evaluation from the Centre for Public Innovation, has recommended the programme should close.

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The report's conclusion

Drawing on the evidence and analysis set out above our key conclusions is that there is no evidence that the PRP programme as delivered in its entirety (i.e. pre-group, 10 weekly sessions and post-group) has any more effect on abusive behaviour than a very limited intervention – be it writing to men to tell them that their behaviour has come to the notice of the police, or attending a single group session. Given this there does not seem to be significant value in investing in a ten week programme as the evidence is lacking that the investment made has produced the anticipated returns in terms of a reduction in abusive behaviour.

SEE, HEAR, RESPOND



SUPPORTING INFORMATION FOR REFERRAL PARTNERS

1. Programme Overview

In response to the COVID-19 pandemic, Barnardo's, in partnership with The Department for Education (DfE), will be delivering a new and innovative programme across England that co-ordinates a dynamic sector response. This will mean intervening and finding the most vulnerable children and young people who are hidden from view; who are not receiving support currently from statutory organisations and those who are at risk and/or experiencing adverse impact to their health and wellbeing.

Many of our most vulnerable children and young people are being missed and the harm that they experience is now hidden more than ever. Through a partnership approach we will support and safeguard these children early, preventing additional harm and ensuring that their needs don't escalate to become chronic and persistent levels.

The children and young people that we will target, find and support during these unprecedented times will include the most vulnerable within our community. This will include:

- Under 5s with a specific focus on under 2s
- Those with SEND who have other associated harms such as exploitation
- Children out of the home at risk of criminal and sexual exploitation (working in outreach detached settings)
- BAMER children (who are not being seen or reached)
- Young carers

Barnardo's is convening a network of national and local community-based partners to work together to identify and provide frontline support to these vulnerable children and young people. Our network of partners will mobilise rapidly and effectively to ensure that children are identified and supported as quickly as possible.

The See, Hear, Respond programme will not work with those currently receiving support from statutory agencies through Education, Health and Care plans or statutory Child Protection Plans. Instead, we will target resources and support to fill the growing gap for those children who require support but are not being seen by schools or other key agencies. It is these children and young people who are being disproportionately adversely impacted by Covid-19 restrictions.

[SEE, HEAR, RESPOND Supporting information](#)

I hope you are well and keeping safe during these challenging times. I wanted to touch base as I am the [Youth Outreach Officer](#) for [GamCare](#) covering the Home Counties. The Youth Outreach Programme run the [BigDeal](#) project and provides free training to professionals and young people.

During these strange times we appreciate that training and workshops may not currently be a priority for you even if they can be delivered digitally. However, we are aware that for some, problem gambling may increase due to lockdown so I wanted to pass you some resources which you may find useful to know about.

Please do signpost people to these services if appropriate:

- *Helpline:* 24/7 free support for problem gamblers and affected others on 0808 8020 133. You can read more details about our Helpline [here](#).
- *Big Deal website:* [BigDeal](#) is a place for young people to find information and support related to gambling, either for themselves or someone they care about.
- *The NetLine:* Confidential advice, information and emotional via an online text 'chat' service. You can read more about getting help as a young person [here](#).
- *GamCare Family and Adult Resource Pack (attached):* a pack of free resources, self-care suggestions, and support services to have to hand during this unusual time.

If you have any questions about any of these services/resources then please do let me know. **If you are also interested in hearing more about our free professionals training and youth workshops, now, or at a later point, let me know and I can give you some more information on these.**

Warmest regards

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**Click here to sign-up
to our e-newsletter**

[GamCare Adult Resource Pack](#)

[GamCare Family Resource Pack](#)

Other useful links for families:

- Henry - <https://www.henry.org.uk/coronavirus-support>
- Therapist Aid - <https://www.therapistaid.com/>
- Netmums website which has the Family Links parenting course over 8 weeks via email, this is free. - <https://www.netmums.com/support/netmums-parenting-course>
- Energy Being, there are charges for some sessions - <http://e-being.co.uk/stayathome/>

The answers to last month's can you reveal 20 novels?

1. *The Great Gatsby*
2. *A Portrait of the Artist As a Young Man*
3. *The Grapes of Wrath*
4. *Animal Farm*
5. *Lord of the Flies*
6. *The Sun Also Rises*
7. *A Clockwork Orange*
8. *The Handmaid's Tale*
9. *To Kill a Mockingbird*
10. *On the Road*
11. *To the Lighthouse*
12. *A Handful of Dust*
13. *The Invisible Man*
14. *The Catcher in the Rye*
15. *Midnight's Children*
16. *The Color Purple*
17. *Brave New World*
18. *A Room With a View*
19. *A Passage to India*
20. *The Wings of the Dove*



This weeks quiz is so silly and is NOT suitable for serious people or for geniuses!

<https://www.allthetests.com/quiz22/quiz/1178469166/Fake-IQ-Test>

TAKE CARE!

FOR MORE INFORMATION PLEASE VISIT
www.bucksfamilyinfo.org/familysupport

