

School Matters Extras



Some families can feel isolated when school is closed and their usual support network is not available. Six weeks can feel a long time especially for those parents with health problems, children with additional needs or other worrying family issues. The citizen's advice bureau is available throughout the holiday. Please do not hesitate to get in touch if you think you might need support or just a point of contact.

Just a reminder that the government has issued another tranche (the third) to the **Household Support Fund** (approximately £98 per household) for those in financial hardship (issued in May). If parents need support, apply here:-

Those with pre-payment meters should go through Citizens Advice East Devon link below (or Parent Support):-
<https://citizensadviceeastdevon.org/parental-support/>

Those who pay by direct debit should apply to East Devon District through the general hardship link:-
<https://eastdevon.gov.uk/benefits-and-support/financial-support/request-financial-support/>

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There are some great free offers for families around the area for holiday meals, play schemes for those on low incomes, etc. Details are included elsewhere in school matters extra, but do also try to contact the citizen's advice bureau for up-to-date information through the holidays. Ann Jones, who is the Children's link Caseworker is contacting local organisations/businesses at the moment, who have given charitable support before to check out what they are offering over the summer. She might be able to put you in touch with anyone who can help.

Ann Jones Children's Link Caseworker (East and Mid Devon) Parent Support Team (East) 07527599813

Families can also click on this link to be signposted to **Pinpoint Devon**, who offer: **Help and support for parents and families**. There is a particular area assigned to 'Out of School' and holiday time

<https://www.pinpointdevon.co.uk/parents-and-families/>

FOOD BANK @ <https://www.sidvalleyfoodbank.org.uk/get-help/>
PARENT HELP – Children's Mental Health

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat>

15 FREE SUMMER IDEA ACTIVITIES FOR FAMILIES (OUT)

<https://www.visitexeter.com/things-to-do/activities/free-family-summer-activities>

Sun Safety from the NHS!

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands. For more information see - <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

ACTIVITIES FOR FAMILIES (AT HOME)

1) Plant fruit and vegetables

2) Bake a sweet treat

3) Make slime

4) Make a mud kitchen

5) Make a fairy/poggle door

6) Make homemade ice lollies

7) Go camping in the garden

8) Make a walking rainbow <https://www.bbcgoodfood.com/videos/kids-kitchen-walking-rainbow-video>

9) Paint some rocks

10) Have a family film night

11) Go on a picnic

12) Frame a photo

You will need

- 2 straight sticks, roughly the same length, for the sides
- 2 straight sticks, roughly the same length, for the top and bottom
- Twine or string
- Double-sided tape or PVA glue, to attach a photo (optional)

1. Take one of the side sticks and one of the bottom sticks and place them together at a right angle, so the sticks overlap each other.

2. Tie the sticks together at the point where they overlap, leaving a short length of twine for later. Start at the back and then move over the front stick and then behind the back stick again. Repeat in a figure of eight movement.

3. Once you've repeated the figure of eight at least four times, tie the string to the short length you left at the back and cut off the excess.

4. Repeat steps 1-3 with your remaining sticks until all four sticks are tied together. Tie a loop of twine to the top for hanging. Then just add your chosen photo.

Devon Children's Centres



Video
Interaction
Guidance (VIG)

Help for the
non-compliant
child (HNC)

Solihull Approach
Understanding your
child

Early Help
Assessment (EHA)
& establishing
Team Around the
Family (TAF)
meetings

Incredible Years
Home Coaching
Programme

Thrive
profiling &
support

Let's Talk –
Read & Play
(ELIM)

Thrive
Nurture
Group

Incredible Years
Parenting
Programme

Targeted 1:1
support

Incredible Years for
children on the autistic
spectrum pathway or
with language delay

Available for families with children
aged 0-8 who need extra support.
We offer Targeted Early Help
Services through Groups and 1-1
Family Support

CRAFT
Healthy
relationships

Step by
Step

Here's Looking
at you Little One
(HLAYLO)

Baby
Massage

Targeted
Antenatal &
Mellow Bumps
courses

Here's
Looking at
You Baby
(HLAYB)

Scan here
to complete
an online
referral
form



THE CHILD'S STORY
ESTABLISHES WHICH
GROUP OR 1:1
SUPPORT RESPONDS
TO THE CHILD'S
IDENTIFIED NEEDS.
THIS SUPPORT WILL
THEN BE OFFERED TO
THE FAMILY.



Centre
contact
details

Please contact your local Children's Centre for details of specific courses on offer

Devon Children's Centres are delivered by Action for Children. We are part of Devon County Council's Early Help Service for children aged 0-8.