

Chadsgrove

Family Support Newsletter

8th May 2020



Issue #2

Need anything translating?
Let your weekly contact know.

Hello and welcome to the second issue of Chadsgrove's Family Support Newsletter! We hope that you find the help and advice in this newsletter useful. As always, keep checking the Chadsgrove website as new content is being added daily! #KeepSafe

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe						
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

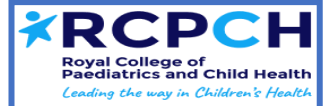
ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



rcpch.ac.uk/resources/COVID-19-resources-parents-carers

...a range of useful websites and information to help parents and children at this time.

epilepsy action

Join an online virtual support group, read editions of Epilepsy Today and get involved in fundraising. Call 0808 800 5050 for help and support: www.epilepsy.org.uk/support-for-you

PLEASE DO NOT SHOUT AT ME! Please be kind & respectful

I have a **Severe Learning Disability**

This means I can't understand lockdown.

- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.

Government guidance says that, because I have a specific health condition that requires me to leave home to maintain my health, I can:

- go out for **exercise 2 or 3 times a day** if I need to
- travel **beyond my local area** to a quiet, open space to exercise

I have a care plan that confirms this

For more information search 'Government guidance coronavirus FAQs what you can and can't do'

To find out more about people who have severe learning disabilities, visit: www.challengingbehaviour.org.uk



Due to Covid-19, many families are having to deal with changes to their household income. This could mean that your child is eligible for the Government's Free School Meal scheme. This scheme is providing families that qualify, with a weekly £15 supermarket voucher per pupil. If you think you might be eligible, please contact Bec Gayden on 07513 438814 or rg188@chadsgrove.worc.sch.uk. During the Covid-19 outbreak the government are temporarily extending the free school meal scheme to families that have no recourse to public funds (NRPF). Please note that free school meal vouchers are not available to pupils that are provided with food supplements by the National Health Service for enteral feeds.



Mini First Aid

<https://worcester.minifirstaid.co.uk/classes/classes-for-adults>



The class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures and Meningitis awareness. The course covers first aid techniques suitable for newborn babies through to primary school-aged children, is in line with our high standards of training and is presented by a fully qualified professional. £20 per person.

Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women)
0808 8010 327 (men)

If you are in immediate danger, call **999**. If you can't talk dial **55** and help will come.

gov.uk/guidance/domestic-abuse-how-to-get-help

Thrift Corner! We have searched the web to find some great deals that could save you ££s!

MASSIVE 50% off sale at The Entertainer!

www.moneysavingexpert.com/deals/the-entertainer/#51870

FREE access to Marvel and DC Comic books...

www.moneysavingexpert.com/deals/deals-hunter/2020/04/free-digital-marvel-comic-books/

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