

## EXTRA Early Help Newsletter Gloucester: March 2020

Hello All,

This EXTRA newsletter is specifically designed for our Children and Families within Gloucester, so they know who they can turn to for advice and guidance. Please feel free to disseminate this to all families and children.

Our NHS colleagues are working tirelessly on helping to reduce the risk to our most vulnerable people and advice on anything relating to the illness will be found on <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Kindest regards

Early Help Coordinators Gloucester



The Family Information Service directory [www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk) holds a wide range of information advice, and signposting to support families, children and young people from 0 - 19 years of age (25 for young people with additional needs). This includes information on finding and choosing childcare, such as local day nurseries, playgroups, childminders, children's centres, out of school clubs and holiday playschemes.

The directory also provide information on:

- Family Support
- 2, 3 & 4 year old funding towards childcare
- 30 hours funding for working parents and some foster carers
- Referrals for parenting programmes including Triple P, Solihull, Webster Stratton and You & Me, Mum
- The Key Disability Register
- Tax Credits, Benefits.

Parent/Carers can also view/download from the Family Information Service page useful resources to support family life, including a Parent's Guide to mobile phone and internet safety, being left Home Alone to name just a few.

Practitioners will also be able to access useful information including training and referral forms from within the relevant sections.

Church services will continue for as long as possible - see our website [www.stpaulstephenglos.org.uk](http://www.stpaulstephenglos.org.uk) .

The church will be open each day for a place and space to pray and think.

Food parcels can be given - contact me on 01452 500537 or come to the church on a Tuesday or Thursday morning.

Telephone discussions - Rev Ruth Fitter on 01452 500537 or 07502 306083 or Rev Heather de Gruyther on 07464 816154.

GL Communities: your number one source for community development, advice and resources. We're dedicated to giving you the very best in help and information, with a focus on community development, well-being and a money advice service.

Founded in 2008 and receiving its charity status in 2010, GL Communities has come a long way from its humble beginnings. GLC was a merger of three of the most successful of the neighbourhood projects in Gloucester but is now able to offer services all over Gloucestershire. We are thrilled to be able to turn our passion into work on the ground that creates change with local people.

Trinity Centre- 01452 505544

Advice Line – 01452 306581

Phoenix Centre – 01452 521557

This project work with residents of Matson, Robinswood, White City and Podsmead, Tuffley and Stonehouse areas.



Where is it? Chequers bridge Centre, Painswick Road

Contact Details: 01452 308127 – ask for Imran [imran@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.com)

What can we offer? Possible emergency food parcels. For residents of Barton & Tredworth and our neighbours at City Farm and Friendship Café.

High vulnerability groups asked not come in but please call in and we can see if we can find someone to help/send food out.

### **Kingfisher Church Tredworth**

[Info@kingfisher.org.uk](mailto:Info@kingfisher.org.uk)

Facebook page @kingfishertredworth

01452 304339 (leave a message if no reply with a contact number we can get back to you on)

At the moment none of our groups are running due to the Coronavirus but we are available for telephone support and for shopping needs if families are having to self-isolate!



**Together in Matson**  
Faith, hope & community



Together In Matson: Contact details: 01452 381070 Facebook

Redwell centre

Covering Matson & Robinswood Area

We will be cooking over the next few days to stock our freezers with containers of food that can be warmed in the microwave. If anyone elderly is isolated and needs food, we can deliver. Unless anyone asks for any specific help this is what we will be supporting.

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# FOOD PARCEL SERVICE



**GLOUCESTER  
HELPING HANDS**

## WHAT WE DO

Provide food parcels to those most in need.

## WHO WE WORK WITH

GL Communities (Matson)  
Project Beacon  
Young Gloucestershire  
NHS 2gether  
Stonham Housing Group  
TSB Bank Barnwood  
Coney Hill Fish & Chips  
SARC (Sexual Assault Referral Centre)  
Al-Ashraf School  
The Friendship Cafe

## DELIVERIES

Take place fortnightly. We are seeking to increase the frequency of our deliveries.

## WHERE WE DELIVER

Abbeymead  
Barton  
Brockworth  
City Centre  
Coney Hill  
Kingsway  
Kingsholm  
Matson  
Tredworth

## REFERRALS

Partner organisations and individuals can refer new clients.



## CONTACT

Gloucester Helping Hands  
07725 365 179

# COVID-19

## GLOUCESTER LOCAL COMMUNITY SERVICE

If you are elderly or have  
been told to self-isolate and  
need help getting supplies or  
medicine, please contact us.

### CONTACT

**Haroon Kadodia**  
077714 206201  
**Hashim Norat**  
07905 417266

**Imam Hassan**  
07725 365179

**Mumtaz Bana**  
07794 413422  
**Sumeyya Vaid**  
07572 303683



PLEASE CONTACT US ON 07786510741  
IF YOU WOULD LIKE TO VOLUNTEER

The National Trust are being incredibly generous, look after your well-being:  
<https://www.nationaltrust.org.uk/>

'At this time of everything closing the National Trust have agreed to remove all pay barriers from National Trust parks and Gardens. This is in response to do what we can for everyone at this time to support social distancing and the need to be outside in nature for our own mental wellbeing. It will mean that all the grounds behind pay barriers will now be open for everyone. In addition all car parking chargers will be removed. You can enjoy the open space and keep your social distance as per the government advice.

We will however be closing all cafes, houses, retail, and cancelling events. So take a flask and a sandwich.

There is no commercial drive behind this, it will cost the charity a significant loss in income - but we acknowledge mental health and wellbeing at this time is the priority.



The **co-operative** food  
Part of The Midcounties Co-operative

## Priority Shopping Hour

This store has introduced a "Priority Shopping Hour" to help senior citizens and those who are most vulnerable or at-risk shop for essential provisions in the wake of the Coronavirus outbreak.

**The "Priority Shopping Hour" will run from 9.30am until 10:30am Monday to Friday.**

Whilst we appreciate that we all have a need to shop at particular times, we would be grateful if you could help us preserve this period for senior citizens, their carers, the infirm and those with underlying health issues to complete their shopping.



Our assessment workers are working remotely taking referrals and conducting assessments by telephone or video whatsapp or skype. 01452 733060

We will not be undertaking any groups or activities at this time.

We are proactively posting ideas to help young carers stay connected on our facebook page and shortly on the websi

<https://www.facebook.com/GloucestershireYoungCarers/>

Apps to help with home schooling:

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

<https://www.twinkl.co.uk/search?term=school%20closure>

# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.robertrivest.com](http://www.robertrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mather Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



**HELLO!** If you are self-isolating, I can help.

**My name is**  
.....

**I live locally at**  
.....

**My phone number is**  
.....

**If you are self-isolating due to COVID-19 I can help with:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

**#ViralKindness**

In a world  
where you can  
be anything,  
be kind.

