

Family Newsletter

Issue 1
16 April 2020

HELLO

Hi its the Voice and Influence Team here! Welcome to the first Children with Disabilities Newsletter. We have decided to start making weekly newsletters so you can be up to date with any new information as well as fun activities you can try at home!

Foreword from Sue Butcher

Hello, my name is Sue. I am the Executive Director of Children's Care. I am quite new to Middlesbrough and I am really looking forward to getting to know you all. I hope you are all ok and managing to keep busy during isolation? I know it is a really strange and difficult time, but we are all very proud of the young people in Middlesbrough for staying safe and staying indoors. I have seen lots of lovely pictures on Twitter and up in windows as I am driving home so keep them coming ! 😊



I am working with lots of other professionals to keep Children, Young People and Families safe. But I am also working Voice and Influence team to provide regular updates, fun activities and opportunities for you all throughout this time.

Last week, I met with our Care Leavers forum and they asked me lots of really interesting questions. It was lovely to speak to them and find out what activities that they are involved in and how they are keeping busy during isolation. Do you have any questions you would like to ask me or anything you would like to tell me? If you do could you please email: yourvoiceyourmiddlesbrough@middlesbrough.gov.uk and I will answer them on next week's newsletter!

Please don't forget to subscribe to our MiddlesbroughChildrenMatters Youtube channel we will be catching up with you all over video!

Thank you for reading the newsletter & I look forward to hearing from you all
(Sue Butcher, Executive Director of Children's Care – Middlesbrough Council)



Get Involved Page

Click the link to keep up to date with what Middlesbrough are offering for young people, parents and carers!

<https://www.middlesbrough.gov.uk/children-families-and-safeguarding/get-involved-and-have-your-say>

Makaton Nursery Rhyme

Learn this Makaton nursery rhyme with your family!



Click the link below to see how to sign 'Five Cheeky Monkeys'!

<https://www.scopeaust.org.au/wp-content/uploads/2015/02/Five-Cheeky-Monkeys.pdf>

COVID-19 Makaton Symbols



Derwen College have produced a Makaton translation to help explain Coronavirus to children with additional needs.

You can find the printable document by clicking this link:

<https://www.makaton.org/Assets/Store/FreeResources/CoronavirusInfo.pdf>

DIY Sensory Bottles

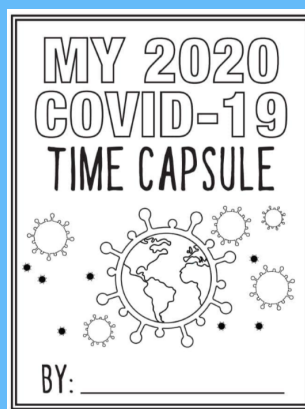
Create your own sensory bottles with just about anything. all you need is a clear plastic bottle and some bits and bobs to fill it with!



Fill it with:

- Glitter
- Uncooked Rice or Pasta
- Sand
- Slime
- Coloured water

COVID-19 Time Capsule



Keep track of what is happening while you are staying safe inside. Write things down in this COVID 19 activity book so you can remember about these moments in the future. There is also a sheet which can help you feel more positively about each day!

Click the image to have a look!

Tell us what you think!



Is there anything you wish was included in this newsletter? Let us know by emailing getinvolvedlocaloffer@middlesbrough.gov.uk

(you can ask a grown up to help you do this if you want)



The LINK CIC have set up a daily duty phone line which will be available from 2pm to 4pm. You can call this number if you are feeling anxious and are struggling to cope with the recent situation.