

Family Newsletter

Issue 4
18/06/2020

HELLO

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

Hello Everyone!

All staff from the Children with Disabilities Service continue to work hard during these difficult times to provide support to our families within Middlesbrough. Work is well underway, making plans for how some support can safely return in the near future in line with the easing of the government lockdown and with staff continuing to work from home there is plenty of movement around the office as we explore how to use this space differently. For those who usually receive services from Home Support, many are being contacted to discuss what options are available but please be mindful that due to social distancing and in the interest of the safety of the children, these spaces will be limited.



In other news, interviews were undertaken earlier this week in order to increase the number of Social Workers within the Children with Disabilities Service – there is capacity to recruit one additional full time social worker, along with one part time post and updates will be shared as soon as they are able to be welcomed into our team.

The CWD staff are working to continue to maintain regular contact with all of our families during the pandemic but I would like to ask that if you have any questions, concerns or need someone to talk to, please do not hesitate to get in touch with your Social Worker or Short Breaks Facilitator and they will do all they can to help.

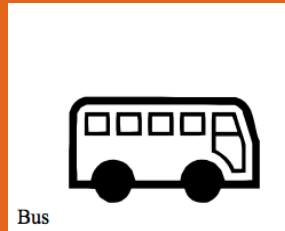
Ben Lee

Senior Short Break Facilitator

Makaton Nursery rhyme

See if you can sign along to this Makaton version of 'The wheels on the bus'

Click the bus to watch the video



How to get a good nights sleep

'KIDS' have come up with some tips to help you get a good nights sleep and get in to a routine

Click the image to see them!



Make your own Texture Book

You will need:

A card notebook

Glue

A stapler and staples

A pen

Multiple materials with different textures. Here are some suggestions:

- sandpaper
- corrugated paper
- faux fur
- felt
- mesh
- foam sheets
- a flannel/towel

How to do it!

1. Take your materials and cut them to a size smaller than your card
2. Glue them to your card
3. Some materials may be more difficult to glue down. You can ask an adult to staple these to the card instead
4. Label your textures (soft, rough, smooth etc.)

And you are done!



Keep Calm

We have found some great tips from 'Childline' on how to stay calm when you are feeling worried or anxious. Check them out by clicking this link!

<https://www.childline.org.uk/toolbox/calm-zone/>

Have a giggle!

Feeling a little bit down in the dumps? Watch this video of animals doing funny and silly things!

Click the picture to watch!



Helpful resources for parents & carers

'Contact' have introduced a new 1-1 listening ear service for families with disabled children. Click the link to find out more: [https://contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/)

Top tips for preparing children to return to school: <https://www.winstonswish.org/preparing-children-return-school/>

Self care strategies to improve your mental wellbeing : <https://www.annafreud.org/on-my-mind/self-care/>