



Special Guardians' December 2022 Newsletter

Hi Everyone

Well it's not long now until schools break up for the Christmas holidays and the glittery madness of the festive period starts properly! We both hope that you and your families have a very lovely Christmas and a happy New Year.

We are closed from the 24th – 27th December and again 31st December – 2nd January, but either Amy or Jane is available on the other days over the Christmas holidays if you need to contact us.

As promised, we will do our best to arrange our next coffee morning in late January and hold it at a venue either north or south of Shrewsbury. If any of you have suggestions for a topic you would be interested in us arranging a speaker for, then please do let us know.

So Merry Christmas to you all and let's hope 2023 brings us all health and happiness (and cheaper energy bills).
Best wishes

Amy and Jane



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18. Oswestry North Pole!

Special Guardians' Christmas Coffee morning

Monday 5th December 10am - 12:00



Come and join us for a coffee or cup of tea and a mince pie

Monday 5th December 10am to 12:00

The Community Room

Sunflower House, Kendal Road

Shrewsbury SY1 4ES

Please park on Kendal Road

Christmas is an expensive time of year for all families and with the current cost of living crisis this can make it even harder. Below are some links which may be of help if you are finding things difficult now.

We also have some additional information shared by one of our Guardians – thank you Peter.

Our Cost of living page is <https://shropshire.gov.uk/cost-of-living-help/>

Worrying about money leaflets can be viewed <https://www.worryingaboutmoney.co.uk/shropshire>.

Printed copies available from sophiepadgett@cabshropshire.org.uk

The checklist- <https://shropshire.gov.uk/cost-of-living-help/cost-of-living-checklist/>

We are encouraging anyone with questions about the Cost of living to contact - ShropshireCostofLiving@shropshire.gov.uk

Specified Adult Childcare credits

I came across these benefits which are new to me, on a Martin Lewis tweet. He said:

"There's a little known benefit for grandparents who look after their grandchildren while parents work. If ur a parent of an under 12, if your parent (ie child's grandparent) do childcare so you can work, u can apply to get em "Specified Adult Childcare Credit"

This means they get the National Insurance years that normally go to a parent who is off work looking after children (as you're working you'll usually be getting from work). This can add £1,000s to a state pension."

Here's the link he gave:

<https://www.gov.uk/government/publications/national-insurance-credits-for-adults-who-care-for-a-child-under-12-fact-sheet/specified-adult-childcare-credits-fact-sheet>

I am not fully up to speed on what they are and who they relate to, but it seems they are about National Insurance credits available to grandparents and other family members who are caring for children of the wider family.

Note from Jane – *Special Guardians are not likely to be eligible for the children for whom you hold the Guardianship as you are excluded if you receive child benefit. However, if you look after other children then it might be worth a look.*

Cost of Living - best prices!

I'm sure we've all got our own examples of seeing food prices in supermarkets and other prices increasingly horrifically over the last months. For me, butter, milk and pasta are just a few examples that have gone crazy... and which are genuinely troubling and impacting on spending. (I have a strong feeling that there must be examples of prices being increased unnecessarily by big business just because higher prices are expected, and big business can get away with it. That's another issue and battle!)

So I think it is vital to be able to get the best prices and value for things we have to buy - at any time, but certainly, even more now! Again, I am sure some/many people will already have these and other websites to use to help them, but I find these ones specifically really useful.

For general supermarket items - food etc. - I find this site the best for the range and variety of filters, plus the price history information it has:

<https://www.trolley.co.uk/>

To find the cheapest prices for things like books, music, DVDs, games (and a whole host of other things, I find this site really excellent:

<https://www.123pricecheck.com/>

For bigger items like appliances, there are lots of sites that are well known, like Kelcoo and PriceRunner. but with the cost of living issue being such a serious and current one for the basic food shop just now, I find something like trolley.co.uk really useful.

Shropshire Family Information Service (FIS) is now on Instagram

Your local Family Information Service (FIS) shares a lot of useful information aimed at parent carers through their social media channels, which up to now have included Facebook and Twitter.

They are excited to announce that they are now also on Instagram – but probably draw the line at TikTok!

[Follow them](#) for up-to-date information to support children, young people and families in Shropshire. You can also still follow them on [Facebook](#) and [Twitter](#)



New Shropshire Safeguarding Community (SSCP) Website



SSCP would like to announce the launch of the [Shropshire Safeguarding Community Partnership's new website](#). This website brings together information, guidance and resources for professionals and the public on all aspects of Children's and adult safeguarding and Community safety.

The website includes useful links to local and national sources of support, as well as research and publications from the Partnership and other contributors and will be replacing the current Keeping Adults Safe in Shropshire and Shropshire Safeguarding Children websites in the near future.

Ivan Powell the Independent Scrutineer says: "This is an amazing resource for both professionals and the local community, bringing together the three areas that the Partnership covers into one website which is aesthetically pleasing and easy to navigate"

You can find the website at www.shropshiresafeguardingcommunitypartnership.co.uk or by clicking [here](#). If you have any further questions or feedback then please complete the feedback form on the website or contact us directly at sscpbusinessunit@shropshire.gov.uk

NHS UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Understanding Your Child

ONLINE course FOR PARENTS
FREE across Shropshire and Telford

Written by Psychologists,
Psychotherapists, Health Visitors
& NHS professionals

Part of the Solihull Approach series
11 Modules, lifetime access
Available 24/7

Go to
www.inourplace.co.uk

Apply this 'Access Code' to
get access for FREE

DARWIN18

For everyone around the child:
Mums, Dads,
Grandparents,
friends and relations...

For technical support contact
solihull.approach-parenting@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

The advertisement features a diverse group of people, including a man with a mustache, a woman holding a baby, a young boy, and a woman with her arms crossed. A circular inset shows a man and a woman smiling. The background is a mix of teal and white.

Sleep Tight Workshop



Would you like to know more about why sleep is important for our health and emotional well- being?

- Does your child struggle with their sleep?
- Would you like to access support to help improve sleep and bedtime routines?
- Would you like to meet other parents/carers to share and discuss experiences?

Our workshop runs for 5 weeks from the start date excluding the School Holidays

Starting on Thursday 19th January 2023 from 12.30pm to 2.30pm

The workshop is delivered virtually via MS Teams

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by emailing Parenting.team@shropshire.gov.uk or call us on 01743 250950

Understanding your child/teen groups (including SEND)



- Would you like to know more about your child's development?
- Do you need support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers?

Understanding Your Child SEND on Tuesday 17th January 2023 from 9.30am to 11.30am

SEND groups are for parents/carers of children who might have special educational needs and disabilities. No formal diagnosis is needed.

Understanding Your Child on Friday 20th January 2023 from 9.30am to 11.30am

The groups are delivered virtually via MS Teams

All our groups run for 10 weeks from the start date excluding the School Holidays

To book a place on one of our groups or for further information on the groups we run please contact the Parenting Team by emailing: Parenting.team@shropshire.gov.uk or telephone: 01743 250950

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

ourplace

NHS

New course **Understanding your child's feelings**

Part of the Solihull Approach series

THIS IS A TASTER COURSE. A CHUNK OUT OF THE **BIG** COURSE.

DIP YOUR TOES IN THE WORLD OF ONLINE COURSES FOR PARENTS, GRANDPARENTS AND CARERS

Apply access code here:
www.inourplace.co.uk

The poster features a purple background with a large illustration of two hands, one green and one orange, holding each other. Text is arranged in white and yellow callouts.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

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NHS

WWW.INOURPLACE.CO.UK

FREE Online course for parents
'UNDERSTANDING YOUR CHILD'S MENTAL HEALTH & WELLBEING'

ONLINE LEARNING
(AVAILABLE 24/7)
WORK THROUGH THE CONTENT ANONYMOUSLY AT YOUR OWN PACE

COMPLETE PART 1
COMPLETE 'UNDERSTANDING YOUR CHILD' OR 'UNDERSTANDING YOUR CHILD WITH ADDITIONAL NEEDS' (SOLD SEPARATELY)
COMPLETE PART 2

*PREPAID FOR RESIDENTS ELIGIBLE FOR AN ACCESS CODE

The poster features a purple background with a group of diverse children's faces peeking over a ledge. A large blue arrow points from the children towards the text.

Parenting Helpline



Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Shropshire Council's Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around child development and parenting?

Why not call our Parenting Helpline where one of our trained Parenting Practitioners will be ready to listen. The Parenting helpline is available on Tuesdays and Thursdays from 9.00am to 12.30pm (Please note the Parenting Helpline will not operate between Christmas & New Year)

Call the helpline on 01743 250950

Beam Drop In Sessions

Beam is an emotional health and wellbeing drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin. Their team of experienced well-being practitioners and volunteers will listen to whatever is troubling you.

Beam can...

- recommend strategies and techniques that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.
- give practical suggestions and advice – this might be suggesting you look at website or that you contact another service.
- provide a listening ear if you have something you want to get off your chest.

Beam hold weekly drop-in sessions in Shrewsbury and Wellington. you do not need an appointment; you can just turn up. From the 22 October 2022 they will be holding a new Saturday session in Wellington from 10-2pm.

Beam Drop-in Sessions

Autumn/Winter 2022

BEAM is an emotional health and well-being drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin.

Mondays, 12-4pm (last session 3.15pm)
The Lantern, Shrewsbury, SY1 4NG

Tuesdays, 10-6pm (last session 5.15pm)
Beam, 9 Market Square, Wellington, TF1 1BP

Thursdays, 10am-6pm (last session 5.15pm) Beam, 9 Market Square, Wellington, TF1 1BP

NEW
Starting
22 October

Saturdays, 10am- 2pm
(Last session 1.15pm)
Beam, 9 Market Square,
Wellington, TF1 1BP

Email: shropshirebeam@childrensociety.org.uk
Instagram: @shropshirebeam



Asthma Friendly Schools – *If your child has Asthma, why not ask them if they are an Asthma friendly school?*

Shropshire, Telford and Wrekin Integrated Care Board have been chosen as a pilot site for the delivery of the national NHS England Asthma care bundle. One element of the pilot is the development of asthma friendly schools. The asthma friendly schools project aims to improve care for children and young people aged between five and 18 with asthma in Shropshire, Telford and Wrekin schools. They do this by raising awareness of asthma with school staff and providing information, training and support.

Becoming an Asthma Friendly School

To be recognised as an Asthma Friendly School, each school must address a set of criteria that establishes an Asthma Friendly environment and meets current legislation from the Department of Health guidelines.

These criteria are:

- An Asthma Policy
- Asthma training for school staff
- An asthma register
- Children to have immediate access to their own inhalers
- Purchase of an emergency inhaler and spacer

Benefits to becoming an Asthma Friendly School, include:

- Improving asthma awareness and management in the school
- Improving support to students with asthma encouraging an inclusive environment
- Supporting responsibilities for the health, safety and wellbeing of students and staff
- Ensures the school is implementing current and best practice asthma management strategies
- Enables the school to promote its self-evaluated status to ensure that the community is aware of the school's commitment to Asthma Friendly strategies.

For more information contact the [school nursing team](#).

Chat, Play and Read

Better Health Start for Life and the Department for Education have launched a new campaign to encourage parent and carers to chat, play and read more with their children to develop their communication, language and literacy skills before starting school.

A range of new resources are now available on the [Campaign Resource Centre](#)



UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

inourplace

NHS

FREE with an access code!
Worth £48 per couple

Do you live in Shropshire and Telford & Wrekin?

Online course
Understanding your relationships

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance!

Get started with 3 basic steps:

1. Visit www.inourplace.co.uk
2. Enter access code*: **DARWIN18**
3. Begin learning

*Sign In or Registration required

Features:

- 11 Modules
- 15-20 mins (per Module)
- Integrated Notebook
- Quizzes
- Certificate

www.inourplace.co.uk
Available 24/7. Anytime. Anywhere.

ME MY CHILD & DOMESTIC ABUSE GROUP

This group is co-facilitated with Shropshire Domestic Abuse Service. The group is aimed at victims of domestic abuse who would like to understand more about the impact on their children's development and behaviour and how they can support their children's needs and development.

This group runs for 11 weeks from the start date excluding the School Holidays.

**The group starts on Thursday 12th January 2023 in Shrewsbury
from 10.00am to 12.00pm**

(Venue will be confirmed at time of booking)

Professionals can contact the Parenting Team for further information or to book a place for parents/carers.

Email: Parenting.team@shropshire.gov.uk

Telephone: 01743 250950



UNDERSTANDING YOUR CHILD GROUP

This group is co-facilitated with We Are With You and the group is aimed at parents/carers who need support with parenting and alcohol or drug misuse are a challenge. This group is a pilot and has come from feedback that parents/carers would like to be in a group setting where their challenges are understood

This group runs for 10 weeks from the start date excluding the School Holidays.

The group starts on Wednesday 18th January 2023 in Shrewsbury from 10.00am to 12.00pm

(Venue will be confirmed at time of booking)

Professionals can contact the Parenting Team for further information or to book a place for parents/carers.

Email: Parenting.team@shropshire.gov.uk
Telephone: 01743 250950



www.shropshire.gov.uk
General Enquiries: 0345 678 9000

NHS
inclusion

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Sexual Health Service Update
Shropshire Sexual Health Services
Autumn 2022

New Service Phone Number

The telephone number for sexual health services in Shropshire, Telford & Wrekin, Stoke-on-Trent and Staffordshire is now **0808 178 0955**.

This number is linked to a new, improved telephone system, which aims to reduce patient waiting times.

For the coming weeks, the old number will divert through to the new system, but please update any records you have to our new number.





OSWESTRY NORTH POLE

HELP FOR FAMILIES

OSWESTRY NORTH POLE TOY DRIVE



Set up to help **ANY** family struggling to buy presents for their children this year.

Families can self refer - no questions asked (even if they are getting help/support) elsewhere.

Email: Katiemorda@googlemail.com or call/message (confidentially) 07912 435221 to register.

LAST DATE TO APPLY: 3RD DEC 2022.

