



MENTAL HEALTH AWARENESS WEEK

The theme this year is Kindness

All over the world, kindness is prevailing in these uncertain times. Amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

Here are some ideas to inspire you:

- Send someone a home-made card or small present in the post
- Leave a note on someone's door to tell them how special they are
- Make some cupcakes and give them to all your neighbours
- Write a poem and send it to a family member
- Cook an extra portion of your dinner and drop it round to someone who might need a break
- Share your favourite recipe with a foodie friend

Family Support Service 2020/21

All invoices for our 20/21 service have now been sent to all of our schools with an explanation of how the service will run as from September 2020.

Please note that we have extended our payment deadline to the 31st August, 2020. However, we would ask that you confirm your intentions with buying into the service as this will enable us to plan our staffing for 2020/21.

Thank you to those that we have already heard from.

We hope that you will agree that our reduced hourly rate will enable us to continue to support your families with our much needed service.

South West Herts Partnership ISSUE 178 - MAY 2020

As we adapt to a new way of working and overcome the challenges it may bring, the team are busy delivering our services and supporting their schools and their families in the best way possible.

We understand the need to be flexible, often making calls out of normal working hours. We continue to obtain food bank parcels for families that require more help and print and deliver relevant resources if they do not have the facilities.

Our service will continue to run over half-term, so if you have any families needing support, please advise your allocated worker so this can be arranged.

We are following the latest government advice and are looking at our contingency plan of how we work whilst maintaining safety for our staff and for you, our customers. Currently, we are working as follows;

- All home visits and support for parents/carers will take place over the phone or via video link and any information sent by email.
- Where possible, any meetings that would normally take place in schools and or other settings will be offered to take place over the phone or via video link
- Our School Family Workers and Office Team will continue to be contactable for advice via telephone and email.

We will also be guided by you, our schools, as you make a phased return so please keep your allocated family worker updated so that they can adhere to any policies you put in place.



We have updated some of our supporting documents with links, resources and advice that we have received and think you and your families will find them useful. These can be found attached with this newsletter.

The Team have got their creative hats on and produced a Bedtime Routine video for you to share with your families—enjoy!

https://www.youtube.com/watch?v=YXBvtA_5R7s



We wish you a restful half-term.
All the team at SWHP



FAMILY SUPPORT TRAINING

Whilst continuing to support schools and families through this turbulent time, our team of School Family Workers are also continuing to strive to update their skills and knowledge through online training.

EMOTIONALLY BASED SCHOOL AVOIDANCE

I recently completed some online learning on Emotionally Based School Avoidance with Dr Pooky Knightsmith from Creative Education.

Anxiety and school refusal is an area of concern that family workers are frequently asked to help with. Although I was familiar with many of the tips already, I found the course very helpful in giving a clear outline and summary of the different areas to look at and steps to take. I would have preferred a few more practical examples of ideas but every child will require a different approach.

One thing that was emphasised was the importance of working on a plan to find helpful strategies with both the child and with the families – something family workers are well positioned to do. We also need to understand that, when we first become aware there is an issue and start sending out letters about attendance, the parents may have been struggling for some time to get the child to school, managing most of the time but finding it pretty stressful. A supportive approach towards parents is required.

Creative Education also has some forums on school refusal and one has a lot of discussion on the likelihood of high anxiety levels when schools return after lockdown (also in pupils who are not typically anxious) and what can be done to help. Dr Pooky has produced a free course on this specifically: Support a Safe & Successful Return to School.



BEREAVEMENT

We were recently given the opportunity to partake in some online Bereavement training, developed by Dr Pooky Knightsmith in conjunction with Penhaligon's Friends, a bereavement charity based in Cornwall supporting young people.

Sadly, at this time it is more relevant than ever to have some ideas to support a child when they tragically lose someone close to them.

The modules gave practical ideas to help support young people in the moment and beyond. It supports us, as professionals, to help the bereaved person talk about their deceased loved one, normalise the many feelings they may be experiencing and to support the young person to experience moments of joy and looking forward without guilt.

My colleagues and I took away many practical ideas to help us if and when we work with children who have suffered a loss.

ONE VISION

One Vision is a Charity project, which is endorsed by the Mayor of Watford and the MP for Watford. One Vision action group was set up to support families during the Pandemic Crisis. Schools can access this support for their families and identify who can deliver the meals, once this is identified it is simple: You email or call with the number of meals you need and the number of families e.g. 30 meals for 6 families. This will then be organised for your intended collection date. You then collect meals from the Stanborough Centre, St Albans Road - a time slot will be given around 1pm. School will then make the deliveries, so there is no need to share confidential information with One Vision.

One of our secondary schools have taken part in this and some of the families we are supporting are currently receiving these 2 times a week, on a Monday and Thursday. There is a variety of dishes and all families have been very happy with what they have been provided. The hot meal often comes with a bag of essentials too. Feedback has been extremely positive. The school have also commented that when making the deliveries, they have been able to check in with families and ensure they are coping in order to provide appropriate support.

Please visit www.onevisionproject.org.uk for more information

Half Term Holiday

HALF TERM ACTIVITIES

TIPS AND IDEAS FOR HALF TERM FUN!

Build a den or fort



<https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43>

Potato Stamps



<https://www.thesprucecrafts.com/how-to-make-stamp-from-potato-2905343>

Scavenger Hunt



<https://www.goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/>

Pebble Painting



A weekly meal planner is a good way to get kids involved with cooking, meal planning and looking at ingredients. We have attached a planner to help get you started. You may also like to refer to the attached Feeding Your Family document with recipe ideas and food tips and advice.

Yum!

CRESS HEADS

How do you make cress heads?

Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell, then sprinkle 1 tsp cress seeds onto each one. Sit the filled shells in eggcups and leave in a dry, well-lit place for a week – a windowsill is perfect.



KIDS CREATIVE CORNER!

Calling all little artists in Hertfordshire!

Across the county, many of our older clients are experiencing this lockdown at home with no friends and no family.

We would love to brighten their day by sharing paintings and drawings from young people across Herts, and show them that the whole county is thinking about them!



Send a picture of your child's drawing with their first name and age to comms@hertsindependentliving.org

Results from the SWHP Family Support Service

Evaluation Data Results

SWHP Family Support Service 2018-2019

As can be seen below, our evaluation results show some excellent outcomes in removing barriers to learning.

- ◆ 80% of schools have seen improved behaviour around the school and in lessons
- ◆ 72% of schools have seen an improved attitude to learning
- ◆ 87% of schools have seen an improved relationship between parent and school
- ◆ 77% of families have increased family involvement, including help with homework
- ◆ 82% of parents feel they are now able to put in and follow through good routines and boundaries
- ◆ 93% of families have increased networks with community organisations and other support

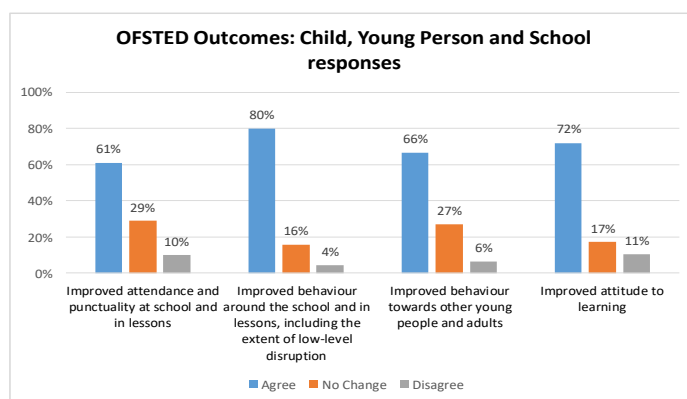
This information has been taken from the 516 evaluation forms completed in 2018/19

Of the 87 schools within the local partnership area, 64 bought into the SWHP Family Support Service for 2019/20—that's a total of 74%

"Our School Family Worker has been fantastic for this family and it has helped mum to be stronger and firmer in her parenting at home - clear boundaries for homework. Thank you very much!"

School

Last year we supported 414 families



"I attended my first session of the family support session today; I found it incredibly helpful. It can be very difficult being a parent, especially when things do not go smoothly with your children. It is highly valuable to receive advice and support from professionals. It is also good to be able to share our issues with other parents. Today we received some sound advice from the School Family Worker and shared experiences from other parents. I think the service is highly valuable in helping us support our children's emotional and educational development. The schools participation in this scheme is much appreciated"

Coffee Morning - Parent



SKILLS and TRAINING

All our School Family Workers have been trained and can lead on the EHM Families First Assessment.

They are continually updating their knowledge and skills through training, to ensure the support they are giving their schools and families is always current and relevant.

Some examples of courses they have completed or networking/forums attended include;

- * ACEs (Adverse Childhood Experiences) Awareness
- * Anxiety—What Lies Beneath
- * Attachment and Trauma
- * Breaking the Chain - Knife Crime Awareness
- * Building a Resilient Community
- * Child/Parent - Violence and Substance Misuse
- * Disguised Compliance and Avoidance Families
- * Engaging Perpetrators
- * Raising Awareness of PDA (Pathological Demand Avoidance)
- * Self-Harm and Emotional Wellbeing
- * Spot the Signs Suicide Awareness
- * Understanding & Identifying Neglect with a focus on Early Help
- * Universal Credit
- * Working with Parents with Mental Health issues
- * Youth Crime Awareness
- * Attendance at County Lines Conference



Fully Funded By Herts County Council
Family Services Commissioning Team



MAY

19

7PM

**ON-LINE
COURSE**

JUNE

02

9.30AM

**ON-LINE
COURSE**

JUNE

10

7PM

**ON-LINE
COURSE**

JUNE

14

8PM

**ON-LINE
COURSE**

Calendar

JOIN THE TEAM



Natural Flair Coaching Limited

See full schedule at

www.natural-flair.com/schedule

Tel: 01992 446051

NATURAL STEPS TO SAFER, STRONGER FAMILIES - A PROTECTIVE BEHAVIOURS APPROACH TO EMOTIONAL SAFETY AND WELL-BEING FOR FAMILIES

NOW AVAILABLE AS AN ON-LINE COURSE
with Natural Flair Coaching

AVAILABLE TO ANY REFERRED PARENT ACROSS HERTFORDSHIRE
Starting 19th May 2020 for 6 weeks, 7pm-8.30pm

NATURAL STEPS TO SAFER, STRONGER FAMILIES - A PROTECTIVE BEHAVIOURS APPROACH TO EMOTIONAL SAFETY AND WELL-BEING FOR FAMILIES

NOW AVAILABLE AS AN ON-LINE COURSE
with Natural Flair Coaching

AVAILABLE TO ANY REFERRED PARENT ACROSS HERTFORDSHIRE
Starting 2nd June 2020 for 6 weeks, 7pm-8.30pm

MY TEEN BRAIN

NOW AVAILABLE AS AN ON-LINE COURSE
with Natural Flair Coaching

AVAILABLE TO ANY REFERRED PARENT ACROSS HERTFORDSHIRE
Starting 10th June 2020 for 4 weeks, 7pm-8.30pm

BE DECISIVE THIS DECADE - MONTHLY PARENTING WEBINAR

FREE webinar series taking place via Zoom, in the comfort of your own home. Each month we look at a different parenting topic. Click on the secure link and I will send you after securing your place via the link below:



Fully Funded By Herts County Council



MAY

21

1PM

**ON-LINE
COURSE**

JUNE

01

2PM

**ON-LINE
COURSE**

JUNE

04

10AM

**ON-LINE
COURSE**

Calendar

JOIN THE TEAM

Courses are open to parents and carers living in Hertfordshire

To check eligibility and book a place, please contact

Supporting Links: www.supportinglinks.co.uk

Email: bookings@supportinglinks.co.uk

Tel: 07512 709556

Quoting the Course ID

GETTING ON WITH YOUR PRE-TEEN/TEENAGER

Targeted parenting group to meet the needs of parents who feel their child is at risk of:

- Risky behaviour online / social media
- Attraction to gangs
- Drink and drug temptations
- Sexual health concerns
- Self-harm
- Aggressive and challenging behaviour



1-3pm or 7-9pm

To book: Tel 01707 247032 Email: LouiseV@familylives.org.uk

TALKING FAMILIES

FREE 6 week course for parents and carers of children aged 0-12

2-3pm, 6 week course - **quote course ID 379**

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

TALKING TEENS

FREE 6 week course for parents and carers of children aged 12-19

10-11am, 6 week course - **quote course ID 383**

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Families In Focus CIC

Enabling families to be stronger together

JUNE

02

6.30PM

**ON-LINE
COURSE**

JUNE

08

7PM

**ON-LINE
COURSE**

JUNE

29

7PM

**ON-LINE
COURSE**

Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.

For Bookings please visit www.familiesinfocus.co.uk

All our Parent Networks are continuing throughout lockdown, reaching parents of children with additional needs online via ZOOM.

HANDLING ANGER IN YOUR FAMILY

Proven anger management strategies for parents and children.
6x2 hours sessions

- Step by step approach to understanding anger in our families
- Tool kit of healthy anger management strategies for both adults and children
- Techniques to calm down children's tantrums and meltdowns
- Creative ways to help children express anger safely
- Active Listening skills to build good parent/child relationships

TEACHING TEENS WITH SEND PROTECTIVE BEHAVIOURS AND UNDERSTANDING CONSENT WITH YCHERTS



UNDERSTANDING MORE ABOUT CHILDREN'S SENSORY ISSUES

