

Email Update sent 14th May 2016

Dear Supporters of Parents' Voice

First, welcome to those of you who have recently given us your email address and are receiving our updates for the first time!

We hope some of this email will be of interest to all of you, whether this is the first update you're receiving or the twentieth (or any other number!). You are welcome to share it (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

- 1) Parents' Voice news
- 2) Local Surveys/Consultations
- 3) Road safety and Walk to School Week
- 4) Young Children
- 5) Mental Health
- 6) Online Safety
- 7) Talking Walk-In Drop-In Sessions

1) Parents' Voice news

i) Coffee and Chat

We'd love you to join us for a general chat over a coffee (or any other drink); all parents and family carers are welcome (and children, but they remain your responsibility). Buy yourself a coffee and join in with general chat, tell us what's important to you as a parent in Worcestershire, tell us what you'd like to improve, what you think we should be doing (we're starting to organise some information sessions - tell us what you think of our ideas so far), or just enjoy a drink in the company of other parents. It's a great way to possibly make some new friends too!

We (Sue and Michele) will be in the Hive's cafe in Worcester (WR1 3PD) from 11am on Friday May 20th. Officially we'll be there until 12.30pm, but you're welcome to stay as long as you like! If you have any old phones or inkjets to recycle (NOT Kodak, Brother or Epson), do bring them along, as well as used postage stamps (1cm of paper round the edges, please).

Sadly we've been unable to hold these Coffee and Chat sessions as regularly as we'd hoped due to family issues (life did not go as planned); that may be why they haven't been as well attended as we thought they would be. So please join us if you can because everyone who has come along so far seems to have enjoyed these meetups (and found out some useful information sometimes).

ii) Annual report

We're still accepting any comments for our annual report (we won't use your name unless you say we should). Have you found some of our information useful? Did you take part in a consultation because of details we gave you? We'd like you to tell us if Parents' Voice helped you in some way (perhaps by telling you about a resource you used, a website with information or a local drop-in session or event). Please send your comments to info@parentsvoice.co.uk using the subject line "PV 2016" or just reply to this email. All comments will be dealt with in confidence. (We will have a few facts and figures to tell you about at the Coffee and Chat meeting if anyone would like to hear them!)

iii) Inkjets, phones and stamps

Don't forget that we are collecting inkjet cartridges (sorry, NOT Kodak, Brother or Epson), old mobile phones and postage stamps to raise some funds (we run on a shoestring!). If you have a suitable inkjet cartridge you can register at the website <http://www.recycle4charity.co.uk/Home> to request freepost envelopes to send 2 cartridges at a time (just choose Parents' Voice C75068 as your chosen good cause - it should be the first suggestion on the drop down list when you type "Parents"). We will collect phones and stamps at our meetings (or contact us if you would like them collected and we'll see if we can arrange something!). Thank you :) :

2) Local Surveys/Consultations

i) [Going to the Doctors survey](#)

[Healthwatch Worcestershire](#) is an independent consumer champion, giving the public, patients and users of health and social care services in Worcestershire a voice. They currently have a [survey about your experiences of going to the doctors](#) which you can find here: bit.ly/24RmuqY.

They especially want to know what people think about making appointments and visiting the surgery. The survey should not take long to complete and at the end you are asked how you found out about it; please select "Other organisation" and specify Parents' Voice, thank you!

We have already told you about these two surveys which close in May:

ii) [Neonatal Services in the West Midlands](#)

NHS England is reviewing neonatal services across the West Midlands to ensure that babies and their families have access to the right care, at the right time, in the most appropriate place. They want to understand the issues that are most important to families, so your feedback is essential. To do this they want parents whose child(ren) are currently receiving neonatal care or have received care within a neonatal or special care baby unit at any time over the past five years to complete a [questionnaire](#).

You do not have to answer all the questions and you can save your responses to complete later (eg: if you need to change a nappy or feed a toddler you can come back to the survey later!).

The [survey](#) closes on 15th May.

You can find the survey here: bit.ly/23I7z1I

Please pass on details of this survey to any other parents or parent groups who might want to take part (and please mention Parents' Voice if you do, thanks).

iii) [The future of Healthcare Services in Worcestershire](#)

The three Clinical Commissioning Groups in Worcestershire have a [survey](#) about how money should be spent in the future. They say:

"We do not have enough money to continue to buy all the services that we currently do in the same way as we have done before. We therefore need to find ways of reducing costs in some areas to be able to protect other essential services that we currently buy.

This [survey](#) is designed to help us find out what you think about some of the changes that we could consider in the future. At this stage these are just ideas. No decisions have been made and the proposals are in no order of preference."

Some of the questions which may be of particular interest to parents are about whether to restrict access to IVF treatment and sterilisation procedures and whether to reduce the opening hours of minor Injury Units.

You do not have to answer all the questions and there is space to make your own suggestions. You can answer the [survey](http://bit.ly/1YF2mkp) online and also download and print a copy if you prefer, both from this link: <http://bit.ly/1YF2mkp>

The [survey](#) closes on 30th May.

Please pass on details of this survey to any friends or groups who might want to take part (and please mention Parents' Voice if you do, thanks).

3) Road safety and Walk to School Week

i) 16th - 20th May is Walk to School Week, organised by the Living Streets charity. You can find out more about both here: <https://www.livingstreets.org.uk/>.

ii) West Mercia Police have produced a [leaflet with road safety advice](#) for parents and pupils, featuring the "Keep "Em Peeled" code. You can download the leaflet here: bit.ly/238Ix65.

4) Young Children

i) Worcestershire has already had some sunny weather (in May!). The NHS has information about how to keep babies safe during hot weather here: <http://bit.ly/1ftg8Xf>.

5 Mental Health

i) [Mental Health Awareness Week](#)

16th - 22nd May is [Mental Health Awareness Week](#) and the theme is relationships (because good relationships are essential to maintaining mental health).

You can find out more about [Mental Health Awareness Week](#) (and relationship resolutions) here: bit.ly/1TSTruq.

ii) Other mental health links

Our March update was dedicated to Mental Health and the April update contained links to sites about depression. You can find both updates on the [Newsletters page](#) of our website (under Email Updates 2016): bit.ly/24WDDQ7.

iii) [Stress blog](#)

Dr Kate Morgan has recently set up a blog called [Mind Spa](#). The first posts are about understanding stress and exam stress; you can find the [blog](#) here: bit.ly/1TijOqC.

iv) Mental health during and after pregnancy

Perinatal mental health problems carry a total economic and social long-term cost to society of about £8.1 billion for each one-year cohort of births in the UK, according to a [report](#) by the Centre for Mental Health. You can read more here: bit.ly/1NjGfj0.

v) Worcestershire's [Child and Adolescent Mental Health Services \(CAMHS\) Transformation Plan](#)
As mentioned last month, you can download the CAMHS Transformation Plan here:
<http://bit.ly/1TMpiPz>.

vi) Schools' Mental Health Champion

Last August the Department for Education appointed Natasha Devon MBE as a Mental Health Champion for Schools. At the beginning of May her unpaid role was axed; it will be replaced by a paid cross-government mental health champion.

You can find various articles about these changes online, including this from the BBC:

<http://www.bbc.co.uk/news/education-36211900>.

6) Online Safety

Internet Matters is a not-for-profit organisation that aims to help keep children safe in the digital world. They have produced some [social media tips for parents](#), including information about cyberbullying, online gaming with strangers and spending too much time on social media (and more)).

You can find the social media tips here: bit.ly/1SYtCc7.

There is also a [glossary](#) of important words to help you keep abreast of the latest internet-related language here: bit.ly/1VX1ERM.

7) Talking Walk-In Drop-In Sessions

The following dates have been published by Worcestershire Speech and Language Therapy for their Talking Walk-In Drop-In Sessions. Parents of pre-school children can go along for general advice and if appropriate refer their child.

Please note that these dates have been publicised as taking place; we are not responsible if any are cancelled due to unforeseen circumstances (we will try to let you know if we learn of any changes).

Mon 16th May, 11.00 - 11.30 am - BROMSGROVE
Tulip Trees Children's Centre, Catshill First School, Gibb Lane, B61 0JP

Mon 16th May, 2.30 - 3.00 pm - BEWDLEY
Riverside Children's Centre, Bewdley Primary School, Stourport Road, DY12 1BL

Mon 16th May, 2.30 - 3.00 pm - STOURPORT
Half Crown Wood Children's Centre, Stourport Primary School, Park Avenue, DY13 8SH

Mon 16th May, 2.45 - 3.30 pm - EVESHAM
Spring and Orchard Vale Children's Centre, Evesham Nursery, Four Pools Lane, WR11 1BN

Tues 17th May, 2.30 - 3.00 pm - WORCESTER
Bluebell Wood Children's Centre, Perry Wood Primary School, St Alban's Close, WR5 1PP

Wed 18th May, 11.00 - 11.30 am - REDDITCH
Holly Trees Children's Centre, St Stephens First School, Mabey Avenue, Riverside, B98 8HW

Wed 18th May, 11.00 - 11.30 am - REDDITCH
Willow Trees Children's Centre, Loxley Close, Church Hill, B98 9JL

Wed 18th May, 11.00 - 11.30 am - MALVERN
Sunshine Children's Centre, Bluebell Close, WR14 3QR

Wed 18th May, 11.00 - 11.30 am - WORCESTER
Saffron Children's Centre, Stanley Road School, Stanley Road, WR5 1BD

Thurs 19th May, 11.00 - 11.30 am - BROMSGROVE
Sunnyfields Children's Centre, Charford 1st School, Lyttleton Avenue, B60 3FG

Thurs 19th May, 10.30 - 11.00 am - KIDDERMINSTER
Tree Tops Children's Centre, Birchen Coppice Primary, Woodbury Road, DY11 7JJ

Fri 20th May, 11.00 - 11.30 am - PERSHORE
Blossom Vale Children's Centre, Abbey Park First, Abbey Road, WR10 1DF

Thank you for reading this email and for your continued support, we really do appreciate it :)

Sue and the Parents' Voice Committee

Parents' Voice - Worcestershire

Email: info@parentsvoice.co.uk Web: www.parentsvoice.co.uk

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