

## Email Update sent 29<sup>th</sup> May 2016

### Dear Parents' Voice Supporter

We hope you're enjoying this bank holiday weekend (there isn't another one for a few months now).

Here's another email packed with information which we believe could be useful to parents and other family carers. 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. 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) Younger Children
- 4) Health
- 5) Mental Health
- 6) Missing Children
- 7) Bullying

#### 1) Parents' Voice news

##### i) Coffee and Chat

Our May Coffee and Chat meeting was very quiet, but we hope to fit in at least one more before the holiday season gets going in July. We'll give you a date once we've finalised arrangements.

#### 2) Local Surveys/Consultations

##### i) [Worcestershire Viewpoint 2016](#)

[Worcestershire Viewpoint](#) is the Citizens' Panel partnership between Worcestershire County Council, Worcester City Council, Malvern Hills, Wychavon and Wyre Forest District Councils, and the three NHS Clinical Commissioning Groups in Worcestershire. It's your chance to have your say on local public services and is live until **10th June**.

People who have taken part in previous Viewpoint surveys should have been contacted. You can take part here (some questions are specific to your district so you are asked for your postcode):  
[bit.ly/25tLTr2](http://bit.ly/25tLTr2)

Any Worcestershire resident aged 18 or over can take part; you can save your responses and return to them (so you don't have to complete it all at once). Survey results are anonymous and do not contain information that would identify you. The results will be used to improve services in Worcestershire.

##### ii) [Priory Park play area survey](#)

Malvern Hills District Council wants your views about Priory Park's play area and its redevelopment. The [survey](#) is short and amongst other things asks about seating, whether there should be a separate area for teenagers and what you think would improve the quality of the current play area. There is also room for you to make your own

suggestions/comments.

You can find the survey here: <http://bit.ly/1VaCtKB>

iii) [Play parks becoming voluntary smoke-free zones](#)

Malvern Hills District Council also wants your views about play parks becoming voluntary smoke-free zones. You can find the survey here: <http://bit.ly/1NSOQcA>.

We believe this survey ends this week (but don't have a definite date)!

We have already told you of these two surveys (the first ends on Monday 30th May):

iv) [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](#) 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).

v) [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](http://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!

*3) Younger Children*

i) [Baby Buddy](#)

Best Beginnings is a charity which aims to support parents in giving their children the best start in life. They have launched a free app called [Baby Buddy](#) to guide parents through pregnancy and the first six months with their new baby.

You can find out more and get the free app here:  
[bit.ly/23Uuzp2](http://bit.ly/23Uuzp2)

ii) We're hoping for good weather in June, so we thought we'd remind you about this NHS site about keeping babies safe during hot weather: <http://bit.ly/1ftg8Xf>.

#### 4) Health

i) [Baby and child first aid skills](#)

The [British Red Cross](#) have a number of videos and instructions for some simple first aid skills, including an asthma attack, choking, heavy bleeding and a broken bone. There is also a baby and child [first aid app](#) available to download.

You can find the [videos and links to download the app](#) here:  
[bit.ly/1W3HHJ4](http://bit.ly/1W3HHJ4)

ii) [Asthma advice portal for parents](#)

Asthma UK has launched a new [advice portal for parents](#), with information about managing asthma, inhalers and parents' first-hand accounts of dealing with asthma. You can find it here:  
[bit.ly/1TEoMz6](http://bit.ly/1TEoMz6)

#### 5 Mental Health

i) [Mental health and friendships](#)

The Blurt Foundation have posted information about how poor mental health (especially depression) can affect friendships. You can find their article here:  
[bit.ly/1WBlsKv](http://bit.ly/1WBlsKv).

ii) Anxiety

If your child is affected by anxiety you may be interested in this [TEDx talk](#) by Jane Evans called Tending and Taming your Meerkat Brain: [bit.ly/1OMKNia](http://bit.ly/1OMKNia).

(Jane has also written a book called Little Meerkat's Big Panic, a storybook to help parents and children understand anxiety and ways to stay calm).

iii) You can read the recently published "[Relationships in the 21st Century](#)" report from the Mental Health Foundation here: [bit.ly/1Ovmpwe](http://bit.ly/1Ovmpwe)

iv) The CAMHS (Child and Adolescent Mental Health Service) partnership board will be meeting again in June. If you have any comments or concerns you would like to be considered (anonymously and confidentially) please contact us before 8th June.

v) Read about the free [Dragon in the Attic](#) app (aimed to help children mentally cope with bullying) in the Bullying section of this email (item 7).

## 6) Missing children

In the UK a child is reported missing every three minutes. May 25th was International Missing Children's Day so we're including information about what to do and signs to look out for.

i) This short Amber Alert [video](#) highlights what to do when a child goes missing:  
[bit.ly/1OWAJDi](http://bit.ly/1OWAJDi)

ii) [Missing Kids UK](#) is a National Crime Agency CEOP Command site. It contains a downloadable (pdf) document with [advice for parents and carers](#) includes information about how to keep your child safe, signs that a child/teenager may be thinking of running away and what to do if you think your child may run away.

You can download the 7 page document here:  
[bit.ly/25qHh1t](http://bit.ly/25qHh1t)

iii) The organisation Railway Children has a list of [signs that a child may be thinking of running away](#) here:  
[bit.ly/1siuq31](http://bit.ly/1siuq31)

## 7) Bullying

[Dragon in the Attic](#) is a free mental health app centred on anti-bullying ideas developed by four girls from Horbury Primary School (with support from West Wakefield Health & Wellbeing Ltd). It is a re-playable game for 8 - 12 year olds about health and wellbeing choices; it aims to give players greater awareness and confidence, by getting children to look after a dragon in an attic!

You can download the free app here: <http://bit.ly/1U4VadQ>

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**

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