

Email Update June 2016 (sent 11th June 2016)

Dear Parents' Voice Supporter

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) Child Safety Week
- 4) Free events
- 5) Online news
- 6) Children's Teeth
- 7) Talking Walk In Drop-In Sessions
- 8) Items from May's update

1) Parents' Voice news

1st - 12th June is Volunteers' Week - those of you who follow us on Twitter may have noticed some of our posts with the #volunteersweek hashtag. So this is just a quick reminder that Parents' Voice runs on volunteer power - we don't have any paid staff and we all do what we can while juggling family life, work etc. So to everyone who helps in any way to do what we do (whether that's tweeting, posting on Facebook, sharing our emails with friends, joining us for Coffee and Chat, telling other people about Parents' Voice or helping us decide what to do and then putting plans into action (especially our small committee - you know who you are!) - Thank You!

This leads on to an apology; it seems some of the links included in our last update were not clickable. Oops - I'm not sure what happened because I do test most links before emails go out, but a technical gremlin obviously crept in somewhere! Copying and pasting the links still worked and to make sure that you don't miss anything we'll include them again in this email (hopefully working this time) if they are still relevant (so not any closed surveys).

Finally 19th June is Father's Day - we should be celebrating this on Twitter and Facebook (so do look out for our posts).

2) Local Surveys/Consultations

[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!

3) Child Safety Week

6th - 12th June is Child Safety Week. Child Safety Week is run by [Child Accident Prevention Trust](#) to raise awareness of the risks of child accidents and how they can be prevented. This year the theme is Turn off Technology (but we're also including other links relevant to child safety in this section)

i) You can download a [Child Safety Week Action Pack](#) here: <http://bit.ly/1LVrQ6y>. This has ideas for running events but also contains individual sheets with tips about various safety areas including fire safety, drowning, falls, road safety and more. You can download the complete pack or any of the 13 individual sections: <http://bit.ly/1LVrQ6y>

ii) New research from the Child Accident Prevention Trust (CAPT) shows how mobiles are putting children at risk of serious accidents. 1 in 4 parents (24%) admit their child has had an accident or near miss when they've been engrossed in their mobile phone. You can read more about this here:

bit.ly/1POVLEA.

CAPT are encouraging parents to turn off technology and tune in to their children. You can read their Chief Executive's top 10 tips for keeping children safe in this article: huff.to/1XLdlwh.

iii) If your child likes Fireman Sam you might want to take a look at the Fireman Sam YouTube video, Never Play With Matches: <http://bit.ly/1svPX8v>

iv) Safer sleep for babies

The Lullaby Trust released a new [animation](#) during Safer Sleep Week about how babies should sleep safely. You can find it here: <http://bit.ly/1SSez5n>.

They also have a number of [Safer Sleep Factsheets](#) here: <http://bit.ly/1Rm4R5X>.

The Institute of Health Visiting have some [Tips for Parents](#) here: <http://bit.ly/1pnHPVO>.

Made for Mums has information about babies [sleeping safely in warm weather](#) here: bit.ly/1PL2SxB

v) Warm and sunny weather is usually a nice surprise but it's important to make sure everyone enjoys the sunshine safely. The following sites may be useful:

- NHS site about keeping babies safe during hot weather: <http://bit.ly/1ftg8Xf>
(includes a 3 minute video about applying suncream)

- 14 sun safety tips from Made for Mums: <http://bit.ly/1ftg8Xf>

vi) Hazards and first aid

- 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.

- [St John Ambulance](#) have a 40 second video advert called [the Chokeables](#) demonstrating how to save a choking baby: <http://bit.ly/1WGde4j>.

- [St John Ambulance](#) also have a [nursery rhyme song/animation](#) to help people learn baby CPR (cardiopulmonary resuscitation). You can find it here: bit.ly/219VMDG
(NB: this is the extended version; the song begins after about a minute).

vii) Road Safety

- 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

- Some of Malvern's community support officers have joined forces with a school choir and the police mascot Peeler to produce a song about the Keep 'Em Peeled code. You can find it here: bit.ly/25JeysH

4) Free events

i) Euro 15 is just starting so football is on many people's minds. There is a free football skills taster session for under 5's on Saturday 18th June at Blessed Edward Oldcorne Catholic College in Worcester followed by a 6 week course beginning on 2nd July. There are separate sessions for 18 months - 3 years (11am - 11.30am) and 3 years - 5 years (11.30am - 12 noon). Ring the Saffron Children's Centre on 01905 767107 to find out more or to book a place (booking is essential).

ii) There is a free family workshop at the Hive in Worcester on 22nd June to understand how children should interact with dogs in the home and community. Booking is through the Saffron Children's Centre: 01905 767107.

5) Online News

If your child enjoys playing games online you may find these [tips from the Safer Internet Centre](#) useful: bit.ly/1WW7S4y.

6) Children's Teeth

The Institute of Health Visiting have produced a [leaflet about looking after your children's teeth](#). You can download it here: <http://bit.ly/20R4giL>

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 13th June, 11.00 - 11.30 am - REDDITCH
Tulip Trees Children's Centre, Catshill First School, Gibb Lane, B61 0JP

Mon 13th June, 2.15 - 2.45 pm - REDDITCH
Cherry Trees Children's Centre, Batchley First School, B97 6PD

Mon 13th June, 10.30 - 11.00 - KIDDERMINSTER
Chestnut Children's Centre, Franche Primary School, Chestnut Grove, DY11 5QB

Mon 13th June, 10.30 - 11.00 am - KIDDERMINSTER
Comberton Primary School, Borrington Road, DY10 3ED

Mon 13th June, 2.45 - 3.30 pm - EVESHAM
Spring & Orchard Vale Children's Centre, Evesham Nursery, Four Pools Lane, WR11 1BN

Tues 14th June, 11.00 - 11.30 am - WORCESTER
Buttercup Children's Centre, Fairfield Primary School, Fairfield Close, WR4 9TX

Tues 14th June, 2.30 - 3.00 pm - WORCESTER
Lavender Children's Centre, Warndon Primary School, Edgeworth Close, WR4 9PE

Wed 15th June, 11.00 - 11.30 am - REDDITCH
Willow Tree Children's Centre, Loxley Close, Church Hill, B98 9JL

Wed 15th June, 11.00 - 11.30 am - MALVERN
Sunshine Children's Centre, Bluebell Close, WR14 3QR

Wed 15th June, 11.00 - 11.30 am - WORCESTER
Saffron Children's Centre, Stanley Road School, Stanley Road, WR5 1BD

Thurs 16th June, 11.00 - 11.30 am - REDDITCH
Sunnyfields Children's Centre, Charford First School, Lyttleton Avenue, B60 3FG

Thurs 16th June, 10.30 - 11.00 am - KIDDERMINSTER
Tree Tops Children's Centre, Birchen Coppice Primary, Woodbury Road, DY11 7JJ

Fri 17th June, 11.00 - 11.30 am - PERSHORE
Blossom Vale Children's Centre, Abbey Park First School, Abbey Road, WR10 1DF

Mon 20th June, 11.00 - 11.30 am - REDDITCH
Tulip Trees Children's Centre, Catshill First School, Gibb Lane, B61 0JP

Mon 20th June, 2.30 - 3.00 pm - BEWDLEY
Riverside Children's Centre, Bewdley Primary School, Stourport Road, DY12 1BL

Mon 20th June, 2.30 - 3.00 pm - STOURPORT
Half Crown Wood Children's Centre, Stourport Primary School, Park Avenue, DY13 8SH

Mon 20th June, 2.45 - 3.30 pm - EVESHAM
Spring & Orchard Vale Children's Centre, Evesham Nursery, Four Pools Lane, WR11 1BN

Tues 21st June, 2.30 - 3.00 pm - WORCESTER
Bluebell Wood Children's Centre, Perry Wood Primary School, St Alban's Close, WR5 1PP

Thurs 23rd June, 10.30 - 11.00 am - KIDDERMINSTER
Rainbow Children's Centre, St Mary's Primary School, Stoney Lane, DY10 2LX

Fri 24th June, 11.00 - 11.30 am - DROITWICH
Wands Children's Centre, Westlands First School, Farmers Way, WR9 9EQ

Mon 27th June, 10.30 - 11.00 - KIDDERMINSTER
Chestnut Children's Centre, Franche Primary School, Chestnut Grove, DY11 5QB

Mon 27th June, 2.45 - 3.30 pm - EVESHAM
Spring & Orchard Vale Children's Centre, Evesham Nursery, Four Pools Lane, WR11 1BN

Tues 28th June, 11.00 - 11.30 am - WORCESTER
Buttercup Children's Centre, Fairfield Primary School, Fairfield Close, WR4 9TX

Tues 28th June, 2.30 - 3.00 pm - WORCESTER
Lavender Children's Centre, Warndon Primary School, Edgeworth Close, WR4 9PE

8) Items from May's update

Younger Children

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

Health

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

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.

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.

(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

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

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

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

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

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

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

Follow us on Twitter ([@parentsvoicewor](https://twitter.com/parentsvoicewor)) and like us on [Facebook](#).

This information has been sent to you as a Supporter of Parents' Voice. Your personal details are very important to us; your information is never shared with any other party. Please contact us if you no longer wish to receive information from us (it will help if you use the subject of "Unsubscribe" in your email and confirm details of the email address which receives our emails, thank you).