

Email Update August 2016 (sent 2nd August 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) Younger Children
- 4) Health/mental health and emotional wellbeing
- 5) Online Safety

1) Parents' Voice news

i) We'd love to see some of you for our August Coffee and Chat meeting! So, next Tuesday 9th August we'll be in/outside the [Orchard Cafe](#) at the Countryside Centre ([Worcester Woods Country Park](#)). Come along at any time between 11am and 12.30pm (or 1pm if we're chatting too much) and join us (Sue and Michele) for a friendly chat; tell us what's important to you as a Worcestershire parent or just come and enjoy coffee (or any other drink) and some company. You're welcome to bring your children, but they remain your responsibility at all times.

During the holidays there are children's activities taking place in the Pond Room next to the [Orchard Cafe](#) (where you can buy yourself a coffee etc). If the weather's bad we'll be inside (probably by the Pond Room) but if it's incredibly hot and the weather is too nice to be indoors then look for us outside. We'll have a Parents' Voice sign (with our purple and white logo) and we'll be wearing smiles. If you're there but can't stop for coffee, just come and say "Hello". All parents and family carers are welcome and it's a great way to meet new people and maybe make some new friends. (You don't have to tell us you're coming, but if you do we'll have an idea of what size table we need!)

Parking is free and the 44/44A bus from Malvern (and Crowngate bus station) stops a short walk away at County Hall, opposite WildWood and by St Richard's Hospice (3 chances to get off/on!); alternatively, if you get a bus to the hospital there is a tarmac path leading to the Countryside Centre (about 5 minutes' walk).

You could also pack a picnic lunch if the weather's nice that day and you have time to stay on.

We're looking forward to meeting some of you :)

ii) Previous email updates are available in the [newsletters](#) section of our website: <http://bit.ly/24WDDQ7>. June and July's updates should be uploaded by Thursday. (The website is due for a summer overhaul!)

2) Local Surveys/Consultations

i) [Health and emotional well-being information, advice and support services survey](#)

[Healthwatch Worcestershire](#) is an independent consumer champion, aiming to give the public, patients and users of health and social care services in Worcestershire a voice. They currently

have a [survey](#) for parents and carers of children aged 5-16 years. The survey is about health and emotional well-being information, advice and support services.

You can find the survey here: bit.ly/2aiOPPj

ii) [0 - 19 services at Children's Centres](#)

Earlier this year there was a consultation about how these buildings should be used in future. There were 2000 responses and all 32 Children's Centres are staying open. You can download the summary from this consultation here:

http://www.worcestershire.gov.uk/downloads/file/6745/childrens_centres_consultation_summary_march_2016.

A new consultation now needs your views about proposed changes to the 0-19 services delivered in Children's Centres. You can find the [online survey](#) along with [Frequently Asked Questions](#) and a document outlining how 18 Centres will be used (as well as what services will cease at those Centres) here: bit.ly/29mo2hT.

The consultation closes on 17th August.

If you have a child/young person aged 0-19, do consider taking part in this consultation. Anyone who currently uses their local Children's Centre will probably want to comment on the proposed changes. It's also important that people who don't currently visit any Children's Centres also give their views (eg: would the changes make you more likely to use your Local Children's Centre? what service would you like to see there?). If you have visited a Children's Centre in the past you may also like to give your views.

iii) [Going to the Doctors survey](#)
[Healthwatch Worcestershire](#) has 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) Younger Children

i) Active 0-5 year olds

[The Department of Health](#) says that babies and children aged 0-5 years should be active for at least 3 hours each day; every movement counts, including playing, crawling, walking and jumping. (This is based on a [report](#) from the 4 Chief Medical Officers in the UK, intended for the NHS, local authorities and a range of other organisations designing services to promote physical activity.)

[The Infant & Toddler Forum \(ITF\)](#) has some guidance and [tips for parents](#) about physical activity and play for toddlers. You can find it here: bit.ly/2aaOobx

The Institute of Health Visiting also has some [Parent Tips](#) about how to stop your child becoming overweight: <http://bit.ly/29hn72z>.

ii) World Breastfeeding Week

1st - 7th August is World Breastfeeding Week 2016. The theme this year is about how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each

other and care for the world we share. A UNICEF letter supporting Breastfeeding Week says that "Breastfeeding improves long-term health, decreasing the risk on non-communicable diseases including childhood asthma and obesity."

You can find out more about World Breastfeeding Week here: <http://worldbreastfeedingweek.org/>.

The [NHS Choices](#) site has [information about the benefits of breastfeeding](#); apparently 73% of UK women start breastfeeding their babies. You can find the information here: bit.ly/2aJHERw.

[The National Breastfeeding Helpline](#) is open 9.30am - 9.30pm for "Independent, non-judgmental, friendly breastfeeding support provided by trained volunteers": 0300 100 0212.

Maternity Action has information about your [rights to breastfeed](#) in public places here: bit.ly/2aeqXxT (there is an option to download the information as a pdf).

The Breastfeeding Network has information about breastfeeding and perinatal mental health here: bit.ly/2aorDya.

4) Health/mental health and emotional wellbeing

Please see the World Breastfeeding Week item above for information about perinatal mental health.

i) The Blurt Foundation have uploaded a [letter to parents](#) who have a child with depression (whether the child is 5 or 25 years old) with information and advice. You can find it here: bit.ly/2aZ2AS5.

ii) If you're travelling abroad and a member of your family has a food allergy or intolerance you may find a card explaining what they can/can't eat in the country's language useful when eating out.

There are downloadable [cards for seven allergies](#) (dairy, nuts, eggs, wheat, soy, shellfish and gluten) plus a [card to get help in an emergency](#), accident or illness in six languages (French, Spanish, Arabic, Chinese, Japanese and Thai) here: bit.ly/2aJhSgv.

For [gluten intolerance/coeliac disease](#) you can download restaurant cards in 54 languages here: bit.ly/2aJcgCZ. There are also links to translate text about additional dietary restrictions here: <http://www.celiactravel.com/blog/create-your-own-gluten-free-language-cards/>.

iii) Dave Harford is a Worcestershire Dad who's written an emotive blog post (called The Job No Parent Wants) which powerfully illustrates why parents should learn CPR: bit.ly/2auZx7P. It's not our usual sort of link, but it is useful and shows that professionals are parents too!.

5) Online Safety

i) Family Lives is a national family support charity. They have some [advice for parents and family carers](#) who are worried a child/young person is addicted to gaming here: bit.ly/2aMv3hM.

ii) The Department for Culture, Media and Sport have published a [response to their consultation about Child Safety Online](#): Age Verification for pornography. Government is now taking several steps "to stop children's exposure to harmful sexualised content online, by requiring age verification for access to all sites containing pornographic material."

You can read the [report](#) with details of how they propose to do this here: bit.ly/2aFf8zb. (The NSPCC has some advice here for parents about talking with their children about online pornography here: <http://bit.ly/28KQKOP>.)

iii) If your child/young person is sharing lots of photos online (especially during the holidays) you may find this [Parents' guide to Instagram](#) from [Thinkuknow.co.uk](#) useful: bit.ly/1oGcVbc.

Enjoy the summer weather and we hope to see you at our Coffee and Chat next Tuesday!

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).