

Email Update September 2016 (sent 8th September 2016)

Dear Parents' Voice Supporter

Here's another email filled with information which we believe could be useful to parents and other family carers. We hope all of you will find something of interest in this email. 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) National Surveys/Consultations
- 4) Younger Children
- 5) Health/mental health and emotional wellbeing
- 6) Online Safety
- 7) Back to School/College help
- 8) Everything else!

1) Parents' Voice news

i) Thanks to those who came to our August Coffee and Chat meeting - and thanks to those who tried to come! It was so busy at the Countryside Centre that it took one person 15 minutes to find a parking space and at least one person we know of gave up and left.

ii) Over the next few months we will be setting up more Coffee and Chat sessions and an evening meeting (probably on a Tuesday). We will pass on definite details when we have them, so watch this space (some of our committee members are waiting to confirm various factors, such as college timetables and work commitments)!

iii) Previous email updates are available in the [newsletters](#) section of our website: <http://bit.ly/24WDDQ7>. Updates from June, July and August are now online and a couple of the other pages have had a small update; the Links page has been updated and more links will be added over the next few weeks.

iv) We are still collecting postage stamps, old mobile phones and printer inkjet cartridges; we can even accept Epson and Kodak cartridges (but they cannot be posted individually). Please bring any along to Coffee and Chat sessions or send us an email if you have some you'd like to give us. All these items will help us raise some funds (and help the environment too)! Thank you :)

2) Local Surveys/Consultations

i) [Wychavon Activity Survey \(Adults\)](#)

Many parents and family carers feel they stay active by keeping up with their children. Wychavon District Council has a [physical activity survey for adults](#) which should take no more than 10 minutes to complete. Questions asked include what physical activity means to you and how long you spend watching television or playing video games.

Wychavon residents can take part in the survey here:

bit.ly/2bVdev8.

This [survey](#) closes on Friday 23rd September.

ii) [Adult Mental Health Consultation](#)

Worcestershire Health and Care NHS Trust is re-designing secondary care mental health services. This consultation is relevant to anyone who has an older teenager (or other adult family member) in the family with any mental health concerns. The Trust has a short [survey](#) online where you can give your views about the proposals. There are just four questions (but you can also make comments (using expandable text boxes).

You can take part in the consultation here: <http://bit.ly/2bUoV8d>.

The Trust has held three consultation events round the county; there is another event in Kidderminster on Monday 19th September (2pm - 4pm)

To book a place please contact WHCNHS.AMHLSDU@nhs.net or call 01905 760222.

Just a quick reminder about these two local surveys which we've already told you about:

iii) [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 about health and emotional well-being information, advice and support services.

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

iv) [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) National Surveys/Consultations

i) [Early Years funding: changes to funding for 3 and 4 year olds](#).

The Department for Education is seeking views on changes to how free childcare and early education for 3 and 4 year olds is funded, including a new national funding formula.

Your views are wanted - there is an option for respondents to describe themselves as "Parent/carer".

Taking part in a national consultation can sound scary, but it's really pretty straightforward! The minimum you have to do to take part usually is to tick a box for each question.

There are links to relevant documents and the [online survey](#) here: <http://bit.ly/2bVpcCs>.

The [consultation](#) closes on Thursday 22nd September.

Please tell any other parents, family carers or childcare providers who might consider taking part about this [consultation](#) (and please mention Parents' Voice when you do, thanks).

ii) [Asthma care](#)

Are you or your child getting the care you/they deserve for asthma? Asthma UK have an annual care survey you can take part in: bit.ly/2bDxfs9. Last year their research showed that 7 out of 10 people with asthma were not getting care that meets basic clinical standards.

4) Younger Children

i) [Pocket Baby First Aid Guide](#)

The charity St John Ambulance has produced a free [pocket-size baby first aid guide](#). You can apply for one at their website and also view their baby CPR nursery rhyme song: <http://bit.ly/2blAChS>.

ii) [Child Car Seats](#)

If you're confused about the law and child car seats you can find the facts from the Gov.UK site here: <http://bit.ly/2bCrzLp>.

There is also a link to information about using car seats and booster seats.

iii) [The Infant & Toddler Forum \(ITF\)](#) has relaunched its [Tot It Up](#) app. This is an interactive tool designed to help parents and carers monitor and assess the food intake and activity levels of children aged 1 – 4 years. It's a little unclear, but we think it's free to download.

You can register for Tot it up here: <http://bit.ly/2c7O5ut>.

iii) Malvern Hills National Childbirth Trust is starting a Dads' Group which will meet on the second Saturday each month at Martley Leisure Centre. It's for dads with a child under the age of 5, involves soft play and runs 11.15am - 12.15pm. You don't have to be an NCT member to take part and the first meeting is Saturday 10th September. Contact details are on their website: <https://www.nct.org.uk/branches/malvern-hills>.

iii) Visual timetables can be useful in helping children know what they're going to do/the order in which they should do things. This [printable version](#) from Australia is for use at home (with pictures for activities such as bathtime, washing face and outdoor play), has had some positive comments and we believe it's free: bit.ly/2bx3Xwa.

5) Health/mental health and emotional wellbeing

i) [Pre & Post Natal Depression Awareness Week](#)

Between 5th and 11th September 2016, PANDAS are launching and hosting the first [Pre & Post Natal Depression Awareness Week](#) (#PNDAW16) in the UK.

1 in 10 women and 1 in 3 men battle with these illnesses during parenthood.

The [PANDAS Foundation](#) helps support and advise any parent who is experiencing a perinatal mental illness. They

also inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.

You can find out more about Pre & Post Natal Depression Awareness Week at the PANDAS Foundation website: <http://bit.ly/2bTvQ1g>.

MIND has information about maternal mental health here: bit.ly/1DpQ5VQ.

ii) [MindEd](#)

[MindEd](#) is a free educational resource on children and young people's mental health for all adults. There are separate sections for parents/family carers and professionals/volunteers working with children. The site says "MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child."

You can find MindEd here: <http://bit.ly/2cBMWzO>.

iii) Health and Wellbeing app for teenagers

[My TeenMind](#) is an app with questions teenagers may want to ask about mental, physical and emotional health. It "allows young people to gauge their mental health and provides information on where to seek help if they need it. The primary function of the app is to encourage young people to take control of their situations: to encourage emotional intelligence and resilience."

The app was specifically designed for young people by young people, a collaboration between Gaia Technologies & students at the Magna Carta School in Staines-upon-Thames.

You can find the app here: <http://bit.ly/2bFm3Yx>.

iv) September is Childhood Cancer Awareness month. Every day 10 children and young people are told they have cancer.

You can find out more about Childhood Cancer Awareness Month and supporting children with cancer at:

<http://www.childrenwithcancer.org.uk/childhood-cancer-awareness-month> and

<http://www.clicsargent.org.uk/content/childhood-cancer-awareness-month-0>.

v) [Paediatric \(Children's\) in-patient service change](#)

The transfer of the Children's in-patient service to Worcestershire Royal Hospital was due to take place from today (7th September 2016).

You can find information about this change and download a leaflet about what to do if your child is unwell here: <http://bit.ly/29g72it>.

vi) [Vaping](#)

This American site has information for parents whose (older) children may be vaping: <http://bit.ly/2bfN1Wb>.

vii) If you have any comments about Children's mental health services in Worcestershire, please contact us! We hope to have a representative at the next meeting of the Emotional Health and Wellbeing/CAMHS Partnership Board; any comments you send will be used anonymously.

viii) Worcestershire Speech and Language Therapy have lots of [online resources](#). There is a section for parents and some advice on what (not) to say to a worrier! Find them here: <http://bit.ly/2cqRsz0>.

6) Online Safety

i) Pokémon GO

Many youngsters play Pokémon GO, the app-based augmented reality game. Childnet have produced a [Parent's Guide](#) to the game which you can find here: <http://bit.ly/2aMKOnA>. It includes a video clip demonstrating how the game works.

BT also have some [safety tips for parents](#) about the game. You can find them here: <http://bit.ly/2cf6iJV>.

ii) [Smartie the Penguin](#) is an e-safety story for 3 to 7 year olds from Childnet. The story covers pop ups and in app purchasing, inappropriate websites for older children and cyberbullying.

You can find Smartie the Penguin here: <http://bit.ly/2bkN2ZN>.

iii) The UK Safer Internet Centre has [tips for same gaming](#) here: <http://bit.ly/2b4LK7Y>.

iv) Wayne Denner has "over 18 years experience in the digital space" and describes himself as a "Digital Ninja", His online article "[Smartphone Apps for parents to know about](#)" is intended "to support you to confidently have honest and informed conversations with your children about online safety." You can find the article here: <http://bit.ly/2bPQZsm>.

7) Back to School/College help

In September many families have children going back to school/college, starting school for the first time or even going to university or starting apprenticeships.

You may find some of the following useful:

i) Information about dealing with "Back to school blues": bit.ly/1KM35wm

ii Making friends (starting at secondary school): bit.ly/1RyLywf

iii) Not going to university results day guide (with suggestions for employment, gap year etc; this is from 2015, there doesn't seem to be a 2016 version): bit.ly/1Wl0q0U

iv) 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/238lx65

- A few months ago some of Malvern's community support and police officers joined forces with a school choir and the police mascot Peeler to produce a song about the Keep 'Em Peeled (road safety) code. You can find it here: bit.ly/25Jeysh.

- The Department for Transport has road safety information and resources. You can find the [parents' information](#) (for those with children up to the age of 11) here: <http://bit.ly/2cxRQLb>. You can also order free information and activity leaflets from the site.

v) You can rate your child's school (and see how other parents have also rated it) using Ofsted's Parent View: bit.ly/1rF1glr.

vi) The Mumsnet site has advice for parents whose "child" is going to university: <http://www.mumsnet.com/teenagers/starting-university>.

8) Everything else!

i) At the start of September the Joseph Rowntree Foundation issued a detailed [5 point plan to end poverty](#) in the UK. You can read and download the plan here: <http://bit.ly/2c3OqhB>. Their report, "[UK poverty: Causes, costs and solutions](#)", which informed the plan can be downloaded here: <http://bit.ly/2c06xYP>.

Some points from the report include

- JRF say 13.5 million people are living in poverty
- this includes 3.9 million children
- 35% of children in poverty live in a lone-parent family
- more people in poverty are living in working families.

ii) [4Children has ceased operating](#) from 1st September 2016; their services have transferred to alternative providers, most of them to Action for Children. This includes the running of some Children's Centres in the Wychavon area (Droitwich, Evesham and Pershore).

You can find details here: <http://bit.ly/2bQVfYz>.

Thank you for reading this email (well done - you've reached the end!) and for your continued support, we really do appreciate it :)

Sue and the Parents' Voice Committee

Parents' Voice - Worcestershire

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