



Family Link Letter March 2024

Hello and welcome to the Family Link Newsletter for Easter 24.

I am Barb, the Family Link worker for Nursery. For those of you who have just joined the Bedworth Heath Nursery / Atherstone Nursery Family, then welcome! I do a variety of things to support families during the year, both in groups and on a one to one basis according to what people may need.

Workshops!

Thank you to those parents who recently attended my behaviour and Toilet Training Workshops. I hope you found the content useful. I will run the Behaviour Workshop again during the Summer Term, so if this is something that you might find useful then keep your eye out for that being advertised. As I am not running the Toilet Training Workshop again until Autumn Term then please see the following tips for those starting toilet training.



Top Tips for Toilet Training

Toilet training can sometimes present as tricky. Some top tips to help might be:

- Look for the signs your child is ready to try- this can be staying dry for an hour if you leave them without a nappy on, or doing the 'wee dance' before they go!
- When you decide to start, stick with it. Try not to give your child mixed messages by wearing pants some days and nappies others. Travel with a potty and lots of spare clothes!
- Pull ups are often confusing for a child as they 'feel' like a nappy and absorb urine away from the skin quickly so children don't feel wet.
- Have a look at the ERIC website for fab ideas: <https://eric.org.uk/potty-training/>

Support For Disabled Families

Sharon Wood, our SENDCO, visited the 'Kidz in the Middle Expo show' last week and has passed on to me a wealth of resources for families caring for a disabled child. I have contacts for charity applications for specialist needs for your home, and even how to apply for free charity holidays for disabled children and their families. Come and chat with me if you would like to know more.

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added onto this card every 4 weeks.

The card can be used to buy:

- plain liquid cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, infant formula based on cow's milk.

Also you can collect:

Healthy Start vitamins – these support you during pregnancy and breastfeeding, vitamin drops for babies and young children – these are suitable from birth to 4 years old, See link for more details and how to apply online or by phone [https://](https://www.healthystart.nhs.uk/how-to-apply/)

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Cost of Living

The cost of living crisis continues to make managing money tricky for most of us. There has been a dedicated website created for Warwickshire, with support for a variety of needs including food, housing, bills, debts, benefits and more. Please have a look here -there really is a wealth of support available.

<https://www.costoflivingwarwickshire.co.uk/>

I can also help families reduce household bills by referring you to a variety of schemes. These include:

Act on Energy who are a charity to help families reduce their fuel and energy bills. They have grants available that can clear fuel or energy debt. Please see if you are eligible here for more information:

<https://www.actonenergy.org.uk/project/warwickshire-hsf/>

Warm Home Discount Scheme is starting again on 16th October for eligible households to get £150 off their energy bills. Please see the following link for details on how to apply:

<https://www.gov.uk/the-warm-home-discount-scheme>

Water Bills cost reduction- Severn Trent Big Difference Scheme can see up to 70% reduction on water bills if you fit their criteria. Lots of our families do! Please apply here:

<https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

The Local Community Pantry

Atherstone Social Supermarket is open 3 days per week. To request an appointment please text your full name, postcode, number of adults in the family and number of children/infants in the family to 07392 084485 and you will receive a reply

<https://thehealthylivingnetwork.org.uk/social-supermarket/>

Family Information Service

The Family Information Service is a Warwickshire service that can signpost families about local help and support. They have up to date information on a variety of topics including child care providers, debt support, parenting programmes and workshops, child development and more. It is a really good idea to sign up to their weekly newsletter. Here is the link to do that: [https://mailchi.mp/warwickshire/](https://mailchi.mp/warwickshire/familyinfoservice)

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They can be called on 01926 742274 and are a really friendly team who are happy to help with any question you may have.

Safety Messages

Have you got working smoke alarms?

Fire Safety Check-the Fire Brigade are able to come and check your home for fire safety, and supply free smoke alarms as well as giving recommendations for things to improve the safety of your home- good for tenants. If you would like me to request a Fire Safety Check just let me know. A great way to keep your family safe.

Money matters:

Universal Credit will soon be the one benefit taking over all the others- so tax credits, ESA etc will be phased out. Please do look out for a letter telling you how to switch, and act on that. I am here to help if needed. Your old benefits will stop so this is really important to avoid delay in your payments. For more information see this link: <https://www.understandinguniversalcredit.gov.uk/tax-credits-customers/tax-credits-are-ending/>

Mental Health Support

The Recovery and Wellbeing Academy work alongside NHS to offer course and help for a variety of mental health conditions from depression, anxiety, low mood, bereavement and more. They have face to face course and some are online on Zoom. They are also all FREE. To see what is running check here and book on:

<https://www.recoveryandwellbeing.co.uk/>

As always, a lot of information to share. If you struggle to access any of the information shared just give me a shout. Or if you would just like a bit of support in doing so, that's my job- I am here for you. You can contact me by email at Charles.b@welearn365.com Or via Text or WhatsApp on [07833 288959](tel:07833288959) or I am often on the gate at the start or end of the day. Come and chat. Barb :)