



## Family Link Letter November 2022



**Hello to all of our families.** In case you have not met me yet, I am Barb. I am the Family Link for nursery, so my job is to provide families with anything they might need a little bit of help with. **I hope you are enjoying autumn and the changing leaves and colours. I know the children have loved raking the leaves and exploring pumpkins in nursery garden. But this rainy damp weather can be uncomfortable- wrap up warm!**



The hot topic on everyone's lips is the cost of heating and household bills! There are a number of schemes in place to support families with the ever rising costs. Please have a look at the following links for some great money saving ideas as well as schemes you can apply to.

Act on Energy work across Warwickshire and can help with reducing heating costs. Please call their advice line on 0800 988 2881.

Martin Lewis, the money saving expert has also shared tips on how to reduce the cost of your heating by making some simple adjustments to your boiler that can save you £112 per year! Follow the step by step guide here:

[https://moneysavingboilerchallenge.com/?gclid=EAIaIQobChMI0O-hkPqb-wIVytDtCh3jMgm\\_EAAYASAAEgJZefD\\_BwE](https://moneysavingboilerchallenge.com/?gclid=EAIaIQobChMI0O-hkPqb-wIVytDtCh3jMgm_EAAYASAAEgJZefD_BwE)

The government have launched their 'Help for Households' scheme. There are a number of resources and benefits that you may be eligible to apply for including Winter Fuel payment. Please follow this link to have a look:

[https://helpforhouseholds.campaign.gov.uk/?gclid=EAIaIQobChMIhK3G7Pqb-wIVS9DtCh19twf4EAAYAiAAEgJ0mPD\\_BwE&gclsrc=aw.ds](https://helpforhouseholds.campaign.gov.uk/?gclid=EAIaIQobChMIhK3G7Pqb-wIVS9DtCh19twf4EAAYAiAAEgJ0mPD_BwE&gclsrc=aw.ds)

For those families that are in immediate need of help with food, energy or water, the local Government Welfare Scheme can help you. This is an emergency service. Please call them on 0800 4081448 or 01926 359182. or follow this link:

<https://www.warwickshire.gov.uk/localwelfarescheme>



Did you know that Morrisons are working together with Heinz to offer a free, no questions asked, hot meal to either adults or children in their café's at any time? All you need to do is attend the café and ask for a Henry Meal ( named after Mr Heinz himself) to get a free hot dinner. For more information just look here: <https://metro.co.uk/2022/10/25/morrisons-you-can-discreetly-ask-for-henry-if-you-need-a-free-meal-17631016/>



In a nutshell, these are hard times for all. However, should you find you need more help and are not sure where to turn, please give me a call. I am a qualified Mental Health First Aider and can advise help and support if you are low or finding life difficult.

I am also on hand to support with child development, routines and boundaries. Speak to me if you would like some help with anything development wise. I also work closely with the Health Visitor team locally and other agencies and can listen to your worry and try to help.

Domestic Violence is on the up, and the current hardships we are facing is likely to make things worse for those living in homes with domestic violence, physical or mental abuse. I work with supporting agencies including Domestic Abuse Counselling Service as well as National Centre for Domestic Violence and Refuge and can help with non molestation orders and housing if you are fleeing abuse. Please speak to me in confidence.

Debt is having a huge negative impact on many families. I work closely with Family Information Service, the Department for Work and Pensions and Local Government and can access help for a number of issues. I am here to help.

Alcohol and Substance Abuse can impact greatly on your health, mental health and wellbeing, as well as your children's development. Additionally financial difficulties can get worse. I can access support for you if you would like help with any of the topics I have written today.

Thanks for reading, and I hope you find some helpful links here. Please just speak to me if there is anything else I can do to help.

Barb Atherstone Nursery School 01827 794164



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stay and Play</b> 9.30-10.30am Dordon Village Hall Children up to age 4	<b>Tots Time</b> 9.30-10.30am Atherstone CFC Mobile to under 2	<b>SEN</b> Booking required Call 07725623111 or 07525805447 Atherstone CFC AM Advice & Play for Children up to age 4	<b>Sensory Babies</b> 9.30-10.30am Atherstone CFC For Non-mobile babies	<b>Stay and Play</b> 9.30-10.30am Atherstone CFC Children up to age 4
<b>Baby Time</b> 9.30-10.30am Atherstone CFC For Non-mobile babies	<b>Stay and Play</b> 9.30-10.30am Hartshill Community Centre Children up to age 4	<b>Baby Time</b> 9.30-10.30am Hartshill Community Centre For Non-mobile babies	<b>Stay and Play</b> 10-11pm St Peters Church Children up to age 4	<b>Baby Time</b> 1.30-2.30pm Atherstone CFC For Non-mobile babies
<b>Baby Time</b> 12-1pm Grendon Community Centre For Non-mobile babies	<b>Baby Time and Stay and Play</b> groups include ideas to support children's speech & language development. Staff available to provide advice, please ask.	<b>Stay and Play</b> 9.30-10.30am Grendon Community Centre Children up to age 4	<b>Sensory Babies</b> 11.30-12.30pm Atherstone CFC For Non-mobile babies	<b>Outdoor Explorers</b> 1-2pm Atherstone CFC Children up to age 4
<b>Stay and Play</b> 1-2pm Atherstone CFC Children up to age 4	<b>Join us on Facebook</b> Find us on <b>facebook</b> @ North Warwickshire Children & Family Centre	<b>Sensory Baby</b> 1.30-2.30pm Atherstone CFC For Non-mobile babies	<b>Baby Time</b> 1.30-2.30pm Atherstone CFC For Non-mobile babies	Please note: 10/11 (Thurs) - No Stay & Play at St Peters Church 17/11 (Thurs) - Only Sensory Babies @ 11.30am & Baby Time @ 1.30pm are running 23/11 (Weds) - No groups
<b>Baby Time</b> 1-2pm Mancetter Memorial Hall For Non-mobile babies			<b>Outdoor Explorers</b> 1.30-2.30pm Atherstone CFC Children up to age 4	

**OUR COURSES:**

Courses run over 4 or 5 weeks at various times and locations. Please contact us on 01827 718 723 to be added to the waiting list.

**Chatter Matters**  
Supporting your child's speech and language through singing, story telling and play.

**Baby Massage**  
For Non-mobile babies  
Learn baby massage skills to promote bonding, attachment and wellbeing.

**Healthy Movers**  
For children aged 9 months+  
Fun activities to develop balance, co-ordination and wellbeing.

**Breastfeeding Support**

For advice and Support- Please call 07725623111 & 07525805413.

Charity Number 214850

**1-1 Support and Advice for all ages**

Our Family Link Worker is able to provide initial support and advice on a wide range of issues of a non-medical nature. Support is available for families with children and young people aged 0-10 years, or up to 25 years with SEND. We can signpost and guide you to the most appropriate service for your needs. We can also arrange Wellbeing Walks and Speech and Language Walks for parents and families. Various times / locations. Call: 07566 765 670 Email: [Nicola.oller@barnardos.org.uk](mailto:Nicola.oller@barnardos.org.uk)



Do you have questions or concerns about your pre-school child's speech and language development? As well as advice available at the Children and Family Centre, Speech & Language Therapy are now taking bookings for drop-in sessions. Please speak to Children and Family Centre staff or Telephone on 02476378620 to book.



[actforautism.co.uk](http://actforautism.co.uk)



In partnership with



**Together with Autism Conference 2022**

**FREE Event**

For professionals, parents and carers of autistic children, adults and for anybody wanting to better understand autism.

**act for autism** and partners will be launching the autism strategy.

Please join us for inspiring talks, workshops and meet with your local services representatives.

**Workshops include:**

- Sensory support
- Getting into employment
- School challenges
- Autism and ADHD
- Autism and girls
- Equine Therapy
- Dimensions Tool

**Stalls include:**

- Sendias, Family support service.
- CASS Coventry and Warwickshire Mind
- Neurodevelopmental Team
- And many other service providers

**FREE Tea & Coffee**

**Saturday 19<sup>th</sup> November: 10am - 4pm**

North Warwickshire and South Leicestershire College, Hinckley Rd, Nuneaton CV11 6BH

This is a funded event, open to Coventry and Warwickshire residents only. Entrance only with a ticket from:

<https://bit.ly/TwAC2022Nuneaton>



The postponed Coventry Conference will take place 21<sup>st</sup> Jan 2023  
Details to follow

Tickets available Now

**NB:** Lunch is not provided

For queries and information: [info@actforautism.co.uk](mailto:info@actforautism.co.uk)  
[actforautismnow](https://www.facebook.com/actforautismnow) [actforautism\\_](https://www.instagram.com/actforautism_) [actforautism1](https://www.linkedin.com/company/actforautism1)