



Forest of Dean Lead Practitioner Newsletter

Extra Issue 6- 04.05.2020

Welcome to Issue 6 of the Forest of Dean Lead Practitioner newsletter, which will now be published fortnightly on Mondays. We hope that you are continuing to find them useful and informative. If you come across anything that would be good to share with other practitioners, please do not hesitate to get in touch with us and we can look to include this in future editions. Please also see the attachment along with this email providing information from STREET for young people regarding domestic abuse.

As some of you will be aware, our colleague Viv sadly lost her husband at the beginning of the year after a short illness and has been having some time off as she goes through the difficult period of grief, and tries to adjust to a new way of life without him. Viv has made the decision that she does not wish to return to work at GCC as she wishes to pursue different opportunities as she moves forward. We are sure that you will all join us in wishing Viv the very best of luck with whatever she decides to do next.

Best wishes and stay safe.

George and Sam

CAMHS resources

CAMHS (Child and Adolescent Mental Health Service) have put together a range of resources to support children and their families who may be struggling with anxiety during these difficult times. There is a specific section covering the impact of coronavirus, but also more generic links to books, apps and websites. www.camhs-resources.co.uk



Apps



Websites



Books

School Nurse messaging

For young people aged between 11-19 who want

**bullying smoking relationships body image family issues
self harm mental health bullying smoking drugs
bullying smoking relationships social media**

confidential, friendly, helpful advice they can text a school



GHLL website has a huge range of resources and information for schools, with a specific COVID 19 section and many mental health resources too.

www.ghll.org.uk/covid19/

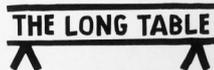
glofamilies directory



There is now a coronavirus section on the Glosfamilies directory, which can be found at the link below:

www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/home.page

Here you will find information about services available in each district along with parenting tips, activities to keep children entertained and local / National government information about Covid-19. Definitely worth having a look!



HOME FOOD DELIVERY IN THE FOREST OF DEAN

If you require cooked food delivered to your home, you can now order home-style meals straight to your doorstep. Food is cooked locally and delivered frozen so you can microwave, heat in the oven or store for later.

7 MEALS FOR £25 DELIVERED TO YOUR DOOR

**If cost is a barrier then please let us know—
free meals are available.**

There are three options:

1. Pay £25 for 7 meals delivered to your home
2. Request free meals— just call and ask
3. Donate to cover the cost of free meals for others

To order email or call us...

→ forest@thelongtableonline.com ←

01594 715785

All dietary requirements catered for— let us know when ordering

WWW.THELONGTABLEONLINE.COM



For families who have children
with additional needs

Allsorts supports families who have children with a disability or additional need. This is usually carried out through sports and activity clubs or parent/carer groups, delivered in the Stroud area. However, the service is open to all localities in Gloucestershire. During the Covid-19 pandemic, their highly experienced sports team are delivering online family fitness classes and virtual 1:1 personal training sessions. They are also offering emotional support and signposting by telephone with their Families Coordinator, plus Zoom groups, lots of family activities, challenges and a closed parent/carer group on their Facebook page. They also publish a weekly useful information email to members online.

To find out more, please visit www.allsortsglos.org.uk

Two Rivers Housing

There have been a number of changes to how Two Rivers are currently operating including: only attending emergency repairs and legally required compliance checks (e.g. gas safety checks); no longer accepting cash payments; offices closed to the public. However, their Customer Services Team will still be available to take calls Monday-Friday 8.30am-5pm.

For further information please visit

www.tworivershousing.org.uk/coronavirus-information/



Sixteen Community
Cafe

The Café are running a Feeding the Community project 'Coleford Community Meals' funded by Coleford Town Council and Mid-Wydean Churches.

If you know of a family who are in needs of a free hot meal and live within the Mid-Wydean Parish (including Coleford, Sling, Clearwell, Newland, Redbrook and surrounding areas) please contact Rev. Sarah Bick. To enquire about free meal vouchers, please contact Coleford Town Council. Please see contact details below.

The project asks that if people can afford to pay, to please still order their meals as all contributions help towards those in the community who are in great need.

Donations of ingredients can be made by contacting Sal, the Chef Manager at Sixteen on 01594 835954.

Rev. Sarah Bick - sarah@thebickerage.org.uk or 01594 835476

Coleford Town Council - ctcoffice@colefordtowncouncil.gov.uk or 01594 832103

While Away the Hours...



Tweedy the clown is launching weekly challenges for children / families to try and then share them on social media with the #tweedysglosschoolsgames search Gloucestershire school games on Facebook, Instagram and Twitter to join in with the fun!

THE
JAMES
DYSON
FOUNDATION

44 engineering and science challenges from the engineers. A great way for students to have fun whilst learning about science. Examples include getting an egg in to a glass bottle without cracking it and measuring the speed of light using chocolate and a microwave. To download the challenge cards go to

www.jamesdysonfoundation.co.uk/resources/challenge-cards.html