



Stroud Lead Practitioner Newsletter

Extra Issue 5– 16.04.2020

Welcome to the Fifth Extra edition of the Stroud Lead Practitioner newsletter. We hope you all managed to enjoy a lovely sunny Easter weekend in your garden or even on your daily walk. Please continue to stay in touch with your Early Help Co-ordinators and ask questions if you need support. We are adapting to the needs of the community all the time and there may be ways around supporting families if we all work differently together. We are working from home so please make contact via our mobile numbers rather than the office number.

Best wishes and stay safe,

Claire, Jose and Anita



Early Help
advice, guidance and support

women's aid

until women & children are safe

Rail-to-Refuge Scheme

Women's Aid is working with South Eastern and Great Western Railway to offer free train travel to women fleeing domestic abuse and seeking refuge. This can be a life saver for women experiencing economic abuse. Applications for tickets can be completed by members of Women's Aid Federation England (WAFE), Welsh Womens Aid (WWA), Scottish Women's Aid (SWA) and Imkaan.

More details can be found on website <https://www.womensaid.org.uk/>

Healios : ThinkNinja App



We are pleased to announce that as a direct response to the COVID-19 crisis we have made our ThinkNinja app freely available to all 10-18 year olds UK-wide for the duration of the crisis.

The App will cover:

- Fears relating to the virus
- Isolation struggles and how to stay connected to family and friends
- Worries about personal health and health of family members
- Coping techniques to use during the crisis
- The new content was created by specialist child psychologists and is now available when chatting to the WiseNinja within the app.

For more information about ThinkNinja and the new COVID-19 content visit :

<https://www.healios.org.uk/services/thinkninja1>



Keeping Strong Fund

If your family live in Gloucestershire and can't afford to buy something that would make a big difference to keeping themselves physically and mentally strong over the coming weeks and months, this fund is for you.

Grants range from £50 to £1000 and you can apply as often as you need to.

Ask us for what you need. We've opened up the range of items we are able to fund. So far, people have successfully applied for:

- Household essentials
- Televisions, laptops and tablets
- Phone credit and mobile data top-up
- Access to online courses
- Home exercise equipment
- Arts and craft materials
- Family games and play materials

And much more...

More Information found at:

<https://www.barnwoodtrust.org/keepingstrong/>



We want to reach out remind you that we are still here, even if it is in a less physical sense, and are determined to work through this difficult situation in whatever ways we can and to be available to offer support where it is needed.

We have set up a means of speaking to you through Zoom which we think is the best way we can communicate without being in the same room. All you need to do is download the Zoom App.

<https://zoom.us/download> to enable us to meet with you through video link.

Alternative measures including Facetime, telephone and email contact are available as well as online contact and if you would like to receive support through these means, please email us:

info@sunflowerssuicidesupport.org.uk or text message our mobile contact number: 07542 527888.

We would like to remind you of our private support group area on Facebook called Gloucestershire Touched by Suicide

We will be running two groups per month at 7pm. Please see our website for additional resources

<https://www.sunflowerssuicidesupport.org.uk/Online-Support/>

A vertical poster titled "WEEKLY ACTIVITIES TO KEEP BOREDOM AT BAY" with a purple header. Below the title is the text "TAKE PICTURES, TAKE PART AND SHARE". The poster lists six activities, each with a day of the week in a colored circle and a description in a matching colored box. The activities are: Make and Do Mondays (pink), Trivia Tuesdays (blue), Wellness Wednesdays (teal), Wonderful Windows Wednesdays (light blue), Thought Provoking Thursdays (yellow-green), and Food Fridays (light blue). A small CBH logo is in the top right corner.

WEEKLY ACTIVITIES
TO KEEP BOREDOM AT BAY

TAKE PICTURES, TAKE PART AND SHARE

M **MAKE AND DO MONDAYS**
FUN AND SIMPLE CRAFTING ACTIVITIES TO DO WITH THE FAMILY OR ON YOUR OWN

T **TRIVIA TUESDAYS**
TAKE PART IN OUR WEEKLY QUIZZES, RIDDLES AND TRIVIA - JUST FOR FUN

W **WELLNESS WEDNESDAYS**
ACTIVITIES TO PROMOTE YOUR PHYSICAL AND MENTAL WELLBEING

W **WONDERFUL WINDOWS WEDNESDAYS**
WEEKLY THEMES TO CREATE AND PUT IN YOUR WINDOWS TO BRING A LITTLE CHEER TO YOUR COMMUNITIES

TH **THOUGHT PROVOKING THURSDAYS**
POST UP INSPIRING QUOTES TO HELP KEEP YOUR COMMUNITIES POSITIVE

F **FOOD FRIDAYS**
SIMPLE IDEAS AROUND EVERYTHING FOOD RELATED

A vertical poster with a dark blue background. At the top is a logo for "Space to Learn" featuring stylized figures around a globe. Below the logo is the text "Looking for something to break up your day?". Further down is a paragraph about the program for home schoolers. At the bottom, it says "Where? www.isset.org" and "Age? For children aged 8+", followed by "EVERY TUESDAY" in large white letters.

Space to Learn

Looking for something to break up your day?

Calling all home schoolers... Tune in for **FREE** every Tuesday for *Space to Learn*, an inspirational hour with an astronaut, for all children studying at home or in school. Hear the best space stories from a different guest astronaut each week with a LIVE 45 minute Q&A.

Where? www.isset.org

Age? For children aged 8+

EVERY TUESDAY