

Hello and Happy New Year. We hope that you have had a restful time over the festive period and are all safe and well.

### **Supportive Parents News**

We welcome Charlotte West to the team as our new Child and Young Person Practitioner. Charlotte is developing the service we offer to children and young people. If you are the parent or carer of a young person or know someone under 25 who would like to share their views to help us develop our service then please do get in touch. Please keep an eye open for our SP 16-25 newsletter which will be sent out next week. This is aimed directly at under 25s and has lots of useful information.

The volunteer section of our website is now live! Please do have a look and see if you might be willing to offer even a small amount of time to our organisations. All contributions – big and small are valued.

Please keep an eye out too for our virtual Hub which will go live on 18.01.21. The Hub is a resource where children, young people and their families can find out about what services are available to them. The information is presented through videos and focuses on the 5 ways to wellbeing: Give/be Creative, Connect, Take Notice, Be Active and Keep Learning.

### **Education and SEND**

In its latest report to the UN Committee on the Rights of the Child (UN CRC), published on 20 November 2020 to coincide with International Children's Day, the Equalities and Human Rights Commission (EHRC), expressed significant concerns about how the pandemic is having a devastating impact on children's rights, well-being and futures, widening educational inequalities and worsening mental health. See the full report: [Children's rights in Great Britain \(equalityhumanrights.com\)](https://equalityhumanrights.com)

Government Guidance on children of critical workers and vulnerable children who can access schools or educational settings during lockdown was updated on 5th January and now includes:

- those who may have difficulty engaging with remote education at home (for example due to a lack of devices or quiet space to study)
- others at the provider and local authority's discretion including pupils and students who need to attend to receive support or manage risks to their mental health.

*Please note that this is guidance only and does not guarantee that a child will be able to access education. Parents are advised to contact your school and local authority to discuss your situation if this criteria applies.*

<https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>

### **Training and Events**

Please see our handy flyer:

<https://www.supportiveparents.org.uk/wp-content/uploads/2020/12/Bristol-2021-Events.pdf>

Wednesday 20th January: EHCP Needs Assessment Coffee Morning 10.00-11.30

Wednesday 10th February: Moving on to Post-16, 6-7.30pm

Wednesday 3rd March: Annual Review Coffee Morning 10.00.-11.30

Save the date: - 28<sup>th</sup> April 2020 – coffee morning.

All events are FREE to attend if you are liable to pay Council Tax to BRISTOL CITY council or are exempt from this requirement but live within Bristol City local authority area. We do ask that if for any reason you are unable to attend you let us know as soon as possible so that we can offer the space to someone else.

## Surgeries

Come and meet one of our team virtually or by telephone and receive one-to-one help and support with your query about your child's special educational needs.

Bookable 30-minute time slots available.

We're happy to look at paperwork, give you guidance about filling in forms and discuss next steps with you. Click [HERE](#) for more info and to book your slot.

### Evening surgery

Tuesday 12<sup>th</sup> January 2020- Evening Surgery 6pm-8pm

Tuesday 9<sup>th</sup> March 2020- Evening Surgery 6pm-8pm

### Daytime Surgery

Wednesday 3<sup>rd</sup> February 2021. 10am-12 noon

Wednesday 21 April 2021. 10am-12 noon

## Other

East Bristol Nurture Group starting Monday and Wednesday mornings, 10 – 11.30, January 2021

<https://murmurationcommunitytherapy.weebly.com/projects.html>

Does your child have a diagnosis? Or are you concerned that your child is developing differently to their peers?

*This can be a very lonely thing as a parent.*

Nurture Groups are forming in East Bristol so you can meet with others who get it.

Each group meets child-free for eight weekly sessions, either on Zoom or face-to-face.

It is a space for you to:

- *Share how it is for you*
- *Explore how to navigate the big emotions*
- *Release stress and feel nurtured.*

**All are welcome** and the groups are **free of charge**. If you are interested in joining the next group, please call/text Poppy on 07792189909 or Naomi on 07841755199.

## COVID19 Help

We Are Bristol Helpline: 0800 694 0184

WHAM (Warmer homes, advice and money): 0800 082 2234 [cse.org.uk](http://cse.org.uk)

## Families in Focus Food Information

**Bristol:** <https://covidmutualaid.org/>: this is the first point of signposting for ongoing support and help.