



# Stroud Lead Practitioner Newsletter

Extra Issue 5 - 23.04.2020

**Welcome** to Issue 6 of the Stroud Lead Practitioner newsletter. We hope that you were able to enjoy some much deserved downtime over the Easter break and are all still keeping safe and well.

The extension to the lockdown period will be an additional concern for some of the children, young people and their families within our locality as well as those Practitioners working with them. Even though we are continuing to work from home, and our working patterns may differ at present, please don't hesitate to contact us via email or our mobile numbers if you would like advice, guidance and support.

Thank you all for your continued hard work to ensure the needs of children and young people are met.

Best wishes and stay safe.

Claire, Jose and Anita

## Family Information Service Advice Line

Due to the on-going nature of the current situation, we know many families are struggling to cope with the additional pressures of social distancing and spending long periods of time in their homes with children and young people. We also know through the requests received by MASH that there is an increase in the demand for parenting support at this time.

In response to this, the Family Information Service advice line has been extended to provide some practical parenting support to parents from Wednesday 22nd April. The advice line will provide parents with a confidential space to talk, helping them to explore their situation and identify a way forward, offering practical parenting strategies where this is needed.

Detailed information that can be shared with parents via email, your setting's website and social media has been attached as a separate document to this week's distribution email.

The service is available Monday - Friday, 9am - 8pm and Saturday 10am - 6pm

**0800 542 02 02**

[familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk)

[www.glofamiliesdirectory.org.uk](http://www.glofamiliesdirectory.org.uk)

Facebook: Family Information Service - Gloucestershire



## glofamilies directory

## CAMHS (CYPS) Mental Health Support Team (MHST) Interim Core Offer

MHST referral screening and management systems remain in place with focus of enabling children and young people and their families to access services that meet their current needs (via signposting/facilitating to other agencies).

In addition, the following interim Core Offer is in operation:

- CAMHS Practitioner Advice Line for all CAMHS related queries/concerns and potential referrals - **01452 894272**.
- Provision of CAMHS Well Being Packs focusing on Low Intensity CBT needs to: Teachers (their own well-being as well as pupils' Mental Health); Parents (how to support your child through this period); Primary and Secondary school pupils (options include Health Anxiety, Autism Spectrum Disorders, Low Mood, Generalised Anxiety and Feeling Isolated).
- Telephone support provided during 3 x sessions for parents/teachers/children/young people. Practitioners are to adapt the techniques and skills within the Wellbeing Pack to their individual situation/difficulty. Tel: **01452 894300**



Sadly the stresses of Covid-19 mean that the risk of babies being shaken or abusive head trauma (AHT) is increased.

The GSCE would like to raise the importance of getting the ICON message out to all those who work with families with babies and particularly fathers/males as the current situation severely increases the risk of babies being shaken:

1. AHT is often triggered by a caregiver's lack of ability to cope with a crying baby.
2. Risk is increased at times of stress within families.
3. There is an association between economic hardship and the incidences of AHT.

### The Challenges of Covid-19

The ability to cope with stress depends on the controllability of the stressor. The measures to contain and delay the spread of Covid-19 are already presenting major stressors for families, which they cannot control e.g.

- Loss of income.
- Self-isolation with children and potentially at risk adults.
- Social distancing restrictions on activities which might lessen stress (e.g. sports, social engagement and celebrations).
- Social distancing restrictions on activities which might enhance support and coping (e.g. support groups, children/baby groups and classes, baby clinics).

The national ICON Steering Group has been working hard to enhance the 'ICONCope' website with new videos and information and has also been successful in having ICON rolled out to all midwifery departments as part of the national COVID-19 response.

It is vital that all those who work to protect babies and support families know about ICON, the risk factors and the ICON message and that they promote the website and information about ICON to colleagues and families.

To find out more, please visit [www.iconcope.org](http://www.iconcope.org)

Infant crying is normal and it will stop!

Comfort methods can sometimes soothe the baby and the crying will stop.

It's **Ok** to walk away if you have checked the baby is safe and the crying is getting to you.'

**Never, ever shake or hurt a baby.**

### Kingfisher Treasure Seekers

Treasure Seekers have launched a webchat (via their website) for general enquiries or just a friendly chat for anyone that wants to interact but is struggling to make connections with people.

This is in addition to their existing social media channels, which have daily posts with positive and upbeat content and encouraging participation wherever they can.

**Support available at** 

 <p><b>SOCIAL MEDIA</b></p> <p>  /kftreasureseekers  @kftseekers</p>	 <p><b>ONLINE COMMUNITY</b></p> <p>Visit <a href="http://kftseekers.community">kftseekers.community</a></p>	<p>Available everyday 10am-6pm</p> <p><b>GENERAL SUPPORT/CHAT</b></p> <p>Call 01452 307201 or chat at <a href="http://www.kftseekers.org.uk">www.kftseekers.org.uk</a></p>	<p>Available everyday 6pm-11pm</p> <p><b>MENTAL HEALTH SUPPORT</b></p> <p>Call 01452 307201 or chat at <a href="http://www.kftseekers.org.uk">www.kftseekers.org.uk</a></p>
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Big thanks to ZenDesk for giving us access to their platform





The Way To Well-being

Hannah from the Way to Wellbeing is running sessions for parents Monday-Friday from 8:15-9pm., to support them through these difficult times. There will be a maximum of 6 parents sharing how they are feeling and discussing possible strategies or activities to make this time easier.

**Session 1**—Exploring our emotions, triggers, fears and re-framing our thoughts as parents

**Session 2**—Exploring our children’s emotions, behaviours, how are they presenting and what support can we give them

**Session 3**— Lets talk about the structure within our days, routines, boundaries and how everyone’s needs can be met

**Session 4**—Ideas for activities and resources to fill the time, enhance learning and support wellbeing

**Session 5**—Reflect on how we are feeling at the end of the week, make a plan for the short term and also for the longer term as we look to the future

### Cost -£25 for the whole week

To book on to these sessions or to find out more info then please search for ‘the way to wellbeing’ on facebook or call 07973 503822

Complimentary personalised message from Ted the dog for participants!

**HOME START**  
Stroud and Gloucester

**Mothers in Mind**  
FREE Online Group

A private welcoming group just for mums.

Non-judgemental support for those who are feeling isolated, anxious, coping with mental health or struggling to deal with the stresses of motherhood.

Weekly sessions every Monday

**HOME START**  
Stroud and Gloucester

**Bump-Start**  
FREE online support for parents at any stage of pregnancy

Come and join our welcoming, relaxed and private online antenatal sessions to get extra support on your pregnancy journey.

Weekly sessions every Tuesday morning

If you are interested in joining any of these groups then please contact:

[groupshomestartsd@gmail.com](mailto:groupshomestartsd@gmail.com)

Stefanie 0756 250020

[www.homestartsd.org](http://www.homestartsd.org)

**HOME START**  
Stroud and Gloucester

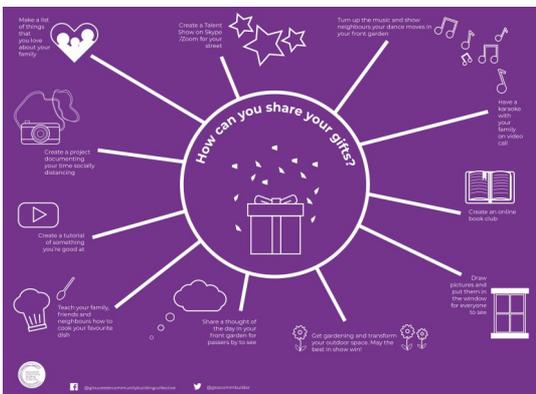
**Best-Start**  
FREE online groups for parents with babies up to six months old

Come and join other parents in our friendly, private, online groups to receive up-to-date parenting information, advice and support.

We can chat through topics related to your baby’s development e.g. teething, introducing solid food, or just share experiences on life as a parent through these tricky times.

Weekly sessions every Thursday morning

### While Away the Hours...



**BBC Bitesize**  
Daily Lessons

Watch BBC Bitesize Daily from 9am (Monday - Friday) on BBC iPlayer and the Red Button.

**WOODLAND TRUST**

The Woodland Trust’s blog gives lots of ideas of nature activities including how to build a bee hotel, a fairy door, nature diary and mud pies! [www.woodlandtrust.org.uk/blog/](http://www.woodlandtrust.org.uk/blog/)

**SPORT ENGLAND**

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and use #StayInWorkOut to share you’re getting active during this time. [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)