

Summer Newsletter



Issue 6
July 2020

Free and cheap things to do with the children this summer

Covering Hemel Hempstead, Berkhamsted & Tring Family Services Areas

Welcome to the Summer Newsletter for the Dacorum & Link Family Services Partnerships. With what has been undoubtedly an uncertain and challenging period for families we hope that with the gradual easing of lockdown, some semblance of normality can return. The easing of lockdown may bring with it further anxiety and worry as families contemplate the return to school for their children and indeed to their own places of work. We hope that the articles included in this issue will help with the easing of those concerns and signpost you to additional support available. We have also included some suggestions to keep your children busy this summer whilst adhering to current Government advice guidelines.

Your School Family Workers work term-time only and so will be unavailable during the summer holidays, returning to work on **Thursday 3rd September 2020**.

If you need urgent family support during this time, please see the helplines at the bottom of this page.

As a team, we have been working virtually and are looking forward to resuming face to face contact with our families at some point next term. In the meantime keep safe and well!

Dacorum and Link Family Services Team

Apply for a Blue Peter Badge

And get Free entry to over 200 attractions!



To apply for a Blue Badge you must be 6-15 years old. You need to send in a creative contribution like a poem, a story, some artwork, a model, a recipe, suggestions for the show or an interesting letter linked to your hobbies and interests.

Please note: Current UK Government advice advises everyone to stay at home and so for the time being, you may not be able to visit Blue Peter Badge attractions.

See website for full terms and conditions and list of attractions in the UK.

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-blue-badge>

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Free & Fun things to do

- Head up to Dunstable Downs to fly kites, enjoy spectacular views and watch gliders take off 
- Cycle the seven-mile Nickey Line – a disused railway line between Hemel Hempstead and Harpenden 
- Pick your own Fruit & Veg at Grove Farm - 30 different fruit & veg available from June to Oct (nr Tring) 
<https://www.grovefarmpyo.co.uk/>
- Go pond dipping in the River Gade, Gadebridge Park
- Take a walk around Rickmansworth Aquadrome nature reserve
- Visit Whipsnade Tree Cathedral
- Head up to Ashridge for a walk and picnic

Please check websites for Covid-19 updates and guidance before you travel!



EMERGENCY HELPLINES

Family Lives - 0808 800 2222

Samaritans - 116 123

Childline - 0800 1111

HCC Children's Services 0300 123 4043

Families First Portal:

www.hertfordshire.gov.uk/familiesfirst

Dacorum Foodbanks

<https://www.trusselltrust.org/get-help/find-a-foodbank/dacorum-foodbank/>

What is resilience and why is it so important?



by Natalie Beard, Pupil
Support Worker for Dacorum & Link Family Services

Resilience is the capacity to face and manage challenges and to recover quickly from difficulties. In other words it's the ability to 'Bounce Back' and adapt.

Having resilience makes you less vulnerable and supports you to have positive outcomes despite any negative experiences that you may have encountered.

Everyone has a different level of resilience and this can be supported and encouraged by the people around you and the environment you are in.

2020 has been a challenging year for many and returning to school after Covid-19 may be causing some anxiety and unrest in your family.

I have devised some simple ideas and activities to help you support your child build their resilience and approach before their return to school.

Encourage your child to help themselves or help others.

Develop a routine and structure in preparation for return to school.

Value their thoughts, feelings and ideas and praise their efforts rather than the outcome.

Create a safe and nurturing home environment to ensure they feel secure.

Encourage your child to look after their body; exercise, sleep and a varied diet ensures that they are physically and mentally prepared to face challenges.

Encourage your child to learn from their mistakes and challenges, instead of feeling defeated, congratulate them on how hard they tried, consider how much they enjoyed it. Talk about what they could do differently next time and give it another go.

Create a 'Resilience is my super power poster and display it in your home. You can add statements such as 'I keep going even when it is hard', 'I keep calm when I make a mistake' and 'Challenges make me stronger'. What other statements could you add to your poster?

Draw a random shape, line or squiggle on a piece of paper to start. Then use this to create an amazing drawing. Parents can start off with the first mark and set their child the task of turning it into a piece of art.

Think of 5 reasons why failure is important and can be a good thing!

Think of an achievement that you are proud of, what obstacles did you face to do this and how did you overcome those obstacles.

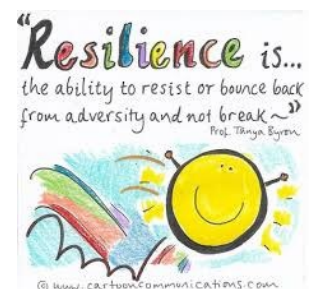
Make 2 lists: one of things that you can control and one of things you can't control. For example you can control your efforts but you cannot control someone else's behaviour.

Design and create posters, badges or anything you would like, with positive quotes or affirmations and remember to look at these when times feel tough. You can make your own, or look online for some ideas.

Build something or create something, that requires persistence, problem solving and overcoming challenges.

Discover what makes you feel better when you feel upset or disappointed.

Building resilience over the summer will really help your child to feel confident and able to manage their return to school.



Positive phrases to help build resilience in your child! →

You are confident

You worked really hard

It's ok. We all make mistakes

Follow your heart

You must have been practising

I knew you could do it

Good thinking

You're so much fun to be around

I am here for you

Your efforts are paying off

I love you

You kept trying

You make me smile

I am listening to you

Ideas for the holidays

Tips & Activities to make Lockdown Fun For Children

Encourage your child to learn something new

Learn a new skill yourself!

Teach children important life skills

Create a quarantine diary or time capsule

Start a "looking forward to" Jar

Exercise daily

Start a garden or grow indoor plants

Make ice lollies

Have a movie day

Cook dinner with the children

Make playdough



Have plans for the kids this summer? Fit, Fed & Read

"A high-quality holiday activity programme - including support with literacy, with a nutritious meal every day, free of charge."

The programme will run from Monday 27 July to Thursday 20 August, 10am to 2pm. Four days a week, four hours a day, for four weeks (available in Hemel Hempstead):

Each four-hour day consists of:

Two hours of physical activity

One hour of fun education

One hour of two-course nutritious cooked lunch

Participant entry criteria:

Aged between 8-11 years

Eligible for free school meals



E: fitfedandread@herts.ac.uk

<https://sportinherts.org.uk/sport-for-social-change/fitfedread/>

Open for registrations now!

Make Playdough!

Ingredients

- 1 cup plain (all-purpose) flour
- ½ cup salt
- 2 tablespoons cream of tartar
- 2 tablespoons vegetable oil
- 1 cup water with food colouring added
- 1 teaspoon vanilla essence (optional but it makes the play dough smell nice!)



Method

Put all the ingredients into a large saucepan, and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth.

Store in an airtight container (a Ziploc bag with the air pressed out is good).



Pitch & Putt & FootGolf

6-hole Pitch and Putt course and 9 hole FootGolf course. Everyone can have a go and get out in the fresh air and the great outdoors! A family ticket costs £14 for 2 adults and 2 children. Bookings must be made online in advance.

<https://www.littlehaygolf.co.uk/activities/pitch-and-putt-footgolf>

Summer Reading Challenge 2020



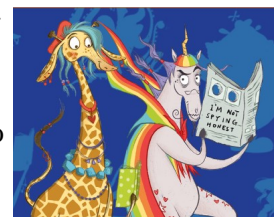
Join the Silly Squad

This year, the Summer Reading Challenge's Silly Squad will celebrate funny books, happiness and laughter. Children taking part

in the Challenge will join the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck into all sorts of funny books!

With the disruption caused by Covid-19 and the impact of social distancing on schools and public libraries, the 2020 Challenge will launch in a new digital format designed to keep children engaged and interested in reading.

The Summer Reading Challenge website is free to access and features games, quizzes and downloadable activities that incentivise and encourage children to take part in reading related activities. Although public library buildings are closed, libraries will continue to deliver the Challenge through virtual services and e-lending platforms.



<https://summerreadingchallenge.org.uk/>

Adventure Playgrounds - now open

There are 4 Adventure Playgrounds within the Hemel Hempstead area.



New Covid-19 social distancing measures have been put in place. Opening times during the holidays are 9.30-12.30 and 13.30-16.30 with a one hour time limit per play session. Children must be supervised at all times by an adult regardless of age. <https://www.dacorum.gov.uk/home/leisure-culture/parks-play-and-open-spaces/adventure-playgrounds>

Free & Fun ideas for Teens to do

Volunteering to support others during this time

Learn to touch type

Meal plan and cook a dinner

Start a podcast

Strava a bike ride, run or walk

Camp out in the garden

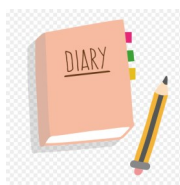
Make a photo book

Virtual film night with friends

Make a time capsule

Make a kindness list and do one each day

Start a journal/diary



DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Dacorum

Support and Services for children with special educational needs and disabilities

Facebook - www.facebook.com/dspldacorum

Website - www.dacorumdspl.org.uk

Dacorum & Link Family Services



Term Time Only

Tel: 01442 401222 (Ext 5)

www.dacorumfamilyservices.org.uk

www.linkfamilyservices.co.uk

Support & Advice for For Teens

Online emotional support
for children and young
people



Anyone aged 10 to 25 can sign up anonymously and have an online chat with a fully trained therapist. Counsellors can help with things like stress, family problems, eating disorders, loneliness, bullying, anxiety and depression. Kooth's counsellors are available until 10pm, 365 days a year.

www.kooth.com

Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call the Young People's Helpline. <https://www.hertsmindnetwork.org/young-peoples-helpline>

Hertfordshire Young People's Helpline

Helpline opening hours:

Mon: 1pm - 4.30pm

Tue: 5pm - 7.30pm

Wed: 1pm - 4.30pm

Thu: 5pm - 7.30pm

Fri: 1pm - 4.30pm

Sat: 10am - 1pm

01923 256391



Support for Young People during the Coronavirus outbreak



Young people can still get information, advice, guidance and support on a wide range of issues via phone and email. Youth Workers and Personal Advisers can help and work with young people one-to-one and in monitored online youth projects with other young people.

<https://www.ychertfordshire.org/support-for-young-people/support-for-young-people-during-the-coronavirus-outbreak/>

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

Advice for Teens in Hertfordshire

Text: 07480 635 050 [Health for Teens website](https://www.healthfor teens.org.uk).

