

Family Support

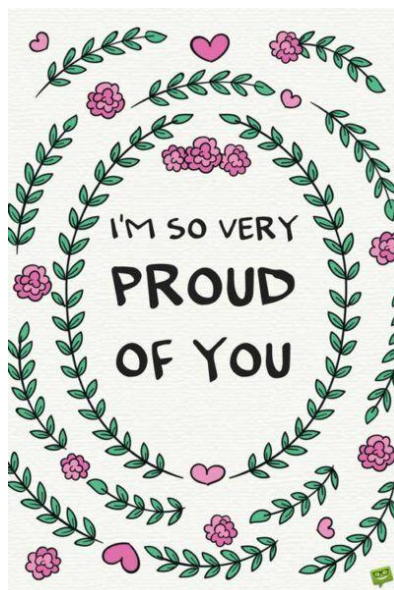
Lady Manners School – Primary Cluster

Dear All, I hope you are all still keeping well and safe. Please read on for more resources, ideas and sources of support. Remember, asking for help and reaching out is a sign of strength so please do so if you need to, even if it's a virtual cuppa with a friend.

If you have found anything that has been really helpful for you or a great family activity, do please share and I will include in future communications.



We are all learning to be in this changed world we are currently faced with, and being able to learn new skills and adapt is a powerful tool for resilience and wellbeing. What have you learned so far? What are you proud of?





This time ... **Keep learning**



Take some time to learn, it can help to boost your **self esteem**, sense of **purpose** and help you **connect** with others.

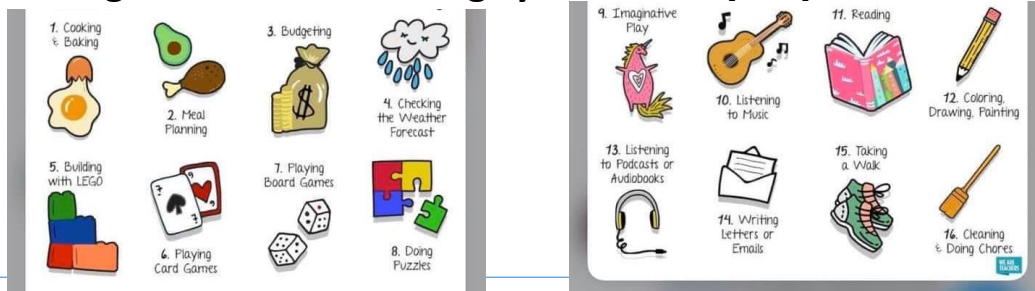
We are all doing some things that are new to us, home-schooling being one of them, but remember to be creative;

Home-schooling doesn't always mean desk work

Keep learning



- **Share your skills** – each of you in the house will have different skills and talents, let everyone become the teacher and teach each other, see how much you've learn and demonstrate your skills to others
- **Learn together** – All suggest a topic you want to learn about and make a lucky dip of which you will pick each week. Spend some learning as a group and get creative with projects you can complete
- **Challenge yourself** – If you've got a question, you tube usually has the answer! There are many video's guiding you through different skills and DIY projects, see what you can achieve
- **Free online courses** – many institutions are offering free courses, some for personal interest, some for CPD, have a search and see what you can find. Two to check are <https://feweek.co.uk/2020/04/28/dfc-launches-skills-toolkit-to-signpost-to-free-online-courses/> and The Open university.
- **See learning in more of the things you do every day...**



Via Weareteachers and Neurochild community



Something to try:

Learn to weave – this is a great mindful and creative activity for children and adults. You can use craft supplies you have at home such as wool and cardboard.



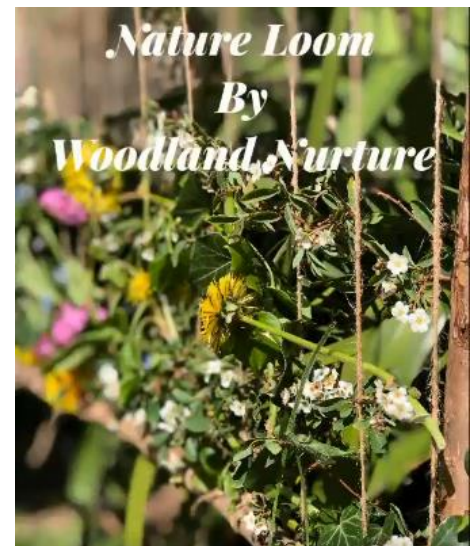
Use stiff cardboard such as a cereal box and left over bits of wool. Instead of a needle you could use a lollypop stick or hair clip to help pull the wool through.

Have fun!

Full instructions can be found here:

<http://www.things-to-make-and-do.co.uk/other-stuff/weaving/basic-weaving-with-a-homemade-loom.html>

Or **Be active**, get outside and **Connect** with nature by creating a **Nature Loom** from [@woodlandnurture](https://www.instagram.com/woodlandnurture). They have a great video explaining all the steps, plus some other great ideas to have a look at for outdoor learning.



Useful resources:

I am excited to introduce to you Jo, from “**Well within Reach**”. She will be sharing **Top tips** from her “**5 daily ways for an emotionally healthy brain**”



This time;

Model Behaviour and Relationships

Children learn from their grown-ups, especially when they're very young.



When they observe our behaviours, it activates their ‘mirror neurons’, an extraordinary type of brain cell which helps them to learn and copy from us, completely unconsciously.

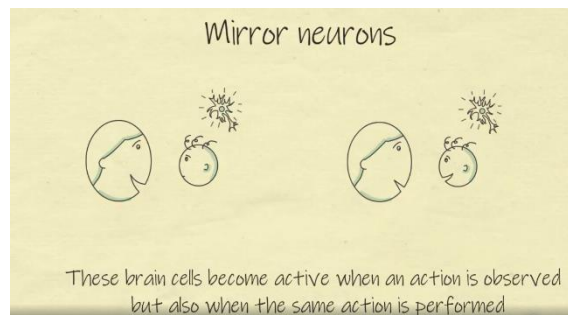


Image taken from a video by [@arttachment](#).

None of us behave perfectly all the time, but if you do mess up, apologise, repair the rift and move forward together. In doing so, you'll also teach your children these vital skills and that none of us are perfect; helping them to recognise that starts with you!

This tip was taken from Jo's FREE PDF “5 Daily Ways for Emotionally Healthy Brains” which you can access through Jo's FB group “**Parent with insight Collective**”



Find Jo on Facebook [@learningdoingandbeingwell](#)

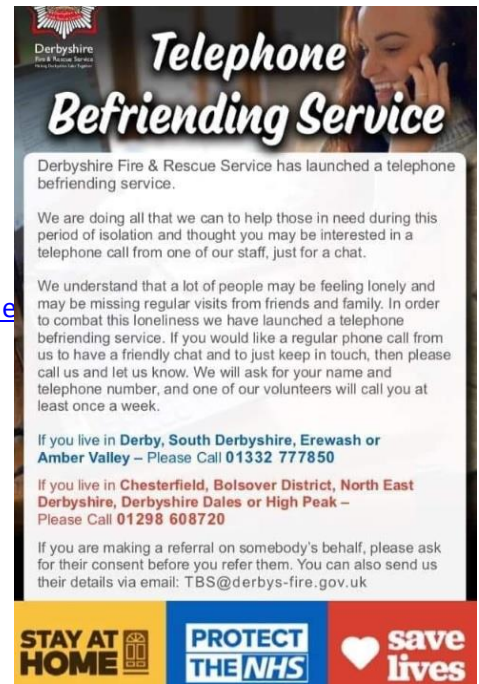


Useful Resources:

Derbyshire Fire and Rescue Service

A telephone befriending service has been set up to help deal with isolation and loneliness.

<https://www.derbys-fire.gov.uk/news/news-items/derbyshire-fire-rescue>



Telephone Befriending Service

Derbyshire Fire & Rescue Service has launched a telephone befriending service.

We are doing all that we can to help those in need during this period of isolation and thought you may be interested in a telephone call from one of our staff, just for a chat.

We understand that a lot of people may be feeling lonely and may be missing regular visits from friends and family. In order to combat this loneliness we have launched a telephone befriending service. If you would like a regular phone call from us to have a friendly chat and to just keep in touch, then please call us and let us know. We will ask for your name and telephone number, and one of our volunteers will call you at least once a week.

If you live in **Derby, South Derbyshire, Erewash or Amber Valley** – Please Call **01332 777850**

If you live in **Chesterfield, Bolsover District, North East Derbyshire, Derbyshire Dales or High Peak** – Please Call **01298 608720**

If you are making a referral on somebody's behalf, please ask for their consent before you refer them. You can also send us their details via email: TBS@derbys-fire.gov.uk

STAY AT HOME **PROTECT THE NHS** **save lives**

Derbyshire County Council Covid 19 Support pages

Page listing advice and information on local services. They have also developed a Community response unit; you are able to register with this if you need support and don't have friends or family close by that are able to support you. They can assist vulnerable residents with food and prescription collections, and welfare calls.

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>

Young Minds

Offers information, advice and support to young people and schools. Offers a free 24/7 text service. Also has Coronavirus related support and advice.

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



Unicef

Has a page of parenting tips tailored for the lockdown. Also includes many articles and advice.

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>



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