

# Families Matter

Issue 40 January - February 2017

**Hello...** It's the start of a brand new year, welcome to 2017! In this issue of our newsletter, we've got an idea for a calendar which might help you to achieve some New Year's resolutions! We've also got ideas on how you can encourage your children to appreciate the value of money and have control of their savings. If your child received a message on their phone or social media saying 'WTPP', would you know what it meant? Or 'LMIRL'? Safer Internet Day is on February 7th so we've got some information for you on where to go for advice whether you are a young person, a parent or a professional, including details on how to decipher the commonly used chat acronyms in our free downloadable guide. There are lots of opportunities coming up over the next couple of months for children and young people with disabilities to get involved in gymnastics, wheelchair sports and even ballet. We have all the details in this issue and of course, these can also be found on our website, [www.glofamiliesdirectory.org.uk](http://www.glofamiliesdirectory.org.uk). It's not long until half term will be here, so to help you start planning, we've got some fun events to tell you about. As always, if you would like to be a Key member, would like us to include your details in future editions of Families Matter or would like it emailed to you directly, please let us know at [familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk).

## Safety First... Car seats

The laws around child car seats have changed recently and there will be a change again in March 2017. At the moment, babies in i-Size height-based seats must be rear facing until they are at least 15 months old, and extended rear facing until the age of 4 is recommended. From March, children will not be able to sit in a (new) backless booster seat unless they are 125cms or taller, which is usually around 7 years old. At the moment, children can use backless boosters from around 4 years old. This change will not affect seats that are already in use, but will apply to any seats bought after this date. The Fire and Rescue Service in Gloucestershire offer **FREE** safety checks on car seats so if you would like to make a booking, contact the Community Fire Safety Team on **01452 888777**.



## Glofamilies Update

Our website has a 'Rate and Review' feature for each of the services and childcare providers listed on there. This means that you can let other people know if you would recommend their service, if you found it useful and give it a rating of up to 5 stars. The reviews can remain anonymous if you would prefer. This is an important feature for us because it means we can use it to identify any gaps in service available to children and their families. Members of The Key (the county's register for children with additional needs or disabilities aged 0-25) will also receive a survey with this newsletter. Please take just a couple of minutes to fill it in and post it back in the pre-paid envelope. This will really help us to make sure the information we send out is getting to you and is useful for your family. If you are not a member of The Key but would like to be, please give us a call or fill in the form on [www.glofamiliesdirectory.org.uk](http://www.glofamiliesdirectory.org.uk) and search for 'the key'.



## Family Information Service



If you would like to receive your copy of this newsletter automatically or have any suggestions, email us at [familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk).

0800 542 02 02 or 01452 427362

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



**Gloucestershire**  
COUNTY COUNCIL

## Bulletin Board

### 📌 Deadline for primary school applications

You had until midnight on 15th January to submit an application for reception or junior school places starting in September 2017. If you have missed the deadline, you will need to complete an in-year application form which can be found at the link [www.gloucestershire.gov.uk/schooladmissions](http://www.gloucestershire.gov.uk/schooladmissions)

### 📌 I'M IN Discover Gymnastics Day

A free taster on Sunday 12th February for disabled people to try artistic gymnastics, trampolining and more with Aspire Springers Club and their friendly, expert coaches at GL1 Leisure Centre. Contact [asprespringersclub@gmail.com](mailto:asprespringersclub@gmail.com) to find out more. No experience necessary, bring your friends!

### 📌 Freedom Leisure, Forest of Dean

The Key members can now use their leisure passes up to the age of 25 at all Freedom Leisure centres.

## Dance Unstuck Ballet Project

GDance Productions have an exciting opportunity for physically disabled young people who have an interest in ballet and are aged around 9 - 16. Dance Unstuck is a development project with a renowned artist offering school holiday ballet courses in Gloucester that will inform how to improve access for disabled dancers and develop teaching practice. The February course is 13th-17th February and costs £50, then selected dancers will be invited to return on 10th-13th April (£40) to film material for teacher resources. Participants must be able to generate and remember movements and be comfortable working with peers and adults. A bursary may be available on request. To register interest or find out more, call **01452 550431** or email [holly@gdance.co.uk](mailto:holly@gdance.co.uk).



## Wallet Watch...

**Building financial confidence and helping young people to spend and save responsibly.**

Pre-paid debit cards are gaining popularity amongst 6-18 year olds and their families. They are a good way to encourage children to learn the value of money by being in control of what they spend, seeing their savings build up and earning your trust. You can set limits of what they spend by having overall control on an app, and there is the added bonus of no more pestering for pocket money!

There are 2 main cards - Nimbl and goHenry and they work in the same way. An adult registers the card and can set daily or weekly spending limits and can transfer money on to the card balance in one-off payments or set up regular transfers. The adult also has the ability to lock and unlock the card in case it is lost or stolen. The young person has the debit card with a PIN and uses it in the normal way in shops or cash points. An alert is sent to the adult each time the card is used. Because of the age of card users, it is not authorised for use on age restricted products or services, so

it cannot be used in pubs or websites with adult content, for example. There is no overdraft facility so it is not possible for young people to get in to debt as they can only spend the available funds on the card.

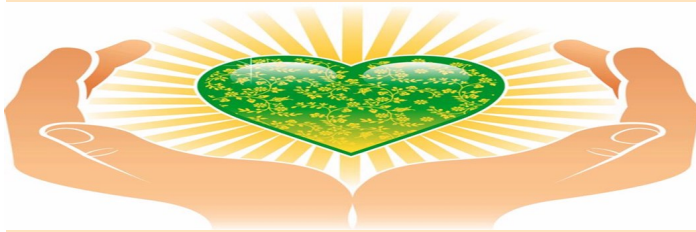
Another use of the card is for young people to manage their own savings. One of the features enables young people to choose an amount to save each time they spend, which can be changed easily and will not be taken from the balance if there is not enough in the account at the time they are spending. The account can also be used for setting up gift wish lists or for relatives to send birthday money.

There is usually a small monthly or annual charge to the adult for this service, but they usually offer a free trial. For full details or to sign up for an account, visit [www.nimbl.com](http://www.nimbl.com) or [www.gohenry.co.uk](http://www.gohenry.co.uk).



## Freedom Programme

The Freedom Programme is a female only group for anyone who has experienced or is experiencing domestic abuse of any kind. The group provides a supportive, informal and friendly place in which to learn, share and hopefully move forward from our experience of abuse. If you have never attended a group before or are worried about what is expected of you, please be assured that there are no expectations. The programme is **FREE** but there is a crèche available for £2.50 per family if you need it and the option to buy a booklet at the end of the programme for £5. Mondays from 23rd January - 6th March except half term, 1-2.30pm at Five Ways Children's Centre, Stroud, GL5 4NL. To find out more or to book a place, call Kelly on **01453 755373** or email [kelly.campbell@hvv.org.uk](mailto:kelly.campbell@hvv.org.uk).



## Make your own... Kindness Calendar!

We all know about a certain day in February that is dedicated to the ones you love, but why limit it to one day? Try and complete a whole month of 'Random Acts of Kindness' instead! First, visit [www.homeprintables.com](http://www.homeprintables.com) and print off your own calendar for February 2017, like the one here.

Then all you need to do is decide what your random acts of kindness will be and fill in the calendar with one for each day. You could choose to



do it as a family and help your little sister with her homework or do the dishes when it's not your turn, or even choose things that will help your wider community. You could visit an elderly neighbour or donate some toys to a charity shop. Share your ideas on our Facebook page!

## Social Media and Online Safety

The internet can be a wonderful tool for communication, learning and fun, it also has its dangers. There is potential for young people to be put at risk, either by bullying, grooming, seeing inappropriate content or having their personal details stolen. Many parents feel they struggle with setting ground rules around internet and mobile phone use and offering their child advice, because they are not as familiar with it as their children are. There are some useful websites giving tips and advice to young people, their parents and professionals working with them, so here are some for you to try:

📄 [www.gloucestershire.police.uk/staying-safe](http://www.gloucestershire.police.uk/staying-safe) - a step by step parent's guide to sexting, the implications of taking or sharing intimate photos, preventing mobile phone theft and keep up to date with the Gloucestershire Constabulary Safer Cyber twitter feed.

📄 [www.nspcc.org.uk/preventing-abuse/keeping-children-safe](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe) - how to set up parental controls, advice on mobile phone apps and games, details of their dedicated helpline and support for teachers.

📄 [www.childnet.com](http://www.childnet.com) - videos and quizzes on safety aimed at primary through to secondary school aged children, information and resources for professionals and teachers, and advice for parents.

If you would like to know more about the resources available and some guidelines for talking to young people, we have a booklet available for you to download or print and keep at home called 'A Parents' Guide to Mobile Phone & Internet Safety'. Find it by visiting [www.glofamiliedirectory.org.uk](http://www.glofamiliedirectory.org.uk) and search 'internet'.



## What's On?

All these events and activities, plus many more things going on over the half term can be found on our website [www.glosfamiliesdirectory.org.uk/events](http://www.glosfamiliesdirectory.org.uk/events)

Fridays 20th & 27th and Saturdays 21st & 28th January, doors open 6.30pm - **Dick Whittington** - Miners Welfare Hall, Cinderford. Treat the family to some panto fun! Curtain up at 7.15pm. Adults £5, concessions and children £4 available on the door or reserve by leaving a message on **07939 399125**.

Sunday 29th January, 3pm - **Gloucester Rugby Heroes V South Africa Legends** - Kingsholm, Gloucester. If you've never been before, this is the perfect game for family fun. Come and cheer the Gloucester Rugby team on to victory with tickets from £10 for adults, £5 concessions and only £1 for juniors. Book your tickets online at [www.gloucesterrugby.co.uk/tickets](http://www.gloucesterrugby.co.uk/tickets) or call **0871 871 8781 (option 2)**.



Saturday 4th February, 10am-2pm - **Adoption and Fostering Open Day** - Nature in Art, Twigworth. If you would like to know more about the process or the types of children we are currently 'family finding' for, come along and chat to our experienced and friendly team. Foster carers and adoptive parents will also be there to share their experiences.

Tuesday 7th February, 10am-2pm - **Wheelpower 'Feel Inspired' Primary Sports Camp** - Leisure @ Cheltenham. **FREE** introduction to a variety of wheelchair sports in a safe, friendly and completely inclusive environment. For children aged 6-11 with mild sensory impairments and physical disabilities. Email [ed.pearse@wheelpower.org.uk](mailto:ed.pearse@wheelpower.org.uk) or call **07922 736196** for an entry form.



Thursday 9th February, 10am-2.30pm - **Pop Up Soft Play and Bouncy Castle Fun** - Lister Hall, Dursley. Suitable for under 5s, there will be a ball pit, soft shapes, animal rockers, bouncy castle with a slide and Didicars to ride around on! £3.50 per child.

Sunday 12th, Friday 17th & Friday 24th February, 1-3pm - **Spiders, Scales and Snails** - Taurus Crafts, Lydney. Get up close and personal with your favourite creepy crawlies from Black Rock Reptiles! Admission is £3.

Monday 13th February, 9am-4pm - **Cookery Course** - Tewkesbury School Sports Centre. Make your own bread, sausage rolls and chocolate brownies. Don't forget to bring a bag to take your goodies home in! Suitable for 7-13 years, £15. Call **01684 293953** or email [sportscentre@tewkesburyschool.org](mailto:sportscentre@tewkesburyschool.org) to book.

Wednesday 1st March, 1.45-3.15pm - **Little Lights** - St. Laurence Church, Lechlade. **FREE** - an informal service for babies, pre-schoolers and their families run by Kathy Newton and Lechlade Mothers Union. New babies, families new to the area and those from surrounding villages are very welcome to come along. The service is followed by tea, craft activity, toys and chat. For more details email [davidnewton@talktalk.net](mailto:davidnewton@talktalk.net) or call **01367 252543**.

## Useful Contacts

School Admissions 01452 425407

Free School Meals 01452 425390

SENDIASS 0800 158 3603

Ofsted 0300 123 1231

Child Law Advice Line 0300 330 5480

Tax Credit Helpline 0345 300 3900

Child Benefit 0300 200 3100

Local Welfare Provision 0330 123 5550

Citizen's Advice 08444 111 444

Jobcentre Plus 0345 604 3719

Shelter Housing Advice 0808 800 4444

Teens In Crisis 01594 546117

Child Maintenance Options 0800 988 0988

Non-emergency NHS 111

Non-emergency Police 101

Gloucestershire Domestic Abuse and Support Service 0845 602 9035

Family Lives 0808 800 2222

Bullying UK 0808 800 2222

Childline 0800 1111

Contact A Family 0808 808 3555