

# Good To Know

22<sup>nd</sup> May 2020

## Working with Families News

News:	For more info:
<p>For the latest advice about the <b>coronavirus</b> and the services, advice and support that are available through the Council please refer to the main Sandwell council website.</p> <p>Sign up to <b>receive email updates</b> about how the Council is responding to coronavirus.</p>	<p><a href="https://www.sandwell.gov.uk/coronavirus">https://www.sandwell.gov.uk/coronavirus</a></p> <p><a href="http://www.sandwell.gov.uk/emailupdates">http://www.sandwell.gov.uk/emailupdates</a></p>
<p><b>Look after your mental health.</b> Having good mental health helps us relax more, achieve more and enjoy our lives more. Expert advice and practical tips to help you look after your mental health and wellbeing.</p>	<p><a href="#">Every Mind Matters</a></p>
<p><b>Best Beginnings</b> have created a page with information about many national and local charities offering remote support during COVID-19. Please share this page so more parents can benefit from 24/7 support.</p>	<p><a href="https://www.bestbeginnings.org.uk/charities-uk-support">https://www.bestbeginnings.org.uk/charities-uk-support</a></p>
<p>West Midlands Network are reminding people to:</p> <p><b>Only use public transport if you have no other travel option.</b></p>	<p><a href="https://www.youtube.com/watch?v=0--XwGlzmys&amp;feature=youtu.be">https://www.youtube.com/watch?v=0--XwGlzmys&amp;feature=youtu.be</a></p>
<p>A really useful article from <b>ParentZone</b> about the transition to secondary school.</p>	<p><a href="#">ParentZone Year 6 Transition</a></p>
<p>This policy briefing from the Children’s Commissioner for England focuses on families with a <b>baby born during the coronavirus lockdown</b> and the additional challenges they will face.</p>	<p><a href="#">Lockdown babies: children born during the coronavirus crisis</a></p>
<p>This brand-new podcast from the <b>Dove Self-Esteem Project</b> dives deeper into some of the topics covered by the Uniquely Me guide – a free resource from Dove UK and Parent Zone, designed to help parents boost children and young people’s self-esteem and body confidence.</p>	<p><a href="#">Dove Self-Esteem Project</a></p>
<p>ParentZone are asking for help with some research they are carrying out - <b>how has tech affected your family's lockdown experience?</b></p>	<p><a href="#">ParentZone Survey</a></p>

<p>The <b>ThinkUKnow team at CEOP</b> have released their 5th activity packs for children and young people. These are short activities, approximately 15 minutes each.</p>	<p><a href="#">4-5s</a>  <a href="#">5-7s</a>  <a href="#">8-10s</a>  <a href="#">11-13s</a>  <a href="#">14+</a></p>
<p><b>Google and Parent Zone</b> are launching a series of virtual parent sessions for Be Internet Legends – and you're invited to join one of the very first <b>Friday 22<sup>nd</sup> May at 15:30</b>. These YouTube livestreams are an ideal way for teachers and professionals to engage parents and strengthen support for families.</p>	<p><a href="#">Google and ParentZone Live session</a></p>
<p>The <b>ThinkuKnow team</b> have produced a short video for parents and carers to highlight some of the resources available and to remind parents of the things they can do to help keep children safe online.</p>	<p><a href="#">ThinkYouKnow Parent and Carer Advice</a></p>
<p><b>Breastfeeding Celebration Week</b> will take place during the week 1st – 7th June 2020. The theme will be ‘Promoting and supporting breastfeeding during the Covid-19 pandemic’. During the week PHE will be highlighting the support available for breastfeeding in the community and in neonatal units, as well as showcasing innovation, such as support provided via video-conferencing.</p>	<p>If you have any questions, please contact <a href="mailto:partnerships@phe.gov.uk">partnerships@phe.gov.uk</a></p>
<p>DfE have launched the <b>Skills Toolkit</b>, a new online platform giving people easy access to free, high-quality digital and numeracy courses to help them build up their skills, progress in work and boost their job prospects.</p>	<p>You can access the toolkit <a href="#">through the gov.uk website and start to build your skills.</a></p>
<p>Sandwell Council is advertising <b>vacancies</b> including:</p> <ul style="list-style-type: none"> <li> Three vehicle technician posts</li> <li> Specialist teaching roles and more.</li> </ul>	<p>Check out our vacancies on our website and on <a href="#">WMJobs</a></p>
<p>There are continued reports of used <b>PPE</b> including masks and gloves <b>being discarded around the borough</b>. Please encourage people to put used gloves and face masks into ‘black bag’ waste at home or at work, or in a litter bin.</p>	
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team  <a href="mailto:parent_support@sandwell.gov.uk">parent_support@sandwell.gov.uk</a></p>