



CHARLETON
CHURCH OF ENGLAND ACADEMY

@CharlestonLAP



Charleston CofE Academy

Family Support Newsletter

April 2022



Happy Friday to you all and I hope you are all well. It's the weekend and I hope you have the chance to get out and about and enjoy the beautiful sunshine!

It's been lovely spending time with your children this week, I am always super impressed by how polite and welcoming they are each day.

So many of you have enquired about the AIM courses which is fantastic, please let me know if I can help you with signing up. I will send another email out with the links in case any of you missed it.

Please remember that I am always here to support if you need anything. No matter how small you feel your concern might be I am happy to listen. Communication is always the best way forward.

My email is: nive@lapsw.org and I look forward to hearing from you.

The HAF Programme will once again be available during the Easter Holidays, providing holiday club activities and a meal for children aged 5-16 (and 4 year-olds if in Reception) eligible for and receiving benefit related Free School Meals, their families

<https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme>

[Holiday Activities and Food \(HAF\) programme - Education and Families \(devon.gov.uk\)](https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme)

<https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/fit-fed/>

If you're struggling with what you're seeing in the news, there are things you can do to help- please click on the link below for support.

<https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/?scrlybrkr=cbb17192>

New free baby self-weigh service in libraries - Free self-weigh facilities are now available in private areas of 16 libraries during the popular free baby and toddler Bounce & Rhyme sessions. Each of the self-weigh stations is equipped with guidance on how to use the scales safely, together with when and how to access further support. For more information, and to find out where and when the sessions are, please visit their website.

<https://www.devon.gov.uk/news/libraries-unlimited-and-devon-public-health-nursing-work-in-partnership-to-provide-free-service-for-parents-and-carers/>



The Sensory Processing Disorder Parents Support have created a list of over 80 Books for anxious children Click on the blue link to discover what's available.

Bale's Farm - Outdoor Learning Open day - Thursday 17th March 2022

Why not go along and visit Bale's Farm outdoor learning provision to discover what experiences they offer young people with additional needs. Bale's Farm is a therapeutic outdoor learning provision for children and young people between the ages of 5 and 19 with the aim to re-engage and re-inspire them with learning. They particularly identify those children who are currently not attending school, have no school placement, are home schooled or whose current placement is not working for them. For more information go to:

<https://www.facebook.com/Bales.Farm.Outdoor.Learning>



Save The Children - With daily mentions of war, both in the news and in conversation, children and young people will inevitably have questions. Save the Children UK have put together handy tips on how to talk to children about war.

[Save the Children UK - Home | Facebook](#)



Emergency Contact Numbers: NHS Helpline: 111 Use 999 if a medical emergency. Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: 0345 155 1071 National Domestic Abuse Helpline (Devon): 0808 2000 247 (24 hours) Use 999 if you are in immediate danger. YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help text YM to 85258 Samaritans (24 hours): 116 123 Citizens Advice Bureau National Helpline: 03444 111 444



DiAS is a busy service and to make sure they can help as many parents as possible in the most effective and efficient way, they're making a few changes. DiAS will be closing between 12 and 1 each day, but there will be more staff answering the phones and dealing with your queries across the week.

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



Over the Wall offers free therapeutic recreational activity camps for children and young people with a wide range of life limited illnesses and conditions. The camps aim to build self-confidence, self-esteem and resilience through popular activities such as abseiling, canoeing, archery, swimming, drama, music and arts and crafts. Over the Wall also offer camps for siblings and family weekends. All are free of charge. For 2022 Over the Wall is offering both residential and virtual camps. • Camps in the Cloud - a virtual camps for children and young people aged 6-17 years who are experiencing or have recently experienced health challenges. • Health Challenge Camps- for children and young people aged 8 to 17 years who have recently or are currently receiving treatment or experiencing health challenges. • Sibling Camps - for children and young people aged 8 to 17 years who have a sibling (of any age) who have recently or are currently receiving treat or experiencing health challenges. • Family Camps - for families who have a children or young person aged 0-17 years who have recently or are currently receiving treatment or experiencing health challenges. One child in the family must be aged between 8-17 years. • Partner Camps - Over the Wall partners with various health charities to provide health related camps. Applications can be made online. A medical form will be required for completion by a medical professional for the residential camps.

[Over The Wall - Supporting children with a serious illness \(otw.org.uk\)](https://www.otw.org.uk)



After a brilliant Summer and Christmas last year that involved us working with over 200 children every day locally on our 'Fit & Fed' programme, we are absolutely delighted to announce that we are running a programme in conjunction with Devon County Council and Torbay Council this Easter for children aged 5-14 who are entitled to Benefit Free School Meals (FSM) across 7 different venues.

TOTNES, PAIGNTON, TORQUAY, NEWTON ABBOT, BRIXHAM, KINGSBRIDGE & DARTMOUTH

The main purpose of our 'Fit & Fed' programme is to ensure that children are safe, actively engaged and receive a nutritious meal everyday of the programme. We have also delivered some exciting provision including appearances from our official partner World Record Holder Football Freestyler and Entertainer Dan Magness, Multi-sport sessions, Animal Handling experiences, Children's yoga and magic, PCSO awareness talks, Chefs demonstrations, certificates, activity packs plus a whole lot more!

It is **FREE** but we have limited places.

[Home | Shear Soccer | Soccer Camps | Football Courses](https://www.shearsoccer.co.uk/)

<https://www.shearsoccer.co.uk/>



Sidmouth Donkey Sanctuary- Easter nature trail - Spot the wildlife along the trail at The Donkey Sanctuary in Sidmouth and claim a tasty Easter treat on completion. The Easter nature trail starts on 2nd April 2022 until 24th April 2022. Open from 9am – 5pm. No booking required. Click on the link for more details:

<https://www.thedonkeysanctuary.org.uk/events/02-04-2022/easter-nature-trail>

Things to do:

<https://hellokingsbridge.co.uk/events/view/the-talking-forest/2908>



<https://www.crealy.co.uk/events/super-stars-of-wrestling>



<https://www.woodlandspark.com/event/winter-fun/>

ADRENALIN

<https://www.adrenalinleisure.co.uk/>



<https://www.supertrampparks.co.uk/plymouth>



<http://www.national-aquarium.co.uk/events/quiet-at-the-aquarium/>



<https://www.dartmoor.gov.uk/wildlife-and-heritage/wildlife>



<https://www.theboxplymouth.com/events>

Watch this space for some exciting news about our 'mother and toddler' groups starting soon!



Have a great weekend
Natasha Ive
DSL and Family Support Worker.