

# FAMILY SUPPORT WORKER NEWSLETTER

OCTOBER 2023



It has been a really busy start to the new school year and everyone is enthusiastic and excited to be back with their friends and to learn new things.

I have included several bits of information below that you might find useful and if there is anything that you personally would like information about please let me know.

Can I remind everyone, if they haven't done so already, to fill in the parent questionnaire that was previously sent out. The offices admins have the link if you no longer have it.

Please feel free to contact me confidentially at anytime if you have any concerns or would just like a chat to get things off your chest. No issue is too big nor too small! If you are having difficulties or worries then it is a problem worth sharing. If I don't have the answer then I will find someone who does.

My email address is [sdugard@lapsw.org](mailto:sdugard@lapsw.org) or you can contact me at West Alvington on 01548 312290.



You can use the below link for details about help with the cost of living crisis as well as available grants

<https://content.govdelivery.com/accounts/UKDEVONCC/bulletins/35c7953>

The below link is for information for dads and parenting questions and advice.



**Digi Dads Connect**  
**Digital Drop in session**  
for male carers

Join us for our new **Digital Dad's Drop in!**

Devon Children's Centres, Digital Service are offering **digital drop in sessions** for male carers.

So why not pop in to this **informal, friendly** drop in session and discuss topics that are important to you and your family. The session will give you the opportunity to get support from other male carers in Devon with the assistance of a Family Practitioner.

Monthly sessions are from **7pm - 8pm on Mondays**  
Dates are:  
**23rd October**  
**27th November**  
**11th December**

To book your place on any of the sessions, please **CLICK HERE** or scan the QR code below

You will join the session via Microsoft Teams.

**SCAN ME**

Topics can include: sleep, eating, toddler tantrums, bath times, getting to school on time...

Any questions? Please contact:  
**devondigital@actionforchildren.org.uk**

The poster features several images: a close-up of a hand holding a baby's foot, a baby sleeping in a carer's arms, a man giving a thumbs up with a child on his shoulders, a man holding a baby, and a QR code. Logos for Devon Children's Centres and Action for Children are also present.

The below link gives advice for parents who have children who are anxious to go to school

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

The below link gives parents information about Tik Tok safety

<https://www.radfordacademy.co.uk/wp-content/uploads/2022/11/TIK-TOK-SAFETY-CHECKLIST.pdf>

Also attached with the newsletter are details of fun activities to do during the half term

## Christmas Poster Competition: Win a Free Swim for Your Class!

Get into the Christmas Spirit and Dive into Fun with Our Christmas Poster Contest!

Are you ready to make a splash this Christmas? We're excited to announce our Christmas Poster Competition, where you and your classmates have the chance to win a fantastic prize - a FREE CLASS SWIM for your entire class!



Competition Rules:

Theme: Create a stunning and festive Christmas poster. Your poster should capture the magic of the Christmas season to advertise the FREE Dartmouth Leisure Centre Christmas Fayre on (December 16th 2023, 11am - 3pm)

Eligibility: Open to all students in your school.

Submission Deadline: Submit your posters by November 3rd 2023 Late entries will not be accepted.

Prize: The winning poster will earn a FREE SWIM for the entire class!

How to Enter:

1. Design your Christmas poster on an A4-sized paper or digitally (JPEG or PDF format).

2. Include your full name, class name, and school contact details on the back of your physical poster or in the email when submitting a digital version.
3. Submit your poster to [Karen.Dent@Fusion-lifestyle.com](mailto:Karen.Dent@Fusion-lifestyle.com) or drop off physical copies at Dartmouth Leisure Centre off by the submission deadline.

#### Judging Criteria:

Our expert panel of judges will evaluate the posters based on the following criteria:

1. Creativity and Originality
2. Relevance to the Christmas and Christmas Fayre Theme
3. Visual Appeal and Design
4. Overall Impact

#### Announcement of Winners:

The winner will be announced on November 7th and released on the Leisure Centre website and notice board. The winning class will be contacted directly.

#### Additional Information:

- Each student can submit only one entry.
- Get creative! Use paints, markers, crayons, or digital tools to design your poster.
- The winning class will have the opportunity to schedule their free swim at a time that works best for school and the centre.
- By participating in this competition, you agree that your poster may be displayed on our Leisure Centre website and social media platforms.

Let your imagination run wild and create a Christmas poster that will make a splash! Don't miss your chance to win a free swim for your entire class this festive season.

For any inquiries regarding the swim prize please contact [Kieron.Clarke@fusion-lifestyle.com](mailto:Kieron.Clarke@fusion-lifestyle.com)

Good luck and have a splashing Christmas!





# Hang out October Half Term at FaB!

## Forest Days with Archery!

Tuesday 24th October  
Wednesday 25th October  
9:30am-3:30pm  
£35 incl VAT

Book online **now!**  
[www.forestandbeach.co.uk](http://www.forestandbeach.co.uk)



Forest and Beach, Beeson, Devon  
**01548 580 744**

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