

Early Years Newsletter

Summer 2020

Welcome to the 1st edition of our Early Years News. This bulletin will keep you up to date with the latest news and information for all those working in the Early Years and Childcare sector. Included will be the following:

- Updates to existing information
- Changes to legislation
- Business information (associated with settings running their business)
- Health Information
- Links to national initiatives

This news bulletin will combine a number of Early Years newsletters previously produced and bring together articles in a new digitalised way. The format of the new bulletin is a working progress and we welcome any feedback you may have for future editions.



Early Years Team

The Early Years Team would like to thank you for all the support you have shown towards your children and families during this unprecedented time and we continue to be available for colleagues across the early years sector. Plans are beginning to be made for the recovery phase and we will keep you informed as these develop. Please do not hesitate to contact us for support, advice or guidance including Area SENCO support for any of your children on our caseloads, or to share any ideas that you have. Contact details are available [here](#).

Early Years Hub

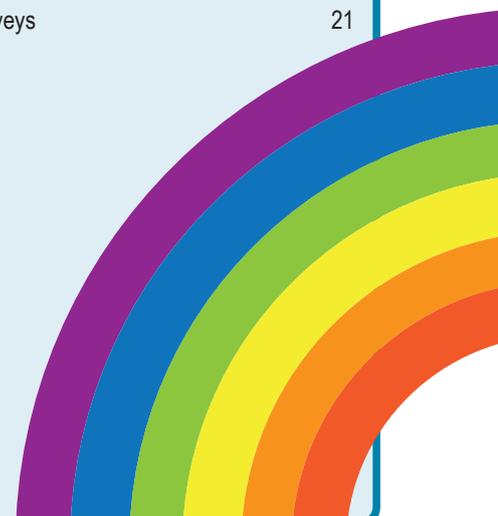
Thank you to all of our early years providers – settings and childminders – who are continuing to care for the children of key workers and vulnerable children across the county. A full list of the Childcare and Learning hubs can be found [here](#).

Updated list of hubs and standalone schools (Schools Update 27/04/2020)

The county council have updated the list of school hubs and standalone schools now operating across the county. You can find the new list [here](#) and this will be updated and shared through the county comms as any changes are made. Keep up to date with school and early years Covid-19 communications by checking the webpage for schools www.cumbria.gov.uk/coronavirus/education.asp

Contents

Early Years Provider Portal	2
What is a Family Information Directory?	2
Universal Credit and Childcare	3
Early Years Foundation Stage Reforms	4
Apps for Early Years Children	4
Booktrust - Books of the Month	5
Family Wellbeing	7
Early Years Training Information	7
Health and Safety	8
COVID-19 Information	8
Coping during the pandemic	9
Emotional Wellbeing and Mental Health Support and Advice	10
Emergency Support Helpline	12
Gov.uk / DfE Updates	12
Foundation Years	14
Are you concerned about a child?	15
Safeguarding children	15
Vulnerable Pupils	15
New Contact Details for Early Help Team and LADO	16
CSCP eLearning course	16
0-19 Child and Family Support	16
Early Year Peer Challenge	18
Free access to Solihull Online courses	19
Ofsted News	20
Physical Activity Guide	21
Safeguarding during COVID-19	21
Surveys	21



Checks if your setting is closed (EY Update 27/04/2020)

If your setting is closed we would recommend that you check your insurance to ensure you are complying with the terms and conditions of your policy to manage your premises. It would also be useful to see if you need to make any health and safety checks identified in your policies and procedures

A return to normality

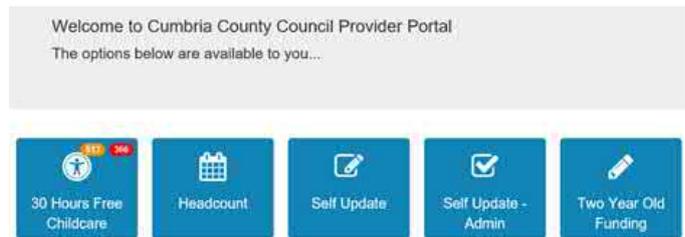
There has been a lot of press coverage recently about beginning to reopen from the first of June. Please see the most recent **guidance** from the DfE that outlines the way forward and communications you will receive from Cumbria County Council. Please rest assured we will continue to work closely with you as we return to normality.

Early Years Provider Portal - Updating Setting Information

The Children and Families Information Service have a statutory duty to provide accurate and up to date information to parents/carers about local early years services. This is where early years and childcare providers can help by logging into Early Years Provider Portal and clicking on Self Update. emsonline.cumbria.gov.uk/ProviderPortal_LIVE/Account/Account/Login

Information you can update includes:

- Contact details
- Consent - This will give CCC permission to publish your information online to the Family Information Directory.
- Availability and Capacity – select description e.g. ‘Opening Times – add/amend opening times
- **Availability** – No of weeks open
- **Age Range** – check and change if necessary the age range of your services
- **Capacity** – Waiting Lists and vacancies
- **Travel** - Travel details and School Pickups
- **Costs** - Add your charges for each age range
- **Facilities** - you can select additional services that you provide



Please note – if you have more than one service e.g. full day care, breakfast, after school or holiday club you will be able to update each service.

What is a Family Information Directory?

Cumbria County Council's Family Information Directory is one central place holding lots of information for families, childcare providers and professionals, it includes:

- Ofsted registered childcare, eg childminders, pre-schools, day nurseries, out of school and holiday clubs;
- Unregistered childcare, eg parent and toddler groups, activities;
- Help and advice on choosing childcare
- Information on financial help for families with childcare costs
- Local and national support organisations
- Details of a range of leisure activities
- Wide range of leaflets and guides
- Information on childcare as a career or setting up your own childcare business
- Support for families of children with disabilities and specific needs
- Cumbria Children's Centres



Register a parent and toddler group

- Families in Cumbria are always looking for information about Parent & Toddler Groups, as these don't register with Ofsted we struggle to find out where and when they are running.
- Registering the parent and toddler group by taking a few simple steps then the group can be advertise to residents of Cumbria. www.cumbria.gov.uk/familyinformationdirectory/
- Click **'Sign in / Register'** at the bottom of the page click **'New User? Create an account'** enter your basic details then click **'Create account'**
- An email will be sent to you with your 'Activate code' enter into box and sign in. Once in the system click on **'My Account'** and then **'Update Account'**. There is several options available, to create your service click **'Provider Updates'**. Enclosed is a sample of the fields to help you prepare if you decide to register

Universal Credit and Childcare - Information for parents/carers

You may be able to claim back up to 85% of your childcare costs if you're eligible for **Universal Credit**. You (and your partner if you live with them) will usually need to either:

- Be working - it does not matter how many hours you or your partner work
- Have a job offer

How much you'll get

The most you can get back each month is:

- £646 for one child
- £1108 for 2 or more children

You can **Claim Universal Credit online**.

Please note you cannot claim Tax Free Childcare if you receive universal credit.

The DWP recently added more flexibility when reporting costs – giving families an additional month to report their costs. The support can also be claimed in the month prior to starting work if a person has accepted a job offer.

Parents can also now receive a helping hand to address their work-life balance through a new jobs initiative launched in September.

The Department for Work and Pensions' Find a Job website <https://findajob.dwp.gov.uk>, now has a new Flexible Jobs Portal, which uses technology to gather more than 40,000 job adverts, all designed with flexible working in mind. The scheme is designed to help parents, especially mums, get their careers back on track, while raising a family.

Universal Credit and Housing

Anyone claiming Housing Benefit will receive an extra two weeks' support when they move onto Universal Credit, which does not have to be paid back. Your first Universal Credit payment will also include housing support, and it is possible for the jobcentre to pay your rent directly to your landlord where requested.

Claiming Made Easy

Universal Credit claims are made online at www.universal-credit.service.gov.uk, but support is available for those who need extra help. **Help to Claim**, provided by Citizens Advice, can help with all aspects of your application, while all jobcentres across the country have Wi-Fi and computers available to access the internet. Extra help is available via the free-phone Universal Credit helpline on 0800 328 5644 and face-to-face support is available in jobcentres. Home visits can also be arranged in some cases.

Other support available for your family

The Flexible Support Fund (FSF) is a sum of money that has been put aside by the Government to help you with the costs of getting a job. The funds are managed by local jobcentres and can cover the costs of things like childcare, travel to interviews, clothing and uniforms to start work, as well as support for single parents in financial emergencies in the first 26 weeks of starting a job.

Unlike an advance the money you receive is a grant rather than a loan, so you don't have to pay it back.

Those on Universal Credit can also benefit from a one-off payment of £500 to help towards the costs of having a child. This is known as a Sure Start Maternity Grant, which does not have to be paid back and will not affect the benefit payment you receive.

Further support available could see you pay less in Council Tax, while you may get help with your savings. A Help to Save account can provide a bonus of 50p for every pound you save over four years.

For more information go to: www.gov.uk/government/publications/universal-credit-and-other-benefits-quick-guide/extra-support-for-universal-credit-claimants

For more information on childcare entitlements and support with childcare costs go to: <https://www.childcarechoices.gov.uk/>



Early Years Foundation Stage Reforms

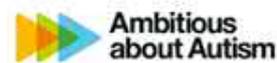
A webinar about the consultation on the proposed changes to the Early Years Foundation stage is now available on the Foundation Years website. The session covered:

- EYFS reforms context and update
- Scope of the consultation
- Overview of the proposed changes
- Supporting the workforce and implementation
- Pilot findings: understanding and using the revised ELGs"

The webinar is available to download here: **Early Years Foundation Stage Reforms**
<https://www.childcarechoices.gov.uk/>

Right from the Start toolkit: autism in the early years

Ambitious about Autism has launched an online toolkit designed to help parents navigate their autism journey in the early years.



The free guide contains information, practical tips and checklists for parents and carers. Topics include:

- Child development,
- Strategies to help children,
- How to request an autism assessment and navigate the diagnosis process
- Information about the financial, educational and emotional support available for autistic children and their families.

Apps for Early Years Children

Following a competition to find the best educational apps for parents to engage young children in learning at home, a Department for Education panel of experts has approved 6 with a focus on early literacy, language and communication. The apps have been published on the **Hungry Little Minds website**

We know that phones or tablets are part of many families' everyday lives and kids love to use them, but it's not always easy to know which apps and games can benefit your child's learning.

That is why we have given a quality mark to apps that an independent educational panel believes have good educational value. Why not try these with your child?



CBeebies Storytime is filled with free interactive story books and bedtime stories for young children and is a great way to enjoy reading with your little one. The library is always growing, with amazing stories featuring all the CBeebies' favourites.

Age: 0-5 Platform: Apple, Android, Amazon

CBeebies Playtime Island contains a wide range of fun and educational games to help children understand the world around them and support the development of core skills. Children can play along with all of CBeebies' most popular characters.

Age: 0-5 Platform: Apple, Android, Amazon



Lingumi provides a course focused on spoken and communicative English. The app provides sets of learning games, speech recognition games and video-based games to help the child grow their grammar and get them speaking their first words.

Age: 2-5 Platform: Apple, Android

Kaligo is a digital handwriting exercise book designed to teach children how to write using a stylus and tablet, built on an AI machine learning platform. A self-paced approach enables children to progress at their own speed according to their own ability, whilst AI Machine learning provides real-time corrective feedback.

Age: 3-5 Platform: Apple, Android



Getting more information on literacy, language and communication

Get more information, find ideas and activities to do with children from the following websites:

- **Small Talk** – ideas and activities from the National Literacy Trust.
- **I CAN** – for more information about children's communication.
- **A Better Start** – for more information about building young brains.
- **NSPCC** provides free 'brain-building tips' for children.
- **Bilingualism Matters** provides information about children learning more than one language.
- **Royal College of Speech and Language Therapists** can provide support if you're worried about your child's speech and language development.

We have now received the final report and are looking forward to sharing the findings with you soon.



Booktrust - Books of the Month

Every month, Booktrust review dozens of books for children and teenagers. Here are the ones they liked best in March: guaranteed to get your child reading...

0 to 3 year olds

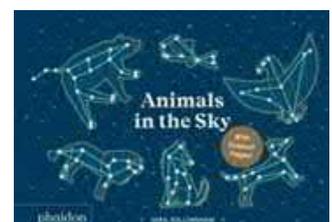


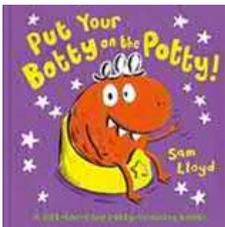
Treacle Street: Prima's Missing Bunnies

Author: Kate Hindley Everyone on Treacle Street is excited about the bunnies' Dance School's first performance of their musical Duck Pond. However, Miss Prima, the dance teacher, can't find the bunnies anywhere! The second book in Kate Hindley's brilliant Treacle Street lift-the-flap board book series showcases her stunning illustration and is a lovely simple story for little children.

Animals in the Sky

Author: Sara Gillingham A beautiful introduction to astronomy for younger readers. In this lovely board book with nice thick fold-out whole-page flaps, children are asked to guess the animal shape of a set of stars before turning the page to see if they were right, and to learn a basic fact about the constellation.



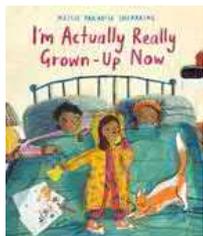
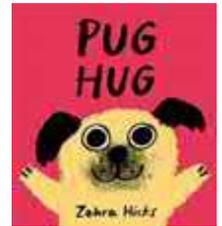


Put Your Botty on the Potty

Author: Sam Lloyd Little Moo Monster wants to be grown up, but he's still in nappies. Will he be ready for the potty-trained Monster Pant Party in time? This entertaining lift-the-flap book has a great message of encouragement for little ones outgrowing their nappies - and some very cheeky illustrations to enjoy!

Pug Hug

Author: Zehra Hicks A very cute pug really wants a hug, but no-one wants to hug him! What is a pug in need of a hug to do? This simple but effective story is perfect for reading aloud with lots of giggly cuddles.

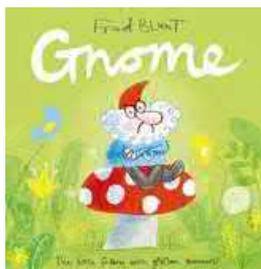
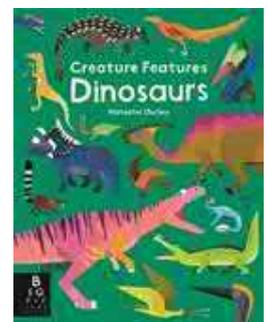


I'm Actually Really Grown-Up Now

Author: Maisie Paradise Shearring Meena's parents are having an exciting party, but she gets sent to bed - it's not fair! Meena plans a sophisticated grown-up party of her own, but her friends aren't very impressed. Shearring's book is a great way to remind kids that sometimes adults need to have fun with their friends too, and parents of children who want to stay up and join in.

Creature Features: Dinosaurs

Author: Natasha Durley Millions of years ago, dinosaurs roamed the Earth: and a lot of them had very interesting features, such as big sharp teeth like T Rex, amazing armour like Ankylosaurus, or super spiny sails like Spinosaurus. Colourful illustrations and fascinating facts make this a great one for younger readers.

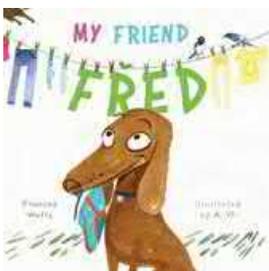
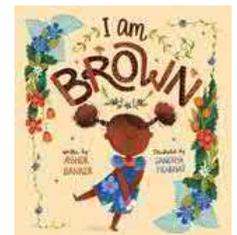


Gnome

Author: Fred Blunt Mr Gnome isn't exactly the politest gnome that has ever lived. In fact, he's pretty rude. So when Miss Witch asks Mr Gnome to stop fishing in her pond, it's no surprise that he refuses - but Miss Witch has a pretty conclusive method for dealing with rudeness... A fabulously funny cautionary tale for grumpy little ones.

I Am Brown

Author: Ashok Banker **Illustrator: Sandhya Prabhat** In this adorable picture book, a little girl celebrates her beautiful brown skin and imagines all the possibilities life has for her and her friends. Celebrating diversity and the variety of faiths, clothes, languages, passions and cultures of a group of brown skinned children, this is a delightful and upbeat book and a lovely one to have at storytime.

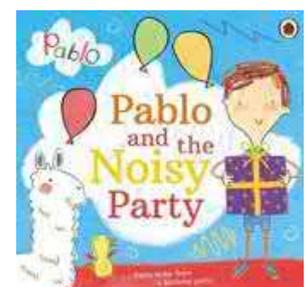


My Friend Fred

Author: Frances Watts **Illustrator: A. Yi** A funny, gentle tale about appreciating the differences in one another. With a read-aloud structure and a mysterious narrator, this is a fun and engaging book that keeps you guessing who Fred's friend is right up until the end.

Pablo and the Noisy Party

Author: Andrew Brenner and Sumita Majumdar APablo finds the noise at his cousin's party overwhelming, but his imaginary friends are there to help him make sense of the situation. This empowering book and TV series competently reflect neurodiversity and has been developed by writers who are themselves on the autistic spectrum.



Family Wellbeing (EY Update 27/04/2020)

We have been impressed by the way in which early years sector colleagues want to continue to support those families whose children remain at home – this is shown by the way in which you are sharing the daily home learning activities on the Children and Families Information Service **Facebook page**.

New home learning activity launched

In order to support families with early years children, Cumbria Early Years Team will post a simple daily activity for the children and families to try together at home - 'What can I do today?' A new activity will be posted each morning on the Children and Families Information Service **Facebook page**.

If you are able to, please share these with families through your setting Facebook page, social media and/or website – we hope to reach as many families in Cumbria as possible.

It would also be helpful if you could add links to the three useful websites below to help families find more activities to try with their children. The activities are all no cost and can be done with everyday objects that you find around the home:

- hungrylittleminds.campaign.gov.uk/
- www.parentclub.scot/articles/play-talk-read
- www.bbc.co.uk/tiny-happy-people

We hope that families will enjoy these activities and spending time together. For further information on home learning please visit our **webpage**.

The University of Chichester have made an **early years education guide** available to parents and carers for free, which provides information to families around supporting their child across the EYFS areas of learning. Please share this with your parents and carers.

Healthy Families Cumbria Pledge

The Healthy Families Cumbria Pledge was launched at the end of last year. Please continue to check the **website** for updates and join our **Facebook** group to share ideas about activities and resources for families to help to keep them happy and healthy during this difficult time.



Early Years Training Information 2020-21

Following your feedback, the team are now putting together the 2020-21 early years training programme. Watch out for it on our website over the summer months

www.cumbria.gov.uk/childrenservices/childrenandfamilies/cfis/earlyyearsandchildcare/earlyyearsandchildcare.asp

Please note you will be informed about pre- booked training planned for delivery over the Covid-19 period

Transition

To help settings, schools and parents we will shortly be releasing some guidance and useful suggestions for children in the early years to support their move to their next provision/stage of education under the current circumstances where normal transition practices may not be able to take place.

Starting school is a time of such significance for young children and their families. We know that you will be starting to think about how different this may have to be for families in 2020 if schools and settings remain closed.

The transition document is being reviewed to support with this and will be shared via the Early Years website and further communication.

These resources and top tips will be available on the early years website, accessible through a link on the early years comms, CFIS face book page and forwarded to providers on re-opening.

Funding to support staff in hardship (EY Update 20/04/2020)

You might wish to be aware that the **Teaching Support Trust** provides financial hardship support to individuals facing unexpected difficulties, and is open to nursery workers.



Health and Safety

Legionella Risk Reduction

Given the extended closure period and significantly reduced occupancy in premises, in line with advice from the Legionella Control Association and our Water Hygiene contractor IWS, our council's Property Team are strongly advising all schools to carry out weekly flushing of your school water systems to reduce the risk of Legionella. Please use your normal policy and procedure to protect against this when your provision has extended periods of closure eg the summer holidays.

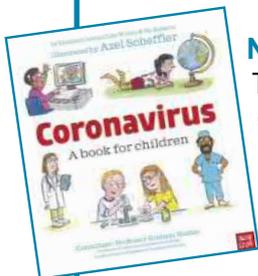
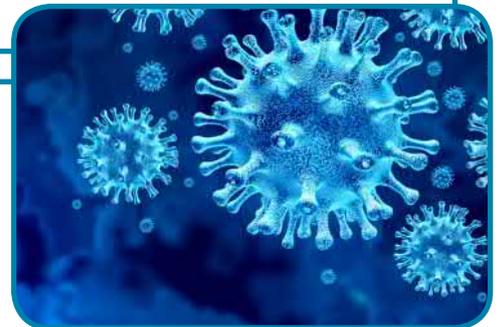
HSE Issue Extension for First Aid at Work Qualifications

The Health and Safety Executive (HSE) has issued a **statement** regarding any First Aid at Work qualifications that were due to expire after 16 March. If you hold a first aid certificate that expires on or after 16 March and cannot access requalification training because of Coronavirus you may qualify for a three month extension. To qualify for the extension, you must be able to explain why you haven't been able to requalify and demonstrate what steps you have taken to access the training, if asked to do so.

Covid-19 Information

Early Education: Coronavirus updates - Information for settings and schools

www.early-education.org.uk/coronavirus-updates#gwletter



New book to support young children

The illustrator from The Gruffalo, Axel Scheffler, has produced a book about Covid-19 for children, **Coronavirus: a book for children**, and it is available FREE to download.

He worked closely with experts including head teachers and a psychologist to make sure that the messages were helpful. Please share with your families so that it is available to every family that needs it.

Doctors of the World

Doctors of the World has translated the latest Public Health England advice on Covid-19 into 45 languages.

www.doctorsoftheworld.org.uk/coronavirus-information/

Children's guide to coronavirus – Children's Commissioners' Office

mailchi.mp/9e4b0ced6c53/childrens-guide-to-coronavirus?e=2e1429be57

Corona Virus Information In Different Languages On YouTube

A small task and finish group within Leeds City Council have been working to provide translated and audio materials in 11 different languages: Polish, Romanian, Urdu, Arabic, Czech, Punjabi, Tigrinya, Farsi, Slovak, Kurdish Sorani and Bengali. There are three different videos which focus on:

- **Spot the signs** - This short film contains information to help people spot the signs of coronavirus and gives advice for households with possible coronavirus infection.
- **Handwashing advice** - This short film contains information about how you can help stop the spread of viruses, like coronavirus, by practising good respiratory and hand hygiene.
- **Essential advice** - This short film contains information for households with possible coronavirus infection. Please be aware that this is an evolving situation and public advice may change.

Please find the link for the videos playlist www.youtube.com/playlist?list=PLggQFjpTLgplq0r7-nFO9mT6j8Yk2vKBt

New Course - Coping during the Pandemic

A free online course has been developed for everyone in response to the recent global pandemic. It contains helpful information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information. The course is free to access for everyone. You can find the link **here**.

Please share this as it will be helpful to everyone you know, and it will be continually updated with the latest information and advice. There is also a Coronavirus page on the website: www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/

Coronavirus and bereavement – Support for Schools / Settings and Parents / Carers

The following comprehensive document has been written by Bracknell Forest EPS in collaboration with Innovate Services.
Coronavirus and Bereavement

SeeSaw

A pack for schools produced in Oxfordshire <https://schools.essex.gov.uk/pupils/Educational%20Psychology%20Service/Documents/SeeSaw%20bereavement%20pack.pdf>

Cruse

Bereavement care including coronavirus dealing with bereavement and grief. <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Child Bereavement UK

Help children and young people (up to age 25), parents and families, to rebuild their lives when a child grieves or when a child dies. <https://www.childbereavementuk.org/>

Winston's Wish – Giving hope to grieving children

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

The Lullaby Trust

Bereavement support to anyone affected by the sudden and unexpected death of a baby or young child <https://www.lullabytrust.org.uk/bereavement-support/>

Grief encounter

Child bereavement support <https://www.griefencounter.org.uk/about-us/>



Emotional Wellbeing and Mental Health Support and Advice Links

Please find below a list of Emotional Wellbeing (EWB) and Mental Health sources of advice, consultation and support for hub staff, children and their parents and carers. This is a summary.

Most of the general advice for professionals, parents, carers and young people can be found at:

Professionals: <https://cumbriasafeguardingchildren.co.uk/LSCB/CSCP/covid19informationforprofessionals.asp>

Parents: <https://cumbriasafeguardingchildren.co.uk/LSCB/CSCP/covid19informationforfamiliesandparents.asp>

Additional sources of advice and support:

Young Minds: The Young Minds Website has a parents and professionals section as well as advice and moderated blogs for young people and a free telephone. Parents Helpline Tel: 0808 802 5544. <https://www.youngminds.org.uk>

Rise Above: Health and wellbeing website by Public Health England that covers everything including emotional wellbeing, friendships, self-care; also has games, videos etc. <https://riseabove.org.uk/>

5 – 19 School Age Public Health Nurse Practitioner Service: E-school Nurse it is now available for professionals AND parents across the age ranges – however it is about general health needs not just mental health. See **attached** for details. 5-19 PH Website – the team are constantly updating with information and ideas on their website. <https://www.cumbria.gov.uk/ph5to19/>

The link below takes you to a recently published guide for educational settings and schools on sudden traumatic death and bereavement prefaced by a COVID 19 section: <http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=fLsuj6aGToc>

CAMHS Support (North Cumbria): Where CYP are experiencing serious mental health issues (currently as staffing allows). The West Team can be contacted on 01900 603985. The East Team (includes Carlisle) can be contacted on 01228 608870.

South Cumbria CAMHS (South Lakeland & Barrow): For advice and support please ensure that in the first instance your worries about a child/young person with an escalating mental health difficulty, are discussed with a My Time Primary Mental Health Worker (contact details at the top of page) or a senior Health Practitioner or Social Worker. They will advise if a referral to Specialist CAMHS is the appropriate next step and support you through that referral process.

SAFA Self Harm Awareness for All Support Service: SAFA continues to work with self-harm clients and have moved from face to face counselling to virtual counselling. Office staff are working from home. All counsellors have been trained to deliver the service via on-line support. They are also able to support friends/family members that need support. Until June SAFA will be working across the whole of Cumbria, after then they will switch to working only across South Cumbria. SAFA can be contacted on 01229 832269 during normal business hours. Referrals are accepted via their website at <https://safa-selfharm.com/referral-forms/>

Mind: Coronavirus and your mental health

Our information hub provides advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home, tips for employers on supporting yourself and your team, and updates on how the new coronavirus laws could affect your rights. If you're a young person struggling at this time, we've also got some information for you. www.mind.org.uk/coronavirus-we-are-here-for-you/

Helping people to cope with coronavirus

Coping with corona, maintaining wellbeing, helping people to cope, FACE COVID
www.adamspsychologyservices.co.uk/coronavirus.html

Focus: Mental Health

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (Covid-19) outbreak

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the Covid-19 outbreak.

www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Young Minds

Advice on what to do if you're anxious about coronavirus. There is also further information about how young people can look after their mental health if self-isolating. [youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/](https://www.youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/)

Taking CARE To Promote Mental Health in Schools and Colleges

The CARE animation is a short animation for all school and college staff that recognises the importance of supporting children and young people's mental health in schools and colleges, and offers a simple principle for staff to remember: CARE (Curious, Approachable, Refer, Empathy)

https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/taking-care-to-promote-mental-health-in-schools-and-colleges/?utm_source=Royal%20College%20Of%20Paediatrics%20and%20Child%20Health&utm_medium=email&utm_campaign=11270314_RCPCH%20Engagement%20Collaborative%20Jan%202020&dm_i=12S1,6PK8A,S3W13E,QS6SI,1

For Parents and Carers supporting a young person with mental health problems

This website aims to help parents and carers to help their young person by directing them to sources of support, advice and information. www.helpforparents.org.uk/?utm_source=Royal%20College%20Of%20Paediatrics%20and%20Child%20Health&utm_medium=email&utm_campaign=11270314_RCPCH%20Engagement%20Collaborative%20Jan%202020&dm_i=12S1%2C6PK8A%2CS3W13E%2CQS6SJ%2C1

Anxiety and world news

www.heysigmund.com/anxiety-in-children-after-world-trauma/

Managing anxiety age by age

A guide about what to expect age by age around anxiety, strategies and tips on when to get help www.heysigmund.com/age-by-age-guide-to-fears/

How to talk to kids and teens about world trauma

www.heysigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/

Coronavirus Anxiety: 4 Ways to cope with Fear

psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/

Coronavirus: Psychologists offer advice for maintaining positive mental health article

www.psychology.org.au/About-Us/news-and-media/Media-releases/2020/Coronavirus-psychologists-offer-advice-for-mainta

8 Different Podcasts to listen to regarding Anxiety

www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/

Brain Pop Video and activities

www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/

Mindfulness for Kids

Smiling mind – app and website www.smilingmind.com.au/

Supporting Students Experiencing Childhood Trauma: Tips for Parents and

Educators from the National Association of School Psychologists

www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/trauma/supporting-students-experiencing-childhood-trauma-tips-for-parents-and-educators



Emergency Support Helpline (Cumbria Police Update 18/04/2020)

An emergency support service for people at high risk of becoming seriously ill, as a result of COVID-19, and do not have support available from friends, family or neighbours has been set up.

0800 783 1966 COVID19support@cumbria.gov.uk

The lines will operate Monday to Friday 9.00am to 5pm and 10am to 2pm at weekends.

The service will also accept referrals from members of the public who may be concerned about people in their community.

Further details about this support service can be found online at <https://bit.ly/2Xp9x9c>

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966
COVID19support@cumbria.gov.uk

Full details can be found online at cumbria.gov.uk
Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



Guidance for local government during the coronavirus (COVID-19) outbreak

www.gov.uk/guidance/coronavirus-covid-19-guidance-for-local-government#history

Small business grant funding of £10,000

For all business in receipt of Small Business Rates Relief or Rural Rates Relief. For more information about how to apply or check if you are eligible please visit your local authority web site:

- Allerdale Borough Council
- Barrow Borough Council
- Carlisle City Council
- Copeland Borough Council
- Eden District Council
- South Lakeland District

GOV.UK / DfE updates

The Government continues to release a wide range of guidance related to education and childcare.

Use the following link to explore the latest guidance www.gov.uk/coronavirus

You may be interested in some of the following...

Government Department or Agency	Policy area	Link to guidance and advice note
Department for Education	Early years	Early years and childcare closures
Department for Education	Education	Covid-19: School & college accountability and performance measures
Department for Education	Education	Covid-19: List of online education resources for home learning
Department for Education	Education	Implementing social distancing in education and childcare settings
Department for Education	Education	Closure of settings: for parents and carers
Department for Education	Education	Covid-19 guidance for apprentices, employers and training providers
Department for Education	Education	Guidance on vulnerable children and young people for education settings
Department for Digital, Culture, Media & Sport	Education	Culture at your fingertips from homes (access to museums and art)
Department for Education	Education	DfE helpline: 0800 046 8687, 8am - 6pm weekdays, 10am - 4pm weekends
Children and Family Court Advisory and Support Service	Family Justice	Co-parenting and child arrangements in a global pandemic

Government Department or Agency	Policy area	Link to guidance and advice note
Public Health England	General advice	Guidance for employers and businesses on Covid-19
Ministry of Housing, Communities & Local Government	General advice	Covid-19 guidance hub of useful information for local government
Cabinet Office	General advice	Coronavirus information service launched via WhatsApp
Public Health England	General advice	Guidance on self-isolation
Cabinet Office	General advice	Full guidance on staying at home and away from others
Ministry of Housing, Communities & Local Government	General advice	Business rates: Nursery (childcare) discount 2020/21: coronavirus response
Public Health England	Health	Shielding extremely vulnerable people on health grounds from C19
Public Health England	Health	Multilingual guidance on social distancing and for vulnerable people
Public Health England	Health	Multilingual guidance for households with possible infection
Public Health England	Health	Easy read information on C19
Public Health England	Health	Guide to cleaning in non-healthcare settings
Ofsted	Inspection	Rolling update of regulatory developments from Ofsted
Ofsted	Inspection	Guidance on deferring inspections
NHS	Mental health	Mental wellbeing while staying at home - top tips
Public Health England	Mental health	Guidance for the public on MH and wellbeing aspects of Covid-19
Public Health England	Mental health	Guide for parents and carers on supporting children's MH and wellbeing www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Home Office	Safeguarding	Covid-19: Support for victims of domestic abuse
Department for Education	SEND	Supporting disabled people through the coronavirus outbreak (EHCP flex)
Ministry of Justice	Justice	Guidance for friends and family of those in prison
Home Office	Safeguarding	Domestic abuse: How to get help for you or someone you know
Home Office	Safeguarding	Home Secretary launches new domestic abuse campaign

Temporary changes to the EYFS

The Secretary of State for Education has provided the following information regarding temporary changes to the framework subject to parliamentary agreement. The proposed changes are:

- Allow providers greater flexibility to respond to changes in workforce availability and potential fluctuations in demand, whilst still providing care that is high quality and safe
- Providers not being required to meet existing learning and development requirements
- Providers not being required to complete the EYFS profile assessment for 2019/20
- Providers not being required to undertake the 2YO progress check during the Covid-19 period
- Exceptions to the qualifications that staff hold in order to be counted in ratio requirements

To keep up to date with these changes the DfE advises Providers to follow the **guidance on the government website.**



Foundation Years website

To support early years providers who remain open to vulnerable children and children of critical workers during the coronavirus outbreak, the Government has temporarily disapplied and modified certain elements of the early years foundation stage (EYFS) statutory framework. These changes come into force today (24 April).

This will allow providers greater flexibility to respond to changes in workforce availability and potential fluctuations in demand, while still providing care that is high quality and safe.

Foundation Years hosted a video podcast with the Department for Education (DfE) to share the latest information on the disapplications and answer your questions.

You can watch the video and download the slides [here](#).

DfE will shortly publish guidance [here](#).

Reducing burdens on educational and care settings

The Government has released **updated guidance** on how it intends to 'ease the burden' on educational settings during the current academic year. The DfE Childcare and Early Years Surveys of Providers and Parent/Carers are paused until at least the 30 June.

Testing for Essential Workers

The Government has announced that critical workers in England can now access **COVID-19 testing**. This includes education and childcare workers. From today, employers can register and refer staff who are self-isolating, and employees will be able to book a test directly for themselves or members of their household who are experiencing symptoms.

Testing for early years staff (from foundation years website)

The Secretary of State for Health and Social Care has announced that critical workers in England - including staff working in early years settings - will be able to access testing if they are experiencing symptoms such as a high temperature or a new and continuous cough. Tests can be booked **online** from 24 April. Published 23 April

Funding

The Department for Education have published new guidance on the Coronavirus Job Retention Scheme for early years which we would urge you to read due to the implications for the Early Years sector Coronavirus (**COVID-19**): **financial support for education, early years and children's social care – published 17 April 2020**

From Foundation Years (17/04/2020)

Financial support for education, early years and children's social care guidance

This guidance sets out the financial support that is available for different types of education, early years and children's social care providers in England.

The early years section of the new guidance confirms that a private provider should only furlough employees, and therefore seek support through the Coronavirus Job Retention Scheme (CJRS), if they meet the following conditions:

- The employee works in an area of business where services are temporarily not required and where their salary is not covered by public funding;
- The employee would otherwise be made redundant or laid off;
- The employee is not involved in delivering provision that has already been funded (free entitlement funding);
- Where appropriate the employee is not required to deliver provision for a child of a critical worker and/or vulnerable child; and
- The grant from the CJRS would not be duplicative to other public grants received and would not lead to financial reserves being created.

If it is difficult to distinguish whether staff are funded through free entitlement or private income for the purposes of meeting the first three conditions as listed above, then an early years provider can access the CJRS to cover up to the proportion of its payroll which could be considered to have been paid for from that provider's private income.

This would typically be income received from 'parent-paid' hours, and excludes all income from the government's free entitlements (or 'DSG income') for all age groups. The guidance includes an illustration of how this would work in practice.

Published 17 April

Are you Concerned about a Child? (Cumbria Police Update 18/04/2020)



NSPCC
Learning

During the current covid-19 crisis it is important that we look out for one another. With schools/settings closed there are fewer people looking out for children. If you are concerned that a child or young person is at risk of abuse or neglect (harm) then you must report those concerns.



Coronavirus: safeguarding and child protection: Helping you support children during the COVID-19 pandemic

Safeguarding and child protection are as important now as they ever have been. But with schools closed and social distancing measures in place across the UK, we all need to think about the way we keep children safe during the coronavirus pandemic (COVID-19).

We've put together a list of services and resources to support your work with children, young people and their families during this challenging period.

Things are changing rapidly at the moment so we'll be updating and adding to this information regularly.

learning.nspcc.org.uk/safeguarding-child-protection/coronavirus



Safeguarding Children During Coronavirus (COVID-19)

The CSCP acknowledge that the current COVID-19 crisis is impacting all agencies which provide support to children and families. Safeguarding continues to be a priority, however we recognise that we may have to do some things differently.

As a partnership we have created new web pages to act as a single point of access for anybody who needs information and resources regarding safeguarding children during the ongoing COVID-19 situation.

Government guidance may change over the coming days and weeks so please make sure you are kept informed and up to date with any new advice or guidance being produced. Information will be updated as it is made available.

www.cumbriasafeguardingchildren.co.uk/

Vulnerable Pupils

Are you worried about a child? We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.

This will be a difficult time for lots of families, and families may be making different care arrangements for their children. Families may experience added stress and pressure at this time, this may be do with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.

If you are concerned or worried about a child or young person who you believe might be at risk of harm, please contact:

- Cumbria safeguarding Children's Partnership multi agency hub on 0333 240 1727 or NSPCC 0808 800 5000.
- If you see a child at imminent harm please ring the police on 101 or 999.

New Contact Details for the Early Help Team and Local Authority Designated Officer (LADO)

Have you updated your policies and procedures with the new details? You no longer need to call the Safeguarding Hub to speak to a member of the Early Help Team or LADO service.

New contact details for the Early Help Team
T: 03003 033896 E: early.help@cumbria.gov.uk

New contact details for LADO
T: 03003 033892 E: LADO@cumbria.gov.uk

The process to make a Safeguarding referral for a child remains unchanged
www.cumbriasafeguardingchildren.co.uk/LSCB/professionals/lado.asp

Safeguarding Advice for those Assisting their Community

The Government has issued a Safeguarding Factsheet for Community Volunteers during COVID-19 outbreak.
[Read more here.](#)

CSCP eLearning courses available



The CSCP is committed to providing a range of learning opportunities for all staff and volunteers who deliver services to children, young people and families. In order to achieve this we are pleased to introduce **a suite of eLearning opportunities** designed to complement the multi-agency learning and development programme. The following eLearning courses are available to book:

- Safeguarding and Child Protection Level 1
- Child Sexual Exploitation
- Domestic Abuse
- Female Genital Mutilation (FGM)
- Honour Based Violence and Forced Marriage
- Modern Slavery and Human Trafficking
- Neglect
- Self-Harm
- Social Media and Safeguarding
- Sudden Unexpected Death in Infancy (SUDI)
- Suicide Prevention Awareness

0 – 19 Child and Family Support... a New Service

Cumbria County Council commissioned a new **0-19 Child and Family Support Service** late 2019. This is a different service to the previous **Early Help Services 0-12 years**.

The new service is part of the 0 -19 Child, Young Person and Family Health and Wellbeing System - which is a system approach across the whole of Cumbria.

Through a competitive tender exercise, the new **0 – 19 Child and Family Support Service** contracts were awarded to:

- | | |
|--|--|
| • Allerdale - Family Action | • Copeland - Family Action |
| • Barrow in Furness - Family Action | • Eden - Barnardo's |
| • Carlisle - Family Action | • South Lakes - Action for Children |

The Contracts are for a duration of 3 years 3 months (starting January 2020) with the option to extend by two periods of 1 year.

What will the new Service Offer?

The Providers shall provide a range of universal and targeted interventions primarily at Levels 1 to 3.

These interventions will support the following areas in the Children and Young People's Plan 2019 - 2022:

- Children and young people are healthy
- Children and young people are safe
- Children and young people are achieving



0 – 19 Child and Family Support Service

This new support service for Children and Young people aged 0–19 years is now up and running across Cumbria, although face to face work and visits are currently suspended due to social distancing measures. Children’s Centre buildings are also closed until further notice.

In lieu of the above face to face services, the three Providers (Action for Children, Barnardos and Family Action) are providing support services to families through telephone contact and digital means. This may involve one to one support or group work, according to need.

Services on offer currently include:

- Parenting support across the age range, based on the Solihull model to help build positive attachments
- Support for families experiencing difficulties using a strength based approach
- One to one and group support for children and young people to promote their development, resilience and well-being, and to empower them through key transitions
- Providing advice and information to families around their health and wellbeing, both face to face and on-line, including supporting those facing economic hardship
- Joint work with the My Time Service to triage referrals for support
- Working closely with Health colleagues to support families in the early years (perinatal period up to three years), including those who wish to breastfeed

Enquiries or referrals to the service for families with emerging and ‘early help’ needs are welcome by using the contact details below:

	Provider	Email	Telephone No.
Allerdale	Family Action	Allerdale@family-action.org.uk	07815 687287
Barrow	Family Action	Barrow@family-action.org.uk	01229 821855
Carlisle	Family Action	Carlisle@family-action.org.uk	07734 003789
Copeland	Family Action	Copeland@family-action.org.uk	07815 688397
Eden	Barnardos	Enquiries.eden@barnardos.org.uk	07740 516210
South Lakes	Action for Children	south.lakeland@actionforchildren.org.uk	01539 734456



Early Years Peer Challenge

From the 3rd to 6th December 2019, Cumbria took part in an Early Years Peer Challenge that was led by the Local Government Association (LGA). Peer challenges provide an opportunity to have a thorough look at the young support and services we provide to children and families, and provide recommendations for further improvement. The early years challenges have a particular focus on the development of early language and communication in children.

We welcomed a team of eight peers from around the country who have wide experience of working in childcare settings, health settings and schools. A total of 122 people participated in the challenge as part of a county wide timetable of visits, focus groups and discussions. The Peers met parents and front line practitioners and interviewed colleagues from a wide range of services. Thank you to all of you who worked so hard to host visits and take part in focus groups during the week. The peers even enjoyed having lunch with some of the children in your settings.

We have now received the final report and are looking forward to sharing the findings with you soon.



Pyjamarama is back for 2020

Want a fun, new way to get children excited about reading? Pyjamarama is returning for a second time and will take place on **Friday 5 June 2020**.

Sign up the children at your nursery to spend the day in their pyjamas and give £1 so no child misses out on their bedtime story.

Sign up today for your free Pyjamarama activity pack



Free Access to Solihull Online Courses

We are very pleased to share with you that Public Health colleagues have arranged one year's access to the online version of the Solihull parenting course FREE of charge. All colleagues are invited to access the modules as CPD (access code available below until April 2021).

Please also share the information below with parents and carers as we would like as many families as possible to benefit from this opportunity:

Free online courses for FAMILIES of Cumbria:

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain

Cumbria County Council have invested in the award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation). These courses are for ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. The modules are free and available to everyone. They are relevant to parents/carers of all children, including those with special needs, autism, ADHD etc.

We would encourage you to take advantage of this time limited opportunity. These courses are normally £19-£39 per person, but are FREE with the access codes below to all residents of Cumbria:

Go to **www.inourplace.co.uk** and apply the relevant access code:

- Understanding your child age – Access code: WORDSWORTH
- Understanding your pregnancy, labour, birth and your baby – Access code: WORDSWORTH
- Understanding your baby – Access code: WORDSWORTH
- Understanding your teenager's brain – Access code: WORDSWORTH

You will be asked to create an account so that you can resume the course where you last left off. Once you have accessed the courses using this code you will have access even after the code expires. You will also be asked to verify that you are legitimately entitled to use the access code by entering your postcode.

Please know that personal information supplied by you remains private. Your responses to the monitoring questions are anonymised. You will not receive any marketing emails. You will receive congratulatory emails when you complete a module. The Solihull Approach may very occasionally email you to tell you about updates to the course. We welcome your feedback. For further information about the course visit **www.inourplace.co.uk**. For technical queries email **solihull.approach@heartofengland.nhs.uk** or ring 0121 296 4448 Mon-Fri 9am-5pm.

Following the news that the Solihull parenting programme is available for FREE for all parents/carers in Cumbria, we have further good news – the more detailed practitioner training is also available for one year FREE of charge.

There are three courses to circulate to your colleagues to access, these are:

- Understanding Trauma
- Understanding Attachment
- Understanding Brain Development

The password for all courses is WORDSWORTHPRF (valid until April 2021)

We have an unlimited number of users, so we really do want to get it across as many colleagues/partners that we can to help ensure we have a consistent approach.



OFSTED News

Ofsted continues to update its **guidance and information relating to coronavirus (COVID-19)** for schools, early years, children's social care and further education and skills providers. Use the following link to explore the latest rolling update www.gov.uk/guidance/ofsted-coronavirus-covid-19-rolling-update

The **Early Years Foundation Stage (EYFS) statutory framework** sets the standards that schools and childcare settings must meet for the learning, development and care of children from birth to 5 years old.

We have amended legislation to allow for the temporary disapplying and modifying of a number of requirements within the EYFS, giving settings flexibility to respond to changes in workforce availability and potential fluctuations in demand while ensuring children are kept safe. These temporary changes come into force on 24 April 2020.

Full details of the amendments can be found in the guidance on **Early years foundation stage statutory framework (EYFS)**, which also includes details about how the temporary arrangements will be brought to an end. Settings and local authorities should fully familiarise themselves with these changes to ensure they understand the flexibilities available to them and are meeting the modified requirements, especially in relation to paediatric first aid, during the coronavirus (COVID-19) outbreak.

Do settings need to meet the learning and development requirements in sections 1 and 2 of the EYFS?

Following the amendments to the EYFS from 24 April, early years settings only need to use reasonable endeavours to deliver the learning and development requirements set out in the EYFS. We understand that these are exceptional circumstances and the priority at this time is keeping children safe and well cared for. As far as possible, children should also benefit from a broad range of educational opportunities.

Education Inspection Framework 'Intent, Implement and Impact'

It's been over a year since the final draft of the new Education Inspection Framework, the very framework that all early years settings are now judged on. Now, a year on, Ofsted have produced webinars with Wendy Ratcliff about these key changes and what is expected from Early Years settings. These webinars are informed by over 4,000 completed early years inspections on the new framework.

Wendy is an Ofsted inspector, and has played a key role in developing the new early years framework alongside Gill Jones and her team. She talks about what's changed on the day, how to remove the myths from the inspection process, and the problem of behaviour in inspections.

Webinars include:

- Changes in the Ofsted Early Years Inspection
- New Ofsted terminology meaning for practitioners
- Reducing fear around Ofsted Early Years Inspections
- How does Ofsted ensure inspectors are consistent?
- Ofsted's Wendy Ratcliff on the new Inspection Framework

Here are some useful key points from the webinars:

- The learning walk has become a bigger part of the inspection day, and it's a chance to really explain what you do in your setting and why.
- There might be new wording in the document, but that doesn't mean inspectors are trying to catch practitioners out in a 'test' just because they don't know the exact vocabulary.
- The inspection and reports are really trying to explain as best as possible what it's like to be a child in your setting, hence the simplification of the report style.
- A big focus of the change is to reduce paperwork, and Ofsted do not want you to be generating any paperwork at all just for them.
- An increased focus on behaviour doesn't mean that instances of bad behaviour will mark you down. Inspectors are more interested in how adults respond to those moments.

<https://foundationyears.org.uk/2019/08/ofsted-education-inspection-framework/>

UK Chief Medical Officers' Physical Activity Guide

The UK Chief Medical Officers' Physical Activity Guidelines were updated and published on the 7th September. They now recommend that 60 minutes of the 180 recommended minutes of physical activity in a day for under 5s should be moderate to vigorous. You can download the full guidelines [here](#) and the new infographic [here](#)



Safeguarding during COVID-19

If you work in education, you may be interested in a new training course "Safeguarding during COVID-19", which has been created by the Child Protection Company and is based around the latest government guidance, released on 27 March. It is available free of charge to all schools.

If you would like to utilise this training, just follow the instructions on the link below:
eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.childprotectioncompany.com%2FCPC%2FL%2FCOVID19&data=02%7C01%7C%7C1b607ecb0c7d4ae4c62908d7db00b22e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637218668685375128&data=HeAxwI15GwCeHle%2Ffg0DcrXk0J2w8LRr3JM6istLNbE%3D&reserved=0

CPD online short course: An introduction to speech, language and communication

www.thecommunicationtrust.org.uk/projects/professional-development/online-short-course/



Surveys

Childline

The National Children's Bureau (NCB) have been commissioned by the NSPCC to carry out a piece of work to gain a better understanding of how Childline is perceived by professionals who work across the children's sector in different capacities.

Responses to the survey are anonymous and the survey should take approximately 10 minutes to complete.

If you work in an 'operational' role (for example, in social services, police, health, child protection, a children's charity or in an educational setting), please complete this survey:

Operational survey: www.surveymonkey.co.uk/r/JZ5TSGX

If you work in a 'strategic' or commissioning role (for example, in central or local government, for one of the children's commissioners, for a health provider, law enforcement, or children's charity), please complete this survey:

Strategic survey: www.surveymonkey.co.uk/r/JPF5NP

Message on behalf of Liza Jarvis, NHSE:

I know you are all extremely busy, but please can you complete the survey below to help us shape children and young people's social prescribing approach, which is particularly relevant given it will be a significant part of the NHS's offer to people in this crisis. The survey can be accessed here: www.smartsurvey.co.uk/s/CYPsocialprescribing/