



Doubletrees School

Achieve, Belong, Communicate, Develop and Enjoy

Welcome

Welcome to our first monthly 'family connection' leaflet! The purpose of this leaflet is to share information about local support services / organisations for families, and to provide useful resources and news about upcoming events in the community.

If you would like anything adding to this in the future, or would like to share your ideas, please let me know!

Thank you,
Michelle (Family Engagement Lead)

Holiday Activities

Cornwall S.P.A.C.E is a Council funded service providing holiday activities for disabled children and young people aged between 5 – 18.

They also offer three youth groups for young people aged 14 up to their 25th Birthday. Groups run on Monday and Tuesday in Launceston, St Blazey, and Hayle.

If you wish to receive more information about the summer activities, you can contact them on 01872 321486. I also have a copy of the referral form, so if you need help completing this, please let me know.

Supporting at home

Below are some useful links to activities you can do at home with your children to engage with them and help keep them calm:



<https://www.thefca.co.uk/fostering-autistic-children/sensory-activities-children-autism/>

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

<https://activelearningspace.org/family/activities-for-home/family-room-activities/>

Playdough

You'll need:

- 1 cup flour
- ½ cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food colouring



1. Combine the flour, salt, cream of tartar in a bowl and mix well.
2. Add the oil.
3. Add a few drops of food colouring into the water and add to the bowl.
4. Mix everything well and massage with your hands until no longer sticky.
5. Once everything has cooled, wrap in plastic and put in airtight container. Can be stored for up to 6 months.

FACE

FACE gives practical, accessible and affordable support to parents, schools and organisations across the UK.

They have various free and low-cost workshops coming up in May including anxiety explained, raising self-esteem, supporting a child with ADHD as well as many others.



Their website is <https://www.facefamilyadvice.co.uk/>

Family Information Service

Cornwall's **Family Information Service (FIS)** is a free and impartial support service. It gives information on local services for children and young people. Children and their families can use this site to find childcare and things to do:

<https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/>



Coffee Mornings



I am currently getting some dates together for coffee mornings. All parents / carers are welcome! We have guest speakers who can provide information about their services and organisations. Coming up we will be inviting Rachael Lethbridge from AAC (Augmentative & Alternative Communication) who will be able to provide advice, guidance, and support with their communication systems.

I will hopefully have the dates soon and will let you know once I have these. Please email me (msandham@doubletrees.org.uk) if you have a suggestion for future topics.

FAMILY CONNECTION ISSUE 1 – MAY 2024

Mental Health & Wellbeing

Cornwall MIND are running peer recovery groups for anyone wanting to improve their mental health and wellbeing.

They provide a safe place for people to share, understand and benefit from peer support.

Newquay – 1st Monday of each month 1 – 3pm

St. Austell – 1st Tuesday of each month 10 – 12 noon

Looe – 2nd Thursday of each month 2 – 4pm

Liskeard – 3rd Tuesday of each month 2 – 4pm

Bodmin – every other Thursday 10 – 12 noon

Bude – every Wednesday 10 – 12 noon

You can complete the referral form at <https://cornwallmind.org/referral-to-cornwall-mind/>

or speak with Michelle in school.



FACE May 2024
Family Advice - Communication - Support
Newsletter

 CPD training for anyone who works with children or teenagers.
National Standards CPD accredited sessions
All sessions booked & delivered online via facefamilyadvice.co.uk

Thursday 2 May 19:00 - 21:00 £24		Anxiety Explained Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.
Monday 13 May 19:00 - 21:00 £24		Autism: Improving Communication Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.
Monday 20 May 19:00 - 21:00 £24		Understanding the Teenage Brain Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.
Tuesday 21 May 19:00 - 21:00 £24		Raising Self-Esteem How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.

facefamilyadvice.co.uk info@facefamilyadvice.co.uk

Makaton sign of the week

'To dance'



 https://youtu.be/_5gTiHrNFxU?si=sNbjbcm278QfP8qM

If you wish to receive specific information about services / activities / training in your area, please let me know.

Michelle

(msandham@doubletrees.org.uk)

Please like our Facebook page for regular updates.

