



Parent Newsletter

ISSUE 5

JUNE 10

YOUR FEEDBACK

Thanks for your feedback. We received nine evaluation responses and the majority thought that the last issue of our newsletter was either good or excellent, which is great news.

You also gave us some great ideas for future issues and told us what we needed to change.

We are aiming to have a theme for each issue – this time it's Dad's turn – but include information that will be useful to all parents/carers. We may not be able to have something for all age ranges in each issue, however if you feel we are missing something please let us know. We're trying to make everything easy to read with both fun and valuable serious information too.

Thanks for reading and don't forget to tell your friends, family and colleagues about us, we would love to hear from them.



PARENTING ENQUIRIES AND OUR SOLUTIONS

This scenario is based on a typical enquiries that we receive.

We feel that this question could help other parents and therefore it would be useful to share.

Your circumstances may be different so ask FISH for the impartial, confidential answers to your own questions.

See our contact details on the back page.

Q. I'm a teenage mum and want to get back to work. Can you tell me how much I would be entitled to from Tax Credits? I'm a lone parent living with my mum & dad but want to know if I could afford my own place.

A. We have an expert jobcentreplus adviser working with us who can do the complicated "back to work" calculations that you need to be fully informed about your options. If you can't make it the Central Library there are other opportunities to see advisers in Children's Centres across the town.

Jobcentreplus advisers will help you with the transition to employment and they can access funding that may help secure your childcare too. We will be on hand to help find the best childcare to meet your needs.

As a teenage parent you could also look at returning to studying and your childcare would be paid for through the Care to Learn Scheme



jobcentreplus

What do Hartlepool Carers do?

If you find yourself in a position where you are relying on your child for care – or maybe you know someone in this situation - the following outline of a case shows the great support Hartlepool Carers are to the young people of Hartlepool.

“A Young Person has been with the project for two years and has a variety of needs that we are currently working on. He was referred to us from the adult disability team. He is the oldest child in the family and helps care for his younger siblings and mum who has a progressive physical disability.

He is a very bright Young Person and is a lively character. Due to family circumstances he is subject to a child protection order. By attending weekly sessions he is able to socialise with his peers and have some respite from his caring role.

This Young Person has received weekly one to one sessions to help explore his emotions and feelings around his family situation and also to work on life skills. He has benefited from sessions as he is no longer as socially isolated and is now able to cope better with both the emotional and physical restraints of being a young carer.

His school is aware of the caring role he undertakes and the family situation and we liaise regularly with all professionals involved with the family through monthly multi agency meetings to provide a holistic person centred approach to all family members using a “think family” model of working.

All the family have attended social gatherings provided by ourselves to again reduce isolation and meet like minded people. This was made possible by providing transport suitable to the family needs. On occasion we have provided this Young Person with lunch so that he could attend respite activities as the family were unable to provide appropriate facilities at the time. Without this provision he would have missed out.

Our Young Person received a Christmas gift through the Mail’s “Give a Child a Christmas” campaign - small but important service we were able to arrange.”

Search for “Hartlepool carers” on hartlepool.fsd.org.uk

SERVICES FOR DADS

And other family men

With Fathers Day fast approaching we have decided to highlight some of the fantastic work and services that are on offer to Dads, Granddads, Male carers and other father figures across Hartlepool. Headland future delivers 4 very different projects that deliver specialist services and opportunities for Dads and male carers .



The Young Dads Project delivers support and advice for expectant dads under the age of 25. Support is available via group or 1:1 work.



The Separated Dads Project delivers support and advice for any dads who are going through separation or are at risk of suffering from relationship breakdown. Part of the Families Separation partnership.

The SORTED Project provides Dads/male carers and their children with various opportunities to engage together in fun learning activities. Dads of any age are welcome, some age restrictions are in place for certain courses/activities.



Activities / courses include, robots, fishing, woodwork, boxing, football, reading and arts, fun and fitness and lots, lots more. Actual images above are of courses. Please ring Danny for information on any of these activities/ services on 01429 891444

Fathers Day 20th June 2010

Try learning something new from your Dad.

All fathers love to pass on skills to their offspring. And it's a heritage all children must strive to gain. So plan and turn this Father's Day to your advantage and dad's pleasure. Learn from dad activities that he is good at or something you wish to learn from him. It could be anything from learning cycling or learning to drive a car or replace a flat tyre. Papa will always love to make his child learn from his experience.



Open windows – keep children safe from falls

At last, the sun's out, it's getting warmer and we can throw open the windows for some fresh air. Now that spring is finally here, it's a good time to think about taking steps to ensure young children are safe from accidental falls out of open windows.

Remember to

- keep furniture such as beds and chairs away from windows.
- fit window locks or safety catches to stop windows opening more than 6.5cm (2.5"), and ensure that family members know where keys are kept in case of fire.
- recent research has shown that parents are often more concerned about fire safety and think that window locks will hamper their evacuation. To overcome this the keys need to be kept close by.
- while you are thinking about safety why not practise your escape route in the event of a fire and check your smoke alarm batteries.

Finally, as you are out and about visiting friends and relatives be aware of the risks in their the homes . They may neither have young children nor take the same precautions.

Football

Q O H B H F N G Q E
R Q I N A H L O C X
E O D P C L P A E I
F O O T B A L L G C
E A I H T E A M F E
R P N S L E Y L P Q
E P R F M O E I G P
E P R M R S R N E T
C C L S E T N E T R
G A P I S D T T U V

Can you find these words hidden on the pitch above?

football, team, ball,
goal, fan, pitch,
player, strip, referee,
flag, line

Joke:
Why are football
players never
asked for dinner?

Answer:
Because they are
always dribbling

Question:
What year did
England win the
world cup?

Answer:
1966



COME AND VISIT US

Monday - Friday
9.30am - 5.00pm (4.00pm on Friday)

Hartlepool Central Library
124 York Road
Hartlepool
TS26 9DA

Contact us by
Telephone - 01429 284284
Fax - 01429 279192
Email - FIS@hartlepool.gov.uk

Or visit our websites
<http://hartlepool.fsd.org.uk>
<http://www.hartlepool.gov.uk>

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Name

Address

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Ideas

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Children's Centres**

