



# Supporting families



There is lots of support available across Liverpool to support our children and families, please see the opportunities you can sign up for. If you need help to sign up to anything please email Mrs Beale who will help you on [admin@whitefieldprimaryschool.co.uk](mailto:admin@whitefieldprimaryschool.co.uk)

The L6 Centre are open

- Monday 10 till 6:30pm
- Tuesday 10am till 3:30pm
- Wednesday 10am till 3:30pm
- Thursday 10am till 6:30pm
- Friday 10am till 1pm

You can also have your food delivered for a small fee

This Food Union IS OPEN TO ALL RESIDENTS NO MATTER WHERE YOU LIVE IN MERSEYSIDE



### OPENING TIMES

MONDAY 10-6.30  
TUESDAY 10-3.30  
WEDNESDAY 10-3.30  
THURSDAY 10-6.30  
FRIDAY 10-1.00

ALL POSTCODES WELCOME



# FOOD UNION

IN HONOUR OF ADELE DOWLING

**£1.00**  
**MEMBERSHIP FEE**  
**NOT MEANS**  
**TESTED**

### PRICE LIST

10 ITEMS £5.00  
15 ITEMS £7.50  
20 ITEMS £10.00  
30 ITEMS £15.00

### STICKER SYSTEM

0 STICKER 1 ITEM  
BLACK STICKER 2 ITEMS  
RED STICKER 3 ITEMS  
BLUE STICKER 4 ITEMS  
YELLOW STICKER 5 ITEMS  
GREEN STICKER 6 ITEMS

99 Queens Road  
L6 2NF

0151 260-1297  
l6centre@aol.com



Liverpoolcommunitycentre



# Better Connected

**DAISY Inclusive UK, Citizens Advice Liverpool and West Everton Community Council have come together to increase digital access to households with children and young people that are struggling to make ends meet.**

**The project aims to increase digital access by providing:**

- 6 months of free internet in the form of a loan of a portable Wi-Fi unit with 6 months of unlimited data.
- A loan of a refurbished Desktop PC for 6 months.

**To be eligible for a device you must:**

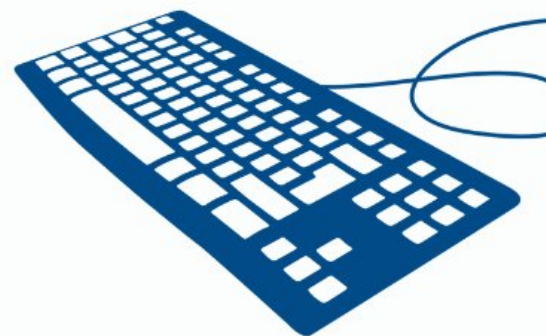
- Have a child 16 years and under
- Live in the Everton ward
- Receive free schools meals and or council tax support

**To get more information or to apply, call:**

- Citizens Advice Liverpool on 0151 522 1400,
- West Everton Community Council on 0151 282 0303 (voicemail only 0151 282 0320)
- Daisy Inclusive UK on 0151 261 0309

To contact the project's Chair, Councillor Jane Corbett

Send a text to: 07736445468





Liverpool parents are being encouraged to help their children's love of reading take flight with a special library card.

Next week, Liverpool City Council's Libraries and Information Services, in partnership with Edge Hill University, launches the My First Library Card for children aged up to 10 featuring a friendly liver bird design created by the council's marketing team.

To sign children up to the library, parents or carers can either:

- Visit a library taking along proof of name and address (utility bill, bank statement). Please note: not all of Liverpool's libraries have reopened. For up-to-date information please visit [www.liverpool.gov.uk/libraryupdates](http://www.liverpool.gov.uk/libraryupdates).
- Central Library is currently open Monday-Friday, 10am-3pm.
- Sign up online. My First Library cards will automatically be sent out to young new joiners. Cards can also be collected.
- The cards not only let children borrow books from any of Liverpool's 19 libraries, but by using the card's number along with a PIN young borrowers can also borrow any of the thousands of titles via Read Liverpool – [www.readliverpool.co.uk](http://www.readliverpool.co.uk) – the city's digital library.

# Breathe Music: Aspire to Achieve

Virtual music sessions

Every Tuesday 4.30 – 5.30pm

Free 6 week programme!

Making music through singing, rapping, beat boxing, playing instruments and song writing!

Develop  
confidence

Empowering  
young  
people

Improve  
breathing  
control



With a  
professional  
cellist & singer!

Are you aged 5-11 years?  
Have a respiratory condition (e.g. asthma)?  
Under the care of Alder Hey?

To **sign up** or find out more speak  
to your physio, respiratory  
consultant or health care  
professional  
OR e-mail

[BreatheMusic@alderhey.nhs.uk](mailto:BreatheMusic@alderhey.nhs.uk)



## [AlderHey Community Speech & Language Therapy Lpool](#)

They have made a video to describe their role and how they are working...

<https://www.dropbox.com/s/c0ap8las5a5apbd/2160p.mov?dl=0>



Thanks to [Dr Ranj](#) for making this video to help little children understand all about coronavirus and how to keep themselves and others safe.

Dr Ranj's Teddy Bear Bubble Show

<https://youtu.be/oHrbJVdMJic>



## The ASD Training Team

The Liverpool ASD Training Team are providing a series of virtual drop in advisory sessions via zoom. They are for parent/carers wishing to talk in a private one to one setting about any questions or concerns they may have about their child. You do not require a diagnosis of ASD to book your place.

### Dates for November 2020

Monday 2<sup>nd</sup> November  
 Friday 6<sup>th</sup> November  
 Monday 9<sup>th</sup> November  
 Wednesday 11<sup>th</sup> November  
 Wednesday 18<sup>th</sup> November  
 Thursday 19<sup>th</sup> November  
 Friday 20<sup>th</sup> November  
 Monday 23<sup>rd</sup> November  
 Tuesday 24<sup>th</sup> November  
 Wednesday 25<sup>th</sup> November  
 Thursday 26<sup>th</sup> November

### Times for each date

9.30 – 10.15
10.30 – 11.15
11.30 – 12.15
1.00 – 1.45
2.00 – 2.45

Latest dates from the ASD training team.

Open to any of our parents and carers who would like a 1:1 drop in session – your child does not need a diagnosis for this support

Details of how to book below

To book your place please email your choice of date and time and you will be emailed a zoom link. There are two places available for each time slot.

[asdtrainingteam@liverpool.gov.uk](mailto:asdtrainingteam@liverpool.gov.uk)

Are you looking for ways to support your child to make friends and build positive relationships? We may have the answers in our upcoming webinar with Emma Weaver, Director of Early Years Services for the ADHD Foundation. For all the details click here <https://bit.ly/2FAKr0H>

## Supporting Parents & Carers Live Webinar: Practical Advice

Supporting your child to make friends and build positive relationships Presented by Emma Weaver, Director of Early Years Services at the ADHD Foundation

**Wednesday 28th October**

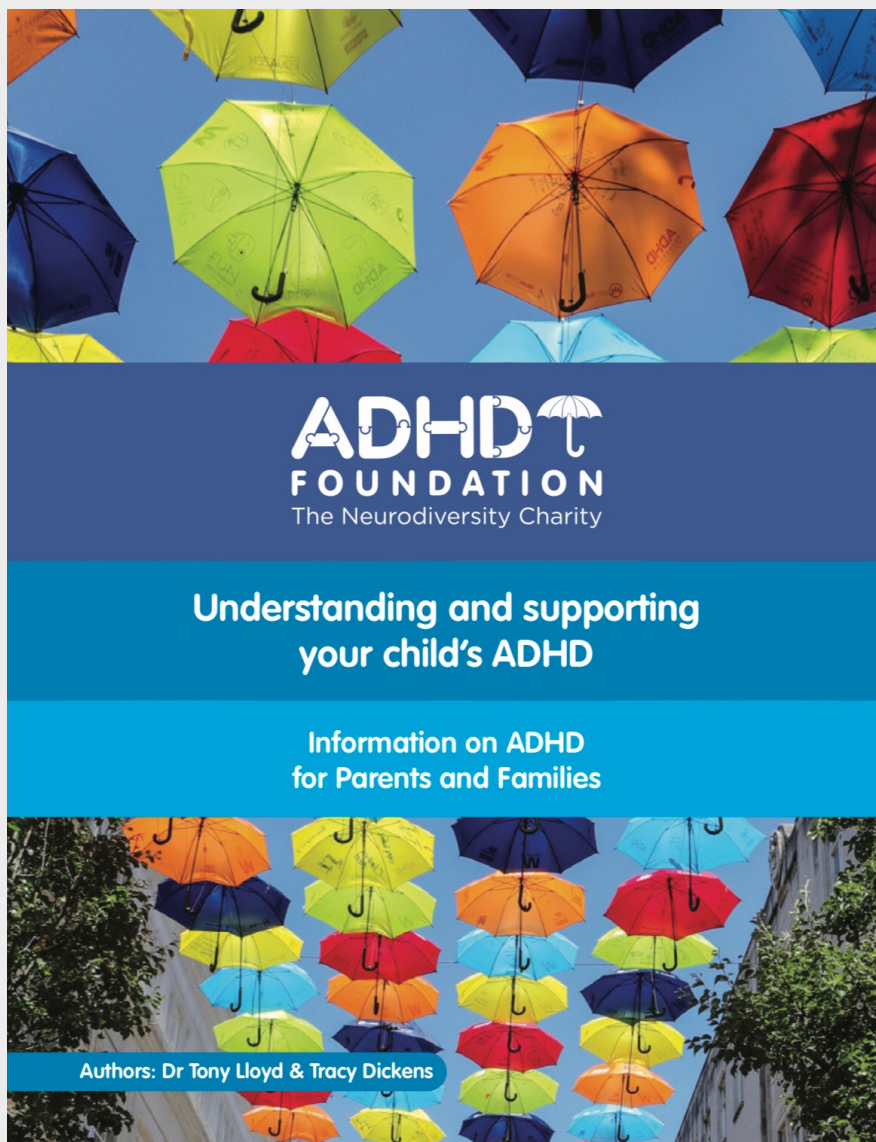
**2pm - 3pm**

(including Q&As)



To book your free place visit [www.witherslackgroup.co.uk/webinars/making-friends-webinar](http://www.witherslackgroup.co.uk/webinars/making-friends-webinar)





Parents can do so much for their children with the right knowledge & skills. This FREE booklet has information & strategies so parents can show their children how to thrive with ADHD

## LIVERPOOL ONLINE ADHD SUPPORT GROUPS

- Join in and chat to other parents and carers who are looking after children and young people living with ADHD.
- Whether your child is currently going through a diagnosis, has a diagnosis or even just not sure yet, all are welcome.

Online Zoom meets will be held at **1pm** on the **Last Monday** of each month.  
Please contact [Chrissi.jones@adhd.foundation.org.uk](mailto:Chrissi.jones@adhd.foundation.org.uk) for further details and to book your place.

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)



@ADHDFoundation



ADHDFoundation



# kooth

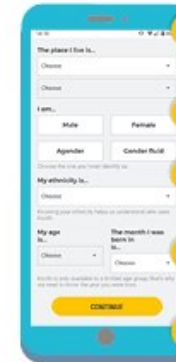
Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

For children 10 years and above



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



- 2 Choose from the drop down box the **location** you are in
- 3 Click on the **gender** you identify with
- 4 Choose from the drop down box the **ethnicity** that best fits you
- 5 Add your **age** and the **month you were born**
- 6 Click **'continue'**

## How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

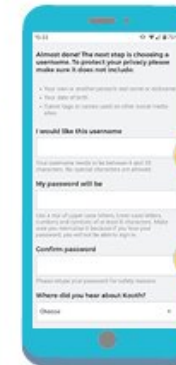
Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

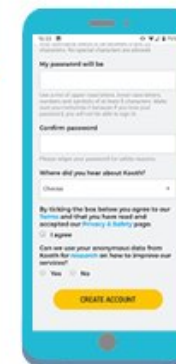
Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**



- 7 Create an **anonymous username** (not your real name) and **secure password**
- 8 Choose from the drop down box to explain where you found out about **Kooth**



Click on the **'create account'** button to complete your registration

[www.kooth.com](http://www.kooth.com)

Abuse



Physical abuse



Sexual abuse



Verbal abuse



Emotional neglect



Physical neglect

Neglect

Growing up in a household where:



There are adults with alcohol and drug problems



There are adults with mental health problems



There is domestic violence



There are adults who have spent time in prison



Parents have separated

Experiencing trauma can have long-lasting health and social consequences. Trauma often results from extreme or prolonged stress in childhood. Would you like to learn more about this?

Please book your place on the CAMHS virtual 2 half days training

There are lots of other courses too

<https://liverpoolcamhs.com/training/>