

Weekly Bulletin 1/12/2020

Happy December!



Things to look forward to in December

1st December – Elf on the shelf will return

18th December - Sparkle Jazzy Jumper Day

18th December – School Holidays

23rd December – 27th December – Become an extended bubble

24th December - Christmas Eve

25th December - Christmas Day

26th December – Boxing Day

31st December – New Year's Eve

Covid-19 restrictions

New rules set for Wales

* Date of implementation TBC



Cinemas
Bowling alleys
Indoor entertainment

R-number
1.4



Gyms
Leisure centres
Non-essential shops
Hairdressers

*Must operate under current regulations

Financial support

Extra measures for businesses affected to be announced



Tier system for Wales?



Christmas rules

Latest rules for the festive season are unaffected



Schools & nurseries

To stay open as usual with normal Christmas holidays



* information correct as of 27 November 1230

Covid-19 restrictions in Wales

What's changed?

Rules in force from Friday 4 Dec

CLOSED

Cinemas
Bingo halls
Bowling alleys
Soft play centres
Casinos
Skating rinks
Amusement arcades
Museums
Galleries

ALCOHOL SALES BANNED

Pubs, cafes and restaurants banned from selling alcohol

Close at 1800

Takeaway food and non-alcoholic drink sales only after 1800

OPEN

All shops
Outdoor visitor attractions

Travel to England?
4 household rule?
Travel around Wales?
Meet-ups in homes?

TBC
✓
✓
✗

Financial support

£340m fund for businesses affected by new restrictions



LATEST WELSH GUIDELINES FROM 4TH DECEMBER

- Pubs, bars, restaurants, cafes and other hospitality premises must close by 6pm each day, with no alcohol to be served on-site
- Takeaway services will be available after 6pm
 - Cinemas, bingo halls, soft play and skating rinks will be closed
 - Museums, galleries and indoor heritage visitor attractions will be closed
- Outdoor visitor attractions can remain open
- Current indoor, outdoor and extend household restrictions still apply
 - Work from home where possible
- Stay local and consider whether travelling is necessary
- Face coverings must be worn inside public spaces
 - Continue with hand washing hygiene and social distancing measures

Christmas Covid rules 2020

Rules apply across all four UK nations



Free to travel in and out of other areas of UK freely between 23 and 27 December



Up to 3 households can join up to form a 'bubble'



A 'bubble' can meet in homes, places of worship and outdoor spaces



Restrictions remain in place for pubs, restaurants and other hospitality businesses throughout Christmas

Index

Sparkle Activities

Sparkle Vacancies

Jazzy Jumper Day – 18th December 2020

Helping Hands

Plutchik's Emotion Wheel

Caudwell Children's Get Sensory Packs

Families First Free Virtual Family Events

Families First – Sip, Chat, Refill

Letters to Santa - RNIB

What's in my room scavenger hunt

Royal Mail - Letter to Santa

Netflix Festive Movie Checklist & Activity Advent Calendar

The Welsh Government National Emergency Grant for Carers

The Higher Rate Mobility Component





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University Health Board



Sparkle Activities

Sparkle is the official charity for the Serennu & Nevill Hall Children's Centres
We offer support across Blaenau Gwent, Newport, Monmouthshire & Torfaen

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

sparkleappeal.org



Are you a parent or carer of a child or young person with a disability and/or a developmental delay?

Sparkle provides clubs and activities for children and young people, aged 0 - 18 years, and support to their families.

We are pleased to announce that Sparkle services are soon to be available in North Torfaen, North Monmouthshire and Blaenau Gwent

Our clubs and activities promote

Friendships

Co-ordination

Confidence

Socialisation

Independence

Sharing

Creativity

**To request a referral form, please email
leisure@sparkleappeal.org**

Registered charity in England and Wales number 1093690. Registered address: Serennu Children's Centre, Cwrt Camlas, High Cross Road, Rogerstone, NP10 9LY

Sparkle Vacancies

Do you love working with children? Are you passionate about making a difference in a young life? If the answer is YES, then we have some news for you; The Sparkle Team have vacancies for enthusiastic individuals to join the team.

We have vacancies for:

Community Supervisors

Community Playworkers

Follow the link below to view the jobs we currently have on offer. You can also download the full job descriptions and application form.

www.sparkleappeal.org/vacancies.

☆ Please share, thank you! ☆

#helpingspecialchildrenshine



I wonder if you could please take 30 seconds to nominate Sparkle for a £1,000 donation.

Your nomination really counts and £1,000 could make a real difference to the work we do.

Your nomination could be the one that helps us win.

To nominate all that you need to do is - follow the link below, scroll down to the bottom of the page, our charity details will be prefilled and you'll just need to enter a few details and click submit.

Please share as wide as possible.

<https://movementforgood.com/12days/index.php?cn=1093690&ct=disability>



Jazzy Jumper Day – 18th December 2020

A huge thank you to Mandarin Stone (Monmouth) for supporting our Jazzy Jumper Day!

You, too, can join in through work, school or as part of your family festivities and you'll be helping us to help lots of children shine this Christmas!

It's simple to join in, all you need to do is grab your jazziest jumper and donate £2, or whatever you can afford. You don't need a new jumper - you can wear last year's, or grab an old jumper and add some tinsel.

Sign up to Jazzy Jumper Day here and one of the team will be in touch:

<https://www.sparkleappeal.org/support-us/jazzy-jumper-day>.

[#helpingspecialchildrenshine](https://twitter.com/helpingspecialchildrenshine)



The graphic features the 'sparkle' logo at the top left, with the tagline 'helpu plant arbennig i ddisgleirio / helping special children shine'. Below this, the date 'FRIDAY 18TH DECEMBER 2020' is written in a pink font. The main title 'Jazzy Jumper Day' is in large, bold, dark blue letters. To the right, three jumpers are displayed: a purple one with gift patterns, a blue one with snowflake patterns, and a pink one with a Christmas tree. A purple bomb icon with a bow is in the center, containing the text 'Donate £2'. At the bottom left, a paragraph encourages participation: 'Do your bit in your jazziest Christmas knit and help us raise funds to support children and young people with disabilities and/or developmental difficulties, and their family.'

sparkle
helpu plant arbennig i ddisgleirio
helping special children shine

FRIDAY 18TH DECEMBER 2020

Jazzy Jumper Day

Donate £2

Do your bit in your jazziest Christmas knit and help us raise funds to support children and young people with disabilities and/or developmental difficulties, and their family.

EST / 1989

**MANDARIN
STONE**

Helping Hands – Nurturing Your Relationship With Your Child

Helping Hands Psychology

‘Nurturing Your Relationship With Your Child’

Psychology Workshop for Parents, Carers and Children’s Centre Professionals
with Dr Charlotte Montgomery & Dr Rebekah Sutherland, Clinical Psychologists

Tuesday 15th December 2020, 12:30 – 14:30

**This workshop is open to parents and carers of children with additional needs who access/
have accessed services from Serennu, Nevill Hall or Caerphilly Children’s Centres.**

This interactive group workshop will be delivered virtually via video-calling.
We will share ideas on how to nurture your relationship with your child through understanding
some key parenting strategies that nurture trust, connection and delight in your relationship.

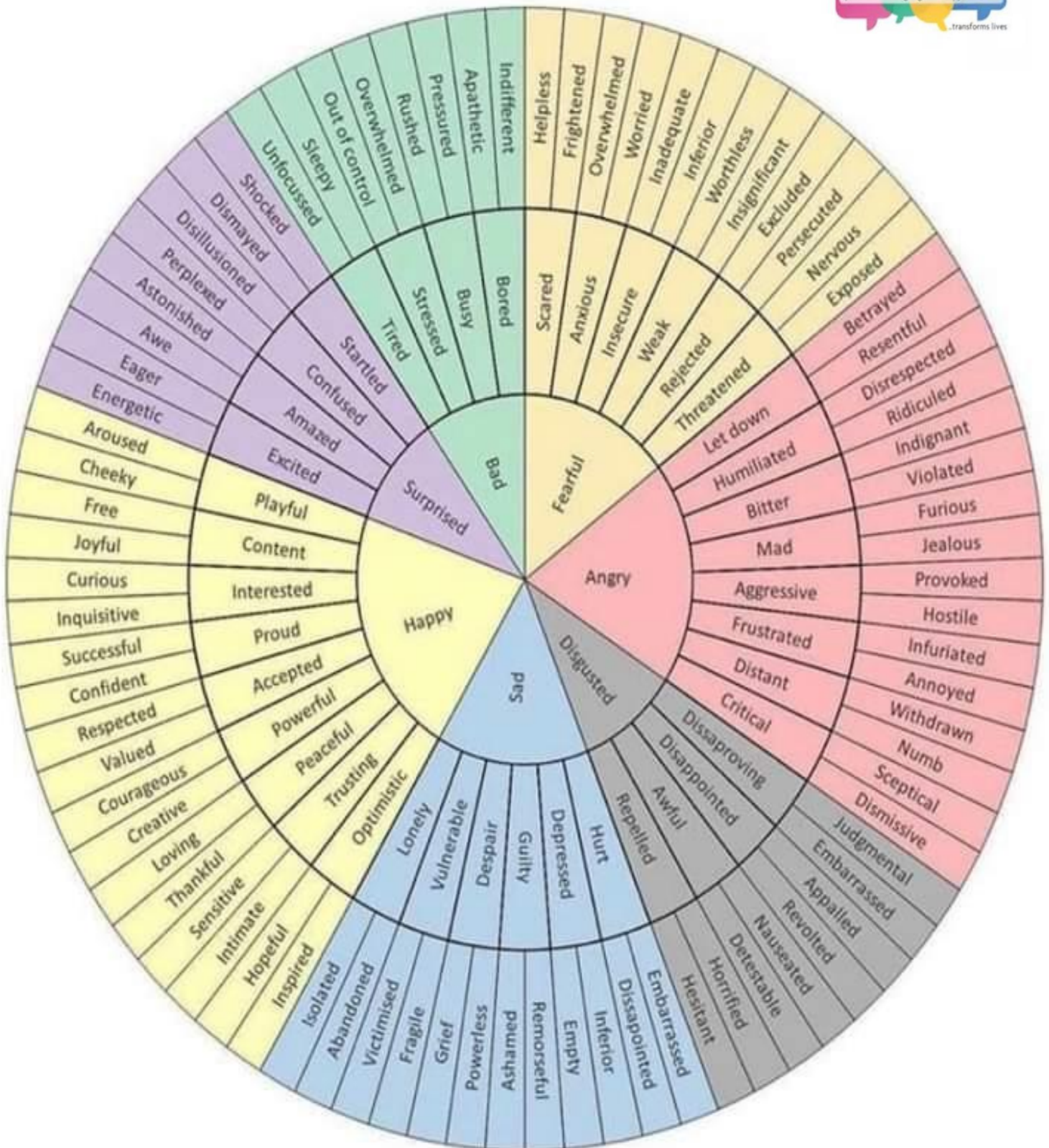
**Please email ABB.HelpingHandsTeam@wales.nhs.uk by 5pm on Friday 11th December
to confirm your place with details of:**

- Your name
- Your local Children’s Centre
- Your relationship to the child or young person with additional needs

Spaces are limited so booking is on a first come, first served basis.



Speech and Language love this visual that shows how many different emotions there are! Make sure that you are using a range of different words when you talk about emotions with your child.



Caudwell Children's Get Sensory Packs

Caudwell Children is excited to announce the launch of our Get Sensory Packs! We've listened to our families who told us that occupying their children, finding appropriate and safe toys and the money to provide their children with the equipment they would like is even more difficult than usual at the moment.

In response to this, we have created The Get Sensory Pack to provide affordable sensory equipment to support disabled children during this especially difficult time. These packs are available to children who have a confirmed disability or chronic illness.



Eligibility Criteria

Families can apply for packs directly

They must have a child with a confirmed disability between 0 – 18 years old

Families must legally live in the UK

Household income must be below £45,000 per year (before tax, excluding benefits)

One application per household

Caudwell Children will provide 80% of the cost of each pack (families will be asked to contribute 20% of the item cost, which is £20)

We want to help as many people as possible but due to limited numbers of these amazing Get Sensory Packs we may have to prioritise applications and can't guarantee everyone will get one. We do promise we will let you know as soon as possible if you have been successful, or if there is another way we can help you.

Families will also be asked to provide confirmation of their financial status and confirmation of their child's diagnosis. Applying for a Get Sensory Pack will not prevent families from accessing other equipment or support from other Caudwell Children services.

If you are unsure if your child meets our eligibility criteria please feel free to get in touch.

For more information:-

<https://getsensorypacks.com/>

To apply for a sensory pack follow the link ☺

<https://www.surveymonkey.co.uk/r/CaudwellChildrenGetSensoryPackApplicationForm>

Families First Free Virtual Family Events

Families First Free Virtual Family Events

FANTASTIC ENTERTAINMENT FROM AMAZING MAGIC TO FUN FILLED DISCOS AND CHRISTMAS PARTIES.

All you need to do is book your space and click on the link that we will send on the date and time you have chosen. You can log onto Microsoft Teams via any device, a laptop, computer, smart phone or tablet for a truly interactive experience with Non-Stop Entertainment.

30/11/2020 Under the Sea, 4pm - 5pm. Suitable for ages 2-4. Join us Under the sea for fun games, stories, puppets and songs.	01/12/2020 Popstar Party, 4pm - 5pm. Suitable for ages 5-7. Learn some cool dance moves, funky singing and be like your favourite popstar.	02/12/2020 Wizard Workshop, 4pm - 5pm. Suitable for ages 8-12. Time to learn how to be a wizard. Learn how to do close up magic from the best close-up magician in the UK.	03/12/2020 Space Adventures, 4pm - 5pm. Suitable for ages 5-7. Today we go into space with magic, stories and games. It will be out of this world!
04/12/2020 Wake up Shake up, 10am - 11am. Suitable for ages 2-4. Get up and get moving with dances and fun exercises.	04/12/2020 Magic and Science, 4pm - 5pm. Suitable for ages 8-12. Watch or join in with our science magic show and learn how to do some great science experiments.	07/12/2020 Wizard Workshop, 4pm - 5pm. Suitable for ages 5-7.	08/12/2020 Magic Science Party, 4pm - 5pm. Suitable for Ages 8-12.
09/12/2020 Nursery Rhyme Story Time 10am - 11am. Suitable for ages 2-4. Come along for interactive nursery rhymes and stories.	09/12/2020 Magic Workshop, 5pm - 6pm. Suitable for ages 13+. Learn how to do close up magic from the best close-up magician in the UK and Wow all your friends and family with you new skills.	10/12/2020 Fun-Filled Disco Games, 4pm - 5pm. Suitable for ages 5-7. Are you ready for nonstop games, competitions, dancing and challenges? Join us for our fun filled disco.	11/12/2020 Spy Party, 4pm - 5pm. Suitable for ages 8-12. It is time to be a Spy! Learn how to be a perfect spy with our spy themed magic show followed by spy challenges and spy games.
14/12/2020 Teddy Bears Picnic, 4pm - 5pm. Suitable for ages 2-4. Bring your favourite teddies and a snack for teddy bear stories, games and songs.	15/12/2020 Comedy Magic Show, 4pm - 5pm. Suitable for ages 5-7. Join in with our interactive comedy magic show. Lots of laughing and silliness for all.	16/12/2020 Hip Hop Dance Class, 4pm - 5pm. Suitable for ages 8-12. Get up and moving and learn some great hip, hop moves!	17/12/2020 Quizzes & Competitions, 4pm - 5pm. Suitable for ages 5-7. Will you win? Fun music quizzes, challenges and competitions.
18/12/2020 Off to the Zoo, 10am - 11am. Suitable for ages 2-4. Today we learn all about our favourite animals through stories, nursery rhymes, songs and dances.	18/12/2020 Hip Hop Dance Class, 4pm - 5pm. Suitable for ages 8-12.	21/12/2020 Christmas Music Games Stories & Songs, 10am - 11am. Suitable for ages 2-4. It's Christmas! Join us for Christmas nursery rhymes, stories, songs, music and fun.	21/12/2020 Christmas Games Party, 4pm - 5pm. Suitable for ages 5-7. Time for Christmas themed games, quizzes, competitions, music, challenges and dances in our Christmas games party.
22/12/2020 Christmas Magic Show & Games, 4pm - 5pm. Suitable for ages 8-12. Merry Christmas! Come along to our award winning Christmas comedy magic show followed by Christmas games, competitions, music and dancing.	22/12/2020 Magic Workshop, 5pm - 6pm. Suitable for ages 13+.		

To book a space or for more information please email: maria.perkins@blaenau-gwent.gov.uk or thomas.brain@blaenau-gwent.gov.uk or call us on **01495 355584**. Ages are a guideline only; activities are accessible to all children and young people. **For Blaenau Gwent Residents Only.**



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University Health Board



Families First – Sip, Chat, Refill



A new way of
Supporting
Families

SIP, CHAT, REFIL

Venue: Sofa, Garden or Kitchen

Day: Every Friday

Time: 10:30am - 11:30am



Families First want to share a virtual cup of coffee with you, we know how everyone is feeling at the moment and how important it is to support each other.

We are running a weekly coffee morning via Microsoft Teams, if you would like to attend please email your name quoting "Virtual Coffee Morning". We will send a link the day before for you to join us. Please include in the email if you would like instructions on how to download the Microsoft Team app onto your device.

Our first Virtual coffee morning will be held on:

Friday 4th December, 10:30am - 11:30am

You can join in and leave at your own discretion during this hour.

Please send your enquiries to:

maria.perkins@blaenau-gwent.gov.uk

or Thomas.brain@blaenau-gwent.gov.uk



Letters to Santa - RNIB

The North Pole is full of cheer as Santa helps blind and partially sighted children to receive festive letters.

For more than 20 years, the elves and fairies at RNIB have helped Santa with hundreds of letters – they love opening the mail and reading about what children have been up to and the things they would like for Christmas. They then help Santa send out his replies in each child's preferred reading format.

Write to Santa

To receive a letter from Santa simply fill out the online form. You can upload a copy of your child's letter when filling out the form or if you would prefer, letters can be sent by post to Santa Claus, RNIB, Midgate House, Midgate, Peterborough PE1 1TN. If you do send a letter by post, please make sure you include your child's first and last name.

<https://www.rnib.org.uk/information-everyday-living/family-friends-and-carers/resources-parents-blind-or-partially-sighted/letter-santa>



What's in my room scavenger hunt

Self isolating at home? Why not try a scavenger hunt with the kids! The great thing is that scavenger hunts for kids don't require much at all. They're easy, inexpensive, and can often be done using things you already have at home.



WHAT'S IN MY ROOM SCAVENGER HUNT

- | | |
|--|---|
| <input type="checkbox"/>  SOMETHING BLUE | <input type="checkbox"/>  SOMETHING STICKY |
| <input type="checkbox"/>  MONEY | <input type="checkbox"/>  A PILLOW |
| <input type="checkbox"/>  AN ANIMAL | <input type="checkbox"/>  COLORFUL SOCKS |
| <input type="checkbox"/>  A BOOK | <input type="checkbox"/>  A BACKPACK |
| <input type="checkbox"/>  PIECE OF PAPER | <input type="checkbox"/>  A GAME |
| <input type="checkbox"/>  A PICTURE | <input type="checkbox"/>  A HANGER |
| <input type="checkbox"/>  A RACECAR | <input type="checkbox"/>  SOMETHING WARM |
| <input type="checkbox"/>  A DOLL | <input type="checkbox"/>  PAIR OF SHOES |
| <input type="checkbox"/>  SOMETHING SOFT | <input type="checkbox"/>  A LEGO/BLOCK |
| <input type="checkbox"/>  MY FAVORITE TOY | <input type="checkbox"/>  SOMETHING THAT MAKES NOISE |

Letters to Santa - Royal Mail

<https://www.royalmail.com/christmas/letters-to-santa>

It's nearly Christmas, and we know you want to make sure that your letter to Santa Claus gets to him. We've just received the message below from Father Christmas himself - he's as excited about Christmas as we are! Please remember, as Santa says: get your letter posted by Friday 11 December.

Dear Boys and Girls,

Christmas is a very exciting but busy time for me.

The elves are making toys

The reindeer are practicing their sleigh runs

And I'm busy preparing my list of who's been good this year.

I will be getting my sleigh ready for the long journey on Christmas Eve and in between I will try to reply to as many of you as possible.

Please send your letters to:

Santa/Father Christmas

Santa's Grotto

Reindeerland

XM4 5HQ

Please make sure you

- Write Santa's address carefully on the envelope
- Put a stamp on the envelope so it gets to me
- Include your full name and address in your letter
- I'll be replying to your letters from 9 November, but there's a lot to reply to! Please wait up to ten days for my letter to arrive.



Please send your letters by Friday 11 December. I'm looking forward to delivering your presents on Christmas Eve.

Make sure you remember my mince pie and Rudolph's carrot!

Merry Christmas to you all!

Father Christmas

Netflix Festive Movie Checklist & Activity Advent Calendar



The Welsh Government National Emergency Grant for Carers

The Welsh Government National Emergency Grant for Carers launches today. It will be administered by Carers Trust South East Wales and you will find further details below. For enquiries, please contact Carers Trust South East Wales directly on info@ctsew.org.uk or 01495 769996.

Carers Trust South East Wales is launching the new Carers Emergency Grants scheme for unpaid carers. Carers can apply for a grant of up to £300 to address immediate, winter pressures and emergency needs caused by the Coronavirus (COVID-19) crisis.

Please note, this fund has been established to provide support for unpaid carers supporting someone living in one of the following Local Authority areas: Blaenau Gwent, Caerphilly, Monmouthshire, Newport, Torfaen, Bridgend, Cardiff, The Vale of Glamorgan, RCT or Merthyr.

Funds are limited and Carers Trust South East Wales reserve the right to award, partially award or decline applications. Carers Trust South East Wales' decision is final.

The grants will be administered in four rounds:

Round: 1

Start date: 9:00 am 27/11/2020

End date: 5:00 pm 14/12/2020

Grant outcome to carers: 17/12/2020

Expected date funds will reach carers: 21/12/2020

Round: 2

Start date: 9:00 am 01/01/2021

End date: 5:00 pm 18/01/2021

Grant outcome to carers: 21/01/2021

Expected date funds will reach carers: 25/01/2021

Round: 3

Start date: 9:00 am 01/02/2021

End date: 5:00 pm 19/02/2021

Grant outcome to carers: 24/02/2021

Expected date funds will reach carers: 26/02/2021

Round: 4

Start date: 9:00 am 01/03/2021

End date: 5:00 pm 19/03/2021

Grant outcome to carers: 24/03/2021

Expected date funds will reach carers: 26/03/2021

Examples of eligible items and activities include, but are not limited to:

- Purchase of household items e.g. washing machine, bed or fridge etc.
- Assistance with the purchase of food
- Purchase of technology e.g. laptop, mobile phones, tablets or data
- Entertainment subscriptions e.g. Audible, Amazon Prime, gaming, Netflix etc.

All goods and services must be able to be purchased via a voucher or store credit scheme. Carers Trust South East Wales and Welsh Government reserve the right to request receipts for the item that has been purchased.

The preferred method for applications is via the online application form on our website: www.ctsew.org.uk/carers-emergency-grants

If carers/professionals need a hard copy of the application form, please email info@ctsew.org.uk

Please note: The scheme is specifically for unpaid carers. Awards will be made based on the applicants' level of need.

The Higher Rate Mobility Component

The Higher Rate Mobility Component (HRMC) of the Disability Living Allowance (DLA) can be awarded from the third birthday of the disabled person. It is possible to apply for the allowance before that date and as long as the eligibility criteria is met, the award will start from when the disabled child turns three. If a child under three has had the allowance confirmed, an application can be made up to three months before their third birthday, but the lease agreement cannot start until the allowance is awarded.

If a child above the age of three is in receipt of the Higher Rate Mobility Allowance, an application can be made to the Motability Scheme. The application will need to be submitted in the name of the appointee (parent or guardian) who is responsible for the allowance.

The Motability Scheme enables anyone in receipt of a higher rate mobility allowance (such as the Enhanced Rate of the Mobility Component of Personal Independence Payment or the Higher Rate Mobility Component of Disability Living Allowance) to use their mobility allowance to lease a car, scooter, powered wheelchair or Wheelchair Accessible Vehicle.

Everyone stay safe, stay healthy and take care

Remember if you need anything please don't hesitate to contact me.

I work Monday – Thursday, and I'm here at the children's centre until 3.30pm on those days.

My email is – Sarah.Painter-Sims@wales.nhs.uk

Phone - 01873 732712



**Think about what
you should do**
not about what you can do

Together, we'll keep Wales safe

