

Weekly Bulletin 12/11/2020

Hey Everyone

So we are all dressed up ready for Children in Need today ☺ as a lot of us are off tomorrow! Check us out ☺





Anti-Bullying Week 16th -20th November

The theme for Anti-Bullying Week 2020 is: United Against Bullying. Anti-Bullying Week will happen from Monday 16th - Friday 20th November and will start with Odd Socks Day to mark the first day of Anti-Bullying Week.

<https://www.anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2020-united-against-bullying>

I have also attached an anti-bullying tool kit with the email 😊

We are planning to wear odd socks here at Nevill Hall Children's Centre on Monday 😊look out for our Post on the Sparkle Facebook page 😊



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Due to the Coronavirus outbreak many people may be under additional financial strain to provide food for themselves and their families.

For more information, please visit: <https://abuhb.nhs.wales/news/news/food-support-available/> for food support options that could be available to you.





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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 ddysgleirio
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

[Smile.Amazon.co.uk](https://smile.amazon.co.uk)

I signed up to this myself this week, it was really easy to use and I purchased my first lot of presents for Christmas using it 😊

When you shop through AmazonSmile and choose Sparkle, Amazon will donate 0.5% of the net purchase price to us, at no extra cost to you!

Turn your smile into a donation by following the steps below:

1. Log in to smile.amazon.co.uk using your regular Amazon account details
2. When prompted, search and select Sparkle (South Wales) Limited
3. Shop as normal and Amazon will make a 0.5% donation to us, at no additional cost to you.

Remember to use smile.amazon.co.uk every time to ensure your purchase is eligible for a donation.

If you're using the app, simply tap the menu > settings > AmazonSmile and follow steps 1-3

SMILE and help special children shine.



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



A purple graphic with confetti and stars. At the top, it says "Sparkle are pleased to announce the following vacancies." with the Sparkle logo. Below this are two white cards with silver paper clips, labeled "Community Supervisor" and "Community Playworker". At the bottom, it says "Sparkle is extremely excited to be expanding its services into North Torfaen, North Monmouthshire & Blaenau Gwent catchment areas. We currently have vacancies for Community Supervisors and Community Playworkers. Please visit www.sparkleappeal.org/vacancies for a full job description and to download an application form. #helpingspecialchildrenshine".

Sparkle are pleased to announce the following vacancies.

Community Supervisor

Community Playworker

Sparkle is extremely excited to be expanding its services into North Torfaen, North Monmouthshire & Blaenau Gwent catchment areas. We currently have vacancies for Community Supervisors and Community Playworkers. Please visit www.sparkleappeal.org/vacancies for a full job description and to download an application form.

#helpingspecialchildrenshine

Sparkle are looking to recruit a team of enthusiastic and passionate volunteers across Gwent to become Community Ambassadors and help us spread the word about the great work that Sparkle does to support children and young people, with disabilities and/or developmental difficulties, and their families in their local community.

We are recruiting Community Ambassadors in the following areas: Blaenau Gwent, Monmouthshire and Torfaen.

- ★ Do you have an interest and understanding of Sparkle's work?
- ★ have you had first-hand experience of Sparkle in the past or do you have connections with a family who has been looked after by Sparkle?
- ★ We need your help to increase the awareness and understanding of our work in the local community!

Simply get in touch for more information or to apply by contacting us at fundraising@sparkleappeal.org or 01633 748 041.



Welsh Government



Llywodraeth Cymru
Welsh Government

Coronavirus COVID-19 Update



[Get financial help to pay your bills during the coronavirus pandemic](#)

29-09-2020 09:12 AM BST

[Coronavirus: changes to benefits appointment, assessments and claims](#)

20-10-2020 02:00 PM BST

The following information has recently been updated or published.

[£1 million fund for carers to mark launch of public consultation](#)

20-10-2020 08:12 AM BST

The following information has recently been updated or published.

[Coronavirus: changes to benefits appointment, assessments and claims](#)

20-10-2020 02:00 PM BST

The following information has recently been updated or published.

[New national Covid measures for Wales: First Minister says people not rules are key to our response](#)

02-11-2020 12:13 PM GMT

Changes to Children's Services at ABUHB

NHS Services in Gwent are changing, including Children's Services. See the below leaflet for more details on the changes that will happen once The Grange University Hospital opens next month

NHS SERVICES FOR CHILDREN ARE CHANGING

when The Grange University Hospital opens



CALL 999 OR GO TO THE GRANGE UNIVERSITY HOSPITAL

if your child has a **LIFE-THREATENING ILLNESS** or **SERIOUS INJURY**
(Children under 1 year will need to go to The Grange University Hospital for minor injuries).



GO TO A MINOR INJURY UNIT

at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or Ysbyty Aneurin Bevan Hospitals,
if your child (age over 1 year) has minor wounds, burns or scalds / insect bites / minor limb injuries
/ minor head or face injury / minor eye injury / foreign bodies in the nose or ear.
There are x-ray facilities available for broken bones and there is the ability to suture wounds.



CONTACT YOUR GP

if your child has a high temperature, or other non-urgent illnesses or concerns.
Your GP surgery should be your first port of call for non-urgent illnesses –
they can refer your child to hospital if needed.



CALL NHS 111

if your child is unwell and you are unsure what to do
and you need help. You can also call 111 for urgent
GP care when your own Surgery is closed.



TREAT AT HOME or CONTACT YOUR PHARMACIST

if your child has a minor illness or ailment such as a
sore throat, cough, skin irritation or common mild illness.

For more information please visit our website <https://abuhb.nhs.wales>.

Keep up to date and ask us questions by following us:



@AneurinBevanUHB



AneurinBevanHealthBoard

Helping Hands – Supporting with Sleep Workshop



Helping Hands Psychology Supporting with Sleep



Psychology Workshop for Parents, Carers and Children's Centre Professionals
with **Rachel Powell and Gemma Watts, Assistant Psychologists**

Tuesday 17th November 2020, 10am - 12pm

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. It aims to support parents and carers of children with additional needs to understand and promote their child's sleep.

This interactive group workshop will be delivered virtually via video-calling. A resource pack will also be made available following the training session.

Please email ABB.HelpingHandsTeam@wales.nhs.uk by **5pm on Friday 13th of November** with the following details to book a place –

- 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.





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Cruse Bereavement Care

Cruse Bereavement Care

Support for Children and Young People up to the age of 18



 **Cruse
Bereavement
Care**
Gofal mewn Galar

Children and Young People

Grief is always painful, and right now it's harder than ever.

During this pandemic Children and Young People are also coping with trauma and shock, and many of them have not been able to say goodbye in the way they would want to.

During this time, Cruse is here to help.

- * We provide telephone support to parents, carers and direct to Children and Young People
- * We provide online Zoom support for Children and Young People
- * We provide online Groupwork support for Children and Young People
- * We provide online information for Children & Young People via our Cruse website, www.hopeagain.org.uk and we have information at:- www.cruse.org.uk/coronavirus/children-and-young-people.
- * You can email helpline@cruse.org.uk or visit www.cruse.org.uk

For support please ring the following local numbers

North Wales - 01492 536577

Powys - 01686 610220

West Wales - 0800 2884700

Swansea, Neath Port Talbot, Bridgend - 01792 462845

Cardiff & Vale - 02920 226166

Gwent - 01633 251982

Merthyr Tydfil RCT - 01685 876020



We are here to help Bereaved Children & Young People during this time.

Families First



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

A new way of
Supporting
Families

Competition

Families First are developing a Newsletter!

The newsletter will include activities, events, useful tips and discussions on different topics each month. Design a name for the newsletter to be in with a chance to win a prize!

Email your entries to maria.perkins@blaenau-gwent.gov.uk
or thomas.brain@blaenau-gwent.gov.uk

**Closing date for entries is:
Monday 16th November 2020**

Remember to include your name, age and contact information. Winning entry will be displayed on the monthly newsletter and will receive a prize.

Good luck!





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Walking Group

Our Walking groups are starting back up next Wednesday 11th November at 11am from Aberbeeg Community Centre.

We are looking for new members, if you are interested please contact Pat Tovey on 01495 211024 or email her on aberbeegcc@yahoo.com

Dear All,



Walking group

Starting back up next
Wednesday 11th
November at 11am
from Aberbeeg
Community Centre



Looking for new members


Please contact Pat Tovey


Tel: 01495 211024


aberbeegcc@yahoo.com



STEAM SANTA SPECIALS 2020

 Blaenavon's Heritage Railway is excited to announce its 2020 Steam Santa Special Services!

 Join Santa and his elves this December for a steam-hauled journey through the Blaenavon World Heritage Site.

 Relax in the comfort of your own private steam-heated compartment, where a goody bag will be waiting for every child.

Once the journey is underway, Santa and Mrs Claus will visit each family/bubble in turn, allowing you to chat with them from the comfort of your seats.

Our elves will also be passing through the train, providing children with a small helping of juice, whilst adults will be treated to a mince pie and sherry/non-alcoholic alternative.

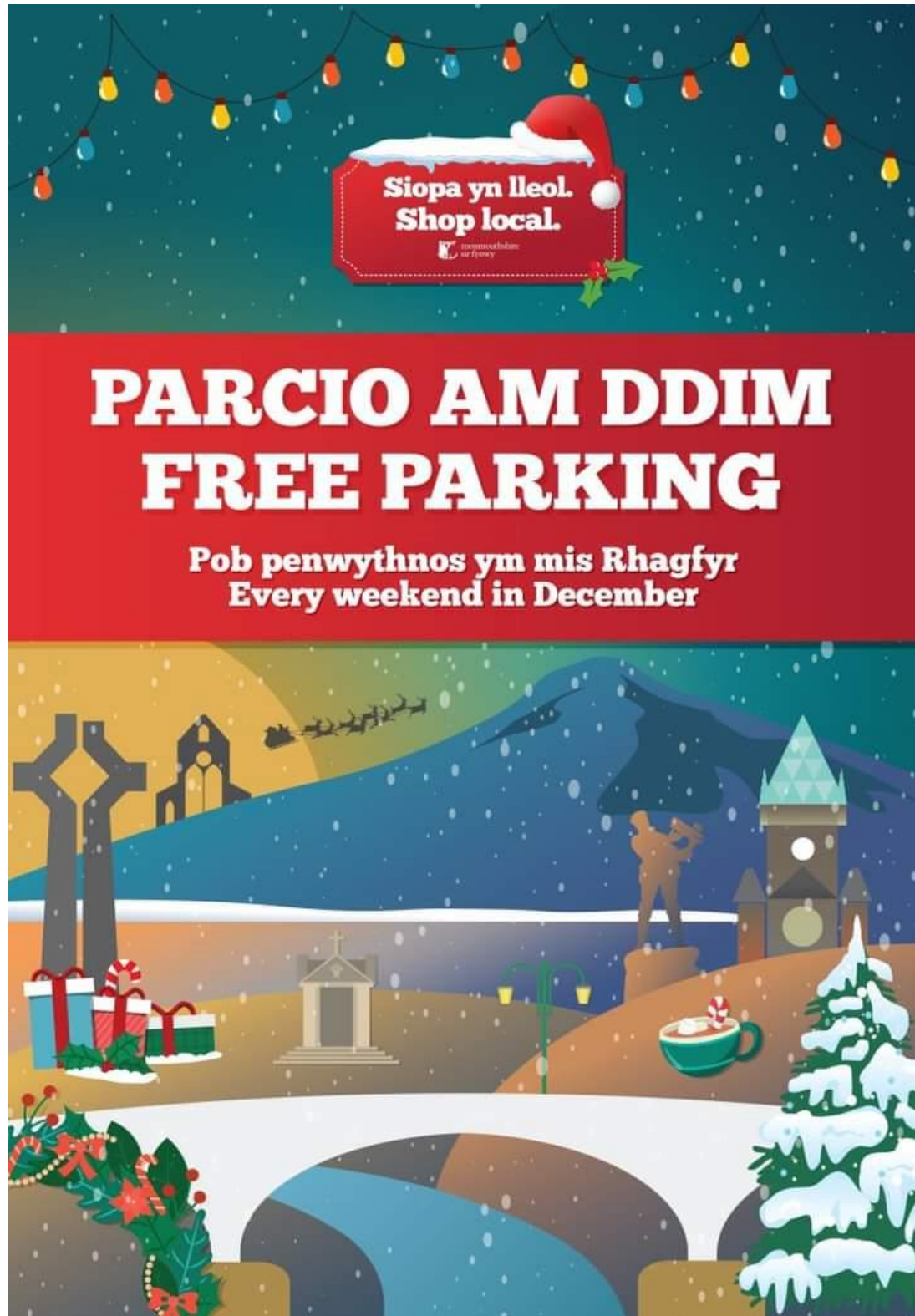
In total, the journey will last for approximately 35 - 40 minutes.

Visit <https://www.bhrailway.co.uk/steam-santa-specials> for more information.



Free Parking in Monmouth

Free weekend parking announced for Christmas shoppers as part of the council's Shop Local campaign – for more information: <https://bit.ly/3ncQ9WN>



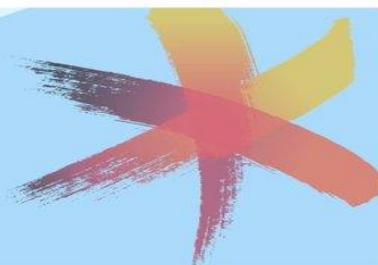
Puddle Jump Stories for Kids – Free Webinar

Puddle Jump Webinar: Therapeutic Storytelling with Families.

This webinar is for everyone with an interest in supporting children and families through the therapeutic power of storytelling. Whether you are an arts practitioner, health professional, teacher, parent or you are simply interested in supporting the well being of children and families, this webinar is for you, so welcome.

<https://www.eventbrite.co.uk/e/free-webinar-puddle-jump-therapeutic-storytelling-with-families-tickets-127023106531>

SAVE THE DATE
26 - 11 - 2020

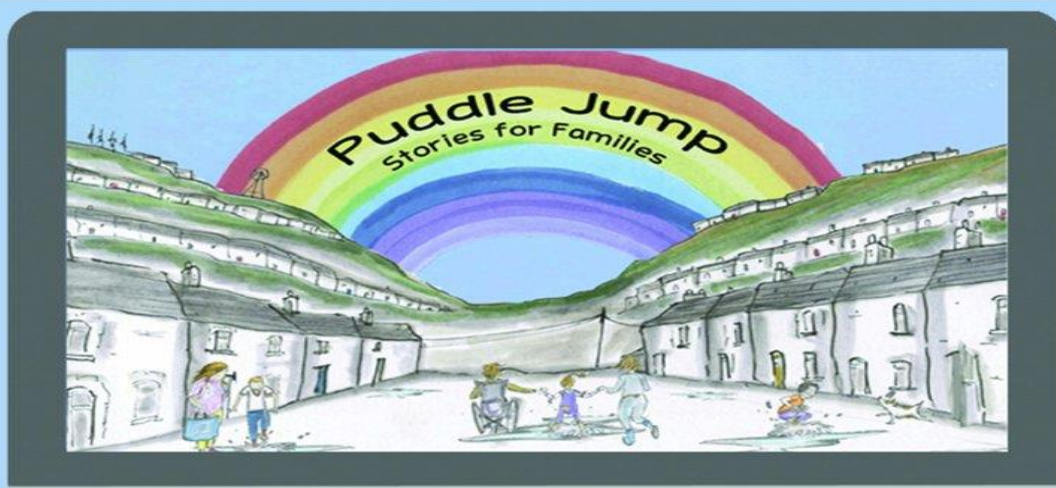


FREE WEBINAR

Therapeutic Storytelling with Families

Join us to find out more about the Puddle Jump Project and therapeutic storytelling in arts and well-being practice.

Email beth@valleyskids.org to find out more.
Thursday 26th Nov, 1pm - 2.45pm



Puddle Jump image illustrated by Angie Stevens



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NEW RULES (FOR WALES) FROM 9TH NOVEMBER

- You can bubble with one other household
- Nobody outside your bubble to be invited inside your home/garden
- 15 people can meet indoors for organised activities
- 30 people can meet outdoors for organised activities
- Schools reopen
- Non-essential businesses can reopen
- No travel restrictions within Wales
- Work from home where possible
- No travel to and from England (unless there's a reasonable excuse)

Don't forget...



**WASH YOUR HANDS
REGULARLY**



**FACE COVERINGS
COMPULSORY IN
INDOOR PUBLIC
SPACES**



**OBSERVE 2M SOCIAL
DISTANCING RULES**

TOGETHER WE CAN KEEP WALES SAFE


Monmouthshire Housing
Tai Sir Fynwy



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TORFAEN
COUNTY
BOROUGH



BWRDEISTREF
SIROL
TORFAEN



SERVICES OPEN AFTER FIREBREAK

SOCIAL CARE AND HOUSING
SCHOOLS
WASTE & RECYCLING
HOUSEHOLD WASTE RECYCLING CENTRE
STREET CLEANSING
HIGHWAYS
CEMETERIES
ADULT COMMUNITY LEARNING
LIBRARIES (Click & Collect and I.T.)
PARKS & SKATEPARKS
MARKETS
REGISTRAR OFFICE
BLAENAVON WORLD HERITAGE CENTRE
TORFAEN TRAINING
CUSTOMER CARE & CASH OFFICES
CAR PARKS
PUBLIC TOILETS



For further information visit
www.torfaen.gov.uk

#KeepWalesSafe



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From Monday 9 November, there are new rules to keep Wales safe



Limit the amount of people we spend time with



We can form an extended household
with one other household



Stay out of each other's homes unless you have
formed an extended household



We can meet up to four people outdoors, and
in regulated settings such as cafes, pubs and
restaurants



Maintain social distancing when near people
outside our extended households



Limit the times you leave home
and the distance you travel



Work from home where possible

But we all need to think about what
we **should do**, rather than what we **can do**

Together, we can keep Wales safe

Check the rules online
gov.wales/coronavirus



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

