

## Weekly Bulletin 26/11/2020



A huge thank you to Morrisons (Abergavenny) for accommodating our fundraising days last weekend.

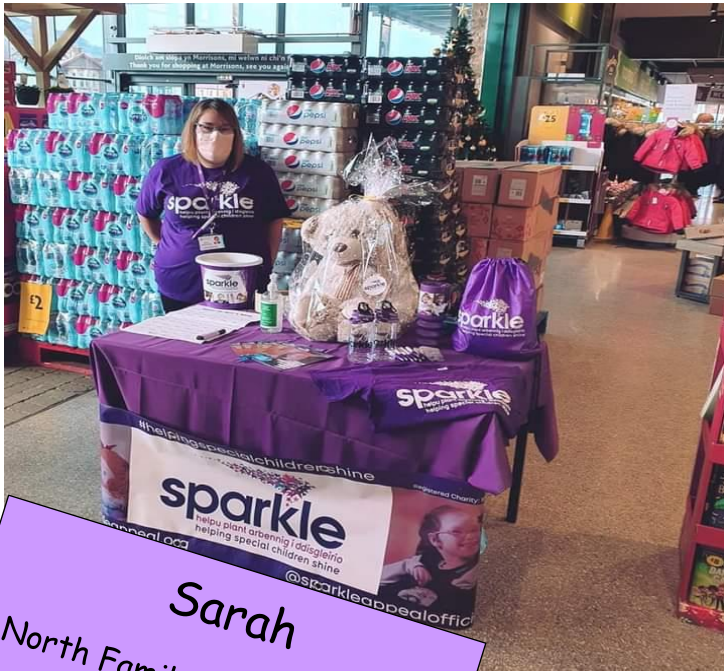
We are pleased to share that we raised an amazing £354.54p!!!

Hopefully, with the help of the fantastic Morrisons Foundation, that amount will be doubled! We'll keep you updated but for now we would like to say a HUGE thank you to everyone who donated and supported.

#helpingspecialchildrenshine







Sarah  
 North Family Liaison Officer



Verity  
 Fundraising Manager

Sparkle would like to say a huge thank you to Morrisons for the donation of chocolate selection boxes.

We'd like to say thank you to everyone who came along to support Sparkle at the store over the past two days, and to everyone who kindly donated.

Also, Congratulations to the winners of our name the Bear games 🐻🐾!

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Thanks Amy!

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## Facemasks in schools

The new rules in Wales

Masks must be worn:

- In all areas outside the **classroom** by staff and pupils in secondary schools and colleges
- On dedicated school and college transport for year 7 and up
- By all visitors including parents and carers dropping off and picking up

BBC





BBC

# 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



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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](mailto: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](http://www.sparkleappeal.org/vacancies).

☆ Please share, thank you! ☆

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## **Jazzy Jumper Day – 18<sup>th</sup> 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](#)

 **sparkle**  
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helping special children shine

FRIDAY 18TH DECEMBER 2020

# **Jazzy Jumper Day**

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](mailto: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.**





## **BookStart**

Do you have children or grandchildren aged 0 - 3 years?

Bookstart is a national programme co-ordinated by Booktrust to encourage families to visit the library and share the joys of reading and looking at books with babies and toddlers.



You should receive your bilingual Bookstart Baby pack from your health visitor in your baby's first year, and your bilingual Bookstart Early Years pack from your health visitor when your child is aged 18-24 months.

Every child in Wales is entitled to the Bookstart Baby and Early Years pack from BookTrust Cymru

Call your local library to order your free #Bookstart pack today!

For further information visit [www.bookstart.org.uk](http://www.bookstart.org.uk)

Book Trust 

Looking at books with your child is a great way to help their language to develop. The Book Trust website has a book finder tool to help you chose the right book for your child!  They also have links to rhymes and Welsh resources! 



<https://www.booktrust.org.uk/what-we-do/booktrust-cymru/>



## **CHILDREN'S BOOK WEEK: 8 REASONS WHY READING IS GOOD FOR CHILDREN'S MENTAL HEALTH**

  
Reading cultivates empathy and can even improve their social skills.


  
Books invite them to think and problem solve, thus improving creativity.

  
The stories of others can help them put their own life into perspective.

  
Books allow them to escape into other realities and worlds.

  
Reading can improve their memory and reduce the risk of falling behind.

  
Reading for pleasure can lower their stress and promote relaxation.

  
Reading can help development at school and reduce exam anxiety.

  
Reading before bed can help them establish a regular bedtime routine.





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## Santa Got Zoom



# *Santa got Zoom*

Live from the North Pole on **Saturday 19th** and **Sunday 20th December (between 11am & 4pm)**, Father Christmas will be available to virtually chat to your little ones for a special Christmas treat, the 2020 way!

Places are limited, to avoid disappointment book by Monday 14th December 2020.

To book your virtual grotto visit place please call **0345 677 2277**.





## **Make Your Mark** 🗳️🔊

Aged 11 – 25? If the answer is 'yes' then here's your chance to 'Make Your Mark' and share your thoughts and opinions about the things you believe matter the most.

Take part in the consultation  
[linktr.ee/MonYouthService](https://linktr.ee/MonYouthService) to help  
shape the future of the county.  
Closing date 30/11/20

For more information on the  
consultation visit [bit.ly/335jJG1](https://bit.ly/335jJG1)

MonLife Youth

<http://www.monlife.co.uk/connect/youth-service/make-your-mark/>

A purple poster for the 'MAKE YOUR MARK BALLOT'. The title 'MAKE YOUR MARK BALLOT' is in large white letters, followed by 'November 1st – November 30th' and 'REGISTER NOW'. A large white circle in the center contains text about the ballot. At the top right, there is a graphic of a hand putting a ballot into a box. At the bottom right, there is a logo for the British Youth Council (BYC) and the text 'Children in Wales' and 'Plant yng Nghymru'.

**MAKE YOUR MARK BALLOT**  
**November 1st – November 30th**  
**REGISTER NOW**

UK Youth Parliament's Make Your Mark Ballot launches November 1st as part of UK Parliament Week and will run until 30th November. The UK wide Ballot gives young people ages 11-18 the opportunity to shortlist topics that they feel are the most important issues facing young people locally and across the UK.

Topics will be announced once the vote has opened, and Voting will open through the UK parliament week website.

We encourage all 11-18 year olds across wales to vote directly through the website. You can vote on the topic that you think is most important across the uk as well as on topics that you care about locally.

Voting is important to ensure that young people across wales have their voices heard.

To make your mark and vote, visit the UK parliament week website

**WWW.UKPARLIAMENTWEEK.ORG**

 **BYC**  
British Youth Council  
Children in Wales  
Plant yng Nghymru



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## Santa 2020 Art Competition

Abertillery & Blaina

**Rotary**



Hi All!

*What do you think  
Santa Claus might be  
Up to this Christmas?*

The competition is open  
to 2 age groups.

## **Santa 2020**

Art Competition



*So, if you are aged 4 to 7yrs or  
8 to 11 yrs, enter our Christmas art  
competition and show us your Santa*  
**NO entry fee.**

When finished, photograph it, or scan it, and send it to our  
email address:

[abertilleryblainarotary@outlook.com](mailto:abertilleryblainarotary@outlook.com)

By 4pm Wednesday 16<sup>th</sup> December 2020.

Winners notified on Monday 21<sup>st</sup> Dec.

Include your name, age and contact details with your entry.

Winning pictures will be posted on our Facebook page.

Abertillery and Blaina Rotary  
is holding a Santa 2020 Art  
Competition for children  
between the ages of 4 to 7,  
and 8 to 11.

The theme of the art  
competition is: 'What do you  
think Santa Claus might be up  
to this Christmas?'

Even though things will be a  
little different this year,  
nothing is stopping Santa! So  
get your children to put their  
thinking caps on and enter our  
art competition, depicting  
what they think Santa Claus  
will be doing.



**Merry  
Christmas  
Everybody**

1<sup>st</sup> prize (4-7yrs) £20 voucher  
1<sup>st</sup> prize (8-11yrs) £20 voucher  
Highly commended  
4-7 yrs Selection Box  
8-11 yrs Selection Box



## 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.

<b>30/11/2020</b> Under the Sea, 4pm - 5pm. Suitable for ages 2-4. Join us Under the sea for fun games, stories, puppets and songs.	<b>01/12/2020</b> Popstar Party, 4pm - 5pm. Suitable for ages 5-7. Learn some cool dance moves, funky singing and be like your favourite popstar.	<b>02/12/2020</b> 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.	<b>03/12/2020</b> 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!
<b>04/12/2020</b> Wake up Shake up, 10am - 11am. Suitable for ages 2-4. Get up and get moving with dances and fun exercises.	<b>04/12/2020</b> 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.	<b>07/12/2020</b> Wizard Workshop, 4pm - 5pm. Suitable for ages 5-7.	<b>08/12/2020</b> Magic Science Party, 4pm - 5pm. Suitable for Ages 8-12.
<b>09/12/2020</b> Nursery Rhyme Story Time 10am - 11am. Suitable for ages 2-4. Come along for interactive nursery rhymes and stories.	<b>09/12/2020</b> 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.	<b>10/12/2020</b> 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.	<b>11/12/2020</b> 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.
<b>14/12/2020</b> Teddy Bears Picnic, 4pm - 5pm. Suitable for ages 2-4. Bring your favourite teddies and a snack for teddy bear stories, games and songs.	<b>15/12/2020</b> 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.	<b>16/12/2020</b> Hip Hop Dance Class, 4pm - 5pm. Suitable for ages 8-12. Get up and moving and learn some great hip, hop moves!	<b>17/12/2020</b> Quizzes & Competitions, 4pm - 5pm. Suitable for ages 5-7. Will you win? Fun music quizzes, challenges and competitions.
<b>18/12/2020</b> 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.	<b>18/12/2020</b> Hip Hop Dance Class, 4pm - 5pm. Suitable for ages 8-12.	<b>21/12/2020</b> 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.	<b>21/12/2020</b> 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.
<b>22/12/2020</b> 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.	<b>22/12/2020</b> Magic Workshop, 5pm - 6pm. Suitable for ages 13+.		

To book a space or for more information please email: [maria.perkins@blaenau-gwent.gov.uk](mailto:maria.perkins@blaenau-gwent.gov.uk) or [thomas.brain@blaenau-gwent.gov.uk](mailto: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.**

## Autism & Christmas

Do you want some great ideas for supporting autistic (or anxious) children at Christmas? Check out this free course from Lynn McCann of ReachoutASC for teachers and parents ...

[Autism & Christmas >>](#)

Want to go deeper?

Check out the [members-only version](#) which includes brilliant bonus content and is available as a single purchase or for [Getting it Right Members](#).

Any questions, or for bulk enrolments, drop us a line at [hi@schudio.tv](mailto:hi@schudio.tv)

Enjoy!





## **Welsh Government's Access to Elected Office Fund Consultation**

The Welsh Government are consulting on a proposal to make it easier for people with a disability to become active members of the Welsh Government

The Access to Elected Office Fund is a new initiative, which will be introduced in order to assist disabled people in standing for elections in Wales, both locally, and nationally. This fund is to be established as part of the Welsh Government's commitment to the full and equal enjoyment of all human rights for all disabled people.

Working in partnership with Disability Wales, the Welsh Government aims to use the fund to break down barriers which have thus far prevented disabled people from standing for elected office.

At this stage, the Welsh Government is consulting on how the fund should operate, how it should be administered, and what the fund should provide. The consultation period is open now, and will close on 20th January 2021.

This will allow the fund to be established on a pilot basis, in the first instance, supporting candidates standing for election to the Senedd in May 2021, and for local government in May 2022.

The consultation is available to complete through the following link:

<https://gov.wales/access-elected-office-fund>



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## 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](mailto:maria.perkins@blaenau-gwent.gov.uk)

or [Thomas.brain@blaenau-gwent.gov.uk](mailto:Thomas.brain@blaenau-gwent.gov.uk)





## Medicinema



### ★ Medicinema ★

Whilst we under COVID-19 restrictions, Sparkle are pleased to offer our families in North Monmouth, North Torfaen and Blaenau Gwent an opportunity to attend film screenings at the Medicinema in Serennu Children's Centre.

**Bookings are based upon a 'first come first served' basis.**

Please be aware that the capacity of the cinema is currently limited to ensure that the cinema is COVID secure, adheres to current guidance, and that social distancing can be met.

**You will need to register with Medicinema to attend a showing by completing a referral form and this will also need to be completed by a professional.**

If you are interested in attending a showing or need more information please contact us at:

[ABB.FamilyLiaisonNorth@wales.nhs.uk](mailto:ABB.FamilyLiaisonNorth@wales.nhs.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>





## **Barnardo's**

Barnardo's have launched two new services in Wales to support children and families who are struggling to cope through the current pandemic. They are now able to offer therapeutic support for families in Wales to help them overcome challenges exacerbated by Covid-19. These might include bereavement and loss, anxiety, child mental health and worries about returning to school, isolation and loneliness or financial and relationship difficulties.

<https://www.barnardos.org.uk/news/barnardos-launches-counselling-and-wellbeing-services-families-struggling-effects-covid-19>



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](mailto: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

