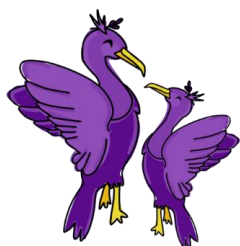


SAFEGUARDING NEWSLETTER SPRING TERM 2

EARLY HELP - GETTING HELP WHEN WE NEED IT....



Liverpool
Early Help Directory

Getting Early Help can be anything from accessing guidance, advice or being signposted to services, to having somebody else helping us to identify what may be best, helping to get the right services around us to do this. This could be your child's nursery, local children's centre, our Academy, your GP, health visitor or an Early Help worker. Liverpool Early Help Hubs assist professionals who help families in this way.

Check online by clicking on this link [Liverpool Family Information & SEND Directory](#) for regular updates on services and new programmes from a wide range of council and partner services that support families and for more information on Early Help.

FAMILY RELATIONSHIPS



Liverpool City Council are working to offer more support to parents and carers who are experiencing conflict in their relationships, whether they are together or separated.

Conflict in relationships is normal, but conflict that is intense and poorly resolved can affect our children, now and in the future. Parents can find content on some really common things, like struggling to communicate well with your partner, raising kids together, and parenting after break-up.



"Everyone needs a hand with their relationship sometimes. Add kids into the mix, and there can be lots of extra pressure on you both, as you juggle looking after yourselves and your little (and not so little) ones".

Click on the link to access the new website which supports parents and carers who may be experiencing conflict in the family. [relationkit website link](#)

LOCAL FOODBANKS AND COST OF LIVING HELP

Queen of Greens Fruit and Veg Bus

The 'Queen of Greens' is taking to the city's streets to increase access to healthy food. The variety and quality of their fresh fruit and veg is amazing. Residents are able to collect fresh food without the need to go out of their way to big supermarkets.

The Queen of Green Fruit and Veg Bus accept Healthy Start Vouchers at the van. The bus route is focused on areas where residents currently have to travel a kilometre or more to reach a supermarket, 800 metres to a convenience store, or 500 metres to a fresh market stall which sells 'green' produce. The bus has been launched by Feeding Liverpool in partnership with Liverpool City Council and the local NHS. The bus visit 29 stops each week – including schools, hospitals and community

centres. The healthy bus gives residents more opportunities to shop for nutritious food closer to their home, or workplace. See the link below for more information about the bus routes and timetable for The Queen of Green Fruit and Veg Bus Service. [Queen of Greens Fruit and Veg bus](#)

Foodbank Support

Foodbank support is available for anyone experiencing food shortage. See the Trussell Trust websites for Foodbanks, individuals will still need a referral rather than people going directly to the Foodbank. You can find out further information here:



[Trussell Trust](#)

Please see links below for the North and South Foodbank websites.

[Locations | North Liverpool Foodbank Website](#)

[Locations | South Liverpool Foodbank Website](#)

Citizens Advice Bureau

Citizens Advice Liverpool have put together some resources to help with the demands of cost of living. Visit the Citizens Advice website for self-help advice for help with:



[Paying your energy bills](#)

[If you're struggling with living costs](#)

[Reducing your regular living costs](#)

[If you can't pay your bills](#)

Last year, Citizens Advice Liverpool helped 30,000 people with the problems they face.

- If you need help, call today on freephone 0808 278 7840
- If you need debt advice, call 0300 330 1196
- If you need help to claim universal credit, call 0800 144 8 44

EASTER ACTIVITIES

13th May 2023 - Eurovision!

The city is staging Eurovision on behalf of Ukraine on 13 May. Running alongside the main event will be a two week festival which will take place in the city from 1st-14th May called EuroFest. The festival will include a huge outdoor underwater sea disco which will parade through the city. UK and Ukrainian designers, musicians and community groups will be involved in the parade. The parade will be on Friday 5th May between late afternoon and early evening to tie in with the start of the weekend and Eurofest.





Design your own Pysanky eggs - a Ukrainian custom where eggs are painted with bright colours to mark the first day of Spring. It's an Ideal activity for children of all ages to try at home during the Easter break. If you would like to try you can view and download your activity resource pack here: [VISUAL ARTS RESOURCE PACK](#)

Look out for further information on the run up to Eurovision and some of the activities you will be able to get involved in or visit on the Liverpool City Council website.

Easter Holiday Activities and Food for Children

The Easter HAF programme starts on the 3rd April and there are lots of great activities happening over the school holidays. Children and young people, who are eligible for benefits related free school meals, will be able to access hundreds of activities throughout the Easter break including specific provision available for children with SEND or additional needs, at no cost to you. There's a great range of activities across the city including boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, a make up course, trips out, Eurovision themed activities and much more! Every day there will be a meal available for every child that attends.

To find out where your nearest scheme and all the details of what is on click on this link - [Merseyplay website](#)

Liverpool Children's Centres

Liverpool Children Centres are delivering lots of programmes across the city, please look at [Liverpool Early Help Directory Website](#) for your nearest one and their contact details.

Baby Massage – FREE: Baby massage has many benefits for your baby. It encourages better digestion, can relieve both colic and constipation, and aids better sleep. It is also an excellent way to bond with your baby.

Welcome to Play – FREE: 6 week course - Introduces the importance of play, encouraging parents/carers to take part in playful activities with their children which can support your child's learning and development.

SEND Support – FREE: Children's Centres provide advice and support to families with children ages 0-5 years with special educational needs and disabilities (SEND) making the information easier to access.

Nurture Parenting Programme – FREE: The Nurturing Programme is a 10-week parenting programme that improves the emotional health of both adults and children and also strengthens family relationships.

You & Me, Mum – FREE: You & Me, Mum is a 10 week course for mothers which will help you understand how domestic violence effects you as a parent and how it effects your children. Be empowered, get support and develop further understanding of your role as a mother in addressing the needs of your children and young people.

EVERTON IN THE COMMUNITY ACTIVITIES FOR DAD'S AND FAMILIES



Dads Walk - FREE

On the first Saturday of each month EITC hold a dads walk for dads to come and meet other dads with their little ones. A walk around Stanley Park and a great way to pick up tips from other dads and meet some new people. They leave the peoples hub on Spellow lane at 10:30am and walk for around an hour.

Dads Club - FREE

On the last Saturday of each month EITC have a Dads club in Clubmoor Childrens centre. Lots of activities, play and craft equipment and free tea, coffee and bacon butties for the dads and fruit and snacks for the children. The Dads club starts at 10am and runs to 12pm For more information or to sign up please click [Everton In the Community](#)

Dads Classes - FREE

Once a month at the Liverpool Women's Hospital EITC run a dad's class. This is for expectant fathers and touches on a wide range of topics to help dads navigate their exciting new roll of fatherhood. Classes are usually on the last Wednesday of the month and start at 6pm. They welcome expectant fathers from 5:30 and food is provided. The class last about an hour and professionals from Mersey care and PSS are there to answer questions. If you would like to sign up to any of these please email andrew.cousins@evertonfc.com

LFC FOUNDATION



Foundation

THE CLUB'S OFFICIAL CHARITY

The LFC Foundation are holding a FREE event for children and families in April. Their Spring Flower Festival walks will be held on 1st April. You can choose to attend a morning or an afternoon session. See the flyer for more details on how to register for the sessions.

SPRING FLOWER FESTIVAL WALK



Join us on

Saturday 1st April, Norris Green Park

Morning session: 10:00-12:30pm

Afternoon session: 12:30-3:00pm

What to expect!

- Face painting
- Arts & Crafts
- Mighty Red
- Superhero Litter Picking (come in your best superhero costume!)
- Plus lots more surprises along the day!

Register now at:

liverpoolfc.com/foundation/go-play



Foundation
THE CLUB'S OFFICIAL CHARITY



SCOUSEFLOWERHOUSE



Friends of Norris Green Park