

# The Tamar Weekly

**18th  
September  
2020**



Mount Tamar  
Aspire - Adventure - Achieve



**Mount Tamar School and  
Drake's View House  
Part of the Quay Partnership  
Tel: (01752) 365 128  
[www.mounttamar.org.uk/](http://www.mounttamar.org.uk/)  
Email: [admin@mounttamar.org.uk](mailto:admin@mounttamar.org.uk)**



## Word from the Headteacher

In this newsletter there is some great feedback from our pupils about their experiences at Granary Farm. Well done to them and well done to our staff at the school Farm. It is very pleasing when we find a curriculum and a vocation that the pupils enjoy.

I have also been pleased this week to see all the learning in the students' books at our other centres; Prospect and Seymour. They have been taking great pride in what they do.

The external placements have started to slowly open up. This allows us to support the pupils with their interests for moving towards their futures. Blue Screen IT, North Prospect Garage and Bikespace have all been doing great work with our pupils this week.

Our Drake's House also opened up last week but with much fewer spaces due to Covid restrictions. Those pupils gaining a placement will be on shorter timescale such as half a term which will allow an increased number overall. Please get in touch if you are interested in Drake's or in finding out more information.

As a school we are continuing to keep staff and pupils safe through reviewing our systems.

Thought  
of the  
week

One **kind** word  
can **change** someones **entire** day



## Notices...

Third week back in! Where is that time going? It has been wonderful to hear the school full of laughter and chat again after being so quiet for so long. As always, if you have any questions, please contact us direct on 01752 365128.

30th September- Closing date for Albert Casanova school uniform grant application requests. Please find more information in the second half of the newsletter.

## Did you know?...

- **Information zooms along nerves at about 400kmph!**
- **A Cat can jump five times higher than their own height**
- **Some pine trees in Tasmania's temperate rainforests can live for 2,000 years!**

## Term Dates

### October Half Term

**Last day of term: Friday 23rd October 20**

**First day back to school: Monday 9th  
November 20**

### Easter Holidays

**Last day of term: Thursday 1st April 21**

**First day back to school: Monday 19th  
April 21**

### Christmas Holidays

**Last day of term: Friday 18th December 20**

**First day back to school: Tuesday 5th January  
21**

### May Half Term

**Last day of term: Friday 28th May 21**

**First day back to school: Monday 7th June  
21**

### February Half Term

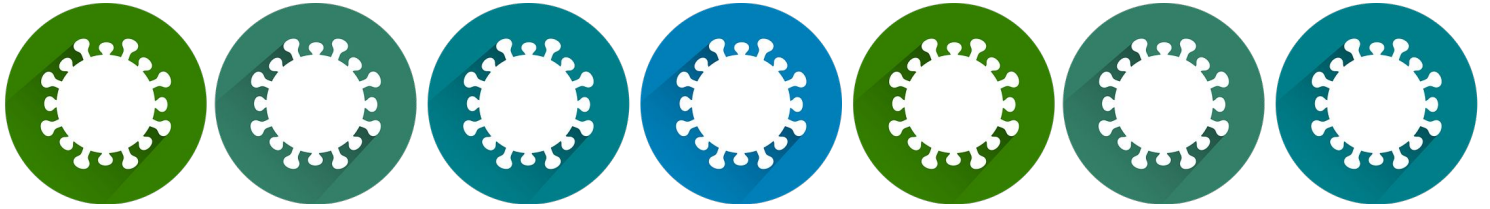
**Last day of term: Friday 12th February 21**

**First day back to school: Monday 22nd  
February 21**

### Summer Holiday

**Last day of term: Monday 26th July 21**





# COVID-19 Guidance

We wanted to assure you that we are continuing to ensure the safest environment possible for our young people.

We follow all guidelines from the DFE, Public Health England and the Local Authority and make it work for us, the school community.

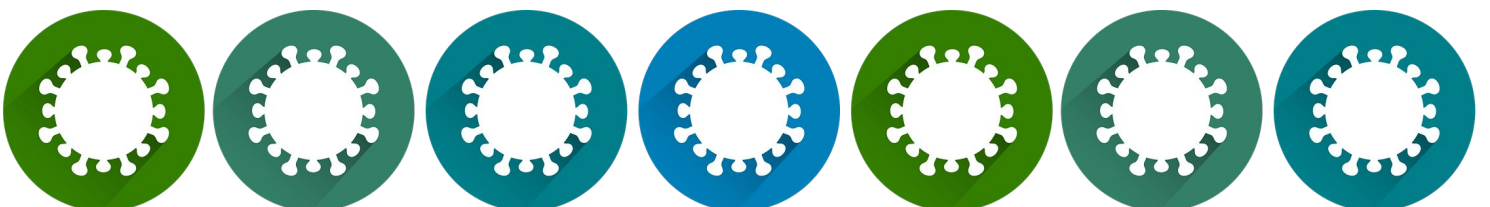
Please continue to keep us informed if you, your child or any other household member has COVID symptoms, or has been in contact with someone with a confirmed case. This information is essential to us in maintaining the high level of safety we are currently providing.

Please do not send your child in if you have the slightest doubt about their health.

**Please follow the link below to view guidance around staying at home with suspected or confirmed cases-**



[https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection?fbclid=IwAR2sPJ-MIryNH\\_hmudK42bLxNYhQghMYyK8WWrRtdzG2886X0QZWufF36E4](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection?fbclid=IwAR2sPJ-MIryNH_hmudK42bLxNYhQghMYyK8WWrRtdzG2886X0QZWufF36E4)





# Granary Farm School

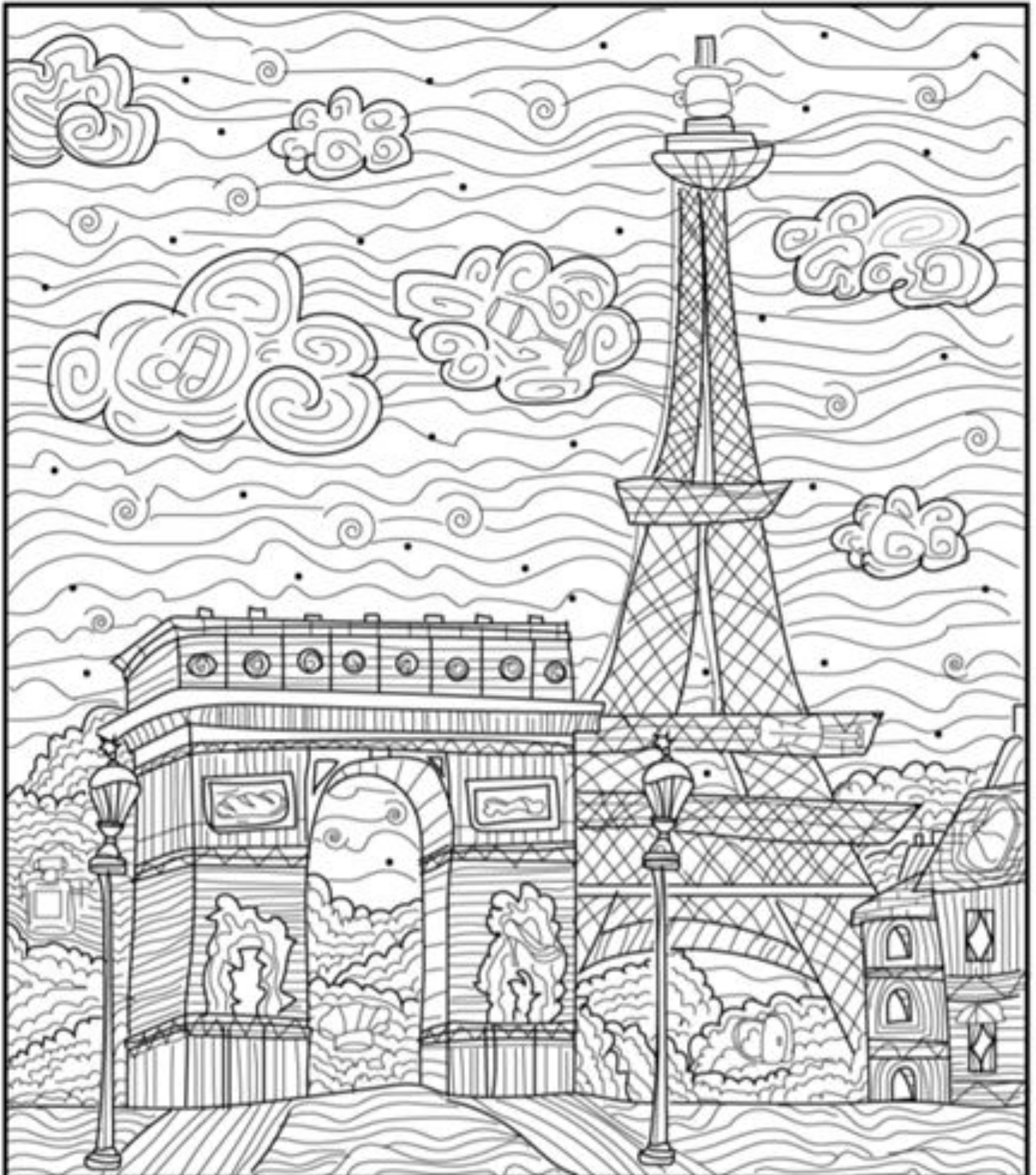
This time 5 years ago the Granary Farm started out with a classroom, a chicken coop and a rabbit run. The transformation since then has been incredible, which has been down to the commitment and enthusiasm of the pupils. Whilst learning valuable life skills, they have collectively gained over 40 BTEC qualifications. To say that we are proud of pupils past and present is an understatement. Let's keep up the hard work!





# Family Puzzle Page:

How many of the hidden objects can you find in the image below?



Find the hidden objects



# Recipe of the week: Chicken & Tomato Spiced Curry

Each week we would like to feature a recipe or ideas of activities for you to try with your family at home, we would love to see any photos of how you get on!

## Ingredients:

### Serves four:

- 2 tbsp vegetable oil
- 450g chicken breast, cut into cubes
- 1 onion, chopped
- 1 red pepper, deseeded and sliced
- 2 garlic cloves, finely chopped
- 1cm piece ginger, peeled and finely chopped
- 2 tbsp Madras curry paste
- 400g tin chopped tomatoes
- 300g basmati rice
- handful coriander, chopped, to serve



## Method:

1

Heat 1 tbsp of the oil in a large flameproof casserole dish set over a high heat. Working in batches if necessary, cook the chicken for 5-7 mins until golden and just cooked through, then remove and set aside.

2

Put the remaining oil in the dish. Add the onion, cook for 3 mins until soft, then add the red pepper and cook for 2 mins. Stir in the garlic and ginger and cook for 30 secs. Stir in the curry paste until everything is well coated.

3

Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.

4

Meanwhile, cook the basmati rice following pack instructions. Serve with the curry and sprinkle over the coriander to finish

## **Ballard Trust School Grants**

The Albert Casanova Ballard Deceased Trust provide grants for school uniforms and additional kit such as books, football boots etc. Trustees of the Estate of Albert Casanova Ballard invite applications from parents of boys aged 11-16 years old who attend the Air Defence Squadron, Plymouth secondary and central schools or organisations and clubs in Plymouth.

Applicants must live within the City of Plymouth, live within seven miles of the Ballard Institute and attend a secondary school within the city.

The latest update is that due to Covid-19, successful applicants will be refunded retrospectively.

An advert with further information on how to apply will appear in Plymouth Live on Friday 18 and Saturday 19 September 2020. The closing date for requesting application forms is Wednesday 30 September 2020. The closing date for completed applications is Thursday 22 October 2020 with the reimbursement being received during October half term.



## **HELP WITH THE COST OF SCHOOL UNIFORM – FOR BOYS AGE 11 TO 16 YEARS**

### **PLEASE DON'T MISS OUT!!**

Please note that in Plymouth Live on Friday 18th and Saturday 19th September, there will be a notice from a charity called

***Albert Casanova Ballard Deceased.***

The advert will provide details of an address that you send a request, in writing, for an application form. The necessary forms will then be sent to your home address.

I have attached a draft of a letter that you can send off for your application form – just to make things a bit easier for you.

The closing date to request the application is Wednesday 30th September 2020. The advert will state that you will need to send a LARGE stamped addressed envelope – this will be A4 and it is vital that you put the correct postage on your stamped addressed envelope.

If you need any help completing the application forms, I am happy to go through this on the telephone with you, just give me a call on 01752 355018.

Your Parent Support Adviser - Hayley



Name.....

Address.....

.....

.....

.....

18th September 2020

Dear Sir/Madam,

**Re: Support for funding for school uniform**

Please could you send me an application form for me to apply for help with the cost of my son's school uniform.

I have enclosed a stamped, addressed envelope.

Kind Regards,

Signed.....

## Why have family support?

Families come in all shapes and sizes and so do children.

Being a parent or carer is one of the most fulfilling things we'll ever do, yet it is also one of the hardest and we can all do with a little bit of help now and then.

We are here to support you as your child makes their journey through our school.

We are able to do this in an impartial, non-judgmental way, allowing you and your family to get the most out of the education system.

## For more information please contact us:

Mount Tamar School  
Row Lane  
Higher St Budeaux  
Plymouth  
PL5 2EF

### EMAIL:

[h\\_lee@mounttamar.org.uk](mailto:h_lee@mounttamar.org.uk)  
[S\\_bryant@mounttamar.org.uk](mailto:S_bryant@mounttamar.org.uk)

### TELEPHONE:

Hayley Lee-  
01752 355018

Sandra Bryant-  
01752 566100 ex 202

Alternatively, please leave a message at reception.

Please take a look at our website:

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



## Mount Tamar School Family Support



**Hayley Lee**  
Parent Support  
Advisor

**Sandra Bryant**  
Seymour House  
Family Support  
Worker & Child  
Protection

## What we can do for you...

These are a few examples of the things we may be able to help you with:



Signposting you to other services



A listening ear



Helping with paperwork and filling out forms



Offering learning opportunities



Developing activities and opportunities to meet others

## We will...

- Provide impartial information or referrals to Parents/Carers about school and relevant Local Services available to families and children.
- Work in partnership with Parents/Carers to identify the need for support groups, parenting classes or one to one support.
- Help support a range of difficulties that you may experience with your child, such as:

- ⇒ Wellbeing and emotional health
- ⇒ Attendance
- ⇒ Inclusion
- ⇒ Safety
- ⇒ Behaviour

Parents and Carers are our primary focus. We feel that the partnership with schools and parents represents our vision, we will make it our priority to see that everyone in the parenting role has the opportunity to access support through the many challenges of raising a family.



**"Family is not an important thing, it's everything"**

-Michael J Fox-

## We are here to help you!



# EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, young people and families to contact in PLYMOUTH



## CAMHS

### FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 / PARENTS / CARERS

All children and young people struggling with their mental health can call the helpline for advice and support.

Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

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

or search for Kooth on a search engine

(this service provides web based information and advice along with chat based conversations and forums)

## YOUNG DEVON

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Someone to talk to for young people concerned about their mental health or emotional wellbeing.

Available remotely through video calls, phone calls, messaging or email at flexible times to suit young people.

- ◆ Wellbeing – confidential and safe conversation with one of our Team to share any concerns you may have and consider further support

- ◆ Counselling – receive counselling support
- ◆ Wellbeing café – where a group can share issues, concerns and develop coping skills /strategies helped by one of our Team

CONTACT:

Call: 08082 810 155  
(Monday to Friday 9am to 5pm)

Email: [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org)

Website: [www.youngdevon.org](http://www.youngdevon.org)



### Key websites

POD	<a href="http://www.plymouthonlinedirectory.com">www.plymouthonlinedirectory.com</a> (includes SEND local offer)
Young Devon	<a href="http://www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit">www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit</a>
Kooth	<a href="http://www.kooth.com/index.php">www.kooth.com/index.php</a>
Progeny*	<a href="http://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny">www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny</a>

\*Progeny is a whole school approach to supporting emotional health and wellbeing across school communities by working with schools and key partners.





# What parents need to know about NETFLIX



**18+**  
The account holder must be 18 or older.

Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge selection of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TVs and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

## Inappropriate content

Netflix hosts and produces content for all ages. It has a wide variety of films and TV programmes for young children, teens and adults and its extensive catalogue can provide hours of entertainment. Children can search for almost anything but if they share the same account as an adult, it can also open them up to viewing material that is adult themed or inappropriate. Netflix doesn't check who's watching so children could access films or TV shows that contain violence, nudity or foul language.



## Risk of hacking

With millions of users in over 190 countries, Netflix is often targeted by hackers and phishing scams which try to illicit usernames and passwords to gain access to accounts. If successful, hackers can steal payment details or try to sell your data on the dark web, providing others with the opportunity to profit. Given Netflix doesn't provide 2-factor authentication, it's important to ensure your login details remain secure.



## Binge-watching

With the ability to access Netflix on almost any device, it can be easy to fall into 'binge-watching' TV series, with users finding it difficult to turn it off without knowing what happens next. The autoplay function also means that the next episode usually plays within seconds of the last ending and the Netflix algorithms mean that recommended programmes are very often similar to those you've just watched. This can easily lead to spending hours in front of the TV through the day or staying up through the night, potentially affecting sleep, mood and the ability to concentrate the next day.



## Screen addiction

In addition to binge-watching, the fact that Netflix is available on almost any device with an internet connection means that parents may find it difficult to prize children away from a screen. With a huge collection of children's TV programmes and the latest film titles, children could start watching on the TV, continue on the tablet and finish on their games console. Increased screen time means that they may spend less time learning, playing outside, find it difficult to sleep or communicate less with family and friends.



## Netflix party

Netflix Party is a free extension on Google Chrome that gives users the ability to watch a film or TV show online simultaneously with friends or family in different locations. It also provides the ability to chat to each other during the stream. Users can create a party and send a link to people they want to invite however the link can be copied and distributed further, meaning children could potentially be open to a group chat with people they don't know. It should be noted that Netflix Party isn't an official Netflix product and needs to be downloaded separately to the app.



## Safety tips for parents & carers

### Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ability to control what content your children can watch. Setting up a Netflix Kids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is simpler and children can't access any account settings.



### Set maturity ratings & block content

If your child is a little older, parents can create a separate profile to their own and set a maturity rating that means children will see only TV shows and movies that fit that rating. The three categories of rating for the UK are kids (all, U, PG), teens (12, Guidance, Teen) and adult (15, 18, mature, adult). You can also block specific TV shows and movies from individual profiles which means they don't show up in the browse or search results.



### Have an open & honest conversation

Parents can review the TV shows and films that have been watched on each profile under their account. If your child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.



### Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodes to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.



### Lock your profile

It's important to keep your own account secure so that children can't freely switch between profiles and potentially access more adult-themed content or change access levels. Parents can set up a Profile Lock PIN which means only they can access their own Netflix account.



### Set screen time limits

Although switching off autoplay will help to stem programmes playing continuously, children can just as easily choose to play the next episode themselves. Whilst Netflix has no options to help limit viewing time, many devices now allow parents to set screen time restrictions, so you can switch off the app automatically when you think they've had enough.



## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



## Create a strong password & always log out.

Given that Netflix doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Try to use a different password to ones you've used before and use a mixture of numbers, letters (uppercase and lowercase) and symbols, with a minimum of 8 characters. Always log out when not using your account so that if your device is lost or stolen, your account remains inaccessible.





## Time for YOU

in these challenging times

A small supportive zoom group for mums  
of children with additional needs



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child  
with additional needs during these times

Re-fuel, play with coaching tools + images and  
say what needs to be said

Listen to what YOU need and how this fits into your life now



Are you in  
DEVON or  
CORNWALL  
Could this be for you?

<https://bit.ly/32d4gm1>  
[jo@mums4achange.org](mailto:jo@mums4achange.org)  
[fb @mums4achange](https://www.facebook.com/mums4achange)



"The group has been a life-line to me during  
lock-down."

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Wed 9.30-11.30 am from 16th September

WEEKLY: 12 weekly zoom meetings (term time only)

HOW: By zoom - If your child(ren) can be distracted  
safely while you speak+ listen 'privately' you can come.

COST: Free BOOKING ASAP ESSENTIAL - Ltd spaces  
Priority booking if you are on means tested benefits.  
Funded by Rosa C19 Response Fund - Small Grants

INTERESTED: Facebook event <https://bit.ly/32d4gm1>  
click 'Reserve me a spot' to find out more or  
email [jo@mums4achange.org](mailto:jo@mums4achange.org) Please any benefits you get.

RUN BY: Jo Ball - life and career coach, mum of 2, with a background  
in Arts Therapy. SUPPORTED BY: Cass who did the group and loved it  
so much she wanted to help others do it. Cass is a mum, counsellor +OT



## Time for YOU

in these challenging times

A small supportive zoom group for mums  
of children with additional needs



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child  
with additional needs during these times

Re-fuel, play with coaching tools + images and  
say what needs to be said

Listen to what YOU need and how this fits into your life now



Are you in  
DEVON or  
CORNWALL  
Could this be for you?

<https://bit.ly/2Eszjlm>  
[jo@mums4achange.org](mailto:jo@mums4achange.org)  
[fb @mums4achange](https://www.facebook.com/mums4achange)



"The group has been a life-line to me during  
lock-down."

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Fridays 9.30-11.30 am from 18th September

WEEKLY: 12 weekly zoom meetings (term time only)

HOW: By zoom - If your child(ren) can be distracted  
safely while you speak+ listen 'privately' you can come.

COST: Free BOOKING ASAP ESSENTIAL - Ltd spaces  
Priority booking if you are on means tested benefits.  
Funded by People's Health Trust using money raised by  
Health Lottery South West.

INTERESTED: Facebook event <https://bit.ly/2Eszjlm>  
click 'Reserve me a spot' to find out more or  
email [jo@mums4achange.org](mailto:jo@mums4achange.org) Please any benefits you get.

RUN BY: Jo Ball - life and career coach, mum of 2, with a background  
in Arts Therapy. SUPPORTED BY: Clare Gale who has a son with  
complex medical needs and  
loved the group so much she  
now helps run it.



# Looking for support without having to call?

Our new webchat service connects parents  
and carers with one of our advisors and helps  
you find the information you need to support  
your child's mental health.

Chat now

Contact the YoungMinds Parents Helpline  
[www.youngminds.org.uk/webchat](http://www.youngminds.org.uk/webchat)

# YOUNGmINDS



## **Autumn Update**

**After a strange start to this year, we are pleased to be back up and providing a full service provision as of September. Despite the COVID-19 restrictions, Summer sessions have been continuing where it has been safe to do so. Adventure Breaks have made the most of our beautiful surroundings and enjoyed canoeing, gorge walking and moorland walking. All whilst developing imperative life skills such as teamwork and communication. Our 16-24's have started to give the city centre's old animals a significant makeover and they have been entirely responsible for the design and planning aspects of this project. At Beckly, sessions have included under the sea themes, exploring culture and they have even created their very own Beckly festival to celebrate the summer.**

**We are entirely grateful for all of your continued support over what has been a challenging and unpredictable time. We are looking forward to welcoming you all back as we begin the Autumn term and can't wait to hear what you have all been up to!**

### **Returning to full service**

**As of September we will be returning to a full service provision at both our Beckly and Devonport park sites. We endeavour to maintain the safety and welfare of our staff and young people so our COVID-19 precautions will remain in place.**

**On arrival please follow allocated signs and adhere to social distancing as much as possible.**

**Temperature checks for young people will be done on arrival as well as 2 further times throughout the day.**

**The adult responsible for the young person on drop off will be asked to sign to say the young person has no symptoms or been exposed to anyone with symptoms.**

**Face masks must be worn by staff and young people whilst on the minibus travelling to and from an offsite activity. If you have a mask at home that your son/daughter has got used to wearing then please bring that along. Where that is not the case we have masks to use. Although I understand children/adults with disabilities are exempt from this, where possible this will help minimise the risk in the enclosed space.**

**Hand washing/ hand sanitiser will be used regularly throughout the day.**

**All equipment used will be cleaned between uses/ regularly throughout the day to reduce the risk.**

**Some sessions will be limited on numbers.**

**Please also follow government guidelines and do not bring your young person to a session if they are showing any of the symptoms.**



# Please find below the planned session timetables and details of how to book.

## Radford Rascals:

- 8th/10th September - Autumn art
- 15th/17th September - Acting/Dress up
- 22nd/24th September - Music & Movement
- 29th September/1st October - Boats & water
- 6th/8th October - Celebrating friends/family
- 13th/15th October - Stomp around the woods
- 20th/22nd October - Sweet Treats
- 27th October (half-term) - 9:30-12:30pm. Booking essential.

These sessions are for pre-arranged clients only. Please contact Vicki or Lucy to book these sessions.

## Rooted:

*Rooted is an inclusive social group for those aged 8-14 with additional needs.*

- Saturday 19th September - BBQ & Welcome back
- Saturday 26th September - Celebrating Sir Francis Drake
- Saturday 3rd October - Sea scape art
- Saturday 10th October - Celebrating friends & family
- Saturday 17th October - Gardening & outdoor play
- Saturday 24th October - Sweet Treats
- Saturday 31st October - Halloween celebrations

Sessions are priced at £10 each and are available to book via

[www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). 10am-1:30pm at Devonport Park Activity Centre.

## In Other Words:

*Social group for young people with an experience of mental health or wellbeing. These sessions offer a safe place to share ideas and thoughts with others who have similar experiences. For young people aged 16-24.*

The first session will take place on the 2nd of September via zoom. The following session on the 16th of September will take place at Devonport Park. Please contact Ali or Lucy for further details regarding these sessions.

# **Please find below the planned session timetables and details of how to book.**

## **Beckly:**

- **Saturday 5th September - Autumn Art**
- **Saturday 12th September - Photography & films**
- **Saturday 19th September - Music & movement**
- **Saturday 26th September - Celebrating Sir Francis Drake**
- **Saturday 3rd October - Sea scape art**
- **Saturday 10th October - Celebrating Friends & family**
- **Saturday 17th October - Central park visit**
- **Saturday 24th October - Sweet Treats**
- **Monday 26th October - International Artist day**
- **Wednesday 28th October - Welly walk & gardening**
- **Friday 30th October - Frankenstein Friday**
- **Saturday 31st October - Halloween celebrations**

**Please contact Vicki or Lucy to book these sessions.**

## **Youth Club:**

***An inclusive social group for those aged 14-24 with additional needs.***

- **Thursday 10th September (DPAC) - Pizza and campfire**
- **Thursday 17th September (Beckly) - Wii & games night**
- **Thursday 24th September (DPAC) - Fitness night**
- **Thursday 1st October (Beckly) - McDonalds visit**
- **Thursday 8th October (DPAC) - Movie night**
- **Thursday 15th October (Beckly) - Music & movement**
- **Thursday 22nd October (DPAC) - Cooking up a stir fry**
- **Thursday 29th October (Beckly) - Halloween party**

**Sessions are priced at £6 each and are available to book via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). 7pm-9pm at alternative sites.**



# **Please find below the planned session timetables and details of how to book.**

## **Children's Minds - Families Matter:**

**This a free parent/carers and family support project for those who have a family member aged up to 18years with an experience of CAMHS. Each session is supported by Plymouth Parent Carer Voice and CAMHS. Activities will be provided by Routeways staff for the young people to enable free discussions.**

**We aim to empower families to ensure their experience of CAMHS is positive by giving them a voice. We can support families and young people by signposting to different services where necessary.**

**Please contact Ali or Lucy for further details about these sessions. The first session will be on the 12th of September.**

## **Growing Together:**

**Sessions will run from 10:30am- 4:30pm every Friday at Devonport Park. These sessions are for young people aged 16-24 and aim to develop a variety of life skills through projects led by the young people.**

**Please contact Vicki or Lucy for further details about this group. Sessions will be available to book via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). The first session will be the 11th September. Sessions can be booked for 10:30-3:30pm or 10:30-4:30pm.**

## **Contact Details:**

**Vicki - [veastman@routeways.org.uk](mailto:veastman@routeways.org.uk) - 01752 856704**

**Ali - [aroberts@routeways.org.uk](mailto:aroberts@routeways.org.uk) - 01752 856725**

**Lucy - [lclarke@routeways.org.uk](mailto:lclarke@routeways.org.uk) - 01752 856702**

**Main office - 01752 300700**





# Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

## Understanding Pregnancy, Labour, Birth and Your Baby

**Online** course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

## Understanding Your Baby

**Online** course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

## Understanding Your Child (0-19 yrs)

Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

## Understanding Your Teenagers' Brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

[solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) [www.inourplace.co.uk](http://www.inourplace.co.uk)



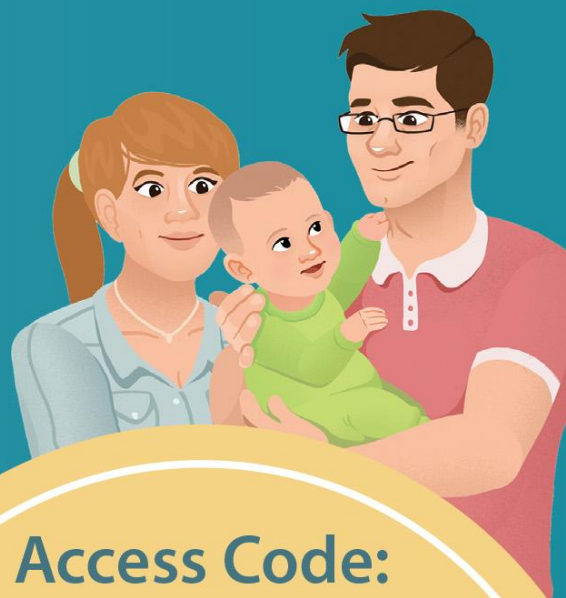
## Welcome to Our Place

The place to unearth all your potential as a parent or carer  
er, learn, understand. Fascinating online courses for everyone who wants to be an  
even better mum, dad, grandparent or carer.  
From bump to 18 years, lifetime access, one off payment, prices start from £19.

Look at courses →

Start now. Buy courses. **apply code** →

Already have an account? Sign in →



Access Code:  
**TAMAR**

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)

Apply the 'access code' for FREE access!  
Fill in some details to create an account  
To return to the course(s) go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
and sign in!

For technical support contact  
[solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm



## Information for parents and carers

### What are these free access codes for?

They are for enjoyable and popular online learning courses for parents and carers, called: 'Understanding your pregnancy, labour, birth and your baby'; 'Understanding your baby'; and 'Understanding your child'. The courses have been written by the Solihull Approach, which is a well recognised NHS provider of information and courses for parents. The online courses normally cost between £19-£39 each. You may have been given an access code giving you access to one or all of the courses completely FREE of charge.

### Who are these courses for?

For ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. You don't need to be struggling. This course is relevant to parents of all children, including those with special needs, autism, ADHD etc.

### What is the evidence supporting these online course?

Research shows that this online course helps reduce conflict in families and increase closeness. Families tell us these course help with managing children's strong feelings, family communication, understanding each other and behaviour. We are actively involved in evaluating all our groups. 'Understanding your child' and 'Understanding your pregnancy...' are accredited by the DfE.

### What will I need to complete the online course?

All you need to get started is your access code, an up-to-date internet browser on a computer, laptop, tablet or smartphone (the local libraries or your school may be able to provide access to this), and an email address. Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the code when prompted. You will be asked for your email address and a password of your choice. This is so that you can return to the site, sign in and your account will remember that you have access to the course(s) and will resume from where you last left the course.

### How much time do the courses take?

They have between 9 and 11 sessions which take about 20 minutes each. We recommend you do about one session a week. There are activities for you to try between your online sessions which can enhance your learning.

### How do I get started?

Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk), apply the access code, and register for an account. Then take the course of your choice. Your account resumes the course at the point you last left it. You will not receive any marketing emails. Your details will not be passed to any third party. Your responses to the monitoring questions will be strictly anonymised. You may receive very occasional emails with updates about the courses. You will receive congratulatory emails as you progress through the course.

### Do my access codes expire?

Your coupon may have an expiry date, depending on where it came from. However you only need to use the code the first time you enter the course, after that your log-in details will NOT expire and you can access the course for years to come, as your child grows. So get going ASAP and continue at your leisure!

### Can I get more codes for friends or other family members?

Yes it is possible to buy a coupon code as a gift. Go to [www.solihullapproachparenting.co.uk](http://www.solihullapproachparenting.co.uk)

### More questions, or technical queries ? Contact the Solihull Approach

On 0121 296 4448 Mon-Fri 9am-5pm or email [solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)