

Families Matter

A magazine full of news and information to support your work with families



Children from Old Church Nursery School playing during a Parental Engagement Team outdoor learning workshop at St Dunstan's Church in Stepney

Families are 'Bouncing Back'

Our children are resilient and that is why the council is sending a positive message of hope and optimism by naming the borough's recovery plan from the pandemic as Bouncing Back.

Families are being supported to bounce back to learning, through play and with help around parenting, health and wellbeing.

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Welcome to the summer edition of Families Matter

Summer is here. As we navigate back from the online world I imagine like me you are looking forward to reconnecting in person with family, friends and colleagues.

Speaking with parents and school staff over recent weeks there is renewed excitement and a sense of anticipation about what is ahead.

Across the borough plans are underway for a summer of play and the Bouncing Back programme explained on page 3 will provide the perfect platform for children, young people and families to participate in a range of activities in schools, parks and community venues.

This edition is packed with updates and information. I hope you enjoy reading about the programmes and the experiences of families across the borough.

To find out about services for children, young people and families visit the Tower Hamlets Local Offer www.localoffertowerhamlets.co.uk

Remember to join the Parent and Carer Council and other parent forums and stay connected! Email parentcouncil@towerhamlets.gov.uk for more information.

Best wishes,
Jill McGinley
Head of Parent and Family Support Service

Working with families?

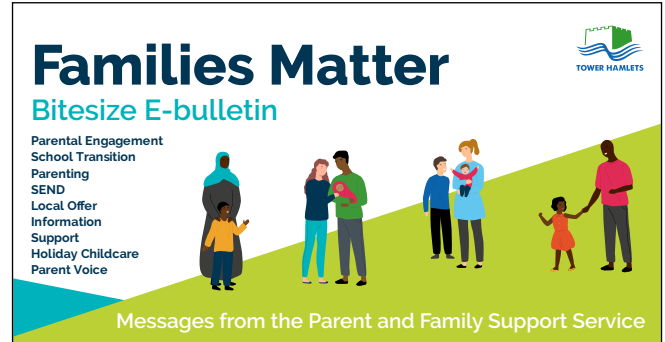
Sign up to the Parental Engagement Team's network mailing list

If you are working with families at any level in the borough, sign up to the Parental Engagement Team's network mailing list to receive the latest news and information to support your work. Encourage your colleagues to sign up too.

Email parentalengagement@towerhamlets.gov.uk

Families Matter Bitesize E-bulletin

In addition to the regular termly Families Matter magazine there is a monthly email e-bulletin. It gives regular updates, information, advice, and support for all parents, guardians and carers in Tower Hamlets. Parents and carers can sign up via the council's resident subscriber list, choosing 'children and education' as their preferred topic after closing the initial pop-up box and completing the one on the main webpage. www.towerhamlets.gov.uk/signup



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With so much information out there for parents, the Parent and Family Support Service's advice is really on point and easy for parents to access and understand. They provide a fantastic service and are dedicated to ensuring our children and families get the best deal. All schools should have a direct link on their website

Dawn Pritchard, Assistant Headteacher and SENCO, Shapla Primary School

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This magazine is produced by the Parental Engagement Team within the Parent and Family Support Service, Children and Culture Directorate. To share news in future editions of the Families Matter magazine contact

Fiona Stokes

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Email: fiona.stokes@towerhamlets.gov.uk

References to 'parents' describes any caregiver responsible for the care, protection and upbringing of a child or young person, including foster parents or connected persons, grandparents, sibling or other family members.

References to 'SEND' as used in some articles is the abbreviation of Special Educational Needs and Disabilities.

Bouncing Back Tower Hamlets Children & Families Partnership How we plan our recovery from the pandemic



As the rate of Covid in the borough subsides, all children return to school and more of our population receives the vaccine, we want to ensure that our partnership has a shared approach to maximising the recovery for our children, our young people and our families.

We know that our children are resilient and that is why we are sending a positive message of hope and optimism in naming our recovery plan as Bouncing Back.

We are committed to three particular Bounce Back themes within which our existing priorities and our standing commitment to our Every Chance for Every Child strategy will continue to be delivered.

Bouncing Back to Learning Bouncing Back through Play Bouncing Back with Support

We will also ensure that throughout all our joint work we have a particular focus upon addressing inequalities for those children and young people that are disadvantaged and ensuring that gaps do not develop in respect of their outcomes compared to other children and young people.

Bouncing Back to Learning describes the shared focus that we will have on maximising the impact of the return to learning settings for children in the Early Years, in Primary and Secondary Schools, as well as in post-16 provision. We will do all we can to ensure that our young people fulfil their potential, not just in terms of educational outcomes but also in their employment prospects within a difficult economic environment.

Bouncing Back through Play is about the widest definition of play and the opportunities that we want to ensure are accessible to every child: to engage in active play; to explore their surroundings in the outside world; and to have the chance to discover their passions through arts, music, sport and other activities.

Bouncing Back with Support recognises that for some Bouncing Back will not feel easy, due to a range of additional needs for which the right support needs to be available at the right time. This includes those children and young people impacted by poverty and difficult housing conditions; those at risk of harm and neglect; those with special educational needs and disabilities.

Crucial to the success of Bouncing Back will be that we act together, in partnership with children, young people and families, and in partnership with each other.

James Thomas

Corporate Director,
Children and Culture
London Borough of
Tower Hamlets

Cllr Asma Begum

Deputy Mayor and Cabinet
Member for Children, Youth
Services and Education
London Borough of Tower Hamlets



Tower Hamlets Parent Conference goes virtual!

Planned with parents for parents

In March 2021, to meet government guidelines regarding social distancing, the annual parent conference was held online for the first time in its 15-year history.

After the disappointment of having to cancel the 2020 conference due to lockdown restrictions, the programme was developed with members of the Parent and Carer Council to bring parents and carers together to access information, learn something new and celebrate the contributions parents and carers have made over the past year.

The conference took place over three days with over 400 bookings and keynote speakers each morning.

James Thomas, Corporate Director for Children and Culture shared information on the borough's recovery plan and work to support families during his keynote speech saying; **"We are at our best when we design and deliver our support services with parents and with young people"**.

The conference featured a wide range of webinars and workshops on topics including supporting parents' and children's mental health, resilient parenting, education, financial wellbeing and a daily SEND Q&A.

Read about our conference workshops

Power of Play – see page 10

Supporting children's transition back to school – see page 14

Tower Hamlets Annual Parent Conference 2021



Families Matter: The Road Ahead

Join us for the first virtual parent conference.

With keynote speakers and a range of webinars delivered over 3 days. Morning, afternoon and evening to fit in with busy family life!



For more information visit www.towerhamlets.gov.uk/parentfamilysupport

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Lots of ideas and tips to enable us to become even better parents. I liked the sharing in the chat box too.

Parent

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Keynote speakers included:



Day 1 - Back to School and Building Resilient Learners

Tracy Smith, Executive Director, Tower Hamlets Education Partnership



Day 2 - Building Resilient and Healthy Families

James Thomas, Corporate Director for Children and Culture



Day 3 - Building Resilient Communities and a Strong Parent Voice

Cllr. Asma Begum, Deputy Mayor and Cabinet Member for Children, Youth Services and Education



Thank you!

Thank you to all our partners and attendees who contributed to the first online Tower Hamlets Parent Conference.

You can see the closing video from our keynote speakers and partners [here](#).

FamiliesMatter
Tower Hamlets Parental Engagement Team



Tower Hamlets Talking Therapies
Making a positive difference through Talking Therapies



Many thanks to our conference workshop partners including:

- The Parental Engagement Team
- Special Educational Needs and Disabilities Information, Advice and Support Service (SEND IASS)
- Careers Service
- Digital Awareness UK
- Education Wellbeing Service
- Fostering and Adoption Team
- Global Learning London
- Governor Services
- Idea Store
- Overland Children's Centre
- Parent and Carer Council Parent Champions
- Public Health
- Rich Mix
- SEND Parent Ambassadors
- Tackling Poverty Team
- Talking Therapies Service

Also many thanks to Discover Children's Story Centre, Half Moon Theatre and Rich Mix for donating family prizes for conference attendees.

Bouncing Back with Support

What parents have been saying about the Parental Engagement Team

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You are always so helpful and your advice is really useful. I'm so glad you are here for us.

Parent

Thank you so much ... the fire left my child with no bed and bedroom furniture. This will all help so much.

Parent

My daughter and I are so grateful. It will make so much difference to her learning.

Parent

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This was a really useful course. I found it very interesting and will be trying all the strategies and tips you have suggested.

Parent

It's good to know I'm not the only one struggling with managing my child's behaviour and his moods.

Parent

Your advice was so helpful. Communication with my son's school is much better and we are all happier.

Parent

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Julia's story

Julia initially attended a creative workshop delivered by the Parental Engagement Team at Old Church Nursery School. The creative process together with the relaxed atmosphere of the sessions began to have a positive effect on her. She started to look forward to each session and her confidence grew as she discovered new creative skills. There were mental health benefits too: Julia noticed that she felt calmer and a sense of achievement that contributed to her overall wellbeing.



With Julia's new-found confidence and encouragement from practitioner Murude Mehmet, Julia continued her learning journey by attending a Healthy Families workshop. It led her to the additional support that is available as part of the Healthy Families programme. Julia developed her cooking skills, learned some healthy recipes and discovered ways she could create a healthier lifestyle for the whole family.

“

I gave up caffeine after 12pm, stopped eating biscuits and reduced the portion sizes for my family. Now I sleep better and have lots of new recipes I can cook for my children. I also received an educational pack with lots of ideas to use at home.

I did suffer with panic attacks but now they have lessened. I found 'me' again!

Julia Cox

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www.towerhamlets.gov.uk/parentfamilysupport

Parent and Carer Council – upcoming meeting



The next Parent and Carer Council meeting will take place on Saturday 12 June, 10.45am - 12.45pm via Zoom.

The discussion topics include how we encourage play as we come out of the pandemic, Relationship and Sex Education and a local Covid-19 update from Public Health. Parents will also be given the opportunity to feed into the borough's current Poverty Review.

Book your place at

www.eventbrite.co.uk/e/parent-and-carer-council-meeting-tickets-156640099755

Join us at the Parent and Carer Council to discuss the Poverty Review

A message from Councillor Mufeedah Bustin, Cabinet Member for Planning and Social Inclusion (job share) and leader of the Tower Hamlets Poverty Review



I'd like to invite families, young people and organisations to get involved in the Poverty Review by taking part in our call for evidence.



Over the past year, our community has come together to support one another in a time of great need. But even before the pandemic, levels of child poverty and poverty amongst older residents were amongst the highest in the country. We need a recovery which tackles poverty, protects the most vulnerable and supports all our families to thrive.

The council is committed to tackling poverty. In this wide-ranging review, we will be asking how the council can work together with residents and our partners to support residents living on low incomes over the months and years ahead.

Mufeedah Bustin
Cabinet Member for Planning and Social Inclusion (job share)



Poverty Review call for evidence

You can also share your views on poverty via the [online survey](#). Written feedback can also be submitted at your local Idea Store.

The deadline is Monday 21 June.

For more information or to join the Parent and Carer Council visit
www.towerhamlets.gov.uk/parentcouncil

The Somali Parents and Carers Network

The Parental Engagement Team have a support group for Somali parents and carers. The Somali Parents and Carers Network meet once a month either virtually or at various locations across the borough.

The network provides a safe space for parents to share experiences relating to education, parenting and safeguarding.

The Somali Parents and Carers Network have an engaging summer programme of meetings covering a range of themes from education to health and featuring some inspirational guest speakers.

Somali Parents and Carers Network



The Somali Parents and Carers Network meets once a month, either online or at various locations across the borough.

The network provides a regular space for Somali families to meet and share their experiences of parenting and services for families in the borough.

Guest speakers regularly attend and provide information about services and support available on topics including education, transition, parenting support, childcare, health and social care, employment and training and much more.



For further information or to book a place, email parenting@towerhamlets.gov.uk or call 020 7364 6398

Book your place at an upcoming meeting via Eventbrite, click dates below:

Tuesday 22 June 2021, 11am-1pm

Tuesday 20 July 2021, 11am-1pm

For more information **Email:** parenting@towerhamlets.gov.uk **Tel:** 020 7364 6398

Important dates and events for parents

Date/time	Description
Saturday 12 June 10.45am-12.45pm	Parent and Carer Council Virtual Meeting The borough's main family forum and key consultation vehicle to support borough-wide consultation with parents and carers. Email: parentcouncil@towerhamlets.gov.uk for more information.
Sunday 20 June 11am-12.30pm 1pm-2.30pm	Jo Cox Great Get Together – LBTH Dads' Play Day Event with Rich Mix Calling all fathers and male carers to join us for a day of fun-filled activities to mark Father's Day. Delivered as part of the Jo Cox Great Get Together weekend www.greatgettogether.org Booking via the Rich Mix website. https://richmix.org.uk/events/jo-cox-great-get-together-lbth-dads-play-day-event/ For more information email parentalengagement@towerhamlets.gov.uk
Tuesdays 22 June, 20 July 11am-1pm	Somali Parents and Carers Network Virtual Meetings The network meets monthly and provides opportunities for Somali parents and carers to discuss key issues around education, health and wellbeing, obtain information and hear from guest speakers. For more information email parentalengagement@towerhamlets.gov.uk
Friday 9 July 10am-11.30am	Platform to Talk Virtual Workshops for Parents The virtual sessions will cover a range of topical issues from health and wellbeing to family life, parenting, school and more.

For more information contact the Parental Engagement Team on **020 7364 6398** or email parentalengagement@towerhamlets.gov.uk

Bouncing Back through Play

The Tower Hamlets Children and Families Partnership's 'Bouncing Back Through Play' aims to harness the power of play to help children and young people recover from the effects of the pandemic. The initiative brings different partners together including the borough's parks, youth service, leisure and arts teams – to celebrate the power of play to help children build resilience, recover from loss and learn. The partners have been working together to develop an exciting summer programme that will help children and young people bounce back following a challenging year.



Ideas being developed include:

- Extended holiday playschemes
- Holiday activities and food programme
- Love your Park – family friendly activities in parks and open spaces
- Outdoor education and adventure activities
- An Idea Store Summer Reading Challenge
- Play days – temporarily closing residential streets to cars and turning them into 'Play Zones'
- Upgrading and improving the borough's playgrounds, outdoor gyms and games areas

For more details or to share your ideas on how to create more opportunities for play, email **judith.stjohn@towerhamlets.gov.uk**

Children at Manorfield Primary School shared their views on what play means to them



What do parents think?

Talk about play at the next Parent and Carer Council meeting on Saturday 12 June. See page 7 for details.

The power of play

Play's ability to help children bounce back, recover from loss and learn was the key theme of 'The Power of Play' webinar at the first ever virtual parent conference (see pages 4-5).

The session, developed by experienced practitioners from the Parental Engagement Team, emphasised play as a fundamental right for children as enshrined in article 31 of the Convention on the Rights of the Child. It explored the connective power of play and looked at emerging research that shows how parents' and children's brains connect during play and how this 'neural syncing' is vital for social and language development.

The link between play and creativity was also explored - particularly how unstructured play gives children the freedom to make 'mistakes', improvise, try out their own ideas and develop their creative thinking.

The importance of risk in play was another key theme of the webinar. Parents learned how risk in play helps children develop a better understanding of uncertainty, leads to decreased avoidance and a greater willingness to be outside their 'comfort zone' - all characteristics of good learning!

The effect of the pandemic on play was also acknowledged, especially how the loss of play facilities and the freedom to play with friends had impacted on children. The webinar highlighted the healing qualities of play and how it can provide a buffer to anxiety and help



children recover from adverse experiences. Parents found it fascinating to see how the pandemic had been influencing children's play narratives and helping them to make sense of the world by providing a safe space for them to experience different emotions.

Parents reflected on their own experiences of play and how it differed to that of their children. They all agreed that they had far more opportunities for free play and speculated on the possible reasons for the decline in free play in recent years. More educational demands, increased traffic and more fear in society including 'stranger danger' were some of the reasons given.

How and when do you and your family make time to play?

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Really clear and compelling arguments for the power of play. Thank you.

Parent

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I really loved this session - so many great ideas to help children during such a tumultuous time.

Parent

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Family fun resource to support learning, play and wellbeing



Children learn best through hands-on experiences. Since they are spending more leisure and learning time online, it's important they have a break from screen time to have fun and to explore real life materials. The Parental Engagement Team have developed a series of Family Fun Sheets which are sent to all primary schools in the borough.

To coincide with National Offer day, the team produced a special edition Fun Sheet full of useful tips and practical ideas to help children get off to the best possible start at nursery or Reception.

Keep an eye out for these Family Fun Sheets in your school newsletter or you can request your own by emailing parentalengagement@towerhamlets.gov.uk

Helping children get off to a good start at school

- **Get to know the settling in policy**
This will have your child's wellbeing at its centre, so it's good to follow the advice offered.
- **Get to know the routines**
It can be reassuring for your child if you know about the school day and talk to them about it.
- **Prepare them for separation**
Leaving your child with family or friends for short periods can help prepare children for separation.
- **Read stories about starting school**
This helps children become familiar with life at school.

Try out these ideas

Play 'what's in the bag?'

At school children need to be able to express their needs. Help them expand their vocabulary by playing 'what's in the bag?' Place some small items in a bag and take turns to take them out, naming them as you do. Build on what your child says- adding one or more words to their sentence. If they say 'It's a car', you could say 'That's right, it's a fast car'.

Use Post-it notes for writing

It's useful if your child can recognise their name. Use Post-its to write their name and place it around the place, so they become familiar. Jumble up the letters and get them to rearrange it correctly. Let them use the Post-its to have a go at writing their name!

Make a dressing up box!

Encouraging your child's independence can help prepare them for school.

Having a dressing up box is a fun way for your child to practise dressing themselves. Just get a large card-board box and fill with some old clothes. Encourage them to have fun trying on and taking off some of the items themselves.

Explore mark-making

Practising writing doesn't have to involve paper and pencil!

Spread some shaving foam on a contrasting surface and let them make marks or form the letters in their name.

The Holiday Childcare Scheme

The Tower Hamlets Holiday Childcare Scheme is Ofsted registered and provides childcare for children aged 3 to 13 years old. The scheme is for working parents and supports families who may need it the most: children with special educational needs and disabilities (SEND) and referrals for vulnerable children from children's social care, schools and other partner agencies.

This scheme's main priority is supporting children following a challenging year with a stimulating programme of activities aimed at boosting their wellbeing. Activities include growing vegetables, playing board games, physical team sports, lacrosse and bike riding – there is something to suit all interests.

Children in the early years group during half term had a special visitor, the worry monster, who they could share their worries with in a safe and supportive environment. Staff felt this helped the children to express their feelings and to ask for any support if needed.

The worry monster was a huge success and will be a regular visitor within our early years provision at the next scheme.

For more information, visit www.towerhamlets.gov.uk/hcs



You said, we did

Would like to have more board games available

We will be purchasing more board games as they are enjoyed by all the children and they encourage them to work together and make new friends.

Make the booking process easier on the website

We have updated our website to provide more support for bookings. This is currently ongoing to ensure that the process is clear.

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It's affordable for families on low incomes and provides outstanding service for the children.

Parent

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“

Thanks to the team for providing this service, a lifesaver for working parents in lockdown!

Parent

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Professionals referring onto the Holiday Childcare Scheme

Parents can book onto the scheme with support from professionals. To access the scheme, a referral and online booking form is required. Contact the Holiday Childcare Team for further advice.

For more information

Tel: **020 7364 0523**

Email: holiday.childcare@towerhamlets.gov.uk



Dads' play day event with Rich Mix

As part of the national Jo Cox Great Get Together celebrations (www.greatgettogether.org), the Parental Engagement Team and Rich Mix bring you a day of creative family activity and fun to mark Father's Day 2021.

A special day for children and parents to enjoy together and to remind ourselves that as Jo Cox said **"We are far more united and have far more in common than that which divides us"**.

Join us for creative arts and crafts, hands-on healthy eating activities, decorating pots for planting up, refreshments and chat.

Booking required, via the Rich Mix website. <https://richmix.org.uk/events/jo-cox-great-get-together-lbth-dads-play-day-event/>

To join the Dads' Network and for more information email parentalengagement@towerhamlets.gov.uk

Check the Local Offer for the launch of the Summer Activities brochure of activities www.localoffertowerhamlets.co.uk



Summer of play

Important dates and resources

National Week of Play with the Early Years Alliance

Monday 21 - Sunday 27 June

National Day for Play

Wednesday 4 August

www.playengland.org.uk

hungrylittleminds.campaign.gov.uk



Registration is now open for a major new conference at the University of Birmingham for professionals engaged in supporting and enabling children's play. The conference will consider the latest research, policy responses, and examples of good practice with the aim of creating child-friendly, playable communities that facilitate children's right to play.

www.playfulplanet.org.uk/play2021



Bouncing Back with Learning

Supporting the transition from online home learning to learning in the physical presence of teachers and peers at school was the key theme of a webinar at the annual parent conference (see pages 4-5).

The 'Recovery – Supporting your Child's Transition Back to School' webinar emphasised how the pandemic has impacted the mental health of children and young people. It highlighted current research that shows as much as 80% of children and young people felt their mental health had been affected in the past year.

The effect of anxiety on the brain and how it can block learning was also explored. Parents were fascinated to learn that behaviours that may

look like laziness, could in fact be symptoms of emotional instability. Recognising these signs and the practical steps parents can take to restore a sense of structure were some of the main take away points of the session.

Parents really valued the suggestions offered and felt better equipped to support their child's learning on the road to recovery.

“

I found the session very beneficial and learnt how I can support my child.

Parent

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The Parental Engagement Bitesize Bouncing Back Package

Ongoing support and virtual/blended sessions and forums for parents are now available to schools individually or as a shared package across school partnerships.

The Parental Engagement Team offer a programme of three virtual workshops/webinars delivered over half or one term to help parents re-engage with the school community, stay informed about the curriculum, explore challenges and get support as children and families transition back to school life.

Virtual workshops/webinars for schools/school partnerships:

1. Digital safety
2. Parenting
3. Access to the curriculum
4. Health and wellbeing

For more information email denise.de-goze@towerhamlets.gov.uk





Platform to Talk helps families get ready for school

Platform to Talk, the discussion-based virtual sessions from the Parental Engagement Team have proven to be invaluable for parents as they prepare their children for a successful transition into nursery and Reception.

The special session, which coincided with National Offer day, provided parents with a safe space to share their anxieties about starting school as well as

picking up some useful tips to ensure a smooth start for their child.

The session provided parents with some useful insights into the Early Years Foundation Stage Framework as well some practical ideas on how they can nurture their child's independence over the summer holidays in preparation for school.

National Primary Offer Day 2021 – 97 per cent of families were offered a place at one of their preferred primary schools for September. For more information click [here](#)

Platform to Talk – Change and New Beginnings

The Platform to Talk session in July will be on change and new beginnings. The session will explore ways to re-frame change in a positive light and see it as an opportunity for growth and personal development.

Friday 9 July 2021
10am-11am

For more information and joining details, email parentalengagement@towerhamlets.gov.uk

Maintaining effective communication with families

As schools navigate the return to classroom learning and the possibility of blended approaches in the future, maintaining effective home-school relationships and communication with families is crucial to ensure the momentum of the past year is not lost.

Advisors and practitioners from the Parental Engagement Team have worked in partnership with schools to develop flexible, early help interventions, virtual workshops, discussion forums and resources for families that support schools address recommendations made by the **Education Endowment Foundation 2020 - Working with Parents to Support Children's Learning**.

The team have worked with schools to develop new ways of delivering their service, as well as their usual Service Level Agreement (SLA) support and bespoke packages.

These include:

- Online Zoom sessions, including at lunchtimes, evenings and weekends to engage parents who may be working
- Small socially-distanced groups in school with the option for some parents to join via Zoom
- Outside sessions depending on the weather.

New home learning initiative in Tower Hamlets

ParentChild+ is a new home learning initiative for families in the Mile End area with children aged between 21 months and two and half years. The programme aims to help children's development by providing free resources and regular visits from skilled practitioners.

The programme will encourage children to speak, play and be ready to start school. The programme is for children who are not attending nursery and who may be at risk of not being school ready.

How does it work?

Participating families will receive a 30-minute home visit twice a week for up to 15 months. Sessions can also be arranged to take place in the children's centre or even online through MS Teams.

Families will receive 46 free toys as well as books and guide sheets that will help their child get off to the best possible start at school.

For more details contact Shaira Begum

Tel: **07712 306 861**

Email: **ShairaB@**



Do you have a 2 year old?

family lives

Our free home learning programme:

- Brings you free toys and books
- Helps you help your child to talk, play and read
- Helps you with any behaviour problems
- And much more!

Parental Engagement Professionals Network meeting

The Parental Engagement Professionals Network meeting provides all staff working with parents in schools an opportunity to network, consider the challenges when working with families and share best practice.

The next Parental Engagement Professionals Network meetings take place on

**Wednesday 7 July and
Monday 13 September
10am-11.30am**

For more information or to book your place email parentalengagement@towerhamlets.gov.uk

Innovative art exhibition at Children's House

Creative arts are an integral part of the curriculum at Children's House Nursery School.



Children have many opportunities to enjoy music, dance, drama and art of all kinds. The focus is always on the creative process rather than the product. The school encourages children to be engaged in the joy of doing rather than focused on an end result.

Pre-pandemic, visits to galleries provided a rich source of inspiration for children as they explored the wonderful cutouts of Matisse, the wild scribbles of Cy Twobly and the intricate shapes of Kandinsky. That all changed with lockdown, so the school decided to bring the art gallery experience to Children's House by turning the entire top floor into its own version of the Tate Modern!

In preparation, children visited online galleries and studied the works of modern artists. During art week they experimented with painting, collage, printing and sculpture. The completed pieces were carefully displayed in the gallery. An exhibition catalogue and tickets were produced and families were invited to visit.

It was an amazing experience and everyone agreed that an exhibition was an exciting part of the art-making process. There was something very special and affirming for children and families seeing the work on display for everyone to share and enjoy.



A gallery, designed and run by children, will now be a permanent fixture at Children's House Nursery School.

To view the gallery visit www.childrenhouse.towerhamlets.sch.uk/friday-30th-april/

“

This was as good as going to any exhibition at a top London gallery.

Parent

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School approaches to Teacher Assessed Grades

Teacher assessed grades 2021

The UK government has cancelled this summer's examinations for GCSEs, A levels and the majority of vocational qualifications. Instead, students' grades will be determined by their schools, based on results from tests, mock exams and work completed in class.

Ofqual, the exams regulator, has issued guidance to schools on the types of evidence they should use, but schools do have some flexibility in choosing their approach. That's why schools will be using slightly different approaches to each other.

Ofqual will check each school's approach to make sure it results in grades that accurately reflect each students' attainment.

Confidentiality

It's important that parents understand that teachers are not allowed to tell students their final grades. This is because final grades are not confirmed until they have been reviewed by the exam boards.

Supporting my child

As has always been the case, the best way of supporting your child is to encourage them to work hard, listen to their teachers, and prepare as well as they can for their in-school assessments.

What if I am unhappy with the grades on results day?

Schools are working hard to ensure that the grades awarded accurately reflect each students' attainment. This includes intensive training for staff and rigorous moderation procedures within and across departments.
















The school's processes are reviewed before the final grades are confirmed. There will be an appeals system, which will act as a safety net to fix any errors in the awarding of grades. In addition, a full series of GCSE and A level resit exams will be offered in the Autumn term to students who receive their grades this August.

To find out more, contact your child's school or check out the **Guidance for students, parents and guardians**, provided by the **Joint Council for Qualifications (JCQ)**.

You can also find out more by clicking on the following links: **Teacher assessed grades for students - GOV.UK** (www.gov.uk)

Summer 2021 Qualification Explainer Tool (ofqual.gov.uk)

How GCSEs, AS and A levels will be awarded summer 2021

Working out your grade	Evidence	Results and appeals
 Graded by teacher judgement	 Mocks, tests and work already done can be used as evidence	 Results days AS and A level 10 August GCSE 12 August
 Not graded by an algorithm	 Non-exam assessment should continue	 If you're unhappy with your grade, you can appeal it. First step is to submit an appeal to your school or college.
 School and college assessments can continue	 Non-exam assessments can be used as evidence even if incomplete	<p>You can find out more details from your school, college or exam board, or by visiting the Ofqual website</p>  www.gov.uk/ofqual
 You'll only be assessed on what you've been taught	 Art & design grade based only on your portfolio	
 Your teacher will tell you what evidence is used to grade you	 Teachers can use question banks provided by exam boards if they want to	
 Private candidates to work with a school, college or exam centre to provide evidence for them to be graded	 Results will be based on completed and future work, so keep doing your best	

With many thanks to Daniel Burton, Director of Secondary Education and Partnerships, Tower Hamlets Education Partnership www.the-partnership.org.uk

Supporting key points of school transition

The Transition Support Service (TSS) offers a comprehensive service to parents and carers providing independent and impartial advice at key points of school and education transition. In addition, they can support parents with applications, secondary school transfer and mid-term admissions as well as admission and exclusion appeals.

Transition Support Officers can provide support with:

- Returning to school – all year groups
- Starting nursery and reception class
- Moving up 2021 – current Year 6
- Moving up 2022 – from September 2021 (Secondary applications)

For help and information email transitions@towerhamlets.gov.uk

Changes to school admission appeals

The waiting period for school admission announcements can be an anxious time for families. If a parent/carer has received notification that their child has not been allocated a place at a preferred school, they can appeal this decision.

Covid-19 has impacted on the ability of admission authorities to carry out appeals in the usual way. As a result, changes have been made which relax some of the requirements set out in the **School Admission Appeals Code 2012**. These changes came into force on 24 April 2020 and are valid until 30 September 2021.

Appeal panels will now be permitted to conduct appeals using:

- Video conferencing through Zoom
- Telephone conferencing
- An appeal form with any evidence provided

For more details, see the School Admissions Appeals Code or email the Transition Support Service transitions@towerhamlets.gov.uk



Next Steps transition programme from Half Moon

Half Moon Theatre have successfully secured funding for the next three years to continue the boroughwide Next Steps school transition programme.

Next Steps offers free support to the most vulnerable Year 6 and Year 7 students as they transition to secondary school. The programme enables participants to express themselves, alleviate anxieties and build their confidence while developing their communication and presentation skills.

In addition, participants use a range of drama techniques to explore the wider issues impacting their lives.

Year 6 children will be offered:

- After school clubs, starting in June at a local venue
- A week-long summer school at Half Moon Theatre
- After school clubs when they are in Year 7 and continued support from Half Moon if applicable

For more details:

Email: androulla@halfmoon.org.uk

Tel: 020 7708 8905

www.halfmoon.org.uk/participate/educators/early-years-primary/next-steps/



The role of parents, carers and guardians in career development

A report from the University of Warwick aims to understand how parents, carers and guardians can be better supported so they can provide informed careers advice for the young people in their care.

To read the report click [here](#).

Check your school's name and information is correct on the Local Offer website

Please visit the Tower Hamlets Local Offer website: www.localoffertowerhamlets.co.uk

1. In the search box on the front page, please type your school's name, and check that your information is correct.
2. If your information is incorrect please contact the Family Information Service – fis@towerhamlets.gov.uk and outline what updates need to be made.

Many thanks from the Tower Hamlets Family Information Service.



Parent and Family Support Service Information and Training for Professionals

Date/time	Description
Tuesday 15 June 2pm-3.30pm	Parenting Exchange (delivered virtually) The Parental Engagement Team facilitate a Parenting Exchange Group to bring together different organisations in Tower Hamlets to explore current parenting provision and establish an information sharing network. If you are interested in being part of this group please email your name, role and organisation to parenting@towerhamlets.gov.uk
Wednesday 7 July Monday 13 September 10am-11.30am	Parental Engagement Professionals Network Meeting (delivered virtually) The Parental Engagement Network provides an opportunity for all staff working with parents in schools to network, consider the challenges when working with parents and share best practice.
Tuesdays 13 July 11.30am-12.30pm	Parenting Advice and Support Professionals' Briefing Briefings provide an overview of parenting programmes and the advice and support available to parents and carers from the Parent and Family Support Service's Parenting Team. Professionals' briefings will be delivered via MS Teams. All places need to be booked via the LBTH Learning Hub link: https://learninghub.towerhamlets.gov.uk/course/view.php?id=871

For more information, charges or to book a place, contact

Email: parentalengagement@towerhamlets.gov.uk Tel: 020 7364 6398

No course charge applies to schools/settings that have a Service Level Agreement with the Parent & Family Support Service for 2021-22.

All places will be confirmed one week before the course/session.

Late or no notice of cancellation may result in a charge to your school or setting.

Speakeasy – a course for parents and carers

Today's children and young people are growing up in a complex world and living more of their lives online. This presents many exciting opportunities as well as challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Relationships Education is now compulsory in all primary schools in England and Relationships and Sex Education (RSE) is compulsory in all secondary schools. Parents are the prime educators, but many may feel embarrassed or unsure how to fulfil this responsibility. The Speakeasy course addresses this by increasing parents' knowledge, so that they can talk to their children more confidently about body changes, feelings, friendships and relationships.

The course allows parents to come together in a non-judgemental environment to share their experiences and learn together through discussions, games and role-play.

Delivered by accredited practitioners from the Parental Engagement Team, using resources produced by the NSPCC, Child Exploitation and Online Protection (CEOP) and the Department for Education (DfE), it covers some of today's most challenging issues

including social media pressures, Child Sexual Exploitation (CSE), sexting, Female Genital Mutilation (FGM) drug use and gangs. The course equips parents with the knowledge and strategies to keep their children safe.

Course content:

- Physical and emotional changes taking place at puberty
- Sex education in the context of family life
- Identifying and responding to the age-appropriate needs of children
- Societal and cultural attitudes towards sex and sexuality as it relates to children
- Information on sex and relationships education in schools.

Additional information

- The Speakeasy course informs parents about the curriculum, provides opportunities to discuss the changes and encourages parents to speak to individual schools about resources they will be using with their children
- Speakeasy helps parents understand how they can support their child's school-based learning at home
- Where Speakeasy is delivered in schools, RSE/Personal, Social, Health and Economic (PSHE) education leaders contribute to the programme



and are invited to speak to parents giving them an opportunity to discuss the curriculum and resources used. It also helps to dispel myths and playground 'mis-talk', fostering a two-way dialogue and strengthening home/school relationships.

“

There was lots of useful information, I gained knowledge and I am more confident now to speak to my children.

Parent

I would recommend all dads to do this as it's been very useful for me.

Parent

”

To find out more about the Speakeasy course and how it can be delivered by Service Level Agreement in your school, email parentalengagement@towerhamlets.gov.uk

The next Parent and Carer Council meeting will discuss RSE, Saturday 12 June
Email: parentcouncil@towerhamlets.gov.uk for more information

Bengali parenting programmes – going from strength to strength

As a result of the pandemic, the Parenting Team have adjusted the way it supports families. Despite the huge challenges, parenting practitioners have delivered crucial parenting programmes in addition to providing much needed one-to-one support.

As part of their current offer, the Parenting Team is running a five-week introduction to Strengthening Families, Strengthening Communities (SFSC) parenting programme. The programme, which is delivered through Zoom in Bengali, is a condensed version of the full 13-week programme devised by the Race Equality Foundation.

Since September 2020, over 55 Bengali-speaking parents and carers have taken part in the programme.

On completion, participants report that they feel better equipped to deal with the challenges of parenting. One parent was particularly apprehensive at the start but after a few sessions said, **“This is such a useful programme. It should be offered to all couples before they have children. I wish I did this earlier”.**

The introductory Strengthening Families, Strengthening Communities programme is now available in addition to the full 13-week programme.

For more details contact the Parenting Team
Tel: **020 7364 6398**
Email: parenting@towerhamlets.gov.uk

“

I feel happy to attend a programme in my own language. It helped me to improve my relationship with my child.

Parent

”

Keeping dads engaged with children's learning

The Fatherhood Institute has published a report looking at fathers' experiences of lockdown, when many were spending more time with their children.

Findings from a survey of fathers of children under the age of 12 in June 2020 found that fathers

- spent more time and built stronger relationships with their children
- got better at parenting and grew in confidence
- gained greater insights into their partners' caring roles.

Read the news story: **What was lockdown like for dads – and how can we keep the 'best bits'?**

Read the report: **Lockdown fathers: the untold story (PDF)**

Supporting fathers through the PET Bouncing Back package

Many Tower Hamlets fathers welcomed the opportunity to support their children with home learning whilst restrictions kept them at home.

Fathers attending the Parental Engagement Team sessions said that they felt more comfortable joining online sessions and would be more likely to attend online sessions to support their children's learning.

“I can join in from home or work.”

“I can listen and gain information to help support my child without the pressure of feeling I have to participate.”

“The times are flexible not just in school hours.”

“I feel more comfortable joining in online than in school.”

For more information on packages to engage fathers please contact denise.de-goze@towerhamlets.gov.uk

Parenting Programme Timetable

Summer Term

The parenting groups focus on key topics such as encouraging positive behaviour, getting teens to cooperate and an introduction to the Strengthening Families Strengthening Communities (SFSC) programme.

Some programmes to be delivered virtually and some may be in person. This will be confirmed with attendees.

Programme	Age	Additional info	Delivery dates
SFSC*	Birth-18 years	A five-week shortened version of SFSC adapted for virtual delivery. Delivered in Bengali.	Rolling programme Tuesday and Thursday
SFSC	Birth-18 years	A five-week shortened version of SFSC adapted for virtual delivery. Delivered in English.	Tuesday (evening)
SFSC	Birth-18 years	A five-week shortened version of SFSC adapted for virtual delivery. Delivered in English.	Wednesday
Triple P Group Teen	12-18 years	Delivered in English.	Monday
Triple P Group	18 months - 18 years	Delivered in English.	Friday
Triple P Family Transitions	Birth-18 years	NEW for Summer Term 2021. For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting.	Dates TBC Contact the Parenting Team for referral details.
ADHD – The Parent Factor	5-18 years	For parents of a child with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). Delivered in English.	Dates TBC Contact the Parenting Team for referral details.
Emotional First Aid	Birth-18 years	Parents' Emotional First Aid (EFA) programme. Delivered in English.	Day TBC
Triple P Online	18 months - 18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.	Start dates depending on parental preference and availability.

* *Strengthening Families, Strengthening Communities*

Get in touch

The Parenting Team look forward to receiving enquires from parents, carers, social care colleagues, school staff and other agencies in the borough. To talk to a parenting practitioner for advice, to book a place on the online parenting programme or to attend a virtual parenting group contact the Parenting Team:

Email: parenting@towerhamlets.gov.uk Tel: 020 7364 6398

Parenting Support One-off Workshops

For Tower Hamlets parents and carers looking for practical tips on creating a positive relationship with their child and dealing with challenges when they arise.

Programme	Age	Additional info	Delivery dates
Triple P Teen Discussion Group: Dealing with Emotional Behaviour	11-18 years	Programme delivered in English. Topic specific sessions covering a range of parenting concerns.	Wednesday 30 June 12.30pm-2.30pm
Triple P Teen Discussion Group: Reducing Family Conflict	11-18 years	Programme delivered in English. Topic specific sessions covering a range of parenting concerns.	Wednesday 14 July 12.30pm-2.30pm
Triple P Group Discussion Group Series: Encouraging Positive Behaviour	2-11 years	Programme delivered in English. Topic specific sessions covering a range of parenting concerns.	Thursday 1 July 12.30pm-2.30pm
Triple P Group Discussion Group Series: Managing Fighting and Aggression	2-11 years	Programme delivered in English. Topic specific sessions covering a range of parenting concerns.	Thursday 15 July 12.30pm-2.30pm
Monthly Parent and Carer Wellbeing Online Lunchtime Drop-in Sessions	Birth-18 years	Virtual sessions for parents who have completed a parenting programme to further explore the importance of parent and carer wellbeing and how it can affect parenting.	Monday 21 June Monday 19 July 1.30pm-2.30pm Register via Eventbrite: www.eventbrite.co.uk/e/parentcarer-well-being-lunchtime-drop-in-tickets-153637428685

Parenting Advice and Support Professionals' Briefing

These sessions will provide an overview of parenting programmes and the advice and support available to parents and carers from the Parenting Team

Experienced practitioners will provide information about programme content, who is eligible to attend and how to make a referral.

The briefing will include tips for engaging parents to get the most out of a parenting programme and opportunities to share practice and obtain peer support.

Who would benefit from attending?

Social workers, early help practitioners, children and family workers considering parenting programmes and support options for parents and carers.

The next professionals briefing will be delivered via MS Teams on **Tuesday 13 July, 11.30am-12.30pm.**

All places need to be booked via the LBTH Learning Hub link: <https://learninghub.towerhamlets.gov.uk/course/view.php?id=871>

For further information email parenting@towerhamlets.gov.uk

I called my mum. My hands were shaking, I tried three times. That was the hardest call. I knew he wasn't going to make it.

Call the charity Crimestoppers with knife crime information on 0800 555 111

CrimeStoppers.

HARD CALLS SAVE LIVES

Hard Calls Save Lives

It can be daunting to pass on information about knife crime. You might be unsure what information is useful or what happens to it.

Crimestoppers are an independent charity that provide a safe place for people to report a crime. Anything you say to Crimestoppers is anonymous, this is a guarantee which has never been broken.

When you call, a specially trained agent will support you, without judgement. They won't ask how you've obtained the information.

It may feel like a hard call, but it could stop someone else's son or daughter being killed.

Call Crimestoppers anonymously on **0800 555 111** or report online. www.hardcallssavelives.co.uk

Campaign resources

A toolkit is available to help professionals encourage the community to share any information they may know about knife crime. It includes assets for social media and printed materials. If you would like to support the campaign, email DMCMailbox-.Marketing@met.police.uk

TSB branches offer safe space for domestic abuse victims

Hestia, the charity supporting those experiencing domestic abuse, modern slavery and those with mental health needs has announced that 290 TSB bank branches will be facilitating Safe Spaces for victims of domestic abuse.

Like pharmacies, the bank branches will have confidential spaces and are a more discreet space for victims of domestic abuse to seek help and support.

The address of the local Tower Hamlets TSB branch is 404 Bethnal Green Road, Bethnal Green, London, E2 0AH. www.hestia.org/News/tsb-safe-spaces

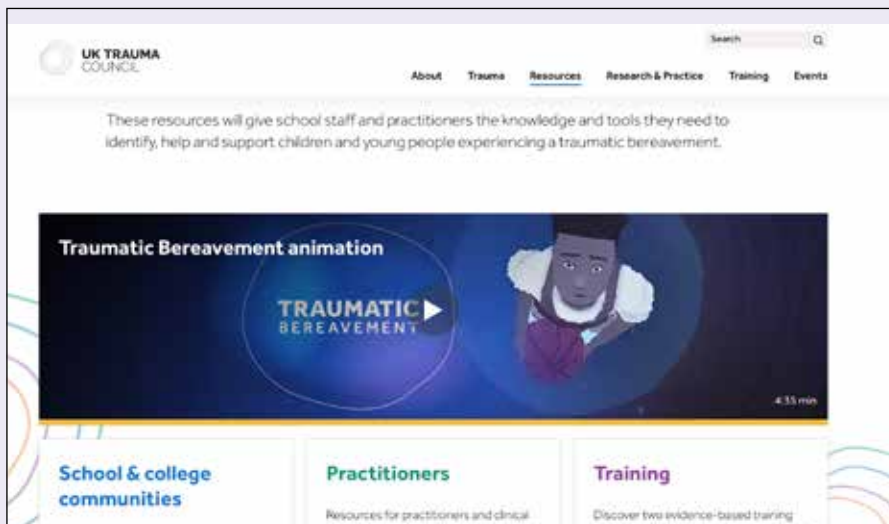


UK Trauma Council Resources

Following the launch of the **UK Trauma Council** last September a range of free, evidence-based resources focused on traumatic bereavement in children and young people have been created in response to the pandemic.

The resources are primarily aimed at school staff, bereavement services and NHS mental health services, but will benefit all professionals working with children and young people. There is also information available for parents and carers.

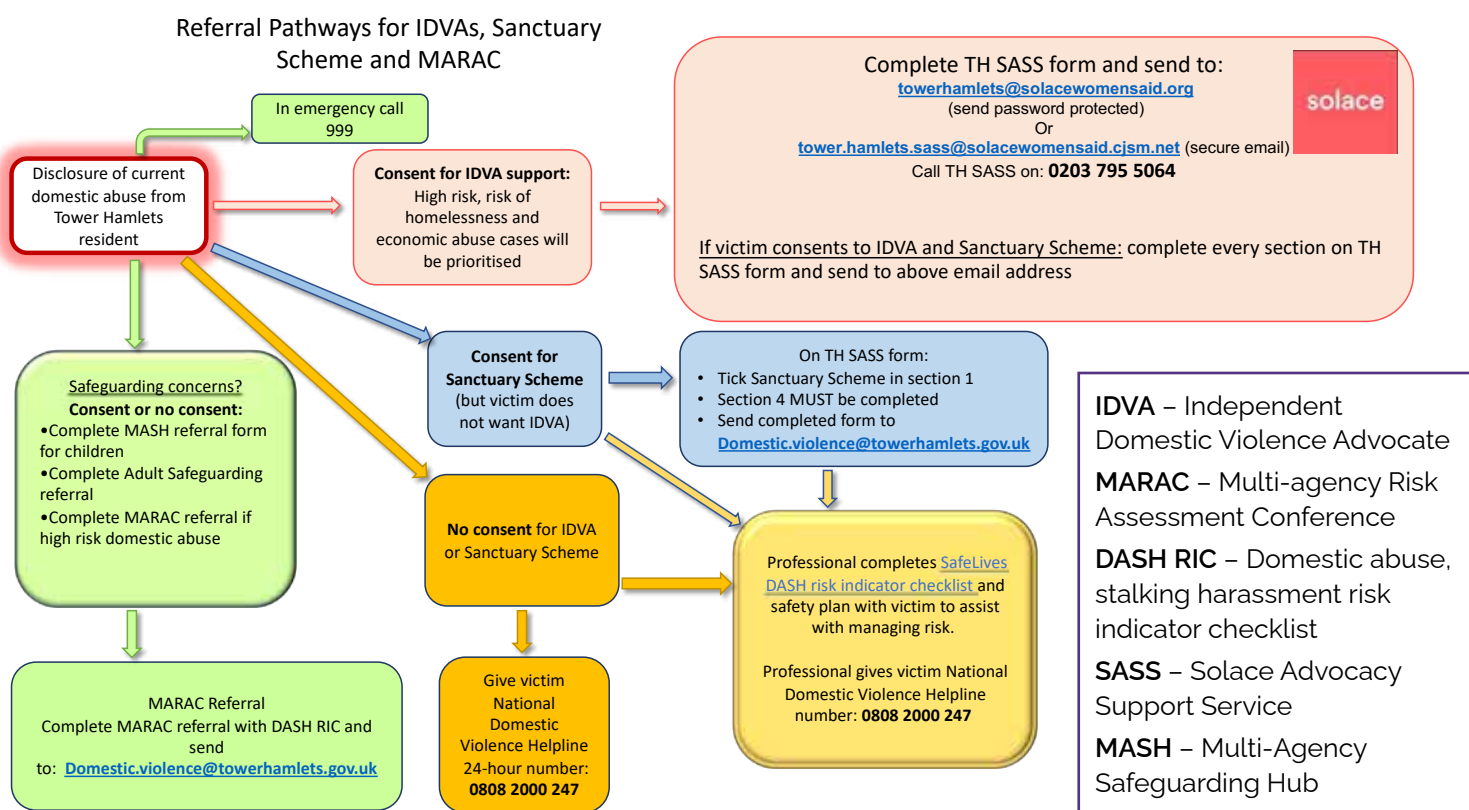
The full portfolio is available at:
uktraumacouncil.org/resources/traumatic-bereavement



For professionals: updated domestic violence referral pathway summary

To launch Solace as the new Independent Domestic Violence Advocacy (IDVA) Service in Tower Hamlets and to simplify the domestic abuse referral pathway, the Violence Against Women and Girls (VAWG) and Hate Crime Team have edited the previously shared referral pathway diagram.

The team would like to thank those who provided feedback and encourage professionals working with families to share this amended diagram with colleagues.



Covid-19 vaccinations

After clean water, vaccines are the most effective public health intervention in the world. Vaccines developed in previous pandemics, like polio are still preventing severe illness, disease and disability in your family and your community, wherever they are. The Covid-19 vaccines will too.

What do you need to know about the Covid-19 vaccines?

There are currently three different vaccines approved and they all target the spike protein on the surface of the coronavirus:

- Pfizer-BioNTech mRNA vaccine
- AstraZeneca/Oxford viral vector vaccine
- Moderna/Vanderbilt mRNA vaccine

Vaccines don't work immediately – they build protection over time. For most vaccines, a second booster dose is given several weeks or months after the first one. Research shows that you must have both doses to gain maximum protection against all existing and emerging variants.

- The vaccines currently approved contain no products of human or animal origin.
- AstraZeneca vaccine did use foetal cell lines to grow the vaccine, but there are none of the foetal cells left in the vaccine.
- The vaccines have been endorsed by the Muslim, Jewish and Catholic faiths.

How did the COVID-19 vaccines arrive so quickly?

- Co-operation & collaboration: scientists, funders, researchers, governments all working together like never before.
- Participation from the public: thousands of people taking part – many more than normal.
- Resources for all stages: funding pre-approved if you pass the required regulation.
- All the same reviews were done as for any other vaccine. No regulatory stages were missed.

What are the side effects?

Like any medicine, some people experience side-effects from having the vaccine. The benefit to you in being protected from COVID-19 and



protecting others from COVID-19 is much greater than the risk of the vaccine itself making you sick. Common side effects people experience are: feeling feverish, having a headache and general body aches, having an upset tummy and feeling generally a bit poorly. These side effects usually resolve in a few days. You can take paracetamol and rest to help you feel better. A small number of people have much rarer and more serious side effects which are being closely monitored.

Pregnancy, breastfeeding and fertility

Data from the United States of 90,000 pregnant women vaccinated with either Pfizer or Moderna, showed no specific safety concerns. As a result, pregnant women in England will now be offered the Covid-19 vaccine, with a preference for Pfizer or Moderna.

If you are pregnant you are advised to discuss the risks and benefits with your midwife, obstetrician or GP.

If you are planning on starting a family you do not need to avoid or delay getting pregnant after your vaccination, as there is no evidence to suggest these types of vaccines cause issues with fertility and the risk of harm to the baby is very low.

Breastfeeding women can also be offered any suitable Covid-19 vaccine as there is no evidence of safety concerns.

Children and Clinical Extremely Vulnerable children

We know that almost all children who become infected with Covid-19 will have no symptoms or very mild disease. Very few children were included in the Covid-19 vaccine trials, and there is limited data on vaccination in adolescents and no vaccination data on younger children.

Vaccines are currently being developed and tested for children, and we expect to find out soon whether they will be given the Pfizer vaccine if they fall into the clinically extremely vulnerable or the underlying health conditions categories that are priority groups for vaccination in adults.

AstraZeneca vaccine and blood clots

Around 4 people in every 1 million doses given have developed a very rare condition involving blood clots. It is seen slightly more often in younger people within two weeks of vaccination. More research is being done to understand why this is happening. This condition also occurs in people who have not been vaccinated.

As you are more likely to be infected with Covid-19 than you are to develop this condition, the benefits of vaccination currently outweigh the risks. People whose first vaccine was AstraZeneca and who did not suffer this rare condition, are advised to have a second dose of the AstraZeneca vaccine.

People aged 18-39 will be offered the Moderna or Pfizer vaccines as a first preference, as younger people are slightly more at risk of developing this rare condition.

How to get your vaccine

- If you are in an eligible group – wait to hear from the NHS – you may get a letter or a text message, or both, as both central and local teams are making contact.
- Follow the instructions to book your vaccination appointment – you may be offered a local vaccination centre or one of the bigger ones.

- Ask for support if you need help to book your appointment.
- If you need more information please call the council helpline 020 7364 3030.

There are a range of different vaccination sites available across Tower Hamlets including the East London Mosque. For a full list click [here](#) or to book your appointment click [here](#).

After you have received your vaccine

It takes up to 21 days after the vaccination for it to offer protection against infection. This means that we need to continue social distancing, hand washing and face coverings to make sure we can protect other people. You can still contract coronavirus after you have been vaccinated, so you still need to book a test if you have symptoms and isolate if the test is positive.

Don't forget to post on social media with the hashtag **#Ihadmyjab** to let your friends and family know that you're vaccinated and encourage them to get their jabs too.

Become a Covid-19 Community Champion

- Please encourage your communities to sign up
- Keep residents informed of the latest advice and guidance
- Help inform and support friends and family
- Virtual engagement sessions: Tuesdays 7pm-8.30pm
- Weekly newsletter
- Sign up on LBTH [website](#)
- Get in touch: covidcommunitychampions@towerhamlets.gov.uk



All information relating to Covid-19 was correct at the time of publication.
For the latest coronavirus updates and public health advice visit

www.towerhamlets.gov.uk/coronavirus
www.towerhamlets.gov.uk/vaccine



WELLBEING WORKSHOPS FOR YOUNG PEOPLE

All workshops are aimed at young people aged 13-18, except the 'Supporting Your Child's Wellbeing' workshop which is for parents of adolescents.

Each session will run at 4pm on Zoom.

You can sign up by clicking the date under each session and registering on the Eventbrite website.

An introduction to the Tower Hamlets Education Wellbeing Service for students can be found at www.youtube.com/watch?v=Sc9jMCtIMx4



MANAGING YOUR LOW MOOD

- What is low mood?
- What keeps low mood going?
- Strategies for managing low mood

28 June



FOR PARENTS SUPPORTING YOUR CHILD'S WELLBEING

- What is mental health?
- How can we understand our children's behaviour?
- Strategies for supporting children's mental health

21 June



SOCIAL MEDIA & WELLBEING

- What is social media?
- What are the positive and negative effects of social media?
- Staying safe online

12 July



SLEEP & WELLBEING

- Why do we need sleep?
- How does it link to wellbeing?
- How can I get a better night's sleep?

14 June



MANAGING YOUR ANXIETY

- What is anxiety?
- What keeps anxiety going?
- Strategies for managing anxiety

5 July

Make a difference, share your story, save lives #ForOurFamilies

Tower Hamlets Public Health campaign #ForOurFamilies, offers a platform to bring the community together - recognising the efforts people have made (and continue to make) to keep one another safe.

See stories from Ripon, Malachi, Radhika, Maharun, Ali, Jess and Viola and share your own story.

<https://forourfamilies.org.uk/>



Tower Hamlets Talking Therapies

Tower Hamlets Talking Therapies is an NHS service providing mental health support to individuals over 18 with mild to moderate mental health conditions in Tower Hamlets. This includes difficulties such as anxiety, low mood, stress and sleep difficulties.

The service offers a range of treatments including one to one support, webinars, groups and online therapy. We offer specific support for individuals in the perinatal population as well as individuals with long term health conditions.

To refer, please speak to your GP for a referral or visit our website on

towerhamletstalkingtherapies.nhs.uk/get-started/



Team Tower Hamlets London Youth Games Competitions 2021

Represent Your Borough in the London Youth Games!

Competition Dates:

Sport:

Age Group:

Register Your Interest by Scanning the QR Code & completing the online form:



Sat 20th June	Tennis
Sat 26th & Sun 27th June	Sailing
Sat 3rd or Sun 4th July	Basketball (Boys / Girls)
Sun 11th July	BMX
Sat 31st July	Kayak Slalom & Sprint
Sat 14th Aug	Road Cycling
Sat 4th or Sun 5th Sept	Archery

Year 8 – Year 13
Year 4 – Year 13
Year 12 & Under
Year 2 – Year 13
Year 2 – Year 13
Year 11 & Under
Year 12 & Under

Hub Weekend

Sat 11th & Sun 12th Sept	Athletics (Boys / Girls)
	Athletics Paragames (Boys / Girls)
	Beach Volleyball (Boys / Girls)
	Cricket (Boys)
	Cricket (Girls)
	Football (Boys / Girls)
	Hockey (Boys / Girls)
	Netball (Girls)

Year 7 & 8
Year 7 - 13
Year 13 & Under
Year 8 & Under
Year 10 & Under
Year 8 & 9
Year 9 & Under
Year 9 & Under

Participants must live or go to school in the London Borough of Tower Hamlets to be eligible for selection

Events are mixed unless indicated. All events in 2021 will take place outdoors

For more information on events visit www.londonyouthgames.org

For Team Tower Hamlets get in touch via the **contact us** page at www.towerhamletsschoolsportnetwork.co.uk



A Healthy Start for all

Parents and carers, did you know you may be entitled to vouchers to spend on essential food items if you receive certain benefits?

Healthy Start vouchers can be spent on food and milk and can be used in all major supermarkets, local shops and even market stalls in Tower Hamlets.

A full list of participating outlets can be found at www.healthystart.nhs.uk

The Healthy Start voucher scheme has increased from £3.10 to £4.25 from April 2021, to offer families:

- £8.50 per week for each baby aged up to 12 months
- £4.25 per week for each child aged under four-years-old
- Plus £4.25 per week if you are pregnant (from week 10)

Depending on your family size, you could benefit from £17 a week if you are pregnant, have a baby and a child under 4, gaining up to £900 a year!

Vitamin Supplements:

Women and children receiving Healthy Start can also get free Healthy Start vitamins. These are crucial vitamins specifically designed for pregnant and breastfeeding women and growing children.



You can apply for Healthy Start vouchers by:

- Visiting www.healthystart.nhs.uk
- Visiting your local children's centre
- Speaking to a midwife or health visitor
- Calling your GP surgery
- Calling the Healthy Start helpline on 0345 607 6823

Good News! The new digital Healthy Start Scheme is coming soon, replacing paper vouchers with an online application process and a pre-paid debit card. The rollout begins June 2021.

You no longer need a health visitor or midwife signature to apply.

National Smile Month 17 May – 17 June

In Tower Hamlets we are supporting the National Smile Month campaign to create happier, healthier smiles.

Did you know?

You should start brushing your baby's teeth as soon as the first tooth appears and take them to the dentist before their first birthday.

Visit Dental Check By One website.

For more advice and top tips for healthy teeth click [here](#).



Would you like to contribute to making Tower Hamlets no place for hate?

Are you able to devote some time to help us make 'One Tower Hamlets' a reality by tackling discrimination, hate crime and giving back to the community?

Interested in a FREE training programme that will equip you with the knowledge and facilitation skills to provide Hate Crime Awareness training and outreach?

The council are recruiting our next group of No Place for Hate Champions.

For more information contact

Benedicta Dikeocha

Tel: **020 7364 6105**

Email: hatecrime@towerhamlets.gov.uk

towerhamlets.gov.uk



Tower Hamlets No Place for Hate Champions

Tower Hamlets Community Advice Network

The Tower Hamlets Community Advice Network (THCAN) is a partnership of local advice centres that provide free advice and representation in areas of social welfare law.

The advice centres work together through THCAN to ensure that residents of Tower Hamlets have access to free, high quality advice on welfare benefits, debt, housing and other areas of social welfare law.

The advice centres in the partnership are publicly funded, not-for-profit organisations offering free advice. They all meet the requirements of Advice Quality Standard (AQS) and are independently audited.

For more details, visit thcan.org.uk

SEND website

The Tower Hamlets & City Special Educational Needs and Disabilities Information, Advice and Support Service (SEND IASS) website features lots of information to support parents and carers, including a useful frequently asked questions page, a resource library and much more.

SEND IASS also run an advice line which you can contact if you are worried about your child with special educational needs or disabilities and to get advice on Education Health and Care Plans. Call 020 7364 6489.

www.towerhamletsandcitysendiass.com



Get Online

Register today for **free** remote training sessions

funded by



Working in partnership with We Are Digital we are offering remote training and support for residents who need help with essential IT skills including:

- How to video call friends & family
- Using social media such as Facebook
(inc. Internet Safety)
- Arranging GP appointments by video
- Shopping online *(due to travel restrictions)*
 - Doing online banking
(safer than telephone banking)
- How to access your social landlord housing portal
- Government forms online & on the phone
(benefits such as Universal Credit)
- Help with energy or switching bills

Text registration - Text TOWER and your name to: 07860098539
Phone number: 0114 551 2551

Financial Help through the Council

Tower Hamlets Resident Support Outreach Team

Do you need help to claim Universal Credit or any welfare assistance?

Please email

LBTHResidentsupport@towerhamlets.gov.uk
to book an appointment.

Tower Hamlets Financial Support Team

Are you a private rented tenant in Tower Hamlets with rent or council tax arrears? Our friendly Financial Support Team can do a free Financial Health check for you.

Call 020 7364 3680 / 020 7364 4080 or email **LBTHFinancialsupport@towerhamlets.gov.uk** to book an appointment.

The Local Offer's dedicated Covid-19 page

The Local Offer is an online resource for all families and provides information on the support that is available for children and young people with special educational needs or disabilities and their families. It also features information on training, employment and independent living for young people with special educational needs or disabilities.

The Local Offer has a dedicated Covid-19 page with up-to-date information and useful resources to support all families. The page is updated regularly and includes varied content ranging from health and wellbeing to bereavement, parenting, money matters and much more.

To find out more, visit **www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19**

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