

Dear colleague,

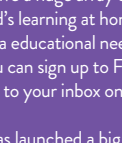
Welcome to the third edition of our newsletter, You're Not Home Alone. We hope you find this useful during this time of school closures. We want to provide useful information so please let us know if you want new topics included. Please do send any pictures of any activities from our newsletter that your children have enjoyed doing – we'll share them on our website. Just contact marketing@fostertalk.org or call 0121 758 5013.

PLEASE FEEL FREE TO PASS THIS ON TO YOUR COLLEAGUES AND TO OTHER FOSTER CARERS.

Please Note: For the time being, this newsletter will replace SmallTalk until lock down is lifted.



HOME SCHOOL



[Click here](#) for more.

Chatter Pack - have a huge array of home schooling tools and ideas to support your child's learning at home. There are lots of materials for children with extra educational needs to. It's regularly updated with new ideas and you can sign up to FREE SEND resources, information and blogs straight to your inbox once a month.



[Click here](#) for more.

BBC Bitesize - has launched a big push to help children - and parents - with home-learning. New lessons will be added weekly for the next 14 weeks. You'll find daily lessons for home schooling in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more. A host of celebrities have signed up to help to. Students can look forward to Danny Dyer teaching history in a class aimed at five to seven-year-olds, while Doctor Who actress Jodie Whittaker will also be dropping in the Bitesize Daily Lessons. BBC Bitesize lessons are also available via the Red Button and on iPlayer.

GOVERNMENT LAUNCHES INQUIRY

The Government are launching an inquiry into the Covid-19 Pandemic. We are going to make a response so please let us have any comments that you would like to make, or any issues that you've experienced and we will raise them on your behalf. [Click here](#) for further information.

The Education Secretary, Gavin Williamson, has announced new measures to support children in England during the coronavirus outbreak. Measures announced include: additional funding to help care leavers and other vulnerable groups; the launch of the online teaching platform, The Oak National Academy; and the provision of laptops and tablets to help disadvantaged young people who sit key exams next year. [Click here](#) to read more.

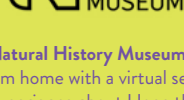
New Guidance has also been issued for parents and carers on how best to support their child's education and development. [Click here](#) for further information.



FREE RESOURCES



CBeebies Bedtime Stories - Tom Hardy will be reading bedtime stories, every night at 6.50pm from 27th April into the 1st May. [Click here](#) for more information.



FREE Virtual Tours of the Natural History Museum - Delve into the Natural History Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough. [Click here](#) for many more activities.

[Click here](#) to examine a 3D model of Dippy Diplodocus' skull

SCREEN FREE IDEAS

Here are 20 old school ways to occupy children away from screens. Ideas include creating a scavenger or treasure hunt, building a fort or den and making an ideas box. [Click here](#) for further information.

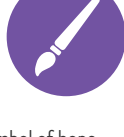


NATURE

With the massive reduction of cars on the roads it's easier to hear the beautiful birds singing from dusk until dawn. The National Trust have created a top tips guide to birdsong and bird spotting. If you have an outdoor space get out and breathe in the fresh air whilst listening to the birds and see what different types of feathered friends are in your garden.

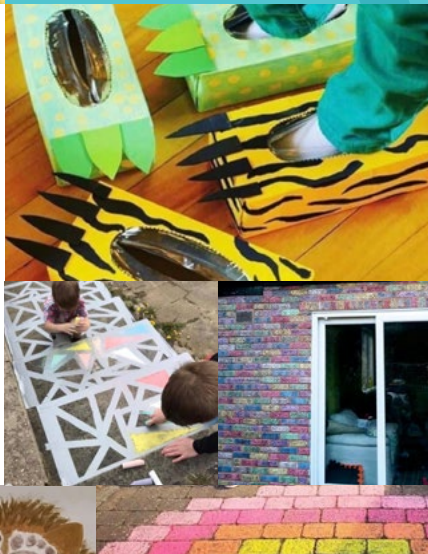
[Click here](#) for further information.

ARTS AND CRAFTS



Rainbows have become a symbol of hope during this pandemic. Lots of people are getting their children to use chalk to create rainbow designs on driveways and also colouring in brick work on their homes. Have a go and send us some photos of your designs for us to share.

Hands and feet can be used to create lovely artwork – have a go at creating a crab, lion or a turtle. Use your empty tissue boxes to make tiger feet.



IDEAS & SUPPORT FOR OLDER CHILDREN

Fosterline
0800 040 7675
your fostering advice service

FosterTalk are working with Silver Lined Horizons to provide a space for young people to talk during this challenging time. All 11-18 year olds will be able to call Fosterline or complete a form online to book a call with a youth worker to have a chat. [Click here](#) for further information.

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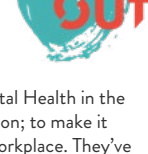
Actually Mummy, a website with parenting advice for parents of teenagers have created an article which lists 72 activities for teenagers during lockdown. They include looking at enrolling in an online photography course, learning a new skill like touch typing, start a podcast and learn DIY skills.

[Click here](#) to see the activities.



actually mummy

MENTAL HEALTH



TalkOut is the voice of Mental Health in the workplace and has one mission; to make it **okay not to be okay** in the workplace. They've written an article for us on how you can help your child manage the change in life due to the pandemic, in a way that promotes good mental health, offering lots of different options and support techniques to reduce anxiety and stress. [Click here](#) for the full article.



NHS ADVICE FOR PARENTS

It's hard to know when to get medically assistance for children during this time at home. To help you make the right decisions, the NHS has created a document for parents advising when assistance should be requested for various incidents.

[Click here](#) for more information.



REMEMBER TO CHECK YOUR BENEFITS ENTITLEMENTS

ALTHOUGH the Covid-19 crisis does not make a huge change to the benefits position of many carers PLEASE take the opportunity to review your situation by calling our tax and benefits helpline!

Remember if you are part of a couple and your partner's situation has changed you may have increased benefits entitlements. We can also advise anyone in your household or family as well – don't spend hours waiting on government helplines or searching the internet call us for the answers. Our advisors can also help you regarding the support packages for the self-employed, the job retention scheme and all other aspects of Covid-19 financial aid. Call us on 0121 758 5013 or email enquiries@fostertalk.org

Best regards

The FosterTalk team