



**Hitchin Partnership CIO  
Family Support Service for Hitchin  
Schools**

**If you are working with one of Family Support Workers, they will be in contact with you. Please contact them directly if you have any questions or support needs.**

Office Contact: 07833 290731  
If we are unable to answer, please leave a message/text and we will call you back.  
<http://hitchinpartnership.org/>

<b>Useful contacts/helplines</b>	
	<p><b><u>Hertfordshire children's Services</u></b> <b>Telephone: 03001234043 (24 hours a day)</b></p>
<b>NHDC Support</b>	<p>NHDC phone line for residents across the district to find out about services available in the current situation. The Healthy Hub team are staffing the phone line and people can get advice on: financial support, food support, food sources, childcare, transport, mental health, exercise, diet and much more. The number to call is <b>01462 474 111</b> but people can also email questions to: <a href="mailto:healthyhub@north-herts.gov.uk">healthyhub@north-herts.gov.uk</a>.</p>
<b>SEND Support</b>	<p>ISL – SEND Specialist Advice and Support Advice Line – <b>01442 453920</b> The Advice Line will run every day between 10am and 2pm during school term-term. [Due to the unprecedented and uncertain time the advice line has been extended to ensure parents, carers and professionals can seek appropriate advice, support and help for a child or young person with autism, speech, language or communication needs. If you would like to discuss an issue or query, please call the number above.</p>
	<p><b><u>Family Lives</u></b></p> <p><b>Confidential helpline</b></p> <p><b>Call our free and confidential helpline for support</b> Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on <b>0808 800 2222</b> for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. For callers from Scotland, Children 1<sup>st</sup> run Parentline Scotland and you may wish to contact them on 08000 28 22 33 Monday to Friday from 9am - 9pm. <b>To find out more about how we will use your data if you contact us, please see our <a href="#">privacy notice</a>.</b></p> <p><b>Email support</b> Our lines do get very busy, if you are unable to get through, you may want to email us for support, advice and information. <b>Please email us</b></p>

	<p>at <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>. We aim to respond within 24 hours, Monday to Friday.</p>
<b>Support Services</b>	<p><b><u>Safer places – Domestic abuse support services</u></b>  Safer Places is an independent charity which provides a comprehensive range of services to adults and children affected by all forms of Domestic Abuse.  <b>Telephone: 03301 025811 – 24 hours a day</b>  <b>Email: <a href="mailto:info@saferplaces.co.uk">info@saferplaces.co.uk</a></b></p>
	<p><b><u>SADA Domestic Abuse Service (Stevenage)</u></b>  <b>If you are experiencing domestic abuse, the SADA Domestic Abuse service can support you.</b></p> <p>A dedicated Abuse Liaison Worker can offer you support in a wide range of areas, or signpost you to those who can, including:</p> <ul style="list-style-type: none"> <li>• Accessing legal advice</li> <li>• Emotional support for you or your family</li> <li>• Debt and benefits advice</li> <li>• Housing/tenancy issues</li> <li>• Putting additional security features in the home</li> <li>• Referrals to other agencies who can help</li> </ul> <p><b>Telephone - 01438 242 666</b></p>
<b>Families First &amp; Universal Credit</b>	<p><b><u>Families first portal</u></b>  <b><u>Directory of services for families, including parenting, SEN, health, money</u></b>  <a href="https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx">https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx</a></p> <p><b><u>Citizens Advice are open to help on phone, email and soon web chat.</u></b></p> <p><b>Telephone: 03444 111 444 – 10am – 4pm Monday to Friday Website: <a href="https://www.northhertscab.org.uk/">https://www.northhertscab.org.uk/</a></b></p> <p><b>For benefit appeals and relationship breakdown</b>  <a href="https://www.advicenow.org.uk/advicenow-guides">https://www.advicenow.org.uk/advicenow-guides</a></p> <p><b>All things money</b>  <a href="https://www.moneyadvice.service.gov.uk/en/articles/free-printed-guides">https://www.moneyadvice.service.gov.uk/en/articles/free-printed-guides</a></p> <p><b>Universal Credit</b>  <b>Help to make first application, they will check to make sure UC is the best benefit for the client</b>  <a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/</a>      <b>Phone: <a href="tel:08001448444">0800 144 8 444</a></b></p> <p><b>To Claim</b>  <a href="https://www.universal-credit.service.gov.uk/postcode-checker">https://www.universal-credit.service.gov.uk/postcode-checker</a></p> <p><b>To sign in to you UC account</b>  <a href="https://www.universal-credit.service.gov.uk/sign-in">https://www.universal-credit.service.gov.uk/sign-in</a></p> <p><b>For more info</b></p>

	<p><a href="https://www.citizensadvice.org.uk/benefits/universal-credit/">https://www.citizensadvice.org.uk/benefits/universal-credit/</a>  <a href="https://www.gov.uk/universal-credit">https://www.gov.uk/universal-credit</a></p> <p><b>Housing and Homelessness</b></p> <p><a href="https://england.shelter.org.uk/">https://england.shelter.org.uk/</a>  <a href="https://www.hyh.org.uk/">https://www.hyh.org.uk/</a>  <a href="https://www.north-herts.gov.uk/home/housing/housing-advice-and-homelessness-support/homelessness">https://www.north-herts.gov.uk/home/housing/housing-advice-and-homelessness-support/homelessness</a></p>
<p><b>Business / Employment matters</b></p>	<p><b>Small business support</b></p> <p><a href="https://wenta.co.uk/business-advice/">https://wenta.co.uk/business-advice/</a></p> <p><b>Business in general</b></p> <p><a href="https://www.acas.org.uk/">https://www.acas.org.uk/</a></p> <p><b><u>Employment/financial related matters related to coronavirus</u></b></p> <p><a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</a></p> <p><a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees</a></p> <p><a href="https://www.understandinguniversalcredit.gov.uk/coronavirus/">https://www.understandinguniversalcredit.gov.uk/coronavirus/</a></p>
<p><b>Virus Information</b></p>	<p><a href="https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/">https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/</a>  <a href="https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response">https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response</a></p> <p><b><u>Talking to your child about Coronavirus</u></b></p> <p><a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a></p> <p><a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a></p> <p><a href="https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/">https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/</a></p>
<p><b><u>FREE online education resources</u></b></p>	<p><b>A non-exhaustive list that might help those affected by school closures due to coronavirus, compiled by home educators. Feel free to share.</b></p>

**Khan Academy**

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

**BBC Learning**

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

**Futurelearn**

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

**Seneca**

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

**Openlearn**

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

**Blockly**

<https://blockly.games>

Learn computer programming skills - fun and free.

**Scratch**

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

**Ted Ed**

<https://ed.ted.com>

All sorts of engaging educational videos

**National Geographic Kids**

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

**Duolingo**

<https://www.duolingo.com>

Learn languages for free. Web or app.

**Mystery Science**

<https://mysteryscience.com>

Free science lessons

**The Kids Should See This**

<https://thekidshouldseethis.com>

Wide range of cool educational videos

**Crash Course**

<https://thecrashcourse.com>

You Tube videos on many subjects

**Crash Course Kids**

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

**Crest Awards**

<https://www.crestawards.org>

Science awards you can complete from home.

**iDEA Awards**

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

**Paw Print Badges**

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

**Tinkercad**

<https://www.tinkercad.com>

All kinds of making.

**Prodigy Maths**

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

**Cbeebies Radio**

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

**Nature Detectives**

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

**British Council**

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

**Oxford Owl for Home**

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

**Big History Project**

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

**Geography Games**

<https://world-geography-games.com/world.html>

Geography gaming!

	<p><b>Blue Peter Badges</b>  <a href="https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges">https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges</a>  If you have a stamp and a nearby post box.</p> <p><b>The Artful Parent</b>  <a href="https://www.facebook.com/artfulparent/">https://www.facebook.com/artfulparent/</a>  Good, free art activities</p> <p><b>Red Ted Art</b>  <a href="https://www.redtedart.com">https://www.redtedart.com</a>  Easy arts and crafts for little ones</p> <p><b>The Imagination Tree</b>  <a href="https://theimaginationtree.com">https://theimaginationtree.com</a>  Creative art and craft activities for the very youngest.</p> <p><b>Toy Theater</b>  <a href="https://toytheater.com/">https://toytheater.com/</a>  Educational online games</p> <p><b>DK Find Out</b>  <a href="https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkqudD49I71ep8-sjXmrac">https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkqudD49I71ep8-sjXmrac</a>  Activities and quizzes</p> <p><b>Twinkl</b>  <a href="https://www.twinkl.co.uk">https://www.twinkl.co.uk</a>  This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.</p>
<p><b><u>Natural Flair – free tools and resources</u></b></p>	<p style="text-align: center;"><b>Things Are Changing, But So Am I!</b></p> <p>We are going through uncertain times at the moment but there is one thing you can be certain of – I will continue to provide an empowering community that will support you in your parenting and family life.</p> <p><b>And so I have wonderful news to share!</b></p> <p>I am currently working on <b>FREE</b> tools and resources to support you and your family throughout this period. These will be streamed through my social media groups, <a href="#">facebook</a>, <a href="#">instagram</a> and <a href="#">twitter</a> and I will also be offering <b>free online courses</b> to support family life and wellbeing so there was never a better moment to connect with me.</p> <p>It's been fantastic to see how all of you are supporting each other with uplifting messages and useful tips and I am truly grateful to have you in this community.</p>

If you have not joined [Natural Flair Facebook](#) [twitter](#) or [instagram](#) pages, make sure you join me now. That will be one of the channels where I will be connecting with you more often in the upcoming months and the place where you can connect with other parents too.

I am acutely aware of how Covid-19 is impacting on our usual family and day to day life and things might feel very overwhelming, however **please join me for regular tips on managing anxiety, learning tips on helping kids manage their big feelings and "reclaim your calm"**

I look forward to connecting with you in a new and supportive way.

Next week I will also be launching a regular weekly interactive online mini session to support young people find their "inner super hero" manage "monster feelings" of worry and anxiety and build confidence and resilience in a way that is fun and interactive [register your interest here](#)

It's A rare and unique time!

All of us are in this together, and we WILL get through this, with compassion, strength and loving kindness that so many people are showing each other at this time

- Remember, I'm sharing daily tips and motivational content
- FREE Weekly sessions will be available for young people to learn about how to manage wellbeing and build resilience
- PLEASE share my content with others, it will be with your support of liking and sharing posts that my business will survive

