

Early Years Provider Newsletter

Edition 3, 2020

Introduction

Welcome to the third edition of the Early Years E –bulletin, whilst some of the usual categories are included the main focus of this edition is mental health, yours, people you work with plus children, young people, parents and carers.

- Covid-19
- Early Years Foundation Stage
- Mental Health Advice & Support – Covid - 19
- Safeguarding & Domestic Abuse
- Send & Inclusion
- Feedback & Your Stories

Covid – 19

Please utilise the information below in conjunction with information and advice provided in previous issues.

Fantastic Practice!

We have been busy trying to keep in touch with you in a variety of ways, apologies if this has seemed like overload but we want to understand the difficulties you are having but also be in a position to share some examples of good practice as well. Below are some examples.

From the settings we have been able to reach we have been told of some excellent 'keeping in touch with children at home practices'. These range from Zoom calls, YouTube video sessions, simple phone calls and sharing of beneficial activities for parents to do with the children.

Providers who are open have hugely adapted their provision in order to meet the needs of the children attending and their families – there has been some really innovative practice and creativity used.

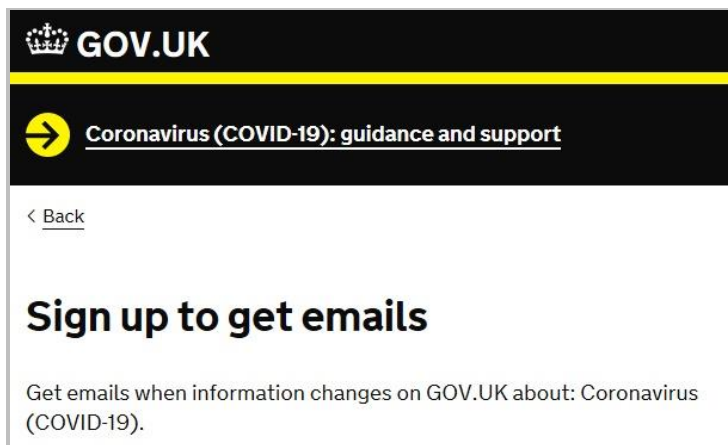
Whether your setting has been open or closed over the last 9 weeks we know that there have been huge efforts to do what is best for children, families and staff and in many cases this has been nothing short of amazing.

Some of you have engaged in virtual conversations with other providers, through networks we have set up, where you have been able to share and discuss concerns and approached to common issues.

Thank you too to all of the settings we have spoken to who have taken part in this and please let your advisor know if this is something you would like to take part in going forward.

Our role in this instance is not to advise you but to listen to some of the problems and how they relate to you. If solutions cannot be found locally we can escalate them through our role within Greater Manchester Combined Authorities and also DfE.

Whilst we will always share the latest government guidance with you, if you would like to keep up to date independently you can sign up to receive email notifications whenever any coronavirus guidance is updated, you can also choose how often to receive the updates. To subscribe simply click this image below then click sign up and just follow the directions.



You will be aware that the government has issued new guidance recently, please see links below:

- [Press notice](#)
- [Actions for educational and childcare settings](#)
- [Implementing protective measures in education childcare settings](#)
- [Information for parents and carers](#)

Following the release of this guidance DfE issued further clarification:

"The Government has amended its guidance to clarify that paid childcare can be provided to the children of one household in any circumstance. This would include nannies, for example, and childminders may also choose to provide childcare on this basis if not already providing care for vulnerable children and children of critical workers. This should enable more working parents to return to work. It is already the case that registered childminders and nurseries can look after key worker and vulnerable children."

Further guidance was issued on Sunday the 25th of May:

- [A planning guide for early years and childcare settings](#)
- [Explanatory note on SAGE modelling](#)

Dear Colleagues,

This afternoon the Prime Minister announced that the Government's five tests for easing the lockdown in England have been met, enabling all children to be welcomed back to early years settings and a phased return of some children to school, from Monday 1 June.

The welfare of children and staff has been at the heart of all decision making and Ministers want to thank all those involved, including local authorities, in preparing for this milestone.

We would be grateful if you could please cascade this news among your networks. A reminder also of the following materials available to support settings as they prepare to open for all children:

- the DfE Early Years planning guide is available [here](#);
- and a Foundation Years video podcast is available [here](#).

Thanks for all your support.

Family Sessions 2020: Re-opening Childcare

This Conference can be watched online and you can gather the ideas and thinking that you feel are appropriate for your setting – as we are all different and therefore what we can offer will be different. Please click on the image below to access the conference: the conference took place on the 14th May but you can watch the recorded version which has useful information and guidance on a number of topics

The screenshot shows a webinar registration page. The main banner features a blue background with a white virus icon on the left and a woman at a computer with a 'come in, we're OPEN' sign on the right. Text on the banner includes 'May 14th, 2020 10:00 AM GMT', 'The Family Sessions 2020 Vol. 2: Reopening Childcare', and a 'Register now for free' button. To the right of the banner, the event title 'Family Sessions 2020 Vol. 2: Reopening Childcare - A free digital conference' is displayed, along with the date and time 'May 14, 2020 10:00 AM'. Below this, a short introductory text states: 'As the UK begins the conversation about what reopening childcare might look like, we want to help you ... [Read more](#)'. A 'SPEAKERS' section follows, listing seven individuals with their names and roles: Alison Featherbe (Early Years Trainer & Consultant), Anne Therkelsen (Nursery Leader), Rachel Buckler (Co-founder), Mine Conkbayir (Author, speaker & PhD researcher), Jan Dubiel (Early Years Adviser, Consultant, trainer, writer), Pam Jarvis (Chartered Psychologist, Author, Researcher), and Matt Arnerich (Head of Content & Brand Voice).

This webinar delivered practical advice on planning for reopening of early years settings. It strongly recommends going to the Government Guidance, but adds ideas to the bones.

It also talks with Anne Therkelsen an Early Years Provider from Denmark where settings opened over 4 weeks ago. Anne gave insight after already going through the process of re-opening.

The Conference also discussed the need to focus on Child-wellbeing and providing an emotionally positive environment – to meet this very important need that children will have.

In addition there is a free 'Family Together' service that allows practitioners the ability to communicate with children and families at home. *

We hope that this supports how you shape your plans for the possible re-opening on June 1st.

**Please note, as always we do not promote or endorse private services. Anyone seeking to use or access these services does so at their own risk and should make all appropriate enquiries about fitness for purpose and suitability to meet their needs.*

Re-opening Settings

Please see the link below to the Parenta.com blog where you will find some advice, tips and useful links around re-opening your setting or opening to more children, just click the link below and then the blog post: Preparations for the 'new normal' and returning to your setting.

[Parenta.com Blog – Running a Setting](#)

Early Years Foundation Stage

Please utilise the information below in conjunction with information and advice provided in previous issues.

Free Webinar: Transitions - Supporting young children after Covid-19 with Early Years Lead Maureen Hunt in conjunction with Kinderly Learn, please click the YouTube link below to access.

[Transitions - Supporting young children after Covid-19](#)

Please note: The Early Years Advisors Team are currently developing a more concise transition document/checklist for you to use this year post Covid-19. This will be available very soon and will be sent out to you via email.

Bury Communication Champions

The next Communication Network Meeting will be done virtually via "Zoom". The meeting will take place on 3rd June, 2020 at 2pm. If you would like to attend the meeting please contact: Sharon Walton via email at s.walton@bury.gov.uk and a meeting invite will be sent out to you.

Please see below some informative links that may support you in your practice around Speech, language and communication. These are also available on the Communication champion's page on the Bury Directory.



Communication
Champion links.docx

Mental Health Advice & Support – Covid - 19

You might be worried about coronavirus and how it is affecting or could affect your life. This might feel difficult, scary or stressful which can affect your mental health or anyone in your family or who you work alongside.

There are lots of things we can do to support and manage our wellbeing. Use the links below to find advice from the Government, Local Government, the NHS and other agencies where you can access a range of other useful resources.

With measures to restrict movement in place as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge changes to our daily routines.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care and the World Health Organisation has produced lots of information to help.

[Here are tips and advice from the World Health Organisation \(WHO\) that we hope you will find useful.](#)

[Here is some further WHO advice to help you and your family to stay healthy at home during this period of confinement.](#)

To support children and young people with their mental health and well-being, parents and carers can utilise the overall guidance and easy-read guide which was released by the government, [click here to access the information.](#)

There are further resources to help parents and carers better communicate the current situation and ensure the mental health and wellbeing of children and young people.

You can [access UNICEF's dedicated Coronavirus portal by clicking here.](#) YoungMinds have produced advice on talking to your child about coronavirus, to read their expert's [advice on what to do including Ten Tips from their Parent Helpline click here.](#)

For older children and young people there is the [YoungMinds' blog which can be accessed here.](#)

If you're looking for a book to help children understand and come to terms with COVID-19, "My Hero is You, How kids can fight COVID-19!" explains how children can protect themselves, their families and friends from coronavirus and is aimed primarily at 6-11 year olds, [you can download it here or watch a video of Howard Donald reading the story.](#)

For children under the age of 7, parents and carers can also use COVIBOOK to discuss and better understand their different emotions to the current situation. [You'll find further information and a download of the book by clicking here.](#)

The NHS has provided a useful directory of mental health helplines with contact details for lots of support services, [click here to access the information.](#)

The NHS has also produced a list of mental health apps together with a page dedicated to wellbeing whilst staying at home which can be shared with employees. [Click here to access the apps](#) and [click here for the additional information.](#)

A library of free COVID-19 mental health and wellbeing resources is also available through The Greater Manchester Health and Social Care Partnership's **website**. For more information on Greater Manchester's mental health resources, see **here**

Silver Cloud digital mental health platform

The Silver Cloud digital mental health platform is available to provide extra support and help for adults (aged 16+) who may be feeling stressed and anxious during the coronavirus outbreak.

Silver Cloud offers a number of online programmes to help ease stress levels, improve sleep, or build resilience. Each programme uses proven methods, including cognitive behavioural therapy, and all information entered is anonymous, confidential and secure.

It is part of a Greater Manchester-wide programme of new digital services and online support that aims to help people stay well and reduce the need for them to attend GP practices or hospitals.

The programme of digital mental health wellbeing services can be accessed by those with existing mental health issues as well as anyone who may be struggling due to social distancing or self-isolation restrictions.

Find out more about Silver Cloud

- [Go to more information at the Greater Manchester Health and Social Care Partnership website.](#)

Sign-up for Silver Cloud

- [Go to the Greater Manchester Health and Social Care Partnership sign-up page](#)

Access other digital services for Greater Manchester residents

The Greater Manchester Health and Social Care Partnership are offering a range of programmes to help support residents throughout Greater Manchester with mental health and wellbeing. As well as Silver Cloud the support on offer includes:

- [Shout crisis Service \(24/7 Text Service\)](#)
- [Kooth \(online counselling for children and young people\)](#)
- [Living Life to the Full \(wellbeing support\)](#)
- [BlueIce \(app to help young people manage their emotions\)](#) – please note this is only available on 'prescription' from a clinician working in child and adolescent mental health services.

Safeguarding – Domestic Abuse

Please utilise the information below in conjunction with information and advice provided in previous issues.

Please note: During the coronavirus pandemic safeguarding procedures still apply.

If you are concerned about the welfare of a child, you should contact:

- Bury Multi-Agency Safeguarding Hub (MASH) Team on 0161-253-5678 or outside of office hours the Emergency Duty Team on 0161-253-6606; or
- Greater Manchester Police on 101.

If the child is in immediate danger ring Greater Manchester Police on 999.

Domestic Abuse

Sadly, home isn't a safe place for everybody. The need for people to stay at home due to the coronavirus outbreak creates more risk about incidents of domestic abuse and makes it more difficult for victims to call for help. You may have seen the coverage on this issue nationally. The stresses of everyday life whether working or not can be difficult at this unprecedented times.

It is important, that every member of the public are vigilant in spotting signs of potential abuse and is proactive in offering support.

The following are some key things to look out for when seeing or speaking to someone:

- If a person discloses that their activities and interactions with friends and family are being monitored
- If you contact someone and you can hear someone questioning them from behind
- If during interaction with someone you notice injuries, if you are able to ask about them safely, does the explanation make sense?
- If a person says they have family and friends, explore further to see if they are being given the opportunity to speak with them.
- If a person says they cannot work from home, ensure you know what is stopping them.
- If an individual needs help with shopping and medication and you feel that someone is controlling how they spend their money.
- If an individual reports damage to property; ensure that the reason for the damage makes sense.
- If an individual is extremely apologetic or meek and seems fearful
- If a person seems agitated, anxious, or is constantly apprehensive
- If they are talking about or attempting suicide

Do:

- Ask if something is wrong and express concern.
- Explore any suspicions further with them if safe to do so. However, do not judge or blame, instead listen and validate.
- If you are worried for their immediate safety call 999
- If you are concerned that a crime may have been committed call 101
- If you just need further advice on how to proceed; call End the Fear on 0161 636 7525. On weekends call National Domestic Abuse helpline on 08008 2000 247

Please find attached a newsletter from the Children and Young People Domestic Abuse Project called DAP News where you will find some really useful resources and links.



DAP newsletter.doc

Send & Inclusion

Please utilise the information below in conjunction with information and advice provided in previous issues.

Bury Education Psychology Service has set up a helpline on Mondays between 1pm and 3.30pm and Wednesdays between 9.30am and 12.00 to provide advice and support for schools/parents of children and young people with SEND in the context of the current situation that exists due to the Covid-19 outbreak.

Educational Psychologists will be able give advice on issues such as:

- Anxiety, stress and related issues arising from being out of school/returning to school/COVID 19/missing friends etc.,
- Loss and bereavement – EPs provide Critical Incident support, but the helpline may identify where this support is needed.
- Transitions – particularly for those children starting reception/year 7.
- Advice on routines/behaviours because of changes to routine.
- Reassurance/advice on academic progress and expectations once children are back to school.
- Advice on EHC needs assessments and annual reviews.
- Any other educational questions or concerns.

Parents/Carers are encouraged to call, no matter how small the question or concern is. The helpline number is 0161 253 6406.

Feedback & Your Stories

Feedback

If you have any feedback on our bulletin, things you've enjoyed or found particularly useful, anything you'd like to see in future issues or anything you don't like or think can be improved please let us know. We're keen to get as much feedback as possible, positive or negative, to make this as helpful as possible for all.

Your Stories

We're also keen to hear any good news stories, particularly at the moment, or any good practice you would like to share that you feel will be helpful to other providers.

If you have anything under either of the above headings please email us at eya@bury.gov.uk

Note from Sue Reynolds- Strategic Lead for Early Years and Early Help

Colleagues,

As we move further through the lockdown and are continually facing fresh challenges around new guidance, changing rules and good advice I wanted to take this opportunity to thank you for your services and perseverance.

I am aware that we have bombarded you with emails, phone calls and requests for GM case study information, and this must have seemed difficult at times when your role is to support the children and families you provide a service to.

Unfortunately, we are being asked on a regular basis to provide information and data and this will probably continue for some time.

I hope you find the latest toolkit valuable and the other information in this bulletin.

Please don't hesitate to contact your link early years advisor if you have any information you want to share, ideas on living through COVID, or indeed any matter that will support you in your valuable role.

Take Care and Stay Safe!

Kind regards

Sue Reynolds