

Advice and Support

Brought to you by the NSPCC Peterborough Service Centre

NSPCC

In this issue:

- A Bit About Us!
- Top Tips for Parents
- Online Safety
- Support Available
- Self-Care During Isolation
- Online Activities to do as a Family
- Grounding Techniques
- Recipe for Slime
- Recipe for the Best Chocolate Brownies

Hello!

We at the NSPCC Peterborough Service Centre are bringing you this little newsletter to share some advice, support and resources for parents and children, as well online resources you both can do!

We know these are difficult times, so we hope this helps, and hopefully make you smile.

All the best

- The NSPCC Team at Peterborough



A Bit About Us

Brought to you by the NSPCC Peterborough Service Centre

NSPCC



At the Peterborough NSPCC Service Centre, we offer the following services:

- Seeking Solutions
- Protect and Respect
- Turn the Page (Consultation Only at this time)
- Letting the Future In

Currently we are not offering face-to-face work due to COVID-19, but we continue to support young people and their carers, and are offering support and our services through online sessions, and through the phone. If you would like more information, or want to make a referral, give us a call on **01733 207 620**

Letting The Future In

A therapeutic service for children and young people aged between 4 and 19, who have been sexually abused.

Turn The Page

A service for children aged 8-17 who have displayed harmful sexual behaviour. The aim is to help children and young people manage their behaviour.

Seeking Solutions

A solution focused approach to support young people who are struggling with difficulties which appear to be impacting their life. Examples could be relationship difficulties, bullying, self esteem.

Protect and Respect

A service for young people aged 11-19.

Awareness raising - support for people around healthy relationships and consent.

Support and Protection - support for those where there are concerns around Child Sexual Exploitation (CSE)

CONTACT DETAILS:
Unit 12, Flag Business Exchange, Vicarage
Farm Road, Peterborough
PE1 5TX
01733 207 620
Peterborough@nspcc.org.uk
Helpline – 0808 800 5000



Top Tips for Parents

NSPCC

Brought to you by the NSPCC Peterborough Service Centre

Lock down Birthday

- Home-made milkshakes
- Home-made banners.
- Design an Escape Room (see links).
- Bake a cake.
- PJ/Movie Day.



Make the most of your time together as a family.

Children and young people will love spending time with you. In every day life, we are often rushing here and there. When children and young people do not behave in the way they expect, there can be various reasons for this.

Behaviour which you might feel is deemed as 'attention seeking' or the need to be noticed may mean your child is needing a little extra support. By connecting and spending time together, provides the reassurance they need, in these difficult times, that they belong and can handle what comes. Maybe do some fun activities together? See the one that one family made, with the different hand prints! We think this is beautiful!

Routine is important for the wellbeing of everyone, including children. Why not make a daily schedule to include time for reflection?

Tips for Dealing with Tantrums

Remember to set clear rules, show affection and look after yourself. If you're feeling at the end of your tether, Take 5 and follow these simple steps:

- Stop.
- Breathe.
- React calmly.

Things to use to try and calm them down:

- Create a distraction using something like a book.
- Draw their attention to something else happening nearby.
- If they're angry, tell them you know how they feel.



Online Safety

Brought to you by the NSPCC Peterborough Service Centre

NSPCC

Help your kids stay safe online.
Work as a **TEAM**



Keep Your Devices Secure! - Have a look at NetAware, which is a useful site for safer internet use.

<https://www.net-aware.org.uk/>

Young people will be spending more time on-line during lock down. Follow these tips:

- **Talk about Internet Safety.**
- **Explore their on-line world together.**
- **Agree rules.**
- **Manage settings and controls.**
- **Talk about their friends.**
- **Be a positive role model when it comes to social media.**

Link to **Our Family On-line Agreement:**

<https://www.nspcc.org.uk/globalassets/documents/online-safety/o2-nspcc-family-agreement-template.pdf>

Lots of organisations, including the NSPCC, can support you and your family with support and resources to help you learn about online safety.

Have a look at the following and see if they work for you and your family!

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>
- [https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK ONLINE SAFETY AT HOME 24 03 20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-54116321](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK%20ONLINE%20SAFETY%20AT%20HOME%2024%2003%2020&utm_medium=email&utm_term=0_0b54505554-03cb8440df-54116321)

If you have a question about parental controls or concern about a social network your child uses, expert advisors at our free helpline are here to help.

0808 8005002

O₂ ☺ NSPCC

Let's keep kids safe online

Support Available

Brought to you by the NSPCC Peterborough Service Centre

NSPCC

The links below, will help you to have conversations with your child or young person about COVID 19:

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

https://issuu.com/nosycrow/docs/coronavirus_ins/1?ff&hideShareButton=true Online Book to share.

<https://www.heart.co.uk/news/coronavirus/playmobil-video-explain-virus-children/> Playmobile video

Coronavirus Information for Single Parents

We know many single parent families are worried about the impact of the coronavirus, also known as COVID-19, on their families. This page collects together information that is especially helpful to single parents from Gingerbread.

You can read:

- [coronavirus FAQs page](#) for answers to common questions.
- the latest [government guidance](#).
- the latest [NHS advice](#).
- <https://www.gingerbread.org.uk/coronavirus/>

Coronavirus: advice and support for parents and carers

The NSPCC has created an online Hub providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus.

Visit the Hub: [Coronavirus \(COVID-19\) advice and support for parents and carers](#)

Universal Credit

This is a difficult time for families, where you may be experiencing financial insecurity. Information about Universal Credit can be found at the link below:

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Budgeting Support

Further support around budgeting can be found at the link below:

<http://makingmoneycount.org.uk/money/budgeting/>

In the first instance talk to your bank to see if they are able to put anything in place to assist, they may be able to put payment holidays into place or reduce the amount of interest charged on your overdraft.

Food Bank

Here at the NSPCC, we can make e-referrals for food bank vouchers if you are struggling to feed your family. Please contact the service centre on 01733 207620.

They are now only operating out of **Dogsthorpe Methodist Church, Dogsthorpe**, but are now open **Mon to Sat 11am to 1pm.**

How to spot a loan shark



No paperwork such as a credit agreement or record of payments



Extortionate interest rates and refuse to give you information about the loan



They might get nasty and threaten you if you fall behind on payments

Report - 0300 555 2222

STOPLOANSHARKS
Intervention . Support . Education

1. Keep Doing Things You Love

Whilst we may not be able to keep doing all the things you love, keep hold of the things you can do, and the joy they can bring. Music? Play your favourite songs. Like to play board games? Brilliant, no one has an excuse not to play! Favourite Toys? More time to play!

Keep holding on to the things you love that bring you joy. Harry Potter marathon anyone??



2. Baking!

Why not find the recipe for your favourite treat, whether that's a jammy dodger or maltesers, and see if you can recreate that at home?

3. Exercise

Whether it's dancing, doing P.E with Joe Wicks, or doing stretches, make sure your body is active. Exercise is a really good stress buster and also is a good way to show off new moves you may have learnt!



4. Learn Something New!

Try learning how to do something new. Whether that's picking up the keyboard you had never got around to learning, or drawing your favourite cartoon character. Maybe set it up as a co-challenge with a friend so you can check in with each other and encourage each other? You could even do a talent show with the whole family if you all put your minds on a new skill!

Online Activities

Brought to you by the NSPCC Peterborough Service Centre

NSPCC

Resource	Description	Link
Home Tasking	Every day, a new task for you and your family to complete. Whether it's throwing paper into a bin in a spectacular fashion, or having the best rave in the bathroom, each day brings something new!	https://www.youtube.com/channel/UCT5C7yaO3RVuOgwP8JVAujQ
Chatterpack	List of free, online, boredom-busting resources	https://chatterpack.net/blogs/list-of-online-resources-for-anyone-who-is-isolated-at-home
Online P.E	Daily live 30 minute session of 'P.E with Joe' (Monday-Friday)	https://www.thebodycoach.com/blog/pe-with-joe-1254.html
Glasgow Science Centre	Daily experiments and talks on different science subjects at 10 a.m.	https://youtu.be/kP9D9VZmazc
Musea	Many musea have virtual tours that can be followed online (often through Google's Arts and Culture)	Examples: https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/ https://artsandculture.google.com/partner/natural-history-museum
Zoos, aquaria and wildlife sites	A number of zoos and aquaria have live webcams and/or tours for people to look at online	Examples: https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765
Virtual Disney Rides	Virtually ride the rollercoasters as a family!	https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg
Audio Books	David Walliams audio books for free;	https://www.worldofdavidwalliams.com/elevenses/
Science Resources	free science downloads	https://www.whizzpopbang.com/free-resources/
Google	See 3d animals within the home!	https://www.apartmenttherapy.com/google-ar-animals-36739964
UK LOCKDOWN Learning & Activities	Facebook page created by local teacher for fun ideas and resources to be shared with parents that are home schooling.	https://www.facebook.com/groups/3119252731474991/?ref=share
HobbyCraft	Daily Craft Challenge for Children	Go on their facebook/ Instagram page.
The Bears Coaching	Football Related Challenges	Facebook
Harry Potter On-line Escape Room	Solve clues together as a family to escape from the room.	https://tinyurl.com/v9xfsrcq

Grounding Activities

Grounding is a technique that helps us bring us to into the present moment. At times where we are anxious and worried, grounding techniques can help bring you back to the here and now, and manage feelings which can feel overwhelming. Below are a few Grounding Techniques.

1. 5 – 4 – 3 – 2 – 1:

This can help you bring your attention back to the current by focusing on your senses! Why not try and liven it up a bit, with creating things for you to see, making sensory objects you can touch, using make-shift musical instruments for you to hear, and baking goods you can smell and taste?

2. Holding Something in Your Hands

Stress balls, playdough, and slime can be really handy! It can help us to focus (especially when you find yourself fidgeting), as by focusing on the object, it can take away our focus on things that might be making us a little bit stressed or worried! You can squeeze it, stretch it, twist it and it can help us focus and help our muscles relax a little! Take a look at recipes for home-made playdough if you have not got a stress ball, such as this one <https://www.bbcgoodfood.com/howto/guide/play-dough-recipe>, or if you want more of a challenge, on the next page is a recipe to make your own slime!



3. Mindful Eating

This is a really useful technique. I usually do this with sweets in wrappers, but mix it up. Why not try my all-time favourite recipe for brownies, which is included within the next pages?

- Focus on how the sweet looks in its wrapper. Also think about how it feels in your fingers.
- Focus on how the noise it makes as you take the sweet out of the wrapper.
- Smell the sweet and feel how it feels out of the wrapper.
- Put the sweet in your mouth and don't chew! Focus on how it tastes and feels in your mouth.
- Finally (phew!), chew the sweet and think about how it tastes, sounds and feels, as you chew away!

Slime Recipe

NSPCC

Brought to you by the NSPCC Peterborough Service Centre

Slime recipe UK

1. 150ml of pva or clear glue in a bowl.



2. Couple drops of the food colouring of your choice. Add to the bowl and mix with the glue.



3. 1 heaped tsp of bicarbonate of soda, mix in.



4. The key ingredient! Eye lens solution, any brand will do but look at the ingredients MUST contain boric acid/sodium borate in order for the correct reaction to occur.



5. Add the eye lens solution a tea spoon at a time and mix in, it will start to form a ball, add more a tea spoon at a time until less sticky. You want need more than a few spoons. Lift from bowl and work it in with your hands. Until stickiness gone. Add a splash more if necessary.



Slime in 2mins!



Mold...



Twist...



Stretch...



Recipe for Brownies

NSPCC

Brought to you by the NSPCC Peterborough Service Centre

What you need:

200g dark chocolate

175g butter (or butter substitute)

325g caster sugar

130g plain flour

3 eggs



Step One:

Preheat the oven to 170 degrees. Line a baking tray (preferably a 23 x 5 baking tray) with greaseproof paper (I usually then butter the paper to be on the safe side!)

Step Two:

Break the chocolate into small chunks. Melt the butter and chocolate in a saucepan of simmering water. Leave until melted and smooth.

Step Three:

Remove from the heat. Add the sugar and stir until it is well mixed.

Step Four:

Add the flour and stir so it is all mixed.

Step Five:

Finally, stir in the eggs and mix until thick and smooth.

Step Six:

Cook for 30 to 35 minutes. Flaky on the top but soft in the centre. Be careful not to overcook, you don't want the edges to be hard and crunch!

Step Seven:

Eat the brownies!

Thank You!

Brought to you by the NSPCC Peterborough Service Centre

NSPCC

We hope you enjoyed this Newsletter!

We will be sending out a New Newsletter every fortnight, So let us know your comments, feedback, or any questions you may have, and we will try our best to make sure they are incorporated within the next edition!

See you next time!



If you have taken any pictures of trying out any activities, we would love to see them, although please do not include faces, as we want to respect your confidentiality at all times!

Send us your comments and photos to

Peterborough@nspcc.org.uk

Or alternatively, give us a ring on

01733 207 620

Please note: External Links are provided within this newsletter, and may not reflect views or values of the NSPCC.