



Tuesday 28 April 2020

Welcome to the Family Information Service Newsletter

In this edition of the Family Information Service Newsletter you will find more fun challenges for children provided by Family Learning, FAQ's on children's school meals, support for under 25s, staying healthy with vitamin D supplements and more.

Warwickshire's Family Information Service are here to help families, parents, carers and professionals with advice and one-to-one support on issues including family relationships, housing, parenting support, health and wellbeing and much more. We are here to help, [click here for information on how to contact us.](#)

As always, please keep up-to-date on the latest guidance on Coronavirus (COVID-19) below and adhere to [social distancing guidance.](#)

Share this newsletter with your community:



Follow the latest advice on Coronavirus (COVID-19):



Important updates

Parenting advice and support over the phone

The Coronavirus pandemic is a stressful time for many of us. School closures, working remotely, social distancing - it's a lot to navigate for anyone, but especially parents.

If you or anyone you know is in need of some parenting advice, call the Family Support Duty Helpline on **01926 412 412**. Support is available Monday to Friday 9am to 4pm to help parents and carers with all aspects of parenting and family life.



Fun challenges for families!

Family Learning are publishing a daily fun challenge for families via Zoom. Details will be released on the Family Information Service [Facebook](#) and [Twitter](#) page everyday at 11am and the challenges will start on Zoom at 2pm.

The Family Information Service (FIS) have already been releasing some fun challenges via social media which you can see below:

[Challenge 1 - Make a paper boat!](#)

[Challenge 2 - Build a den!](#)

[Challenge 3 - Fine designs](#)

[Challenge 4- Beautiful Oops](#)

What's new?



Combat discrimination in Warwickshire with EQuIP

Equality and Inclusion Partnership (EQuIP) are a charity providing support, advice and training to people across Warwickshire to combat discrimination.

The charity work alongside local groups, businesses and organisations, helping to build understanding and cohesion through individual support and advice, group learning and tailored training courses.

[Take action now >](#)



Space to breathe: essential support for under 25s

The Mix is the UK's leading support service for young people, helping young people to take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

The Mix are always here to help young people with any issue they're facing, and at this challenging time, its services are more needed than ever.

The Mix are available to talk online, social or our free, confidential helpline.

[Read more >](#)



Free school meals:

FAQ's

We understand that schools, children and parents are concerned about the impact of Coronavirus on pupils eligible for benefits-related free school meals (FSM).

Schools are being encouraged to work with their catering suppliers to see if they can continue to provide free school meals either for delivery or collection. Where this is not possible, the Department for Education has introduced a national voucher scheme to provide headteachers with additional flexibility to decide what is best for families at their schools.

[Find out more >](#)



Reading resources for primary school children across the nation

Warwickshire's Schools' Library Service (SLS) is demonstrating just how valuable the school library sector is to communities during the Coronavirus outbreak by providing reading resources for primary schools nationwide.

Warwickshire SLS has contributed reading-based activities and resource links to learning projects that are being compiled by a Birmingham-based Multi-

Mental Health MATTERS

You might be worried about Coronavirus (Covid-19), how it could affect your life. This might feel difficult or stressful but there are lots of things you can try that could help your wellbeing during this time.

[Mental health support >](#)

If you have been forwarded this newsletter and would like to sign up, [click here](#).

Keep up-to-date with Warwickshire Family Information Service
