

## November 2018 Email Update

### Dear Parents' Voice Supporter

Dare I say that there's now less than two months until 2019? OK, I just did! It's a busy time of year for many people and we have a few more meetings before 2018 closes. You'll find the details in our news section. In this update you'll also find information about various events/celebrations/awareness campaigns - look out for us supporting them on social media.

We hope you will find some of the information in this update useful. You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks. (If you go to any events or meetings because you heard about them from us, we'd love a mention to the organisers, thanks.)

- 1) Parents' Voice news
- 2) Consultations and surveys (local and national)
- 3) Anti-Bullying Week
- 4) World Prematurity Day
- 5) Miscellaneous
- 6) Road Safety Week
- 7) Special Educational Needs and Disabilities

For 16 days starting on 25th November (the International Day for the Elimination of Violence Against Women), thousands of people across the UK will wear a white ribbon, and take a stand against violence. People pledge never to commit, excuse or remain silent about male violence against women. You can view the [film](#) produced for this year's campaign (If love hurts, it's not love) here: <http://bit.ly/ytwriflove1>,

### 1) Parents' Voice news

i) Our small committee will be meeting on Monday, 12th November - if you'd like to come along we'd love to see you (and hear your views if you're willing to share them!). The venue will once again be [Perdiswell Young People's Leisure Club](#) (Perdiswell Park, Droitwich Road, WR3 7SN), starting at 7.15pm. Parking is free and there is a bus stop close by (144/144A/147 bus route). You don't have to book, but if you let us know you're coming we can email you an agenda (which makes it sound rather formal, but it's not).

ii) We will be holding a Coffee and Chat session in December. The venue needs to be confirmed (it will be Worcester) but please pencil in 7th December. Come along, enjoy a hot drink and a chat and "[swish](#)" Christmas decorations! Have you got some decorations that you don't like or just don't want? So long as they're in good condition (and not electrical - sorry) you can exchange them for some that other people have brought. Any that are left over at the end will be given to a charity.

iii) Lots of cards are sent in November and December and we'd love you to collect any stamps for us (all varieties). If you leave a 1cm - 2cm border around stamps and contact us when you've collected as many as you think you can. We have to send a minimum of 1kg so the more people who collect the easier this is. Thank You!

## 2) Consultations and surveys (local and national)

i) [Freedom Leisure](#) run a number of leisure facilities in our county (eg: Malvern Splash, Perdiswell Leisure Centre in Worcester). They want people to take part in a [survey](#) to influence what is provided in their area. The survey should take around 5 minutes and you can find it here: <http://bit.ly/flsurv18>.

A quick reminder about these surveys and consultations:

ii) The Government's Department of Health and Social Care have a consultation about putting an age limit on energy drinks (so children will be unable to buy them). This is an open consultation and anyone can take part and give their views (so please do!).

You can find a summary and documents about this here: <http://bit.ly/hscdetail1>. The consultation is on another site where you can find an overview and a link to the online survey: <http://bit.ly/HSCcons2>.

The consultation closes at 11.59pm on 21<sup>st</sup> November.

iii) [Healthwatch Worcestershire](#) want to hear about families' experiences of trying to access help from Worcestershire's CAMHS (Child and Adolescent Mental Health Services) service. They have two surveys: <http://bit.ly/hwwcmhsp7> for parents/carers and <http://bit.ly/hwwcmhsp8> for young people. Any information provided will be treated as confidential.

iv) The NHS Clinical Commissioning Groups (CCGs) in Worcestershire set up a [survey](#) to gather views of local patients on how additional appointments at GP surgeries should develop over the coming years. You can find the survey here (it appears to still be open): <http://bit.ly/ccgsurvqp1>.

## 3) Anti-Bullying Week

12th - 16th November is Anti-Bullying Week and this year's theme is Choose Respect. The Anti-Bullying Alliance polled 1000 young people about bullying; they found that 1 in 5 said they were bullied face-to-face at least once a week in the last 6 months and 15% were bullied online at least once a week in the last 6 months. Thursday 15th November is the first anti-cyberbullying day, encouraging people to "Stop, speak, support"; the website is here: <http://bit.ly/stspsupp1>.

Links you may find useful include:

<http://bit.ly/1Cg9b5N> - Kidscape Advice for Parents

<http://bit.ly/pvgovadv1> - Government advice

<http://bit.ly/1HGL9ml> - Anti Bullying Alliance

<http://bit.ly/pvgovadv1> - West Mercia Police advice

<http://bit.ly/flbuktlk10> - Bullying UK/Family Lives, talking with your child about bullying

<http://bit.ly/flbullsgn9> - Bullying UK, how to spot the signs of bullying

<http://bit.ly/pvcbwh1> - Bullying UK (cyberbullying advice)

<http://bit.ly/pvwmc1fe> - West Mercia Police BeCyberSmart

<http://bit.ly/pvwmbcsyp> - West Mercia Police advice for young people

<http://bit.ly/pvwmc1cp2> - West Mercia Police advice for adults

<http://bit.ly/stspsupp> - Stop, Speak, Support

<http://bit.ly/abacompl2> - Anti Bullying Alliance, making a complaint about bullying

<http://bit.ly/buksuic1> - Bullying UK/Papyrus, prevention of young suicide

#### 4) World Prematurity Day

17th November is World Prematurity Day, a global movement to highlight premature birth and the effect it can have on families. Around 60,000 babies in the UK are born prematurely (before 37 weeks of pregnancy) each year.

You can find more information here:

<https://www.tommys.org/our-organisation/our-research/premature-birth-research/world-prematurity-day-2018>

and <https://www.bliss.org.uk/support-bliss/world-prematurity-day>

#### 5) Mental Health

The first Wednesday of November (7th this year) is Stress Awareness Day. "Movember" raises awareness of men's health, including [mental health](#); in the UK 75% of suicides are men. The following links may be useful:

<http://bit.ly/mhfmanstr9> - Mental Health Foundation, how to manage and reduce stress

<http://bit.ly/pvnhssfr3ss> - NHS, stress, anxiety and depression

<http://bit.ly/mhfilkit18> - Mental Health Foundation, toolkit for children's mental health

<http://bit.ly/managstress1> - MIND, stress

<http://bit.ly/RCPs1stryp> - Royal College of Psychiatrists, coping with stress

<http://bit.ly/A4Cbldsmnd> - Action For Children, build sound minds

<http://bit.ly/1THAo8P> - Stress Better, 49 phrases to calm an anxious child

<http://bit.ly/readwell1> - Reading Well, books for mental health and boosting mood

<http://bit.ly/cwmtdep> - Charlie Waller Memorial Trust, parent's guide to depression

<http://bit.ly/2cBMWzO> - MindEd

<http://bit.ly/MINDscd1> - MIND, supporting someone who is suicidal

<http://bit.ly/RMI sui1> - Rethink Mental Illness, suicidal thoughts

<http://bit.ly/nhsytmh1> - NHS, get help for youth mental health

#### 6) Road Safety Week

[Road Safety Week](#) is 19th - 25th November and the theme this year is Bike Smart. You can find out more, download an action pack and watch animations and films here: <http://bit.ly/rsw2018>.

#### 7) Special Educational Needs and Disabilities

i) The Worcestershire SEND (Special Educational Needs and Disability) Roadshows are taking place in November (between 13th and 28th). You can find details and book a place here:

<https://www.tickettailor.com/events/worcestershirecountycouncil/206521/>.

We believe the locations are as follows:

13th November Redditch; 15th November Bromsgrove; 19th November Malvern; 26th November Kidderminster; 27th November Pershore; 28th November Worcester.

Email [sendiass@worcestershires.gov.uk](mailto:sendiass@worcestershires.gov.uk) for more information/to book a place.

ii) Worcestershire County Council is holding an Autism Engagement Event on Monday 19th November from 1.30pm - 4.00pm at Council Chamber, County Hall, Worcester. The council is working to refresh Worcestershire's Autism Strategy; you can attend their "co-production event" to give your input.

If you would like to attend please contact [autismgroups@worcestershires.gov.uk](mailto:autismgroups@worcestershires.gov.uk) to book a place.

That's all for this update, thank you for reading it!

You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

Thank you for your continued support in 2018, we really do appreciate it :)

You've received this email because you gave us an email address to send you email communications, so you can reasonably expect to receive email updates from us. However, we really do not want to send emails to people who don't want them so **please tell us if you don't want us to stay in touch with you.**

**If you no longer want our emails, just send us an email with the subject line "Unsubscribe" (from the email account which receives our emails (or if it's a different account please tell us which email address we should remove), thank you. Please note that in some circumstances (eg: if the email has been sent on from an old account automatically) we will have to contact you to check the details we need to remove; if you do not reply you may continue to receive emails (we need to know which email address to remove!).**

Sue and the Parents' Voice Committee

**Parents' Voice - Worcestershire**

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