

Issue: 04



Redbridge Children & Young People Quarterly Newsletter

Welcome

Welcome to the 4th issue of the Redbridge Children and Young people's newsletter.

This newsletter is edited by Mark Berry and Chloe Stephenson from the Redbridge Public Health Team, if you have any questions or would like to submit an article for a future edition please email mark.berry@redbridge.gov.uk or chloe.stephenson@redbridge.gov.uk

In this edition you can find out more information on activities throughout the summer as well as articles on;

- A child friendly Redbridge
- How to get your meningitis vaccination
- The Redbridge Youth hub
- Infant feeding support
- The Online Parenting Programme
- Online safety
- The Young People Friendly Scheme
- ELHAP adventure playground
- The Active Stars weight management programme
- Public Health Roadshows
- Redbridge Information Support Service
- Children in care councils
- Support for Care Workers

Contact us: Let us know your feedback. Email us at: chloe.stephenson@redbridge.gov.uk
or mark.berry@redbridge.gov.uk





Healthy Summer Activities

Redbridge Youth Service Summer Activities

Are you looking for some exciting things to do both online and face to face?

Activities are open to anyone 11 – 19, and also up to 25 for people with SEND.

Redbridge Youth Service is offering sports sessions in different locations including online art, cooking, relationship and wellbeing sessions. Look at our web site for details

www.redbridge.gov.uk/young-people/get-involved/

Complete the registration form and let us know what you are interested in and we will keep you updated.

As always there is information on our web pages about the Duke of Edinburgh's Award (DofE). If you are in year 9 or above – take a look, you might find something interesting!

www.redbridge.gov.uk/young-people/duke-of-edinburghs-award/





Getting Active

Redbridge Sustainable travel opportunities

Try before you bike: Take advantage of this scheme that allows you to try out a bike on a hire basis, or purchase in full through affordable monthly payments. There are adult, child and electric assist bikes available that can be delivered to your house, along with a short induction. More information can be found online:

<https://www.peddlemywheels.com/try-before-you-buy>

TFL Online training advice: Get ready to ride. First time on the road or on the road again. Cycling with children or groups. Please visit this site for free online tips <https://tfl.gov.uk/modes/cycling/cycle-skills>

Street Tag: A fun way to explore and stay healthy this summer. Download the app and set up a team with your family, friends or school. Online or offline you log your walking, cycling and running trips as you move around the borough. Prizes are available to teams that collect the most virtual tags and points. <https://streettag.co.uk>





Meningitis and Septicaemia vaccine

Born between 1 September 1998 and 31 August 1999

Leaving school or college?

Whatever you do next, get your

MenACWY vaccine

To prevent meningitis and septicaemia, book in with your GP to get the MenACWY vaccine

Signs and symptoms:

- Pale blotchy skin with or without a rash
- Irritability and or confusion
- severe headaches or muscle pains
- dislike of bright lights
- Stiff neck
- Convulsions and seizures
- Fever, cold hands and feet
- Vomiting and diarrhoea
- Drowsiness difficult to wake up
- Feeling really ill



Redbridge Youth Hub and careers

The new Redbridge Youth Hub will provide employment support and opportunities for young people in Redbridge.

The Redbridge Youth Hub is a one-stop virtual shop for young people aged 16 – 24. To find information and advice on employment opportunities, education, apprenticeships, training, managing money and well-being services in and around the borough visit: www.redbridge.gov.uk/young-people/redbridge-youth-hub/

The Youth Hub has been developed in collaboration with Work Redbridge, Redbridge Connexions and the Redbridge Youth Service with the engagement and involvement of young people.

The Council is a Department of Work and Pensions approved Kickstart Gateway Working with council contractors, schools and local voluntary and community sector organisations to support creating job placement opportunities for unemployed young people. The Kickstart Scheme provides funding to employers to create job placements, full details at www.gov.uk/government/collections/kickstart-scheme.





Infant Feeding Support

Virtual Infant Feeding Café

All mothers and babies are welcome to join us for a drink and a chat. We will be able to answer any questions you have about feeding your baby. To find out more and book your place, email: HITBooking@nelft.nhs.uk

Virtual Introduction to Solids

A one-hour informative session on introducing solids for parents/carers with babies approaching 6 months of age.

To find out more and book a place, email: Redbridgeits.he@nelft.nhs.uk

Virtual Healthy Eating Workshops

A one-hour informative workshop on healthy eating for parents/carers of children aged 1-4 years. Information on foods, drinks, snacks and vitamins will be discussed as well as tips for fussy eaters.

To find out more and book a place, email: Redbridgeits.he@nelft.nhs.uk

Infant Feeding Support

For further support contact:

Redbridge 0-19 Duty Desk Tel: 0300 300 1579

nem-tr.redbridgedutydesk@nhs.net

Tongue-tie

For further support contact:

Redbridge 0-19 Duty Desk Tel: 0300 300 1579

nem-tr.redbridgedutydesk@nhs.net



Online parenting programme



We are delighted to announce that parents and carers can now access an innovative ONLINE course about children, completely free of charge. Understanding Your Child is put together by the Solihull Approach, an accredited, evidence based approach established 20 years ago by psychologists, health visitors and other health professionals.

Access Code: BRIDGE at www.inourplace.co.uk

FREE FOR ALL REDBRIDGE RESIDENTS
REGISTER AND TAKE A LOOK AT THE RANGE OF WELLBEING COURSES

Understanding your teenagers brain, a course for parents and a separate course for TEENAGERS ONLY 😊

Understanding Your Child is for parents, carers, and professionals caring for children aged 0-18 years. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.





Online Safety

It can be scary finding out a nude image or video of you has been shared online. But ChildLine can help. Follow the steps below to get your image or video removed from the internet.

- Make your report
- Help with your report
- Watch: Report Remove
- Get more support

For more information visit

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>





Young People Friendly

We know there are so many things that you may be anxious and worried about.

We don't want your sexual health to be one of them.

On our pages you will find information about, and links to, free and confidential sexual health services. www.redbridge.gov.uk/young-people/young-people-friendly-services-for-you-in-redbridge/

Young People Friendly (YPF) is a scheme operated as an advice and support service for young people in Redbridge and is managed by Redbridge Youth Service. Look out for the logo in pharmacies throughout the Borough.





ELHAP Reopening

ELHAP is an adventure playground for children and young people with disabilities aged 5 to 19 years located in Woodford. They provide a short break service to support respite for parents and carers.

On Monday the 5 April 2021 ELHAP opened for a 6-day bubbled play scheme. It was quite a moment because the sky was very dark grey and the sun came out just as the kids arrived at the gate. ELHAP **declared that the 'Gods of Adventure Play' were** smiling on them and continued to do so all week, as the weather has been sunny and the days have been full of fun.

The Adventure Playground and woodland have been transformed in response to the pandemic, and although things will be quite different for some time to come, the essence of ELHAP is shining.

For further information please contact Robert Dighton
RobertDighton@elhap.org.uk



Public Health Roadshows

COVID-19 is still here but as we start to return to normality, we must continue to look after the rest of our health.

The Council's Public Health team is working with our health service providers to engage with residents during this summer's festivals in Redbridge (see below).

This will include activities with a range of different providers to help share information on our services and improve health and wellbeing in Redbridge.

Join us to learn about how we can become a healthier borough!

<u>Event</u>	<u>Date</u>	<u>Location</u>
Fairlop Fair	Saturday 31 July 2021 (11am-6pm)	Fairlop Waters
Our Community Festival	Sunday 8 August 2021 (12pm-5pm)	Barley Lane Recreation Ground
Loxford Community Open Day	Saturday 21 August 2021 (11am-4pm)	Loxford Park and Pavilion
Wanstead Festival	Date: TBC September Time: 11am- 6pm	Christchurch Green



Redbridge Information Support Service

The Redbridge Information, Advice and Support Service (RIASS) offer free and impartial support to children and young people (aged 0-25) parents and carers, in relation to Special Educational Needs and Disabilities (SEND).

The Service provides legally based, impartial, confidential and accessible information, advice and support.



We can provide

- telephone and email information, advice and support
- face-to face meetings
- we can listen to your views and help you express them
- information about all aspects of SEND, including health, social care and education
- support to enable you to prepare for meetings
- information and support to parents in regards to Education, Health and Care Plans including Annual Reviews
- help to prevent disagreements from developing into major disputes by encouraging and facilitating early discussions between those involved
- support to prepare for tribunal
- information and support for parents/carers of children who have been excluded or are at risk of exclusion from school
- information about the parent forum - helping to influence and shape services for disabled children

We will always

- provide impartial and independent information and support to enable you to make decisions
- empower you to ensure that your views, wishes and feelings are heard and valued
- welcome all views on how you feel the service should be developed in the future

Some of the information available

- the Local Offer
- SEN Support in mainstream schools
- EHC Needs Assessment Education,
- Health and Care Plans Personal
- Budgets



Children in Care Councils

Children in Care Councils (CiCC)

You are stronger together!

The Children in Care Councils run throughout the year.

Currently we are meeting on-line

Junior Children in Care Council for young people aged 11 – 15 years old

Don't Whisper Senior Children in Care Council for young people who are aged 16 to 24 years old

- Love to Shop Voucher for your contribution and participation
- Travel Expenses
- Hot meal after the meeting

As a group of children and young people we believe you are all unique and have very different experiences.

This is your opportunity to shape and influence the care that you receive at every level. Come along to the group and have a say about the things that really matter in your life and together help Redbridge shape the overall policy for all children and young people in care.

The members of CiCC are a passionate, dynamic and aspirational group of children and young people who work very hard with the management team and councillors to ensure your views are heard. Together they work in partnership to bring about positive change.



Support for Care Leavers

The Summer Transition programme supports care leavers and young people living in care, as they transition to adulthood.

SUMMER 2021

To book Text, Call or

email chi.doan@redbridge.gov.uk

Date	Workshop and Time	Description
30 th June	<u>Positive Relationship</u> Consent 11.00 am – 12.30 pm	<ul style="list-style-type: none">• Health Relationships• Increase your knowledge• Raised awareness and how to access services
7 th July	<u>First Aid</u> 11.00 am – 12.00 pm	<ul style="list-style-type: none">• Learn essential first aid skills• To build the confidence to help someone in an emergency• Using everyday objects to assist• Where to get support if injured or unwell
13 th July	<u>Employability</u> 11.00 am – 12.30 pm	<ul style="list-style-type: none">• Job application form• Personal statement• Job search
14 th July	<u>Positive Relationship</u> Healthy Relationships 11.00 am – 12.30 pm	<ul style="list-style-type: none">• Health Relationships• Increase your knowledge• Raised awareness and understanding consent
19 th July	<u>Thrive Session</u> 6:00 pm – 7:00 pm	<ul style="list-style-type: none">• Drop in group session with Occupation Therapist Sarah Raymond
20 th July	<u>Employability</u> 11:00 am – 1:00 pm	<ul style="list-style-type: none">• Interview Techniques Before, during and after the interview• Presentation Skills
27 th July	<u>Housing Surgery</u> 4:00 pm – 5:00 pm	<ul style="list-style-type: none">• Do you know your housing rights?• Want to know how to bid for housing?• Have a question about Housing?
28 th July	<u>Positive Relationship</u> Sexual Health 10.30 am – 12 pm	<ul style="list-style-type: none">• Health Relationships• Increase your knowledge• Raised awareness and how to access services
4 th August	<u>Afternoon Tea</u> 12:30 pm – 1:30 pm online	<ul style="list-style-type: none">• Make your own lunch at home and join us online• If you would like to join in the Baking Session. Get in touch and a Cake Box Mix will be sent to you• Be ready to show off your cakes to all