



## ★ Parent & Carer Newsletter ★ Summer 2017

**In this edition:** The power of positivity to help children deal with change ★ Summer is coming (well, hopefully)! Use our pull-out chart to plan family activities for over the summer break ★ What you need to know if your child is attending a club or playscheme ★ How to ensure that your child cycles safely 

### ★ Child Safety Week June 5 – 11th ★ Safe children: Share your accident prevention tips to win a prize

This year, Child Safety Week is focusing on how we can help each other by sharing tips on how to keep children safe from accidents, in the home and outside. If you have a good idea for keeping children safe, email us at [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk) or call **01273 411 613** for a chance to **win a £30 ASDA voucher**. Just let us know your safety tip, your name and contact details for a chance to be included in our prize draw. The closing date is July 7th.



### ★ Building Children's Strengths

At this time of year there are lots of changes coming up for children; moving up to secondary school, changing classes, making new friends or moving house. To help your children to deal with these changes, try focusing on the positives to help children grow in confidence and face new challenges.

- Try to see things from their point of view, listen and acknowledge their feelings - e.g. 'I know it feels scary to start at a new school'
- Let them know that everyone feels nervous when they try, or start new things and remind them of times when they have coped well with change
- Try to present things in a positive way and focus on the good stuff. Negativity is catching!
- Pay attention to the things your child does well, rather than what they are not good at
- Help children to recognise that everyone feels anxious sometimes, and that mistakes are normal and we can learn from them
- Don't feel you always have to 'rescue' children, let them work things out for themselves
- Practice things in advance, e.g. the walk to school, and teach them problem solving skills by practicing 'what ifs?'
- Find out what your school is doing to help children, for example with the transition to secondary school
- Help them think about the positive people around them who they can talk to if they need help

#### ★ Did you know?

Research shows that for every negative thing we say or point out to someone we need to say 3 positive things to re-dress the balance – otherwise that person will only focus on the negative!



#### ★ Strengths Cards

To help children to notice and focus on their strengths Safety Net has produced a set of colourful strength cards based on artwork by local children. We have ten sets to give away FREE to the first Brighton & Hove primary schools who email us at [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk) with the answer to the question: 'how many strength cards are in the Safety Net pack?' Find the answer on our website at [www.safety-net.org.uk](http://www.safety-net.org.uk).

The cards can also be purchased for £20 a pack.



# ★ Summer is coming!

## ★ TakePart festival

### FREE events to help you and your family get active!

- ★ **Launch Event** - The Level, Saturday 17 June, 12 noon-5pm  
A fantastic day out for people of all ages, with over 70 different activities
- ★ **Take Part Local**
- ★ **Knoll Park** - Saturday 24 June, 12 noon-3pm  
With Hangleton & Knoll Project, to celebrate local clubs and activities
- ★ **Vale Park** - Sunday 2 July, 1pm-4pm  
Get active and join in a fun family event organised by Friends of Vale Park
- ★ **The Manor Gym** - Saturday 1 July, 1pm-4pm

- The Manor opens its doors showcasing activities from within the local community
- ★ **Wish Park Fun Day** Saturday 24 June, 12 noon-4pm  
Get active with a family fun day celebrating sport, dance and active lifestyles.
  - ★ **Sands Sport Weekend** (Kings Road Arches), Saturday 24 & Sunday 25 June, 10am-5pm,  
Showcasing Beach Tennis, Volleyball and Soccer, Foot Volley and Sand Fitness Classes
  - ★ **Freedom Leisure open weekend extravaganza** at sites in Brighton & Hove - Saturday 24 and Sunday 25 June - free activities for the whole family
  - ★ **Go Tri** - King Alfred Leisure Centre, Wednesday 28 June, 7.30pm-9pm  
Join in a beginner friendly aquathlon (swim & run) for children and adults
  - ★ **Paddle Round the Pier** - Hove Lawns, Saturday 1 - Sunday 2 July  
The mighty Paddle returns with fantastic events on water, sea, and land

## Holiday Activity Chart

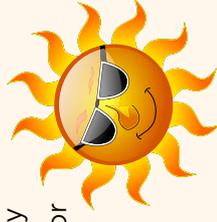
Use our chart below to plan how your family is going to spend the summer break. You can include organised activities as well as local free or low-cost activities, like days out in the park or on the beach, play dates, and any holidays you have planned as a family. And don't forget the sun cream and hat!

You can use the chart to fill in for your individual children or as a family, or colour code your chart to show different members of the family. If you would like extra copies, you can download them from our website.

Check out [www.childfriendlybrighton.co.uk/events/](http://www.childfriendlybrighton.co.uk/events/) for a calendar of events and activities for children, young people and families in Brighton and Hove over the summer.



**Multi-Sports Summer Camp for 7-11 year olds** - Monday 31 July - Friday 4 August at Manor Road Gym, Manor Road, Brighton BN2 5EA from 1-4pm. Email [vanesa.lynham@brighton-hove.gov.uk](mailto:vanesa.lynham@brighton-hove.gov.uk) for booking enquiries or call Active For Life on 01273 292 721.



There are a wide range of opportunities available throughout the summer through the **Brighton and Hove Youth Collective**, please see <http://brightonandhoveyouthcollective.org.uk/> for further details.

Also check out [www.wheretogofor.co.uk](http://www.wheretogofor.co.uk)

for activities for 12-25 year olds.



# ★ Summer Holiday Activity Chart



Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	am					
	pm					
Tuesday	am					
	pm					
Wednesday	am					
	pm					
Thursday	am					
	pm					
Friday	am					
	pm					
Saturday	am					
	pm					
Sunday	am					
	pm					

# ★ Summer Safety Checklist

The summer holiday means that your child is more likely to come into contact with new people and organisations. For example, crèches & nurseries, child minders, after-school clubs & activities, private teachers & tutors, hobby & sports clubs, churches and other places of worship. These are fantastic places for your children to develop friendships and new skills, but we also need to make sure that they are running safely.

Checking up on child safety can feel like a difficult conversation to have, especially if the person or organisation has already looked after your child for a while, but good quality providers should always be happy to answer any questions about how they keep children safe.

## Here's a checklist of things to ask:

- Do they have a child protection policy that you can have a copy of?
- Are DBS (Disclosure and Barring) checks (previously Criminal Records Bureau) routinely carried out on staff and volunteers?
- Are there enough staff for the numbers of children?
- Are there good security measures to keep children safe?
- Do the adults create a happy atmosphere and treat the children with respect? Can I visit to see for myself?
- Will my child's specific needs be catered for?
- Remember to talk to your child about the activities and people, do they seem happy there?

**We can help!** Safety Net can help organisations to update their DBS checks on staff and volunteers. Our friendly team also works with community groups to provide support with creating or updating policies and procedures.

**Young Oasis** are planning an Outdoor Arts Programme that will run throughout August with outdoor art trips and workshops for children and young people aged 6-13 yrs who are affected by familial drug or alcohol misuse. Belonging to a group, being creative and having fun is the focus. For more information, contact Jo Parker at Young Oasis 01273 696970 (ext 300). 



**Survivors Network**  
SUPPORTING SURVIVORS  
IN SUSSEX FROM 15 YEARS

**SUMMER GROUP  
FOR YOUNG SURVIVORS  
AGED 14-18  
(WITH FREE PIZZA)**

DOES IT FEEL LIKE NO-ONE  
UNDERSTANDS YOU?  
WOULD YOU LIKE TO TALK TO OTHER  
YOUNG PEOPLE WHO HAVE HAD  
SIMILAR EXPERIENCES, TO KNOW  
THAT YOU'RE NOT ALONE AND ALSO  
MAKE SOME FUN ART STUFF?

LOCATION: CENTRAL BRIGHTON  
ON 5 WEDNESDAYS, 5PM-6.30PM  
FOLLOWED BY FREE PIZZA.  
JUNE 21 & 28 AND JULY 5, 12 & 19

To book your place contact Azmin:  
groupwork@survivorsnetwork.org.uk  
Tel: 07403 392348  
Main office: 01273 203380  
www.survivorsnetwork.org.uk



## ★ Cycling is great for your health, but one parent makes a plea for safer cycling

One morning my 12 year old son planned to cycle to school for the second time, but he dissolved into tears at the point of putting his (plain grey, cool and self-chosen) helmet on. It transpired that he's already been teased for wearing a helmet, so much so that he couldn't bring himself to put it on, therefore he wasn't allowed to cycle on that day. Character building for sure, but such a shame for a child who's not particularly outgoing and in his first year at big school. This is a dangerous attitude that I know affects many teens, so I urge parents to set a good example and

model helmet wearing to show it's not just little kids that need protection.

In 2014 there were 21,287 cyclists injured in reported cycling accidents in the UK, including 3,514 who were seriously injured or killed. Of these at least 2,005 were children. Cycling accidents increase as children get older, with 10 – 14 year olds the most at risk. Head injuries are common injuries to cyclists, with 45% of child cyclists involved in accidents suffering a head injury (*Rospa* - [www.rospa.com](http://www.rospa.com)).

Visit the [Sustrans website](http://www.sustrans.org.uk) for tips on safe cycling: [www.sustrans.org.uk](http://www.sustrans.org.uk)

★ **We would love to hear from you!** If you have a question or would like to make a suggestion for future editions, email us at [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk). For an online edition, visit [www.safety-net.org.uk](http://www.safety-net.org.uk) or [www.brightonandhovelscb.org.uk](http://www.brightonandhovelscb.org.uk)