



Welcome to our Summer Newsletter. We hope you are all well and looking forward to a break from the school run and having time to relax and have fun with your families.

The Children and Family Centres support families with children of all ages, we have included information we think will be of interest to you, but if can't find what you are looking for, please get in touch, and we'll try to help you find the information or advice you need.

We now have lots of sessions in our Centres as well as at our outreach sites. Please see our latest timetable which is available on our Facebook page.



Stay Safe This Summer.



The Summer is a great time to have fun outdoors. While outdoors be aware of sun safety and the need for sunscreen and making sure you drink regularly to keep hydrated. Sunburn and sunstroke do not just happen on holiday, you can burn in the UK, even when it's cloudy, and children's skin can be even more sensitive than an adults.

On hot days going for a paddle or swim can be a great way to cool off, but please remember that water can also be dangerous—only swim in water that you know to be safe, and supervise young children at all times in paddling pools. For more information or advice please contact us.

Contact us

Riversley Park CFC, Clinic Drive, Nuneaton, CV11 5TY - Tel 024 7637 8600

Camp Hill CFC Holly Stitches Road, Nuneaton, CV10 9QA - Tel 024 7634 4334

Stockingford CFC St Pauls Road, Nuneaton, CV10 8HW - Tel 024 76383708

Nicky Oller, Family Link Worker - Tel 07566765679

Facebook page [Barnardo's Nuneaton Children & Family Centres | Facebook](#)

We are closed on Bank Holidays



Barnardo's Ukrainian Support Helpline

Free confidential advice, support and therapy offered in Ukrainian and Russian languages to help children, young people and families fleeing the conflict in Ukraine.

For more information freephone: 0800 148 8586

Email us at: ukrainiansupport@barnardos.org.uk



BARNARDO'S WARWICKSHIRE
CHILDREN AND FAMILY CENTRES

A coordination of services for children and families 0-19 and upto 25 with SEND.





Activities For Children Under 5years of Age

The Children and Family Centres have lots of activity sessions in our Centres, as well as at outreach venues. Please see our latest timetable for times and venues, (timetables available on our Facebook page, or by contacting a centre).

Summer special events.

We will be holding a few special outdoor events to support communication. Join us on

Thurs 28th July @ Riversley Park 10:30 -11:45 for 'The Very Hungry Caterpillar'

Thurs 4th Aug @ Camphill 10:30 -11:45 for 'The tiger who came to tea'

Wednesday 17th Aug @ Hilltop Park (Poyser Road) 1 - 2:30 for 'The tiger who came to tea'

Thurs 18th Aug @ Stockingford Community Ctr 10:30 -11:45 for 'Goldilocks and the three Bears'

Please see our Facebook site for more details.

Health Visiting Appointments

Monday to Friday 9.00am to 5.00pm

Camphill HV team on 02476357660

Riversley HV team on 02476385447

St Nics HV team on 02476322067

Chat Line on 07520 61529

Text anytime.



SEN Saturday

Camphill Children and Family Centre

10 - 11.30am

This session offers fun activities for children aged 0-8 with sensory/additional needs. It also provides opportunities for parents to meet, share experiences and speak to staff for advice.

Upcoming dates

30th July

13th August

3rd and 17th September

1st October

Contact:

Camphill Children and Family Centre

Hollystitches Road

Nuneaton

CV10 9QA

Tel:02476 344334



50 things to do before you're 5. Download the app at

<https://warwickshire.50thingstodo.org/app/os#!/welcome>

Stockingford Library

Summer Reading Challenge 2022

St.Pauls Road
CV10 8HW



Presented by The Reading Agency.
Delivered in partnership with libraries.

FREE activities

**Join us Fridays 10.30 -11.30am
for exciting science themed activities:**

Friday 29th July - Space

Friday 5th August - Bees

Friday 12th August - Junk Modelling Robots

Friday 19th August - Magnets

Friday 26th August - Light

For children aged 4* - 11 year (*starting school in September) taking part in the Gadgeteers, the Summer Reading Challenge.

Call into Stockingford library to collect a free ticket



SEN Friday

For children under 5 with additional needs

A small, informal group where children can play and parents/carers can get help, advice and support.



Fridays 9.30 - 10.30am

**Camp Hill Children & Family Centre,
Hollystitches Road
Nuneaton,
CV10 9QA**



**For more information please phone
07525 805447 or 07523 943935**



Activities and Support For Children over 5 and Young People up to 19* Years of Age (*and up to 25 for Young People with SEND)

Children and Family Centre Services provide support for families with children 0-19 years (up to 25 for young people with SEND). We can offer initial support and advice on a wide range of issues.

Holiday activities and food programme 2022



This holiday provision is for school aged children from reception to year 11 (inclusive) who receive benefits-related free school meals.
<https://www.warwickshire.gov.uk/HAF>



Accelerate is a free employment support service that can build your confidence, help with training, improving your skills and providing valuable work experience – all geared towards helping you find a job that suits you. www.accelerate.org.uk or info@accelerate.org.uk
Tel. 024 76633911.



The 'Kooth' service is a digital mental health platform, commissioned by WCC. A confidential, anonymous space for all young people aged 11-25 years. Kooth offers free, immediate, online counselling as well as access to self-help tools, discussion forums with peers, an online magazine and even an activity hub.

www.kooth.com/



Warwickshire brighter futures support children aged 16+

<https://skillshub.warwickshire.gov.uk/homepage/26/warwickshire-brighter-futures>



Family Cooking

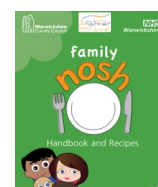
Free Family Learning for any parents and adults over 19yrs.

Atherstone CFC form 1 – 3pm for 8 sessions

Tuesday 27th September-22nd November 2022

We cook together and support each other, those new to cooking are welcome! Healthy family meals using NHS approved recipe books, Ideas and recipes for breakfast, lunch, dinner, puddings, snacks, lunchboxes. Recipes suitable for babies first solid food, toddlers and the whole family. Free - take your food home to share with the family after the session!

Only 8 places available (unfortunately we cannot accommodate children at this session)
Call Atherstone CFC to book your place.





Support and Advice For Parents and Carers



WCC Family Support Help Line

Support, advice and guidance for families with children 0-19 (25 with a disability) Call 01926 412 412

Monday to Friday 9.00am to 4.00pm

Drop in for support and advice

Monday – 12:00pm - 2:00pm

Stockingford CFC

Tuesday – 10:00am - 12:00pm

St Michaels CFC

Wednesday – 1pm- 4pm

Atherstone CFC

Thursday – 1:15pm - 3:15pm

Camp Hill CFC

Friday – 12:00pm - 2:00pm

Riversley Park CFC

Family Information Service



We provide information, advice and one-to-one across Warwickshire on Issues including: family relationships, finance, housing, parenting support, special educational needs and disabilities (SEND) and childcare

Call 01926 742274

www.warwickshire.gov.uk/fis

Monday to Friday 9.00am to 4.00pm

safe in... warwickshire

Safe In Warwickshire can provide support for victims and survivors of crime and disorder across Warwickshire.

<https://safeinwarwickshire.com>

Help with food — There are several schemes that can help if you are struggling to buy food for your family. Please use the ones which are closest to where you live. If you need any further help, please get in touch with a Children and Family Centre.

Edible links, 'Bag a Bargain' - Stockingford Children & Family Centre (1st Monday) and HTC Big Local Hub (2nd Monday) 11-12am. The cost is £1 per bag and each bag contains 6 items. Edible Links also have a shop in Nuneaton and a Social Supermarket in Atherstone, information can be found at <https://www.facebook.com>

The Community Pantry - is at New Arley Thursdays 11am to 3pm, and at Camp Hill Fridays 12pm to 4pm. If you are a local resident in New Arley, Camp Hill or the surrounding areas struggling to make ends meet, the Mobile Community Pantry can provide help with food and other essential items. <https://thecommunitypantry.org.uk>

Warwickshire Household Support Fund

Help for Warwickshire residents struggling with energy bills To apply please call Warwickshire County Council on **0800 408 1448** or **01926 359182** to speak to an advisor in confidence. More information about the Local Welfare Scheme is online at www.warwickshire.gov.uk/localwelfarescheme

Help with money or benefits. Drop-in sessions

citizens advice

Stockingford Children & Family Centre and Library, the second and fourth Wednesday from 9.15 to 11.15am.

Wembrook Community Centre, every Wednesday at 9am - 12pm

Camphill Children and Family Centre, every week on a Thursday from 9 to 11am.

Hill Top and Caldwell Big Local every Friday at 10am - 1pm

OR CALL: 0808 250 5715 9.00am to 5.00pm Monday to Friday

North Warwickshire Children and Family Centre, Atherstone call 01827 712 852 Monday to Friday 10am to 4pm or email at advice@nwcab.org.uk



Act on Energy encourages energy conservation by providing free and impartial advice to householders. If you are worried about the energy price rise call us on our free advice line **0800 988 2881**

Refuge Warwickshire Domestic Violence and Abuse Service

We provide confidential, non-judgemental support, information and options to women and men who live in Warwickshire and are at risk from domestic abuse.

Contact us: **0800 408 1552**