



# WPCC Newsletter

## 25th May 2020



Dear members

We hope this newsletter finds you and your families well.

We have heard from so many families saying that their children are happier at home than at school, and how difficult it will be to get the youngsters back to school and into a routine again. The time is getting close for some children to return to school, but arrangements will be different between schools as well as year groups. It is going to be so tough for the children and for you as parents. We all have different opinions as to what should happen and when, but you must do what is right for your family. Each family's situation will be different and what might work for your friend may not work for you and your family. Whatever you do decide to do, remember you and your child's health and wellbeing must come first.

There are different agencies which can help with Mental Health issues for adults and children, please use them if you need any help. Details are on the next page for some agencies who may be able to help!

Our newsletter will continue to be sent out each week for the time being. We do hope that they have been of some use over the last few weeks. We will eventually go back to our normal quarterly newsletter with booking forms, once it is safe to start holding events again.

Some good news!

This is a little bit late but Happy Birthday to Jack, one of our young members who had his 18th birthday last Friday.

If you or your child has a birthday coming up, let me know and we can wish you or them happy birthday.



Don't forget we are offering support through phone calls, Zoom chats, Facebook and of course the extra newsletters. Zoom links are emailed to our members each week and can be found on our closed members Facebook group too.

Please don't forget we are still taking new members, so if you know of someone who may benefit from WPCC please pass this newsletter on to them. It is free to join WPCC.

Our website address is [www.parentcarers.org.uk](http://www.parentcarers.org.uk)

Core hours are: Monday to Friday 10 am— 12noon for phone calls or emails

Aud: 07955688031 or Sue 07955760488

wpccaud@gmail.com or wpccsue@gmail.com

If you are already a member of WPCC, then don't forget you can go online at [www.parentcarers.org.uk](http://www.parentcarers.org.uk) to become an online member. Just click on the yellow Join Us balloon.

If you have received this newsletter from someone else and are not already a member, then please feel free to join us if you are a parent carer of a young person aged 0-25 who has a disability or additional need and you live, work or the child attends a school in Worcestershire.

Just follow the Yellow Balloon link on our website



### QUOTE OF THE WEEK!

What would life be if we had no courage to attempt anything?

**Vincent Van Gogh**



Come on folks send me your favourite quote.

## Links for help and support

The NSPCC has advice for SEND children take a look at their website. [www.nspcc.org.uk](http://www.nspcc.org.uk)

The Here to Help team can offer help and support at [www.worcestershire.gov.uk](http://www.worcestershire.gov.uk)

For Mental Health issues please contact [www.hacw.nhs.uk](http://www.hacw.nhs.uk) or [www.hacw.nhs.uk/self-referral](http://www.hacw.nhs.uk/self-referral)

The Children's Society has some useful information [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

Contact a family have their Helpful Guide for Families with Disabled Children check out their website <http://ow.ly/aBlB50zsoas>

For those of you who have been for a visit to Simply Alpacas, they do have so craft ideas and can send out craft packs. Please see, their website [www.simplyalpaca.co.uk](http://www.simplyalpaca.co.uk)

How about popping in to the National Gallery for a virtual tour, [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk)

Take a look at London Zoo and their virtual tours at [www.zsl.org/zsl-london-zoo](http://www.zsl.org/zsl-london-zoo)

Have a virtual tour of Windsor Castle at [www.royal.uk](http://www.royal.uk)

If you are running out of thing to do then there are lots of fun ideas on this website [brightkidz.co.uk](http://brightkidz.co.uk)

How about sending us some pictures of any craft the children have done, and we can add it to the newsletter!

Thanks to Sarah for the recipe below. If you have any easy recipes that you would like to share in the newsletter, please let Aud know.

### Chewy chocolate oat squares

- 75g butter, softened
  - 175g light brown soft sugar
  - 125g runny honey
  - 3 medium eggs
  - 125g rolled oats
  - 175g plain flour
  - ½tsp bicarbonate of soda
  - 2tbsp cocoa powder, sifted
- 125g white chocolate, cut into cubes, plus 50g melted

- Heat the oven to 180C, gas 4. Grease and line a 30x24cm Swiss roll tin with baking parchment.
- In a large bowl, mix the butter, sugar and honey, then stir in the eggs, followed by the oats. Sift over the flour, bicarbonate of soda, cocoa and chocolate; fold to combine.
- Pour into the tin and bake for 35 mins, until cooked through
- Leave to cool in the tin, drizzle over the melted chocolate. Allow to set, then cut into squares.

Enjoy!



And finally another big

to everyone for being amazing people!

Stay safe and enjoy the long weekend!

From

Aud, Sue, Robyn and the Trustees at WPC