LYDALLS NURSERY SCHOOL and CHAMELEON CLUB

Sources of Useful Information and Support

When accessing this document on a computer, tablet, or phone, please click on blue underlined headings below – these are links to each website

- ✓ 50 Things to Do Before You are 5 – Simply put, there is no more powerful way to improve children's life chances and futures than by spending time with them and by talking with them. When life is busy, it's easy for communication to become about what we are telling or directing children to do. Here is an app that can help find free and easy ways to reconnect and enjoy time spending together.
- ✓ Beat the Heat: UK Health Guidance on staying safe in hot weather
- ✓ Best Start In Life - Best Start in Life brings together trusted information and support from pregnancy through your child's early years and beyond. The Childcare Choices website is now the Best Start in Life parent hub and includes information about help paying for childcare.
- ✓ Better Housing Better Health – This organisation is here to help keep residents warm and well at home and improve the energy efficiency of their homes.
- ✓ Didcot Community Larder - A community larder is a 'pop-up' hub, a place to access food that is surplus, make friends, access additional services and save money on your bills. Community Larders are not food banks and some larders have been set up like your average store. Community Larders are unique in their own way, "reducing food waste, creating opportunities, engaging with communities".
- ✓ Didcot Library – Borrow books for free from Didcot Library. The library also hosts events such as rhyme times, holiday activities and groups.
- ✓ Didcot Food Bank – Didcot food bank provides short term relief by giving food to people in crisis in our local area. If you are struggling and in need of support, please come and talk to headteacher, Sarah Phillips, who can refer you to this service.
- ✓ Family Information Service - This website contains a wealth of information, from working parents' rights, to ideas of activities in the local area.
- ✓ Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues they support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.
- ✓ First Steps Baby Bank – The aim of this service is to support local families, in Didcot and the surrounding villages, during a time of extreme hardship. They help to relieve poverty by providing essential baby items, free of charge, to families in need. If you need this support please come and talk to headteacher, Sarah Phillips, who can make a referral.
- ✓ Home-Start - Home-Start is a local community network of trained volunteers and expert support. They help families with children aged five years or under with practical and confidential support. You can self-refer to this service, or come and speak to headteacher, Sarah Phillips, who can do this for you.
- ✓ NSPCC Keeping Children Safe Online – Online safety guides for how to keep your child safe online
- ✓ NSPCC Support for Parents – "W*hatever family life brings, we're here to help".*
- ✓ OASIS - OASIS is a friendly charity run by parents for parents/carers who are bringing up children/young adults with Autistic Spectrum Disorder or related conditions such as Global Developmental Delay or Sensory

Processing Disorder in Oxfordshire. They create a supportive community through informal coffee and chat groups, evening meetings with professional speakers, subsidised courses and family play days during school holidays. They welcome families who have an ASD diagnosis for their child and also those going through the assessment process.

- ✓ Oxfordshire Domestic Abuse Service: a2dominion - If you or someone you know is currently experiencing or has experienced abuse from a partner, ex-partner or family member in Oxfordshire you can speak to this service. Their trained staff offer confidential advice and guidance as well as practical support to help rebuild your confidence and empower you to make the changes you want.
- ✓ Refuge - If you or someone you know is experiencing domestic abuse of any kind, Refuge is here to support you.
- ✓ Samaritans – The Samaritans are available every day and night of the year for anyone struggling to cope. Whatever you're going through, a Samaritan will face it with you - 24 hours a day, 365 days a year.
- ✓ Sendiass Oxfordshire - Provides impartial information, advice and support to parents and carers of children with SEND.
- ✓ Strengthening Family Relationships – Practical tools and resources to help improve relationships and reduce conflict.
- ✓ Tiny Happy People – Support and ideas for developing children and babies' language and development.
- ✓ Turn2us - helps people in financial need gain access to welfare benefits, charitable grants and other financial help (including with energy and water bills) – online, by phone and face to face through their partner organisations. You can visit their website for a range of really helpful information and advice.
- ✓ Warm Spaces – Find a space to keep warm and connect with others in the local area.
- ✓ What's On in Didcot – Find council events in the local area – from Rhymetime to Unpaid Careers Coffee Mornings, there all kinds of events happening in Didcot.
- ✓ YouMove – YouMove provides free or low-cost activities for families in Oxfordshire who may not have opportunities to be active together, including swimming, soft play and more. You can self refer to this scheme or come and talk to the headteacher, Sarah Phillips, who can refer you.
- ✓ If you are a parent or member of the public with a safeguarding concern or are worried about a child, you can contact the MASH (Multi Agency Safeguarding Hub) team directly: 0345 050 7666. At school you can come and speak with the DSL (Designated Safeguarding Lead) Sarah Phillips, or deputy DSLs, Claire-Louise Hayward or Lucy Underhill.