

SPECIAL GUARDIANSHIP ORDERS NEWSLETTER

A quarterly newsletter sent to you by the **Special Guardianship Support and Permanence Teams**

Welcome...

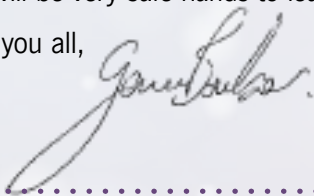
Hello to you all. This edition of your newsletter holds mixed feelings for me as it will be the last one that I will write in.

In December I will be leaving my role as Post SGO Team Manager and moving on into a new position outside of the Local Authority. I have found the last seven years some of the most fulfilling and rewarding years of my career, and I have loved every opportunity to meet you in either training, workshops, or events. I wish you all well and would now like to introduce you to the new Post SGO Support Team Manager, Lisa Deakin, who is already in the team and will be very safe hands to leave you in.

All the best to you all,

take care,

Gemma.




CONTENTS

Support Groups	2
Financial Assessment	2
SGO Allowance Explained	3
Sleep Regulation for Bedtime	4
Tips to help you through the Christmas Holidays	6
How to make Gingerbread Men	7
Ideas to help keep things peaceful over the Xmas holiday	8
Christmas Planner	9
ADHD in the Family at Christmas	10
Advice Line	11
Asda £1 meal offer	12
Useful websites	12



Hello to you all, some of you may already know me as I have been both social worker and Senior practitioner in the team since we started in 2018.

I look forward to continuing to work with you all and continue supporting you all as Gemma leaves us for her new role. I hope to see you all at our future events, where we can have some fun and get to know each other better.

Best wishes and Merry Christmas

Lisa

Just a thought

Children do not need us to shape them;
they need us to respond to who they are.

SUPPORT

Special Guardian Monthly Support Groups

An invitation to all Special Guardians in Leicestershire.

If you have ever considered going to one of these groups but something is holding you back, please get in touch with the contacts below they are waiting to hear from you and help you. They are eager to meet new people as well as welcome the old.

The special guardians that run these groups are lovely kind people wanting to listen and share experiences, please try the groups if you are looking for unique support from people that understand.

These support groups are a really good place to discuss experiences, seek advice and receive support from other Special Guardians over a drink in a relaxed environment.

They are run by Guardians for Guardians and as such you may find that you share similar experiences, however, we are available to attend if we are invited.

If you feel that there is a need for a group in a different location and you would like to start it up please contact us and we would be happy to help you locate a venue and get started sgosupport@leics.gov.uk or **0116 305 3051** and ask to speak with someone in the SGO team.

Hinckley

Children & Family Centre, Granville Road, Hinckley, LE10 0PP

The last Friday of every month	10am - 12.30pm	Marie Chapman: 07853 525843
--------------------------------	----------------	-----------------------------

Coalville

Marlene Reid Centre, 85 Belvoir Street, Coalville

2nd Friday of every month	10am - 12 noon	Debbie Hancox: 07900 505 055 Heather Mcpherson: heather@heathermcperson.co.uk
---------------------------	----------------	--

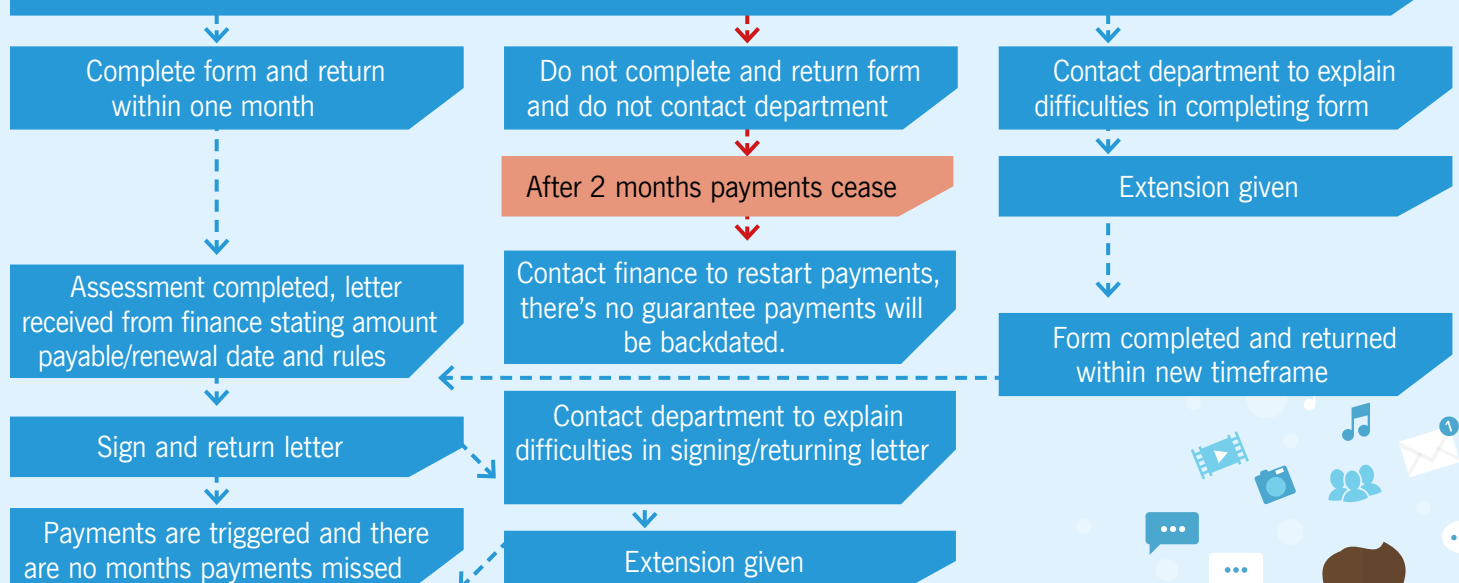
Braunstone Town

Children & Family Wellbeing Centre
Kingsway North, Braunstone Town, Leicester, LE3 3BD.

The last Wednesday of the month	10am - 12 noon	Rosemary Campbell: 07748 841 838
---------------------------------	----------------	----------------------------------

When you receive your annual financial assessment there is a time frame for completion.

Special Guardians receive financial assessment form



If anything has changed in your circumstances and it's not yet time for your annual assessment, please let us know as it may alter your payments. Contact us and we will send out a finance form for you to complete.

When you receive your annual financial assessment there is a time frame for completion.

If you anticipate any problems in meeting the deadlines contact us on **0116 305 3051** or via fps.finance@leics.gov.uk so we can give you an extension.



SGO Allowance Explained

A Special Guardianship Order (SGO) is a legal arrangement in the UK that allows a child to live with someone other than their birth parents on a long-term basis while maintaining a legal link to their birth family.

Special guardians, often relatives or foster carers, are granted parental responsibility for the child until they reach the age of 18, giving them the ability to make decisions about the child's upbringing. However, unlike adoption, the birth parents retain some legal rights, although these are limited.

An SGO allowance is a financial payment made to special guardians to help cover the costs of raising the child under their care. This allowance is means-tested and is provided by the local authority. Its purpose is to ensure that special guardians have the financial support necessary to meet the child's needs, especially in cases where the child may have additional emotional or physical needs due to their background.

The specific amount and eligibility criteria for the SGO allowance can vary by local authority, so it's important for guardians to contact their local council for details on the available support.

Key Points about SGO Allowance:

Means-Tested: The amount of the allowance depends on the guardian's financial situation and the child's needs. Local authorities consider the guardian's income, savings, and any benefits they receive.

Child-Centred: The needs of the child, including any special care or support requirements, are considered in determining the allowance amount.

Ongoing Support: In addition to financial support, special guardians can receive other forms of assistance, such as access to therapeutic services, advice, and in some cases respite care, depending on the child's needs.

Review: The allowance is reviewed annually to ensure it still meets the child's needs and reflects the guardian's circumstances. When a child under a Special Guardianship Order (SGO) reaches the

age of 18, the SGO allowance typically stops, as the legal responsibility of the special guardian also ends. However, many young people pursue further education or training after 18, and special guardians may still need financial support to assist them through this period. This is particularly relevant for those young people still dependent on their special guardian for housing and daily support.

Here's how the situation is generally handled regarding the SGO allowance and further education:

End of SGO Allowance at 18: Normally, the SGO allowance ends when the child turns 18, as the special guardianship itself ceases at that point. The young person is considered an adult and no longer under the legal responsibility of the special guardian, so financial support from the local authority related to the SGO typically stops.

University, College, or Apprenticeships: If the young person is continuing education the local authority will continue to pay the SGO allowance for the duration of the course they are attending. A copy of confirmation of their place will be required by the local authority before the allowance is continued. The allowance will stop at 18 years old unless you contact the local authority to inform them of education plans.

Extension for Vulnerable Young People: In some cases, if the young person has significant needs or has a known disability, local authorities may offer continued financial support beyond 18 until 21. This is at the discretion of the local council and may require an application for extended support.

Care Leaver Support: If the child was previously "looked after" by the local authority (e.g., they were a foster child before the SGO was granted), they may be entitled to support as a care

leaver until they are 21, or even 25 if they remain in education or training. This can include financial assistance, accommodation support, and advice services. Special guardians should check with the local authority to determine eligibility for this support.

Other Post-18 Financial Support Options:

Education and Maintenance Grants: Young people in further education can apply for maintenance grants, bursaries, or student loans to support their studies.

16-19 Bursary Fund: If the young person is between 16 and 19 years old and in further education or training, they may be eligible for a bursary, especially if they face financial hardship. This would be decided by the university/college/training venue of their choice.

Universal Credit or Benefits: Special guardians can explore whether the young person is eligible for benefits such as Universal Credit once they turn 18, especially if they are continuing in education or training.

Next Steps for Special Guardians:

Speak with the Local Authority: If the young person is approaching 18 and planning to continue in education or training, contact the local authority prior to their birthday to discuss any available support options.

Explore Educational Grants and Bursaries: Investigate options for further education funding through colleges, universities, or training programs that provide financial support for low-income students or those with special guardianship backgrounds.

Please contact us on
sgosupport@leics.gov.uk
if you have any questions following your reading of this article.



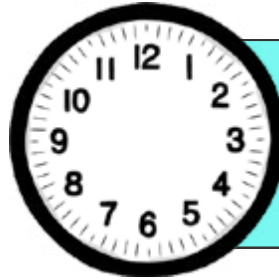
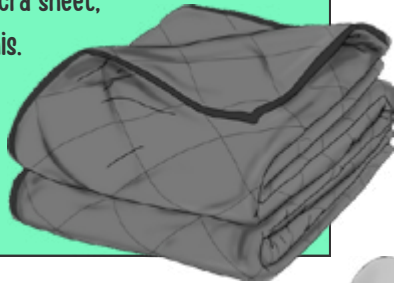
SLEEP - REGULATION FOR BEDTIME

BY CANDIA SLAUGHTER & MEL CAMPBELL

Many children can find it hard to go to bed, fall asleep and stay asleep. Perhaps their bodies take a while to calm down, they do not want to be separated from you, their fear response becomes more intense when they 'stop', or their thinking brains struggles to switch off. Bedtime can also trigger a sense of being alone. These are some ideas that may help down-regulate their bodies, brains and nervous system to support them during this time:

Try weighted blankets, a lycra sheet or tuck them in bed with sheets and a blanket. Many children like to have lots of cuddly toys on their beds. This provides them with deep pressure and supports them to feel their body when they rest. Tucking them in or using a lycra sheet, can also help with this.

Only do this if you child agrees, some children will not like this feeling.

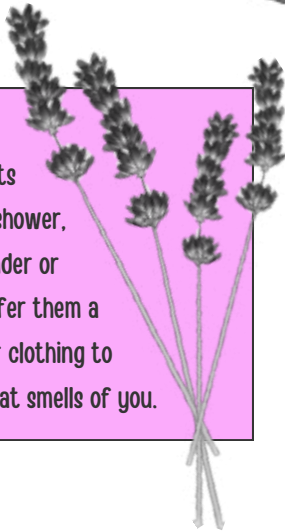


Routine: most children thrive from routines, structure and predictability. It helps them to feel safe, especially at bedtime. Whatever your routine, wherever possible, try and stick to it

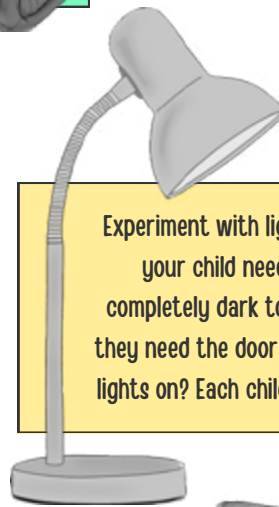
As many moments of connection and co-regulation you can offer your child during the bedtime routine will support them to shift from feelings of fear to feelings of safety. Stay near and be present.



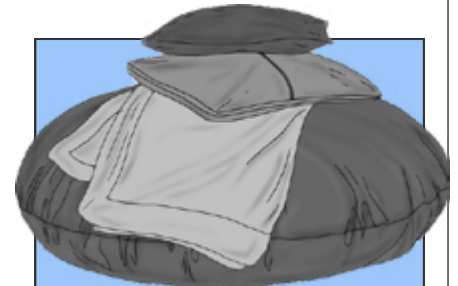
Use calming scents in a bath or shower, such as lavender or camomile. Offer them a piece of your clothing to sleep with that smells of you.



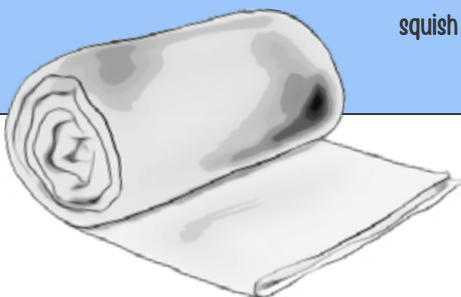
Experiment with lighting - does your child need it to be completely dark to sleep, or do they need the door open or night lights on? Each child is different.



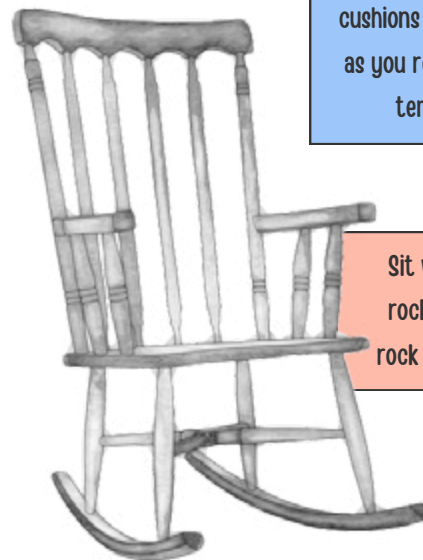
Lie together with bean bags, big cushions or weighted items on you as you read, talk or listen to slow tempo music together.



Some children may need only calming input. You can offer bear hugs, massage, rolling a gym ball over their backs and legs as they lie on their front, wrapping them up in a warm towel after a bath, shower or wash, giving them a big squish with some cushions.



Sit with each other on a rocking chair and gently rock as you read together.



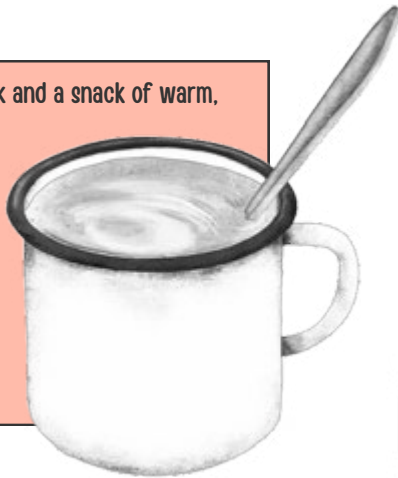
SLEEP - REGULATION FOR BEDTIME



Can you offer to lie with or near your child as they fall asleep for a period of time so that they can begin to build a sense of safety in falling asleep? Or perhaps they could have a pet in the room with them?

Ensure your child knows that you are always thinking about them if you need to leave the room: 'I am going to make your packed lunch for tomorrow' or 'I'm going to tidy up, I will be thinking of you, and will come back up in 10 minutes'.

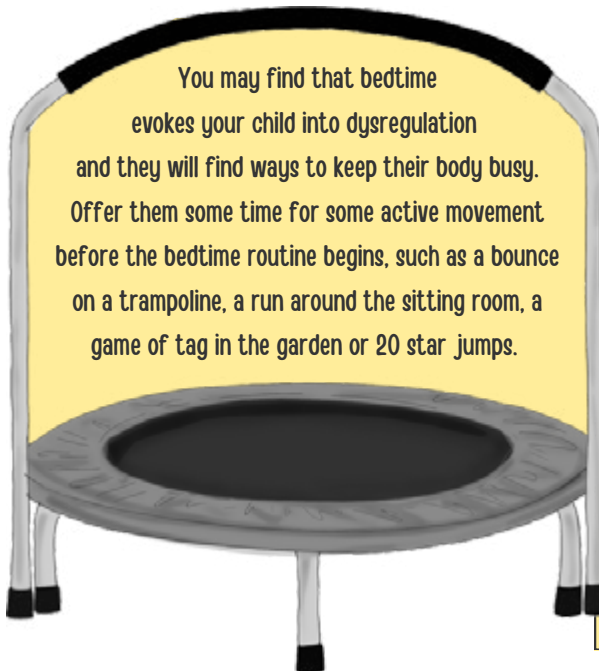
Have a warm drink and a snack of warm, sweet, creamy or chewy food such as a hot chocolate with a bagel, banana or porridge.



Some children need noise to sleep – quiet and calm can be overwhelming. Noise can be offered with rhythm and predictability such as white noise, music or calm audio books. Some children need the door to be left open, or try reversing a baby monitor so they can hear the chat of others around whilst they fall asleep.



You may find that bedtime evokes your child into dysregulation and they will find ways to keep their body busy. Offer them some time for some active movement before the bedtime routine begins, such as a bounce on a trampoline, a run around the sitting room, a game of tag in the garden or 20 star jumps.



Follow this up with some heavy muscle work or deep touch to help them calm and get their nervous system ready for bed. You could try big bear hugs, massage, or if they prefer to be in control of the movement, suggest you try and push a wall down together or do some press ups. Or provide them with opportunities to do some heavy work jobs, such as stacking books, sweeping or hoovering.



ACKNOWLEDGMENT & RECOMMENDATIONS

The ideas in this resource come from our therapeutic work with families and from the work of Marti L Smith. We recommend her book:

- The Connected Therapist: Relating Through the Senses Paperback by Marti L Smith.



Tips to help you through the *Christmas Holidays*

It might be the most wonderful time of the year for some people, but for many others Christmas and the holiday season are actually very stressful.

The festive period brings with it many pressures, from feeling obliged to socialise more than usual to worries about how you are going to pay for everything.

Some people feel apprehensive about family gatherings, which themselves can encourage stressful situations or conflict. Others struggle with the temptation to overindulge in food and alcohol.

Whatever the reasons behind your worries, Christmas stress, Christmas anxiety and Christmas depression are all very real issues faced by many each year.

If you think your mental health might be impacted over the holiday period, looking to manage or pre-empt the causes can be a real help

Here are some tips for the adults that aim to help you look after yourself during the Christmas period. Hopefully some of these methods will help you to reduce stress and stop you from feeling anxious throughout.

Christmas is meant to be a time for happiness and relaxation for everyone, and that includes you. If you normally experience feelings of anxiety at this time, plan ahead to try and reduce how often they will arise.

Tips for surviving the Christmas period

1. Keep your expectations modest

Don't get hung up on what the Christmas holidays are supposed to be like and how you're supposed to feel. If you're comparing your festivities to some perfect greeting card ideal, they'll always come up short. Don't worry about festive spirit and simply take every day as it comes.

2. Do something different

This year, does the prospect of the usual routine fill you with Christmas dread rather than joy? If so, don't surrender to it. Try something different. Have a non traditional Christmas dinner on Christmas Day. Spend Boxing Day at the cinema or get your family to agree to donate the money to a charity instead of exchanging presents.

3. Lean on your support system

If you've been feeling stressed, anxious or depressed, you need a network of close friends and family to turn to when things get tough. During Christmas, take time to get together with your support network regularly – or at least keep in touch by phone to keep yourself centred.

4. Don't assume the worst

Don't start the Christmas season anticipating disaster. If you try to take the festivities as they come and limit your expectations – both good and bad – you may enjoy them more.

5. Forget the unimportant stuff

Don't run yourself ragged just to live up to Christmas traditions. So what if you don't get the lights on the roof this year? So what if you don't get the special Christmas mugs down from the loft? Give yourself a break. Worrying about such trivial stuff will not add to your festive spirit

6. Volunteer

You may feel stressed and booked up already, but maybe consider taking time to help people who have less than you. Try volunteering at a soup kitchen or helping someone to do their shopping. We always feel better when we have helped someone and made a difference, however small.

You really have more control than you think. If certain things are guaranteed to stress you out, avoid them

7. Avoid problems

Think about what people or situations trigger your stress and figure out ways to avoid them.

If seeing your uncle stresses you out, skip his New Year's party and just stop by for a quick hello on New Year's Day.

Instead of staying in your bleak, childhood bedroom at your stepfather's house, book into a nearby B&B.

You really have more control than you think.

ACTIVITIES

How to make *Gingerbread Men*

Classic Christmas Activity

Ingredients

- 375 g plain flour
- 1 tsp bicarbonate of soda
- 3 tsps ground ginger
- 120 g unsalted butter (cold & cubed)
- 175 g light brown sugar
- 5 tbsps golden syrup
- 1 medium egg



Instructions

1. Preheat your oven to 190C/180C Fan and line 3-4 baking trays with parchment paper (or do it in two batches if you only have two trays!)
2. Add the flour, bicarbonate of soda, and ginger to a large bowl and add the cold, cubed butter to the bowl
3. Rub together with your fingers until it resembles breadcrumbs! (Or mix the four ingredients in a food processor till its breadcrumbs!)
4. Pour the sugar into the mix and combine, and then add the golden syrup and egg - beat with a spatula/ your hands until it is a smooth dough.
5. Knead the biscuit dough, and then roll the dough out onto a lightly floured work surface.
6. Roll it out to 1/2cm thickness and cut out your desired shapes! Depending on what cutters you have!
7. Place them on the lined baking trays and bake in the oven for 10-11 minutes, cool on a wire rack fully, and then decorate how you please or leave them as they are! Enjoy



8. Ask for help - but be specific

See if your someone will help you dig out the decorations. Ask a family member to help you prep food and cook - or host the Christmas dinner itself. Invite a friend along on shopping trips.

People are often more willing to help out than you expect; they just need some guidance from you on what you need them to do.

9. Don't worry about things beyond your control

OK, perhaps your uncle and your dad get into an argument at every Christmas dinner and it makes you miserable. What can you really do about it?

Remember your limits: you can't control them, but you can control your own reaction to the situation.

10. Make new family traditions

People often feel compelled to keep family Christmas traditions alive long past the point that anyone's actually enjoying them. Don't keep them going for their own sake.

Start a new tradition instead. Create one that's more meaningful to you personally.

11. Find positive ways to remember loved ones

Christmas may remind you of the loved ones who aren't around anymore. Instead of just feeling glum, do something active to celebrate their memory.

For instance, go out with family or friends to your loved ones favourite places, take a flask and xmas nibble and toast them.

Ideas to help keep things peaceful over the Xmas holiday



1 Colour in tablecloths

These provide a bit of entertainment while they wait for Christmas dinner and any other lulls when they can't decide which of their presents they want to play with or can't have all your attention. You could also put this on the table the week before Xmas to buy a bit of time whilst you are busy.



2 Hold on to your Xmas sweets!

As presents are opened and stockings emptied, decant any sweets or chocolates into named ziplock freezer bags to avoid any ownership disputes.

3 Schedules

Using schedules to help through school holidays can be really helpful for the adults and reassuring for the children. A planner is included in this Newsletter for you to use. And here are some ideas to fill some of those days and what you might need, they don't have to be big extravagant things they can be small activities that you plan to do together:

- Making paper snowflakes (white paper & scissors)

- Look up Christmas traditions in other Countries (access to the internet or trip to the library)
- Make Christmas cards (arts and crafts stuff)
- Build a snowman out of cotton wool balls (cotton wool balls)
- Make Santas sledge or a new mode of transport for him (lego or junk modelling)
- Make some gingerbread men, if you're really adventurous you could make a gingerbread house! (ingredients - see gingerbread activity in newsletter) www.youtube.com/watch?v=Xa60H4eXOKg (youtube instructions for a no kit gingerbread house)
- Watch a movie together (TV, laptop, or cinema)
- Have a Xmas picnic indoors (favourite Xmas food and treats eaten near the Xmas tree)
- Visits to friends and relatives
- A winter walk

Any of these can be put on the planner so quality time with your children doesn't slip through your fingers.

4 Manage Expectations Early

Your children may have mixed feelings about Christmas, especially if they come from a background where holidays were stressful or inconsistent. Talk with your child

early on about what to expect and give them space to share their feelings and worries.

5 Create New Family Traditions

Establishing new traditions together can help your child feel like a valued part of the family. Involve them in choosing some activities or rituals that will become part of your family's unique holiday celebrations.

6 Keep Familiar Routines

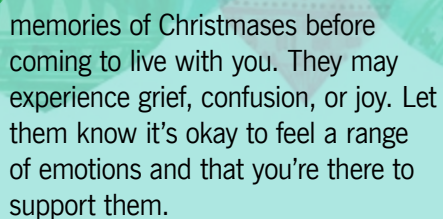
Children who have experienced instability may find the festivities overwhelming. Keeping familiar daily routines in place (meals, bedtime, etc.) can help maintain a sense of security amidst the excitement.

7 Be Mindful of Triggers

For children from trauma backgrounds, certain holiday events—like large gatherings, loud noises, or unfamiliar environments—might trigger anxiety or negative emotions. Be sensitive to your child's needs and provide an escape plan or quiet space if necessary.

8 Encourage Open Conversations

Allow your child to talk about their feelings, especially if they have



Giving your child some choice and control can help them feel more secure. Whether it's picking out a Christmas tree ornament, deciding on a holiday meal, or choosing which family events to attend, letting them have a say helps build their confidence.

Gift-giving can be emotionally charged for SGO children, especially if they've experienced neglect or inconsistent care in the past. Avoid overwhelming them with too many presents, and focus on thoughtful, meaningful gifts rather than material abundance.

Holidays can bring up memories of previous Christmases. If appropriate, acknowledge this part of your child's history. You could light a candle in remembrance or create a safe space for them to express any thoughts or emotions.

The break from school is a perfect time to deepen your relationship. Focus on shared experiences rather than perfection. Building trust through small, meaningful moments—like baking together, watching movies, or taking a walk—can help your child feel loved and valued.

By being sensitive to your child's needs and creating a supportive, inclusive environment, you can help them enjoy the holidays in a way that feels safe and special, continuing your amazing work as Special Guardians.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
December 2024 / January 2025						
						1st
					7th	8th
					14th	15th
				School closes for Xmas	21st	22nd
		XMAS DAY	BOXING DAY	27th	28th	29th
30th	31st	NEW Years Day 2025	2nd	3rd	4th	5th
BACK TO SCHOOL						

ADHD in the family at Xmas



Children with ADHD often experience Christmas differently due to their unique challenges related to attention, impulsivity, and hyperactivity. While the holiday season can be exciting, it can also be overwhelming for them. Here are some common experiences and challenges they might face, along with tips to help manage these:

Challenges for Children with ADHD at Christmas:

Overstimulation: The sights, sounds, and activities of Christmas (decorations, music, crowds, etc.) can be highly stimulating, which may make it harder for children with ADHD to stay calm or focused. They might become hyperactive or anxious due to the sensory overload.

Difficulty with Transitions: Shifting from regular routines (like school) to holiday events can be tough. The unpredictability of holiday schedules, traveling, and gatherings may make them feel unsettled and result in impulsive behaviour or meltdowns.

Impulsivity Around Gifts: The excitement of receiving gifts can lead to impulsive behaviours, such as difficulty waiting their turn to open presents, interrupting others, or feeling frustrated if their expectations are not met.

Challenges with Social Settings: Large family gatherings or events can create social pressure. Children with ADHD may struggle with conversations, taking turns, or playing calmly with other kids, leading to misunderstandings or conflicts.

Disrupted Sleep: The holiday excitement can interfere with sleep routines, and children with ADHD are already more prone to sleep issues. This can exacerbate their symptoms, making them more hyperactive or irritable. (see article on sleep in this newsletter)

Dietary Changes: With more sugary treats and rich holiday foods available, children may experience increased hyperactivity or difficulty concentrating. This can affect their mood and behaviour during holiday events.

High Expectations: Children with ADHD may feel the pressure to behave perfectly, which can be overwhelming. They might struggle to sit still during long meals or events, which can lead to frustration and behavioural outbursts.

Tips for a Smoother Christmas for Children with ADHD:

Maintain Some Routine: Try to keep certain elements of their daily routine in place, such as regular mealtimes, bedtimes, or quiet breaks. Predictability can help them feel more secure and less overwhelmed.

Manage Expectations: Prepare the child in advance for what to expect during holiday events. Talk about what will happen, where they'll be going, and who they'll see, which can reduce anxiety and help them feel more in control.

Plan Breaks: Allow for regular breaks during long family gatherings or events. Create a quiet space where they can retreat if they feel overstimulated or overwhelmed.

Help with Impulsivity: Teach strategies for managing excitement around gifts, such as taking turns or creating a game out of waiting. Role-playing or setting clear rules before the event can be helpful.

Limit Sugary Treats: Encourage moderation with holiday treats to help keep hyperactivity in check. Offer healthier snack options or limit sugar intake before big events.

Incorporate Physical Activity: Channel their energy into fun activities, like going for a walk, playing outside, or engaging in holiday games. This can help them burn off excess energy and reduce restlessness.

Practice Social Skills: Role-playing social scenarios beforehand, such as how to interact with relatives or how to manage disappointment, can prepare them for real-life situations.



Celebrate Their Strengths: Focus on the positive traits your child brings to the holidays, such as creativity, enthusiasm, or kindness. Praising these traits can boost their self-esteem and make the holiday more enjoyable for them.

By anticipating the challenges and planning accordingly, families can create a more ADHD-friendly Christmas experience that balances excitement with the child's need for structure and calm.

Siblings of children with ADHD often face a variety of unique challenges, which can affect their emotional, social, and psychological well-being. Some of these challenges include:

- **Imbalance of Parental Attention:** Parents may need to dedicate more time and energy to the child with ADHD, leading the sibling to feel overlooked, neglected, or less important. This can create feelings of jealousy or resentment.
- **Increased Family Conflict:** The impulsive behaviours and difficulty with self-control that often come with ADHD can cause frequent family conflicts. Siblings may feel stressed or frustrated by the constant disruptions or outbursts.
- **Higher Expectations:** Some parents may place higher expectations on the sibling without ADHD, seeing them as more responsible or independent. This can lead to pressure and feelings of guilt, as they might be asked to take on extra duties, such as helping with their ADHD sibling.
- **Emotional Strain:** The unpredictable behaviour of a sibling with ADHD can be emotionally draining. Siblings may feel confused, embarrassed, or even angry about their sibling's behaviour, especially in social settings or public situations.

- **Impact on Social Life:** A sibling may struggle to explain their ADHD sibling's behaviour to friends or may avoid inviting friends over due to potential embarrassment or fear of disruptions. This can affect their social development and relationships.

- **Role Confusion:** Siblings might assume a caregiving or protective role, either voluntarily or because of the family's needs. This can blur the lines between being a sibling and taking on a parental or adult role, which can affect their own development.

- **Mixed Emotions:** Siblings often experience a range of emotions, from empathy and love to frustration and resentment. This emotional complexity can be confusing, especially if they don't feel they have a safe space to express their feelings.

- **Feelings of Guilt or Shame:** Siblings might feel guilty about their negative emotions toward their sibling with ADHD or believe they should be more understanding. They may also feel ashamed if they struggle to manage the challenges effectively.

- **Lack of Attention to Their Own Needs:** In some families, the focus on the ADHD child's needs can overshadow the other sibling's emotional or academic struggles. This can lead to feelings of isolation or the sense that their own challenges are minimized.

With this knowledge and insight, we can try to be sensitive to all our children's needs.

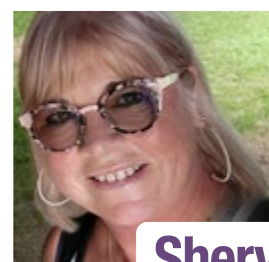
Special Guardian Advice Line

0116
305 6645

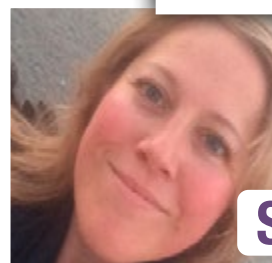
Thursday
9am - 12 midday.

It will be operated on rotation by one of our team and we are looking forward to hearing from you.

Harriet



Sheryl



Sarah

Please call us for any questions you may have, to request advice or seek reassurance. If the line is unavailable please email sgosupport@leics.gov.uk Special guardians and professionals are both welcome to use this line.

Whilst you are out and about xmas shopping take advantage of the winter Asda offer...

£1 meal for over 60's (Asda Cafe)

£1 meals for over 60's at all Asda Cafe's are back as part of their Winter Warmer campaign.




 **Soup + roll + unlimited tea or coffee for only £1** 

 **For over 60's**

 **From 1st November 2024 until end of February 2025**

 **All-day availability at all 205 Asda Cafés**

 **Kids eat for £1, too (a £1 kids cold pick and mix selection that includes a sandwich, drink and piece of fruit)**

From 1st November until the end of February, Asda are offering people aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of Asda's 205 cafes.

The offer is available all day, every day and will run alongside the **Kids eat for £1** offer which continues to be hugely popular.

This offer ends on 28th February 2025.



If you have any comments, suggestions, ideas or questions about the newsletter, please email: sgosupport@leics.gov.uk or call 0116 305 3051

Useful websites:

www.frg.org.uk
(family rights)

www.grandparentsplus.org.uk
(inform, support & empower)

www.gov.uk
(any government service such as benefits, passports, education, pupil premium)

www.childcarechoices.leics.gov.uk
(help/advice with childcare)

www.specialguardiansupport.org.uk
(login required contact 0116 305 3052)

<https://resources.leicestershire.gov.uk/leicestershire-virtual-school>
(help with pupil premium and school related issues)

www.healthforteens.co.uk
(advice and quizzes regarding teenage health issues)

www.gov.uk/government/publications/my-activity-passport
(an interactive guide to activities)

<https://yoopies.co.uk/c/press-releases/blacklivesmatter>
parents guide to BLM explanations

<https://www.today.com/parenting-guides/how-talk-kids-about-race-racism-t179138>
conversation starter

<https://guidetoallyship.com/>
how to be active against bias injustice

www.kooth.com
free online counselling and support for young people

<https://cafcass.clickrelationships.org/mediation-2/>
for mediation of co-parenting and other

<https://beaconhouse.org.uk/resources/> Trauma informed therapeutic resources

www.yourmodernfamily.com
tips and parenting ideas

<https://firstcontactplus.org.uk/about-us/>
a range of services

www.youtube.com/watch?v=Y-oWUZNhEXo
What is Therapeutic Parenting?

www.youtube.com/watch?v=o-IYIkDlkgk
Understanding Your Traumatized Child

CLOSED FACEBOOK GROUP:

<https://www.facebook.com/groups/226771768010284/?ref=share>
for peer support and interest

<https://bit.ly/mentalhealthLLR>
Directory of mental health services for children