

HOME START

Butser

Advice and support from Home-Start UK

The current situation of lockdown and self-isolation can take its toll on families. To help with this Home-Start UK has lots of advice and help on their website for families and includes topics such as [coping with a crying baby](#) and [looking after your mental health with you have a baby](#). Why not check out the rest of the [Home-Start UK website](#) for other helpful information.

Staying safe online

With so many families now having to home-school their children, parents are likely to see an increase in the time their children spend online. Parents may be concerned about how to ensure that they are their children stay safe whilst online. The Government have produced some guidance for parents and carers about working safely online, which can be found here <https://www.gov.uk/guidance/covid-19-staying-safe-online>.



New charity single to raise money for Home-Start's COVID-19 Emergency Appeal

"We love this song by [@RichardWalters](#) and his four-year old daughter, Addy, so much. Thank you to them both for choosing to support Home-Start's Emergency COVID-19 Appeal. Have a watch/listen, donate and/or download, and please SHARE EVERYWHERE!"

https://www.youtube.com/watch?v=tWppDjlzH_I

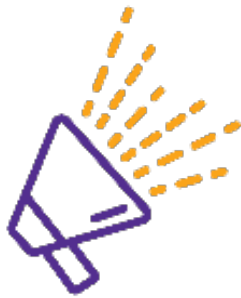
Like so many parents, singer-songwriter **Richard Walters** and his wife Annie have struggled to keep their 4-year-old daughter, **Addy**, occupied and content during the Covid-19 lockdown. *"As a parent, it's easy to see how this strange situation we find ourselves in could very quickly become overwhelming. The work **Home-Start** does is absolutely vital, more so now than ever, and it's a privilege to be able to support them with this single release. If it has been tough for us, as adults, to comprehend and cope with, it's been even harder for children."*

The gloriously uplifting single 'HELLO!', which will raise money for Home-Start, was released on Monday 4 May. All the proceeds from downloads and streaming are being split between Richard's local Home-Start and Home-Start's Covid-19 Emergency Appeal Fund.

DOWNLOAD: <http://tiny.cc/stnaoz>

DONATE: <http://tiny.cc/eunaaz>

STREAM: <http://tiny.cc/1vnaaz>



Have your say - Pivotal parent survey

Are you expecting a baby, or have you given birth or adopted a baby in the past two years? We want to hear how COVID-19 and the stay at home advice is affecting you and your baby. What are your concerns and challenges? Please take a few minutes to complete our survey.

You can find the survey here: <https://crweblab.com/parents-babies-and-COVID-19>

We want to make sure that the voices of parents are heard. And we'll be sharing what we learn so that the experiences of parents and their babies are at the front of people's minds when decisions are being taken. It is important we all understand more about the worries of parents and the challenges they are facing at this unique time.

Home-Start Butser is joining Home-Start UK, Best Beginnings, the Parent Infant Foundation, and the Maternal Mental Health Alliance to launch a new survey to gather the experiences and concerns of families at this time.

No other cohort of parents in the UK has ever had to go through social distancing and a global pandemic as they navigate pregnancy, birth and early parenthood. We want to make sure that the voices of a large and diverse group of parents are heard and that parental experiences and those of their children are at the forefront when decisions are being taken. We encourage every new or expectant parent to take a few moments to share their experiences with us. Please do share this survey with anyone who you think could help.

You can find the survey here : <https://crweblab.com/parents-babies-and-COVID-19>

Thank you for your help

String painting

Create a beautiful piece of art using paints and string!

You will need:

- Some card or a canvas
- String
- Paints / brushes
- Cups / pots
- Tape

Method

1. Cover the whole piece of card or canvas in a paint colour of your choice.
2. Choose some different colours of paint. Take a cup or pot and fill it with enough paint to be able to cover a piece of string. Repeat for each paint colour.



3. Put one piece of string in each paint pot and immerse the string in the paint (leaving enough string paint free for you to be able to take the string out of the pot).
4. Taking one piece of string at a time, lay the paint covered string onto the page in a curved pattern. Leave the paint free edge of string hanging over the edge of the page / canvas. Repeat until you have used each piece of string and covered the page.
5. Securely tape the paint free edge of string onto the table.
6. Holding the edges of the page, gently lift the page up into the air so that the string starts to move off the page.
7. Once all the string has moved off the page, leave to dry and admire your beautiful piece of art.

You can also find lots of tutorials online.

Local support services during the Covid-19 Pandemic



SUPPORT SERVICES

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Helplines are now available to provide information and advice, as well as practical support to frail or vulnerable residents who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness:

- Hampshire Helpline **0333 370 4000**
- Portsmouth **023 9268 8004**
- Southampton **023 8083 4800**
- Isle of Wight **01983 823 600**

If you're concerned for someone who is at risk because of underlying health issues or they're elderly you can register them, or get them to register, on the government's Covid-19 support service www.gov.uk/coronavirus-extremely-vulnerable or call **0800 028 8327**, to get help delivering essential supplies and any additional care they might need.

The community response during the coronavirus (COVID-19) situation has been amazing, with hundreds of individuals, groups and organisations coming forward on the ground, and through social media, to offer support. It's great to see the community coming together to help each other but as there is no way to validate some of these groups please exercise caution in sharing personal details with unknown people.

Helplines:

- Mind Charity **0300 123 3393** Text: 86463 Email: info@mind.org.uk
- Samaritans **116 123** Email: jo@samaritans.org
- The Silver Line (advice and friendship for the elderly) **0800 470 80 90** www.thesilverline.org.uk
- Age UK (telephone friendship service for over 60s) **0800 678 1602** www.ageuk.org.uk
- Hampshire Domestic Abuse Service **03300 165112**
- National Domestic Abuse Helpline **0808 2000 247**
- Childline **0800 1111**
- Respect Phoneline **0808 8024040**



www.hampshire.police.uk

Deaf? Non-emergency text
07781 480999

For crime and community information
www.hampshirealert.co.uk

Visit Neighbourhood Watch
at www.hinwa-nw.org.uk

