

WELCOME! We would like to introduce to you our Wellbeing Newsletter that will be updated every term with the most useful information, top tips and important phone numbers for all our families to use. If you feel that there is anything you think would be good to add for families to know, then please feel free to email this to bheggs@netherhall-tmet.uk.

Health Updates-

As you may already know, there has been an increase, nationally and locally, in the number of people with norovirus. Norovirus is a stomach bug that causes vomiting and diarrhoea but usually goes away in 2 days. The main symptoms of norovirus usually start suddenly and may include the symptoms above as well as a high temperature, headache, tummy pain and body aches. It is often referred to as the winter vomiting bug, but you can get the bug at any time of year. For more information, please see the NHS website.



Disabled Children's Service- Short Breaks

A short break is an activity that gives a child or young person a positive, enjoyable experience independently from their parents or carers that can help them to socialise, form friendships and spend time with other supportive carers. Short breaks can take place after school, at the weekend, during school holidays or overnight.

They can take place in your own home, in the home of an approved carer, in a community setting or in a building-based service. They can involve joining a group activity such as a club or it can be an activity that they do on their own supported by a PA. To refer for short breaks, please call 01164541004 and ask for option 1 (Leicester City), option 1 again (for a child) and then option 2 and ask for a short breaks assessment.



Local Offer Live-

The Local Offer Live is a free, drop-in showcase event aimed at helping people and families find out what's available locally for children and young people with additional needs. This year's Local Offer will be held at The Kube, Leicester Racecourse (LE2 4AL) on March 6th. The showcase will see agencies that include, Leicestershire Down Syndrome group, Diana service and Family hubs. Drop in between 9.30am-4pm.

Positive Behaviour Support at Nether Hall School-

As you may already know, we now offer behaviour support groups for families to meet others, share experiences and learn new techniques when it comes to behaviour that will support your young person. Our knowledge is based upon Team Teach and focuses on behaviour management that minimises physical intervention, builds relationships, uses strategies that lower risk and create positive environments for all. Team Teach believe that behaviour is a form of communication, and we use our groups to peel back behaviour one layer at a time while offering advice and information in a respectful and non-judgemental environment. Our next meeting will be March 7th at 1.30pm and we will be looking at what Team Teach is and what is meant by positive behaviour support, how do we communicate, and which behaviours challenge the most. We will also explore the My Family Coach App.

Seeking help for a mental health problem-

Seeking help is often the first step towards feeling well, but it can be hard to know how to start and where to turn to. You might want to ask for help when you're feeling worried more than usual, having thoughts and feelings that are difficult to handle and if you're interested in finding out about more support and treatment. While there are a lot of options of support out there including your GP, you might feel more comfortable speaking to a trusted friend or family member, charity, a trained therapist or community support service. Note that you are not alone, and you deserve the support you need. For more help and advice, please see the Samaritans website or ring 116123 where someone is already waiting to listen, offer support and talk to you about your worries.

Housing-

From March 2025, Leicester City Council will be running a one-year pilot of pop-up housing offices for LCC tenants. Housing officers will be on site at pop-up housing offices to answer any housing enquired you have and provide any further advice and assistance. All pop-ups are open between 11am-3pm, at the following locations-

- New Parks Library and the Tudor Centre on Tuesdays.
- Pork Pie Library and THE BRITE Centre on Wednesdays.
- St Matthews Centre and the Thurnby Lodge Community Centre on Thursdays.

DID YOU KNOW?? We have the following number of trained staff in these specialised areas...

- **15 staff** trained in gastronomy feeding (a tube that is inserted through the belly that brings nutrition directly to the stomach).
- **13 staff** trained in suction (suctioning is performed when a person is unable to remove secretions).
- **5 staff** trained in diabetes.



Rainbow Walk-

Nether Halls Sixth Formers are raising money for the incredible Rainbows Children's Hospice. They will be running and walking 100 miles on April 3rd. Rainbows brighten the short lives of babies, children and young people. They want children to have fun and make special memories, whilst also supporting their loved ones. Rainbows Hospice is a cause very close to the hearts of all at Nether Hall.

Important dates to remember- Positive Behaviour Support

March 7th and April 4th at 1.30pm

Important dates to remember- RSE

Dates to be confirmed

USEFUL PHONE NUMBERS-

Open Hands- Provides emergency support for the most vulnerable.

0116 255 8672

SHARP- Provides housing advice, help and support.

01162546064

USEFUL LINKS-

Neighbourhood Mental Health Café-

<https://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes/>

Better Health- Every Mind Matters-

<https://www.nhs.uk/every-mind-matters/>

Thurnby Lodge Mental Health Café-

https://jamilaslegacy.co.uk/thurnby_lodge_mental_health_cafe.html

USEFUL PHONE NUMBERS-

Mencap- An advice service for people with a learning disability, their families and carers.

0808 808 1111

Family Lives- A chat line for parents.

08088002222