

# Education Inclusion Family Advisor Newsletter

## January 2024

### A Message From Me

I do hope everyone enjoyed the Christmas holidays and managed to spend some quality family time together. I am continuing to offer support to families, please complete this quick online support request form and I will be in touch:

<https://forms.office.com/e/h963ySwVc7>

### Financial Support and Advice

Household Support Fund - £110. Up to £110 payment to help with paying for household energy bills and food. Available to people experiencing immediate financial hardship. [Household Support Fund - Cambridgeshire County Council website.](#)

**Low-income benefits and tax credits Cost of Living Payment eligibility.** You may be entitled to up to 3 Cost of Living Payments: [Cost of Living Payments 2023 to 2024 - GOV.UK \(www.gov.uk\)](#)

**Cambridgeshire Local Assistance Scheme (CLAS)**[http://makingmoneycount.org.uk/assets/uploads/2022/05/Universal-access-to-CLAS-16\\_03.pdf](http://makingmoneycount.org.uk/assets/uploads/2022/05/Universal-access-to-CLAS-16_03.pdf)

**Access to the following grants is via a professional referral: Stay Well Grant – up to £400** are awarded for vulnerable individuals and families facing fuel poverty. For those that are homeless, other costs of keeping warm (such as sleeping bags) will be considered. Individual customers cannot apply on their own behalf. Please contact your local Citizens Advice - [Citizens Advice Cambridge & District](#) or [Citizens Advice Rural Cambs](#) for [access to this grant](#)

The Education Inclusion Family Advisor team offers a range of county wide online workshops.

**Parental wellbeing** - Tuesday 09th January 2024 (12:00-13:00)

**Supporting your child with feelings of worry** - Tuesday 16th January 2024 (12:00 -13:30)

**Supporting your child with feelings of anger** – Tuesday 23rd January 2024 (12:00 -13:30)

**Arguing Better**- Session 1 Tuesday 30th January 2024 (12:00 -13:30) Parents need to attend both sessions

**Sleep** -Tuesday 6th February (12:00-13:00)




**Arguing Better**- Session 2 Tuesday 13th February 2024 (12:00 -13:30) Parents need to attend both sessions

To book a place on any of the workshops, please use the link or the QR code

<https://forms.office.com/e/4tCXXqv3PC>



### Top tips for children going back to school after a break

-  Go back to your normal bedtime routine few days before school starts.
-  Remind your child what is expected from them at school.
-  Talk about school in positive way.

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)