

Tuesday 2nd February, 2021

Dear Parents/Carers,

Home-start Essex is working with A Better Start Southend to support families with children under four. At Hamstel Nursery, we know how difficult this time is for so many families and want to help reduce isolation and increase parents' well-being and confidence.

Home-Start Essex are offering remote support to families, using phone and video calls to: offer ideas for activities, support with implementing routines, create school readiness programmes and provide emotional support for parents.

Here is some feedback that Home-start Essex recently received from a parent who is having weekly phone calls with a volunteer:

'It's so helpful to talk through the things that have come up during the week and any possible ways to deal with them. For me the reassurance that the issues we are facing as a family are fairly typical and not an indication of serious behavioural issues or terrible parenting has been invaluable! I've never been an especially confident mum but these calls have had the biggest impact on improving that than any of the courses or reading etc than I've done up till this point.'

Home-start Essex are keen to offer you their support where possible. If you live in one of the six ABSS wards – Kursaal, West Shoebury, Shoeburyness, Milton, Victoria or Westborough we can send you a referral form. Alternatively, you can self-refer by phoning their main number on: 01245 847410.

We do wish you all to continue to stay safe.

With kind regards,

Miss Spelman and the Nursery Team.



Delivering the National School Breakfast Programme

