



## NEWS

# Coronavirus focus

The Kinship Care Advice Service for Scotland remains open, and have put contingency plans in place to ensure the continuation of service remains a priority. As per Government guidelines, all staff are working from home, and so if you are contacting our helpline and your call is not answered please do leave a message with your contact details and an adviser will get back to you. In addition to the helpline, you can request advice and support via our 'contact us' page on the website:

[www.kinshipcarescotland.org.uk](http://www.kinshipcarescotland.org.uk)

or via our Facebook page [@kinshipcarecas](https://www.facebook.com/kinshipcarecas)

**The Minister for Children and Young People Maree Todd said:**

**“We are living in unprecedented times and the tireless care that kinship families are providing is more vital than ever to ensure children and young people feel safe, protected and loved.**

**“As kinship carers, many of you will be feeling particularly anxious at this time about your own and loved ones’ health and wellbeing. I would encourage you to reach out to these services to ensure you get the advice and support that you and your families need.”**

## Additional support

We have been working in conjunction with the Scottish Government to provide additional support for Kinship Families and have identified agencies providing some additional support particularly via helplines.

Nurture Scotland can offer support with educational strategies and school work for children living in a Kinship Care arrangement. The helpline number is **07547 525674** or **07505 855341**.

Who Cares Scotland can offer practical support for Kinship Carers such as a small amount of cash to help pay unexpected bills or shopping for those who are unable to get out and other practical assistance. To access this support check the website at: [www.whocarescotland.org/coronavirus-support](http://www.whocarescotland.org/coronavirus-support) or call the helpline on **07545 337152**.

If you live in Edinburgh and the Lothians you can contact Big Hearts Kinship Care Helpline: **0131 603 4927** Open 10am-4pm, Mon-Thu. For advice on parenting strategies, peer support & service referrals for local kinship care families.

The Scottish Kinship Care Alliance can offer support and share information regarding your local peer support group **07490 720123** or **07742 016616**.

### Regional Kinship Care officers contact details:

Jacky Thomson: [jacky.thomson@penicuikcab.org.uk](mailto:jacky.thomson@penicuikcab.org.uk) or 01968 664701

Fiona Temple: [fiona.temple@airdriecab.casonline.org.uk](mailto:fiona.temple@airdriecab.casonline.org.uk) or 01236 754109

Marion Hamilton: [marion.hamilton@dagcas.org.uk](mailto:marion.hamilton@dagcas.org.uk) or 0300 3034321

Georgiana Bugeag: [georgiana.bugeag@aberdeencab.casonline.org.uk](mailto:georgiana.bugeag@aberdeencab.casonline.org.uk) or 01224 569762

Clare Carr-Saunders: [clare.carr-saunders@dagcas.org](mailto:clare.carr-saunders@dagcas.org) or 0300 303 4321

**HELPLINE number 0808 800 0006**

**We, alongside other providers, are committed to supporting you all and providing as much tailored information and advice as possible.**

## FURTHER INFORMATION

For the latest information on keeping yourself and others safe please visit [www.nhsinform.scot](http://www.nhsinform.scot)

Information on coronavirus can be found at: [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)

For up to the minute information regarding benefits, DWP updates and HMRC information visit the Citizens Advice Scotland website at: [www.cas.org.uk](http://www.cas.org.uk)

Some online information can be found at the following links and may be of interest, it is general advice but may still be of interest to Kinship Carers: [www.parentclub.scot/topics/health/coronavirus?age=0](http://www.parentclub.scot/topics/health/coronavirus?age=0)

## Online entertainment

You can take a virtual tour of museums and zoos here: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

There are lots of YouTube sites with interesting, fun and educational resources for children: YouTube Channels: Crash Course Kids, Science Channel, SciShow Kids, National Geographic Kids, Free School, Geography Focus, TheBrainScoop, SciShow, Kids Learning Tube, Geek Gurl Diaries, Mike Likes Science, Science Max, SoulPancake.

Have you considered following Joe Wicks? He is a fitness coach who offers free online workouts via YouTube, for all abilities. He has online daily workouts for children and the not so young. You can take part here: <https://youtu.be/K6r99N3kXME>

If like me you are unsure how to access YouTube ask the kids, they are usually great at all things involving technology, I know I do!



## INTERNET SAFETY

During this time when children and young people are on the internet regularly have them think about keeping safe. Use the word search as a fun way to get them to think about being safe online. Police Scotland have a page about keeping children safe online and can be viewed here: [www.scotland.police.uk/keep-safe/young-people/supporting-children-and-young-people/keep-your-child-safe-online](http://www.scotland.police.uk/keep-safe/young-people/supporting-children-and-young-people/keep-your-child-safe-online)

rules  
trusted  
post  
danger

stranger  
number  
address  
adult

online  
personal  
safe  
internet



## What is Kinship Care?

All across Scotland, grandparents, aunts, uncles and family friends, care for children because their natural parents are unable to do so. People who look after children in these kinds of circumstances are known as 'kinship carers'.

For further information see [www.kinship.scot](http://www.kinship.scot) and [www.kinshipcarescotland.org.uk](http://www.kinshipcarescotland.org.uk)

