

March 2023



## Early Years news, advice and guidance for Square Mile families and settings

### Hello...

Welcome to our monthly newsletter.

Our aim is to share regular local and national Information for families in the city. If you would like to find out anything further on any items or like more advice or information, please contact the Family Information Service.

020 7332 1002

[EEYService@cityoflondon.gov.uk](mailto:EEYService@cityoflondon.gov.uk)

[www.fyi.cityoflondon.gov.uk](http://www.fyi.cityoflondon.gov.uk)

### Makaton

Talking does not just involve speaking. Watch someone talking, they will also be using gestures, facial expression, eye contact and body language. All this is communication. Makaton uses speech with signs (gestures) and symbols (pictures) to help people communicate. Would you like to learn some useful signs to use with your child?

As part of our Coltales programme (City of London Talks and Listens Enthusiastically) we post Makaton videos every Wednesday on our social media platforms. Follow us on Instagram, Facebook, Twitter or search [#ColtalesTopTips](https://www.instagram.com/coltales)

To find out more about Makaton, please visit their website by clicking [here](#).

### Safer Schools App

<https://www.fis.cityoflondon.gov.uk/dir.../safer-schools-app>

The City of London Corporation's Safer Schools App provides support on topics including sexting, bullying, mental health, media literacy, gaming and sexual exploitation online.

The App is for use by all teachers, school staff, other safeguarding professionals and parents/carers. To download, go to the App Store or to Google Play Store (for Android) and search for Safer School.

Click on the link above for more information.



# Support With Your Career Path

Bridge to Success can help support you on your career path. Click on the link below for more information:

[Help finding work - Connecting Communities - City of London](#)

Here are some of the ways we can help you:

- CV writing and interview workshops
- Work experience/Apprenticeships/ Traineeships
- Access to local job opportunities and working with partners to help you manage any mental or physical health issues

# Cost Of Living Support

There is free impartial advice available to anyone who lives or works in the City of London. You may be able to receive support with practical help or be signposted to organizations that can support you in other ways.

<https://www.cityoflondon.gov.uk/services/getting-help-with-the-cost-of-living>



# Family Lives

Struggling with your child's behaviour? Our trained Family Support Workers can give you advice and support - call us on 0808 800 2222.



 **family lives**

**Call us**  
**0808 800 2222**

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

## Today is the day to stop smoking

What's good for your lungs is good for your brain too

Halve your risk of getting dementia by quitting smoking

For help to quit, contact us:  
**0800 046 9946**

**TODAY IS THE DAY**

  
**SMOKEFREE**  
City&Hackney



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