



The SPCF Newsletter

How can you contact us.

We just wanted to update you with all that is COVID and we hope that you are well and safe.

The South West is the region in the UK with the lowest cases, which is encouraging and means that social distancing is working, but with no date yet of the lockdown being lifted, we have been putting things in place to make sure that we can be reached for a chat, a place to get things sorted if you need it, or just to spend time with another adult, we are here for you.

Our social media channels are busy and we also have a text and call facility, in case that you don't have the internet, all you need to do is leave a voicemail if we are busy and we will call you back.

Our virtual coffee sessions are:

Every Monday 10:00-11:00 am

Every Wednesday 19:00-20:00

Every Friday 15:00 - 16:00

These sessions are accessible via GoTo (which is free to download, and can be downloaded on all platforms and all devices. Click on the link to go to the virtual sessions:

<https://bit.ly/2SA8YGI>

It's the same link for **all** sessions!

We also have a text service in place, just text us on **07543 680365** and we will text you back. You can also call **01458 259384**, leave a message and we will call you back.

Check out our website...

Don't forget we have a website that has resources to get you through lockdown. This can be found at:

<https://somesetparentcarerforum.org.uk> with a dedicated page for COVID-19

And our social media has a wealth of resources, like this helpful guide for parents, should your child fall ill, click on the link:

<https://bit.ly/2zbA6o4> or notifying you that Morrisons are now doing a gluten free food box.

To go to our **Facebook** page search Somerset Parent Carer Forum. All our events are listed and we have a message facility. We also have **twitter** profile, which can be found by searching @SomersetPForum.

Keep in touch with us, let us know if things are going well, if things are not going great, we have a wealth of knowledge.

