

# SPELL

Support for Play & Early Learning in Lanarkshire

## NEWSLETTER

### Who are SPELL?

SPELL are a charity set up in 1997 to support and offer free advice to the pre-5 voluntary sector in South Lanarkshire.

If you are a parent or carer looking for a baby and toddler group or a playgroup to attend, or would like some support setting up a group, we can help you. Please call Vicky or Wendy in our office on 01698 768933 or email them at [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com)

SPELL support over 110 baby and toddler groups and playgroups helping with committees, recruitment, best practice and legislation, book-keeping and much more. We also run a free play activity programme for all voluntary groups and run an extensive training programme to the sector.

If you would like a Support Worker to visit your group, please contact our Support Workers directly to arrange.

Katie Campbell - Hamilton, Blantyre, Bothwell & Uddingston, Cambuslang & Rutherglen  
[Katiec.spell@gmail.com](mailto:Katiec.spell@gmail.com) / 07385380739

Lorna Henry - Clydesdale  
[Lorna.spell@gmail.com](mailto:Lorna.spell@gmail.com) / 07385380637

Michelle MacDonald - East Kilbride, Strathaven & Stonehouse and Larkhall  
[Michellemacdonald.spell@gmail.com](mailto:Michellemacdonald.spell@gmail.com) / 07385380334

### Training Autumn 2024

We have once again received funding from South Lanarkshire Council to run our training programme for the pre-5 voluntary sector. Courses are FREE to attend and open to all parents, committee members, volunteers and childcare staff who work within baby & toddler groups and playgroups in South Lanarkshire.

To book a place on any of the courses, please call Wendy on 01698 768944 or email [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com).

| <u>Course</u>  | <u>Date &amp; Time</u>                                     | <u>Location</u> |
|--|--|-----------------|
| Elementary Food Hygiene                              | Tuesday 5 <sup>th</sup> November 2024<br>9.30am - 4.20pm   | Hamilton        |
| Paediatric 1 <sup>st</sup> Aid (Certificated Course) | Wednesday 30 <sup>th</sup> October 2024<br>9.30am - 4.30pm | Hamilton        |
| Basic First Aid Skills for Babies & Children         | Saturday 5 <sup>th</sup> October 2024<br>10am - 1pm        | Stonehouse      |
| Mental Health Awareness                              | Wednesday 2 <sup>nd</sup> October 2024<br>10am - 1.30pm    | Uddingston      |

## FREE Vitamins

SPELL are working in partnership with NHS Lanarkshire to distribute vitamin D to children from birth to 3 years old, and healthy start vitamins to all who are pregnant, one year post natal and breastfeeding. If you would like us to visit your group with vitamins, please email [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com)

## Advertising your Groups

SPELL are able to help advertise your groups by producing flyers and posters. If you would like us to do this, please speak to your Support Worker or email us at

[office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com)

If your group has a large waiting list we would be grateful if you put parents and carers in touch with us so we can let them know about other groups in their area. Where possible we would like to help everyone find a suitable group so that the children and parents don't miss out on this experience.

## Incubation Periods

Public Health Scotland and the UK Government recently updated the paper on 'Managing Specific Infectious Diseases: A-Z (6 June 2024 edition). A link to this can be found here [Childcare and Young People Exclusion Table](#)

The site also has a link to a poster 'Should I keep my child off school or childcare' which can be displayed at your settings. <https://publichealthscotland.scot/poster> Our Support Workers have copies of this poster if you ask them when they are visiting your groups.

## Play Activities

SPELL are pleased to be able to offer all our groups **ONE FREE** play activity a year (August to June) subject to availability. Play Tutors Barbara Muir, Kim Crawley, Stephanie English and Lorna Henry offer a range of activities including Jungle Carnival, Dinosaur Stomp, Little Scientists, Tots in Space and Clay Workshop. For a full list of play activities, please visit our website [www.spell-lanarkshire.com](http://www.spell-lanarkshire.com)

For bookings please contact Wendy on 01698 768944 or email [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com)

## Social Media

If your baby & toddler group, playgroup or nursery has a closed Facebook Page which is only open to families that attend the group, please remember to remove any families that no longer attend. For any new families that are joining it is important that you ask them to complete your photograph and video policy. If your group does not have one of these please speak to your SPELL Support Worker or contact [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com) and we can provide you with a sample policy.

## Future Newsletters

If you would like us to feature anything in future newsletters, please let us know. If you would like to be added to our mailing list to have future newsletters emailed to you, please email us at [office@spell-lanarkshire.com](mailto:office@spell-lanarkshire.com) and request that you are added to our mailing list.



# SPELL

Support for Play & Early Learning in Lanarkshire

## NEWSLETTER

### Little Hedgehogs Outdoor Toddler Group

We thought we would share some of the activities from our Little Hedgehogs Group over the last few sessions that you might want to try at home or at your groups. Outdoor play doesn't need to have expensive equipment, many of the things we use, you have already got at home.



Taking toy trucks and cars outside to really dig in the mud.



An old bed sheet used for mud painting.



Hammering golf tees into a pumpkin.



Colour matching using paint cards from DIY shops



Posting spaghetti through holes in a colander



Blowing bubbles using a stick, pipe cleaners and washing up liquid.



Rolling toys or balls down guttering.



Hunting for beasties.