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**From:** Gemma Holland <[Gemma.Holland@childrenssociety.org.uk](mailto:Gemma.Holland@childrenssociety.org.uk)>

**Sent:** 24 June 2020 13:27

**Subject:** Beam Service & New Sleep resource

Hello from Beam!

Hope you are all enjoying the wonderful sunshine...

## **New Beam Resource**

Our latest resource is attached - this time the theme is sleep!

The resource is aimed at parents and carers for supporting children and young people with sleep, but we hope this will be useful to all. We have drawn information from various places – the guide includes information, ideas, strategies as well as places to get more information. Sleep is a HUGE topic and we have tried to include as much detail as we can.

## **You said, We did!**

So many of you have reached out and said how useful the resources are, and as ever we are grateful for the feedback about both the service we provide and the information we are sending out. Many of you have asked me if we can get the resources stored online, to enable you to signpost both families and young people to them. I am really happy to tell you that the resources we have sent out so far are now held on <https://www.childrenssociety.org.uk/beam/shropshire> We will aim to continue to produce resources in this way and are working with the TCS digital team to get this page updated when we do. I will still continue to send them to you via email as well.

## **Beam on Social Media**

Shropshire Telford & Wrekin Beam and Ludlow Beam now have an Instagram page – follow us at **ShropshireBeam**. We really want to use this platform to raise awareness of the Beam service to the older cohort of young people who may otherwise not know that we are running a call back service. Please follow, share and promote this for us!

As we are working to increase our following on Instagram, we have taken the decision to close down our Twitter account. This is no longer active, and we will provide updates via our emails, Insta and on the Beam website <https://www.childrenssociety.org.uk/beam/shropshire>.

We are always very grateful of any social media sharing you can do on our behalf, whatever platform you use. 😊

## **Beam Supporters & Take a Pew**

We are delighted that senior church figures are speaking out about the work of The Children's Society, and are extremely grateful for their support. In particular, The Bishop of Shrewsbury, Rt Revd Sarah Bullock speaks in the following link about the work of Beam, and her hopes that we might be able to expand the service in order to reach more and more young people across the county. Take some time out and watch <https://www.childrenssociety.org.uk/what-you-can-do/in-your-church/take-a-pew>

We would also like to express our gratitude to the High Sheriff of Shropshire Dean Harries who has also spoken out of her support of Beam in recent weeks.

## Young People's Voices

I wanted to highlight to you a lovely Q&A with a local Y6 student about her letter of support to the elderly which can be found [here](#). At time of writing this, the link to the piece of writing she wrote (which is amazing can I add) is not working but our team are working on getting this fixed: please check back for it if it is not shown at the time of reading as it really is worth the read.

## Beam Call Back Service

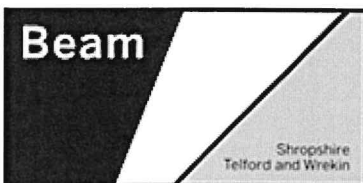
Our call back service is in full swing and we are thrilled that it has meant we are speaking to more and more young people who have not accessed Beam prior to lockdown. Please continue to share information relating to our service to those who you feel might benefit. I have attached the flyer outlining the service we are offering – those who wish to access Beam can do so by emailing us at [AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk). If they have not registered with us previously, they will be sent links to do so. A call back will then be arranged with one of our practitioners.

As ever, should you have any queries about the service, please do get in touch with us via [AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk).

Kind regards,

Gemma Holland  
*Clinical Lead*  
*Shropshire, Telford & Wrekin Beam*  
*Ludlow Beam*  
**The Children's Society**

*Please note my working days are Monday – Thursday.*



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