

Dear Parents, Carers and TCP family

I hope you have all had a good week and are managing to stay safe and well. Thank you for all the lovely pictures that you have sent in. It is so nice to see everyone enjoying the zoom sessions and seeing how you have been keeping busy.....please keep the photos coming.

I look forward to seeing you next week when I drop off your bird boxes. Enjoy this weekend identifying as many birds as possible and don't forget to take some pictures if you can get close enough.

Down on the Allotment

Onions peeking through the snow!



VACCINATIONS

It was fantastic news to hear that the vaccinations have started to take place for some of our clients this week. Here are the pictures of Chrissie and Sarah having their first dose. I know needles can cause a lot of anxiety for many. [Here is a Youtube Video](#) that I hope may help to explain the reasons why the COVID-19 vaccine has been developed and how the vaccinations will take place. I am very happy to provide more support around this area if you feel your son or daughter need it. Please don't hesitate to get in touch.

COVID 19 VACCINATION QUICK TIP

TAKE A FORM OF ID (PASSPORT), NHS NUMBER AND ANY MEDICATION DETAILS AND YOUR OWN PEN – JUST IN CASE!

SARAH'S EXPERIENCE

Received a text message from Studholme (Medical Centre). We followed the instructions by entering her date of birth which gave you an option to choose the site nearest to your location. Selected a convenient time, surprised it was the next day! 18:10pm Chertsey Hall. It is best not to turn up too early, arrive to the location 5 to 10 minutes before. You will not be allowed in earlier. If you are in the queue and its your allocated time, go to the front and mention it to the clerk at the door. (Sometimes other people get to venues 30 minutes prior hoping to get an earlier appointment and you would be queuing for no reason).

Once we went through, they took our temperature and asked if we had any symptoms or been in contact with anyone who had been diagnosed with Covid-19 - Good idea to have an iPad or phone/headphones to help with the wait, not sure everyone appreciated Sarah's singing but she was happy.

We were seated together and waited 10 minutes and given a leaflet regarding the vaccine (Sarah had Oxford Astra Zaneca). We were called through to another area where Sarah was asked medical questions etc.

NHS NUMBER AND A COPY OR LIST OF MEDICATIONS

Directed to another waiting area (10 minutes) to be called up for the vaccination. The same questions were asked again. Stickers are available! They will advise you of what to expect and what to do if you have any concerns. You can leave straight away after the vaccine, but we chose to wait 10 minutes. Sarah was quite happy with her phone and music. It was my choice to wait but it is not necessary unless they are the designated driver 😊 I chose to give Sarah paracetamol once we got home to ease any discomfort. Plenty of water..... diet coke and ice cream.....always best to have a treat on standby!

IF YOU KNOW YOUR LOVED ONE WOULD NOT BE ABLE TO MANAGE A BUSY NEW SITUATION SPEAK WITH YOUR GP AND LET THEM KNOW YOUR CONCERNS, THEY MIGHT OFFER THE VACCINATION EITHER AT YOUR GP/ AT HOME OR A MORE SUITABLE LOCATION. ALWAYS ASK

I hope this helps, all the very best and hope to see you all again very soon.
Kathy x

More information

- [COVID Vaccinations - Easy read resources](#) (From the Government website)
- [Check out this useful information on the Government website for clinically vulnerable people.](#)



Chrissie and Sarah being vaccinated



... and building a snowman



Billy's walk to see the trains even in the snow



David painting, enjoying Zoom and baking hedgehog biscuits



Hedgehogs

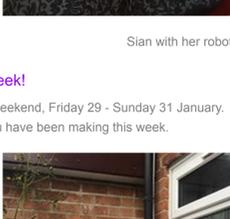
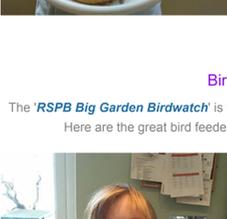
Your hedgehog biscuits have all looked amazing this week! Well done. Here is an actual hedgehog that I saw in my garden this week - unfortunately he didn't like what I served him! [Check out my video of the hedgehog.](#)



Sian with her robot

Bird Week!

The **'RSPB Big Garden Birdwatch'** is this weekend, Friday 29 - Sunday 31 January. Here are the great bird feeders you have been making this week.



Billy made these bird feeders and put them up in the tree



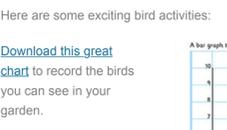
Here are some exciting bird activities:

[Download this great chart](#) to record the birds you can see in your garden.

Below you can download:

- [How to draw a bird](#)

- [RSPB mindfulness bird colouring](#)



Lisa A ready to deliver the **'Under the Sea'** theme in French yesterday.

Keep safe and best wishes
Lisa

