



Supporting Families & Wellbeing Newsletter Spring 2026

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Franché Wellbeing Team



At Franché we recognise that there are times when life just gets too much. At these times, a bit of extra help can make a huge difference and by working together we can improve outcomes for children, families and communities. The Wellbeing Team at Franché are available to support families at any point in a child's life. Support might relate to early help, parenting, routines, behaviour, SEND, mental health and/or wellbeing. Please do get in touch if we can support in any way.

Contact: 01562 751788

Email: safeguarding@francheprimary.worcs.sch.uk

Email: keepintouch@francheprimary.worcs.sch.uk

Our Supporting Families and Wellbeing Newsletter has lots more information and is available on the link below:

Link: [Supporting Families and Wellbeing](#)



Mrs Woodward



Mrs McLean



Mrs Wilson



Miss Caleb



Mr Preston



Miss Plant



Mrs French

Spotlight: Attendance



Regular school attendance is so important for children's academic success, social and emotional development, and future life opportunities. Missed school days lead to gaps in knowledge, difficulty keeping up in lessons and may cause anxiety to children when as they return to school. Consistent attendance establishes routines, builds confidence and secures friendships, and ensures children do not miss out on learning opportunities - including wider curriculum opportunities ie trips, cooking, science, forest, swimming, history, Spanish or PE.

At Franche we are working hard to ensure that children attend school every day possible. During the Summer Term we are promoting excellent attendance and will be celebrating this as a whole school team with children.

During the summer term every child will receive one 'above and beyond' Dojo if they are in school every day of the week.

The class with the best attendance each week will receive ten whole class dojos.

We are mindful that across school we have a small number of children with long-term health conditions and this can affect their ability to attend school every day. In these exceptional circumstances, we would like to celebrate children's efforts attending school and will award an 'above and beyond' for attending school to the best of their ability.

Dojos will be awarded on Friday morning.

We look forward to celebrating improved attendance across school.



Behaviour Support

Parenting children is the hardest job anyone can do. There are times we see behaviours in our children that are difficult to manage and this can escalate over time. It is often the case that children do not have the language they need to explain their feelings or to describe what is going on for them and at these times their behaviour is their way of communicating what is going on. Parents often feel they are doing everything they possibly can, have tried every

strategy possible and things just aren't getting better. All parents can benefit from a bit of support to try different strategies over time.

Behaviour strategy top tips:

- **Praise Specifically** - instead of saying 'good job' use specific praise like 'well done for putting your shoes on,'
- **Offer Choices** - give children a sense of control by offering choices, such as 'do you want to clean your teeth first or put your pyjamas on?'
- **Use Positive Language** - Tell children what to do instead of what not to do, for example 'walking thankyou' instead of 'don't run,'
- **Set Clear Routines** - Create daily plans to help children know what to expect and this will reduce anxiety.
- **Give Transition Reminders** - Provide 10, 5 or 2 minutes reminders before a change of activity, for example '10 minutes left on your ipad and then dinner,'
- **Follow Through** - Be consistent with consequences to help children learn boundaries.
- **Distract and Redirect** - For younger children distraction and engaging in a different activity/task can help calm situations, such as, 'Come and help me choose which book to read,' or 'Come and help me choose whether we have sausages or chicken for tea,'
- **I Wonder** - Using I wonder statements often helps children to achieve the desired task, for example 'I wonder if you can clean your teeth before I have made your bed,' or 'I wonder if you can put your coat on quicker than me,'

Franché Wellbeing Team

The Wellbeing Team at Franché are available to work together with families to support behaviour, in and out of school, to support families get back on track. Sometimes this might be a phone call to support, we can meet over a number of weeks to try a range of strategies and sometimes alongside this, we might suggest support from external providers.

WEST

The Wellbeing and Emotional Support Team provide support to families and children with behaviour strategies. Following a referral and once this has been accepted, a Wellbeing Practitioner meets with a family member over a number of weeks to provide reassurance, strategies, reflection and support. The Wellbeing Team are happy to assist with a referral for this support.

Link: <https://camhs.hacw.nhs.uk/west/>

MELO

MELO provides a range of early intervention to support families to address early mental health issues, promote wellbeing, resilience, anger management and much more.

Link: <https://www.onside-advocacy.org.uk/melo>

Togetherness

Togetherness run a range of online courses to build families resilience and a toolbox of strategies to support them from babies through to teenagers.

'Togetherness online pathways, take parents on a learning journey for understanding childhood development, behaviour, and wellbeing to help build connected relationships and resilience for the everyday.'

Link: [Register for PARENTSROCK](#)

Courses include:

- Understanding your child from toddler to teenager
- Understanding your child with additional needs
- Understanding your child's mental health and wellbeing

Full list of courses: <https://togetherness.co.uk/pathway-library/>

Cost: Free with code: PARENTSROCK



Starting well Partnership
Wyre Forest

Groups for Parents and Carers

January to March 2026

WORCESTERSHIRE
FAMILY HUBS



For more information, or to book your place please contact us...

**Brookside Family Hub, Borrington Road,
Kidderminster DY10 3ED**

Monday to Thursday 8.30 am to 4.30 pm and Friday 8.30 am to 4 pm

Phone : 01562 827207

**Half Crown Wood Family Hub, Princess Way,
Stourport DY13 0EL**

Monday to Thursday 8.30 am to 4.30 pm

Phone: 01299 877920

email: admin.wyreforest@barnardos.org.uk

Find us on Facebook... Family Hubs - Wyre Forest



www.worcestershire.gov.uk/familyhubs

Wyre Forest Family Hub Community Groups - Summer Term Timetable

Mon	Tue	Wed	Thu	Fri
<p>Well-Being Walk Burfish Bike Park, Kingsway, Stourport, DY13 8NL 10.00 - 11.30am Come along and join us for our well-being walk around Burfish Bike Park. A chance to enjoy the fresh air with your family, make new friends and improve your health by being in nature. Running once a month, scan the QR code to book your place</p> <p>Self-weigh Stourport Library New St, Stourport, DY13 8UN 11 am - 12 pm 1st Monday of the month No need to book, just turn up!</p>	<p>Support with accessing funding for childcare: BEST START BURLIFISH We can help you to apply for nursery and childcare funding, please call: 01562 827207</p> <p>Volunteering Would you like to volunteer with us? We have lots of volunteer opportunities including: • Stay and Play volunteer • Peer support volunteer • Administration support volunteer and much more!</p>	<p>Self-weigh Bewdley Library Dog Lane, Bewdley DY12 2EF 10 - 11 am 2nd Wednesday of the month No need to book, just turn up!</p> <p>Well Child Clinic Kidderminster Health Centre 9.30 - 11.30 am 1st Tuesday of the month Bookable appointment with a Community Nursery Nurse To book call 01905 520032</p>	<p>Healthy Start Vitamins</p> <p>Available from Brookside and Half Crown Wood Family Hubs</p> <p>To check your eligibility: www.healthystart.nhs.uk</p>	<p>To find out more and to book a place on of our groups/workshops for parents/carers please go to our TryBooking page www.worcestershire.gov.uk/trybooking</p> <p>Some groups and services are provided by external partners/agencies and are subject to change</p>

Best Start Family Hub, Birchen Coppice - Summer Term Timetable

Mon	Tue	Wed
<p>Cuppa & Catch Up Starting 13/04/26 8.30 am - 10 am Come and meet the Family Hub Team</p> <p>Bumps to Babies Stay and Play 2.15 - 3.15 pm A stay and play group for pre-natal and parents with newborn and non-movers. No need to book, just turn up!</p>	<p>Birth and Beyond 2.00 - 4.00 pm A 4-week preparation for parenthood group for first-time parents Running on a monthly basis A bookable programme, to book call 01562 827207</p>	<p>Stay and Play Starting 15/04/26 3.45 - 3.15 pm Suitable for babies and children aged 0 - 5 years. No need to book, just turn up!</p> <p>Self-Weigh Available</p> <p>After School Group A Bookable group running every 2nd Wednesday of the month starting Weds 15th April 2026 3.30 - 5.00 pm Come along and spend time with your child. Open to all Primary School aged children, their younger siblings are welcome.</p>

Grand Opening Wednesday 1st April 1.00 - 3.00pm

Birchen Coppice Primary Academy
Woodbury Rd, Kidderminster, Worcs DY11 7JJ

You can book onto any bookable course using the link and QR code:
www.worcestershire.gov.uk/groups

email: admin.wyreforest@barnardos.org.uk
Find us on Facebook... Family Hubs - Wyre Forest



Reach4Wellbeing

The Reach4Wellbeing team supports and promotes the emotional wellbeing of young people and parent/carers through evidence based interactive online group programmes. They use a Cognitive Behavioural Therapy (CBT) informed approach for the Anxiety and Low Mood Skills Groups and a Dialectical Behaviour Therapy (DBT) informed approach for the Brief Emotional Resilience Skills Groups.

Programmes on offer:

- Parent/carers of children in school years – Reception (aged 5 years) to Year 2 - Little Explorers Anxiety Skills Group
- Parent/carers of children in school years - 3 to 6 STEPS4Wellbeing Anxiety and Low Mood Skills Group
- Parent/carers of children in school years – 3 to 6 BERG Brief Emotional Resilience Skills Group
- Young people in school years 7 to 13 - STEPS4Wellbeing Anxiety and Low Mood Skills Group
- Young people in school years 7 to 11 - BERG Brief Emotional Resilience Skills Group

More information can be found via the link below. If you would like to talk through this support, please speak to a member of the Wellbeing Team at school who are happy to support the referral process.

More information:

<https://camhs.hacw.nhs.uk/reach4wellbeing>

CAF (Children & Families Service)



Children, Adolescents & Families (CAF) Team support children, young people and their families with a whole range of issues and problems that may be affecting their health and wellbeing. Help aims to make families feel more empowered, build confidence and enable families to take greater control of their life. Support is person centered and tailored to individual needs.

CAF Link Workers will provide support and advice to children and young people who are experiencing issues with low level mental health, family relationships, education & training, health & wellbeing, special education needs & disabilities, and traumatic life events.

Link: <https://www.onside-advocacy.org.uk/CAFPCN>

Telephone: 01905 27525

Or, speak to your GP who can refer you confidentially for support from the CAF team.

NHS Talking Therapies



Talking Therapies provides a range of free, confidential support to people aged 16 and over across Herefordshire and Worcestershire. Support may include: how to support your wellbeing, struggling for a couple of weeks or if you need urgent advice.

This includes:

- [Online therapy](#)
- [Groups and courses](#)
- [1:1 therapy](#)
- [Employment support](#)

Support can also help you find and access a variety of groups, courses and activities delivered by voluntary, charity and social enterprise providers that can support your physical and mental wellbeing. [Self-help guides](#) are designed to help you understand how you are feeling, and cover a wide range of topics such as depression, anxiety and stress.

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, you can now contact the Herefordshire and Worcestershire 24 hour urgent mental health helpline by calling [NHS 111](#) and selecting the mental health option.

Link: <https://www.talkingtherapies.hwhct.nhs.uk/>



Lumi Nova

Tales of Courage is a fun and child-friendly app that children can use with help from a parent or guardian on most phones or tablets. It helps children aged 7–12 face their fears step by step and learn more about worries and anxiety. This supports them in building confidence and managing their feelings on their own. The app is easy to use, suitable for their age, and designed so no one feels judged. It also shows progress and helpful information to approved professionals in real time.

Link: [Free for families in Herefordshire & Worcestershire — Lumi Nova: Tales of Courage](#)

Easter HAF Programme



HAF (Holidays, Activities, and Food) is a Department for Education (DfE) funded programme aimed at enabling children and young people in receipt of benefits-related free school meals (FSM) to attend school holiday activities and experiences during Easter, summer and Christmas.

In Worcestershire, we work with over 200 organisations to deliver the programme for families, this includes holiday club providers, workshop providers, supermarkets, suppliers, caterers, community groups, charities and schools.

The programme creates free places for eligible children to attend, with a focus on enriching activities with a healthy meal and snacks included.

Link to book: [How to take part in HAF](#)



What's on in and around Kidderminster this Easter

The **Raring 2 Go** website lists a wide range of places to visit and activities going on in and around Kidderminster.

Link: [Raring 2 Go](#)



Kidderminster Library:

30.03.2026 Knit and Natter

31.03.2026 Stay and Play

01.04.2026 Storytime

02.04.2026 Kemp coffee morning

04.04.2026 Lego Club

10.04.2026 Bounce and Rhyme

Cost: free

Link for more groups and dates: [Groups at Kidderminster Library](#)



Easter at Bodenham:

28.03.2026 - 12.04.2026 The Great Bodenham Bun Hunt

'Get ready for some hot cross fun this Easter! We've hidden not just hot cross buns around the Arboretum, but all the ingredients that go into making them too!!

Find them all and we will put you into a draw to win a Family Entry Admission Ticket. Your booking gives you access to the Arboretum and Farmyard. You are then free to explore over 5 miles of wonderful woodland walks. Visit the farm...not forgetting our donkeys too.'

Cost: £5.42 (child price)

Link: [Information and Tickets](#)



Kidderminster Town Hall:

31.03.2026 The Easter Bunny and the Lost Eggs live Show

Cost: £7

Link: [Information and Tickets](#)

Helpline Numbers



Kidderminster Police Station:

0300 333 3000

Victim Support following a crime:

0808 1689111

Citizen's Advice Kidderminster

0808 278 7891

West Mercia Women's Aid supporting victims of domestic abuse:

0800 980 3331

Mankind Initiative supporting male victims of domestic abuse:

01823 334244

Relate Hereford & Worcester relationship counselling:

01905 28051

Samaritans:

116 123

Community Housing:

0300 003 5454

Wyre Forest Homelessness (or at risk of homelessness):

01562 732928

Wyre Forest Homelessness (emergency out of hours):

01562 732225

HELP support for homeless people in Kidderminster:

07470 949050

Cranstoun Worcestershire support for drug and alcohol intake:

0300 303 8200

Worcestershire Children's Services:

01905 822666

Please do get in touch with the Wellbeing Team on 01561 751788 if you need any form of early help or support.



Finally we would like to wish you all a wonderful Easter break and we look forward to seeing the children back in school on *Monday 13th April 2026*.