



# Supporting Families & Wellbeing Newsletter - December 2024

## This newsletter includes the following:

- Wellbeing and Mental Health Support
- NHS Talking Therapies
- CAF (Children & Families Service)
- EMHP drop-in date for January 2025
- Food Bank
- Food to Go: Too Good to Go
- Kids eat for free or for £1
- Winter HAF Programme

- Gambling Support
- Helpline Numbers
- Mental Health Award

## Wellbeing and Mental Health Support

**COPING AT CHRISTMAS**

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

		
<p>Call 111 &amp; select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7 <a href="https://www.nhs.uk/mental-health">Nhs.uk/mental-health</a></p>	<p>Under 35s can Call 0800 068 4141, Text: 88247 or Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> 24/7 <a href="https://www.papyrus-uk.org">Papyrus-uk.org</a></p>	<p>Call 116 123 to talk to Samaritans, or email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> for a reply within 24 hours <a href="https://www.samaritans.org">Samaritans.org</a></p>
 <p>Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234 <a href="https://www.mind.org.uk">Mind.org.uk</a></p>	 <p>Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19 <a href="https://www.giveusashout.org">Giveusashout.org</a></p>	 <p>Mental Health Forum &amp; Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858 <a href="https://www.thecalmzone.net">Thecalmzone.net</a></p>

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)

## 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/>

## 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.

## EMHP drop-in (Education Mental Health Practitioners)



For children experiencing anxiety, low-mood, thought challenges, panic disorders, simple phobias or problems sleeping where school based support has not been quite enough, the wellbeing team are able to make a referral to the EMHP team. Stacey Pritchard, Hannah Salsby and Sarah Wilkes work in school every week to support children and families. The referral

process is confidential. If you have concerns for your child please get in touch with Paula Woodward or Sarah French (01562 751788) who will talk through your concerns and support a referral to the team.

We also offer a drop-in service for parent/carers to have a brief chat about any wellbeing concerns for children and receive some on the spot advice.

**The next drop in date:**

**15th January 2025**

**2.15pm and 3.30pm**

If you have concerns for your child please get in touch with Paula Woodward or Sarah French (01562 751788) who will talk through your concerns and support a referral to the team.

## Food Bank



Kidderminster Food Bank don't think anyone in our community should have to face going hungry. That's why they provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. The food bank are part of a nationwide network of food banks, supported by The Trussell Trust, working to combat poverty and hunger.

If you need food bank support please contact Paula Woodward or the school office on 01562 751788. Referrals are confidential. You can also access this support through the job centre, citizen's advice, NHS services (including your GP) or social services.

The food bank aim to make sure that no one in our local community has to go hungry, but they do need help to make this happen. Any gift of financial support, time, business partnership or donations of food can make a real difference.

Kidderminster Food Bank, Unit 9, Swan Shopping Centre, Blackwell Street, Kidderminster

## Food to Go - Too Good to Go



Food waste is a big problem! 'Too good to go' is an App that allows you to purchase bags of food, that would have otherwise gone to waste at a fraction of the retail cost. The App gives information of times the bags are available for collection.

There are many participating stores including:

Grocery bags:

- Co-op (Kidderminster)

- Asda Express (Habberley)
- Spar (Kidderminster)

Surprise bags:

- Morrisons Cafe (Kidderminster)
- Costa Coffee (Kidderminster Silverwoods Way)
- Starbucks (Kidderminster Drive Thru)

Morning bags:

- Greggs (Asda Express Stourport)
- Subway (Asda Express Hartlebury)

More information can be found on the website:

[Join the food waste movement at 'Too Good To Go'](#)

## **Local places kids eat free or for £1**

Kids eat free with a paying adult or for £1:

- Morrisons
- Bella Italia
- TGI Fridays
- Beefeater
- Bill's
- Dobbie's Garden Centre
- Ikea
- Sainsbury's

Link: [Kids Eat Free or for £1](#)



## Winter HAF Programme



Worcestershire's Holiday Activities and Food (HAF) programme is back for the winter holiday. The HAF initiative is aimed at children and young people from Reception to Year 11 (inclusive) who can access free school meals and children with additional vulnerabilities may also be eligible. Through HAF, children and young people get to access a whole range of funded activities and are provided with a nutritious meals and snacks.

Link: [HAF Programme Information](#)

## Gambling Support



If you are affected by someone else's gambling or need support yourself, Aquarius offers confidential gambling support. The team recognise it can be difficult to reach out, but they are



there to listen. Gambling problems share many similarities with other addictive disorders. However, there are usually no visible signs or physical changes to directly indicate a problem.

For free, confidential advice on the problems caused by gambling call:

Aquarius 0121 622 8181

Email: [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk)

Link: <https://aquarius.org.uk/our-services/adult-services/gambling/>

## Helpline Numbers

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**

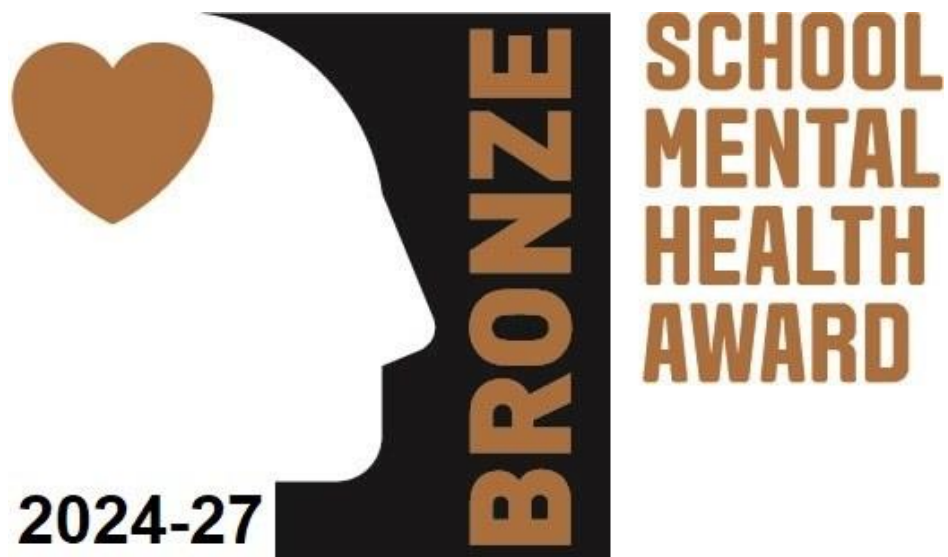
Community Housing: **0300 003 5454**

HELP support for homeless people in Kidderminster: **07470 949050**

Samaritans: **116 123**

Victim Support following a crime: **0808 1689111**

## Mental Health Award



The Wellbeing and staff team have worked hard since the outbreak of Covid to support the mental health and wellbeing of children, families and staff. Sixteen months ago we applied to work towards an accredited award through the Carnegie School of Education. As part of this award we continued to embed/broaden current support and instigate new strategies and initiatives.

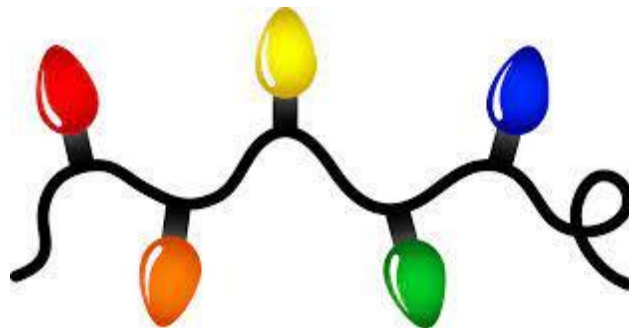
We are delighted to announce that Franche Community Primary School have been awarded the Bronze School Mental Health Award.

Our next step is to share our work within the Wyre Forest region and then we may apply for silver accreditation.

The Wellbeing team and staff across the school work closely to support mental health and wellbeing. We have a wide range of support that we are able to put in place or we may signpost families to more specific support. Please do talk to any member of the team if you feel your child needs wellbeing or mental health support.

Alongside wellbeing and mental health support, school offer a wide range of Early Help support and signposting. If you or your family need any early help support, please visit the supporting families page on our school website or get in touch with one of the wellbeing team in school in the New Year.

Link: [https://www.franchepriamary.co.uk/web/supporting\\_families\\_wellbeing/654966](https://www.franchepriamary.co.uk/web/supporting_families_wellbeing/654966)



**Finally, we would like to take this opportunity to wish you all a wonderful and peaceful Christmas.**

**We look forward to seeing everyone in the new year.**