



Franche Community Primary School Supporting Families & Wellbeing Newsletter - July 2024

This newsletter includes the following:

- Parenting: Understanding and supporting behaviours
- Summer Clubs
- Activities for Children with SEND
- Household Support Fund
- EMHP (Education Mental Health Practitioner) drop-in for September
- Starting Well Support
- Food Bank Information
- Wyre forest Food Share
- Simply Limitless Wellbeing Charity
- Domestic Abuse
- Worcestershire Family Hub
- New Health APP - HANDi
- Franche Supporting Families Offer

With the six-week summer break ahead of us, everyone needs a well deserved rest and time to recharge the batteries. However, the long summer break can be daunting trying to keep children occupied and

safe. This Summer newsletter is quite a bit longer than our normal termly newsletter, but it contains lots of information to support families navigate the weeks ahead.

The Wellbeing Team and staff wish you all a wonderful summer break.

Understanding and Responding to Behaviour



Being a parent/carer is an extremely rewarding experience, but along the way it can also feel like a bit of a rollercoaster. The parenting journey is a minefield of different stages that includes many rewarding times, but there may also be some challenges along the way.

Behaviour is your child's way of communicating; children often do not have the breadth of vocabulary to explain their feelings or their needs. Their actions are a way of communicating how they are feelings and what their needs are. Children need clear boundaries to feel safe and secure.

Link: [Behaviour \(Parenting Together\) Support Group](#) (Free)

Short reads with strategies:

Link: [Sibling Rivalry](#)

Link: [Challenging Behaviour](#)

Link: [Positive Boundary Strategies](#) (lots and lots of practical ideas on this page)

Link: [Parental Anxiety](#)

Contact: 0808 800 2222

(Live Chat also available)

Summer Clubs



There are a variety of fantastic projects going on across the county this summer. Please click on the links below for more information and to book places:

HAF (Holiday Activities & Food):

Link: <https://www.theworldoutsidekindergarten.co.uk/hafholidayclubkidderminster>

Link: [Worcestershire County Council HAF Information](#)

Raring 2 Go includes Gymnastics, Kixx, Forest School, Stagecoach, Football Academy and much more:

Link: <https://raring2go.co.uk/2024/06/holiday-clubs-in-kidderminster-stourbridge/>

Activities for Children with SEND



Anchors Away

Anchors Away offer a quiet Sunday morning session at their soft play centre. The session runs between 9am and 10am. Siblings are welcome to join the fun too.

Link: [Anchors Away](#)

Contact: 01299 212514

Hansel and Gretel

The Hansel and Gretel support group is a charity that provide support and friendship to children with SEND and their families. They run a group on Saturday morning for children and families.

Link: [Hansel and Gretel](#)

Contact: 07525 668608

CrackerJacks

A registered charity that provide a wide range of information and support to families with children who have additional needs. On the website you will find lots of information about respite holidays, sensory toys and specialist equipment, and information about grant applications.

Link: [CrackerJacks](#)

Contact: 0300 1240122

Cadbury World offer relaxed SEN Sessions for guests on selected dates and times. The sessions are designed to be of benefit to visitors who prefer a quieter and calmer experience, such as those with autism or SEN needs.

Sea Life Centre opening their doors an hour early on selected dates, with limited tickets available, to provide a quieter SEA LIFE experience that aims to provide a more comfortable visit for those with autism and other sensory requirements.

Worcestershire Libraries are autism friendly providing ear defenders and designated quiet areas. They also provide book packs for children with additional needs.

Household Support Fund

The graphic is a purple rectangular box with a white background for the text. At the top, the title 'Household Support Fund' is written in a bold, dark green font. Below the title are three rounded rectangular boxes, each with a dark green border and a light green background. The first box is titled 'What help is available?' and contains the text 'One-off financial assistance with food, energy costs or a household item.' The second box is titled 'Who can apply?' and contains the text 'Households in Wyre Forest struggling with the Cost of Living and/or unexpected costs.' The third box is titled 'How to apply' and contains three lines of text: 'Online - www.wyreforestcab.org.uk/wyre-forest-household-support-fund', 'Phone - 01562 60194', and 'In person - 21-23 New Rd, Kidderminster, DY10 1AF (9:30am—4pm)'. Below the third box, the text 'Deadline: 30th September 2024' is written in a bold, dark green font. At the bottom left of the graphic is the logo for 'citizens advice Wyre Forest', which consists of a blue circle with the words 'citizens advice' in white and 'Wyre Forest' in blue to its right. Below the logo is the text 'registered number: 3205031'. At the bottom right of the graphic, the text 'Get help with the Cost of Living...' is written in a bold, dark green font.

Household Support Fund

What help is available?
One-off financial assistance with food, energy costs or a household item.

Who can apply?
Households in Wyre Forest struggling with the Cost of Living and/or unexpected costs.

How to apply
Online - www.wyreforestcab.org.uk/wyre-forest-household-support-fund
Phone - 01562 60194
In person - 21-23 New Rd, Kidderminster, DY10 1AF (9:30am—4pm)

Deadline: 30th September 2024

citizens advice Wyre Forest
registered number: 3205031

Get help with the Cost of Living...

EMHP (Education Mental Health Practitioners) Drop-in



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 Amy Murphy 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 is: 18th September 2024 starting at 8.30am.

To book please contact Paula Woodward or Sarah French on 01562 751788

Starting Well



Starting well Partnership
Wyre Forest

The Parenting Team are holding some workshops at Half Crown Wood Family Centre. There are sessions to support sleep, fussy eaters and understanding your child

Summer 2024	Monday	Tuesday	Wednesday	Thursday	Friday
	Well Child Clinic 11am-3pm Please call to book	Michelle Clinic Appointments	Michelle Clinic Appointments	Michelle Clinic Appointments	Speech & Language Appointments 9am-3pm
Brookside Family Hub Barrington Rd, Kidderminster, WORCS, DY10 3ED	Stay, Weigh & Play 0-5 years 9.30-11am	Breast Buddies Peer Support group 10-11.30am	Birth & Beyond Preparation for parenthood 9.30-11.30am (running in May and July)	Time for Baby stay & play Non-movers 10-11am Term time only	Understanding your Baby Group for parents with babies aged 0-5mths 10am-12pm 21st-16th
	Understanding your Teen Group for parents 5-7pm 224-017	Birth & Beyond Preparation for parenthood 4-6pm (running in April and June)	SEN Peer Support group For Parents/Carers 9.00, 2.00, 2.00, 2.00, 2.00 9.30-11am	Time for Me For Parents/Carers 24.04, 15.05, 05.06, 18.06 12-1pm	Meet the Michelle Opal Team First Friday of each month
Half Crown Wood Family Hub Princess Way, Stourport-on-Severn, WORCS, DY13 9EL	Speech & Language Appointments 9am-3pm Drop in to a Talking Walk in session 2nd Monday of the month 11.30am-12.30pm	Michelle Clinic Appointments	Well Child Clinic 9-11.30am 2nd and 4th Wednesday of the month Please call to book	Understanding Your Child: Group for parents 10am-12pm 224-47	Stay, Weigh & Play 0-5 years 11-2.30pm Understanding your Baby Group for parents with babies aged 0-5mths 12pm-2pm 124-0706
Community Groups & Activities	Understanding your Child with Additional Needs Group for parents St Mary's C of E School, Stoney Ln, Kidderminster DY10 2LX 1-3pm 224-087	Understanding your Child with Additional Needs Group for parents Kidderminster Health Centre, Bromsgrove St Kidderminster DY10 1PD 12-2pm 234-997	Understanding your Teen: Group for parents The Stourport High School and Sixth Form Centre, Minster Rd, Stourport-on-Severn DY13 9AX 11am-1pm 244-197		Kinship Carers Group Half Crown Wood Family Hub 2nd Friday of the month 10.30am-12.30am

Kidderminster Food Bank



If you need food bank support during the summer break this is accessible through the job centre, citizen's advice, NHS services (including your GP) or social services. The Kidderminster Food Bank is a

collection service. In the event of an emergency please contact Paula Woodward via email safeguarding@francheprimary.worcs.sck.uk Referrals are confidential.

The food banks 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

Email: [Email Kidderminster Food Bank](mailto:Kidderminster Food Bank)

Link: <Kidderminster Food Bank>

Food Share Wyre Forest



The Food Share Wyre Forest & Community Cafe is located in the Walshes Community Centre in Stourport, Worcestershire. Their goal is to support and supplement families that are in need of fresh meals. Unlike most food banks, The Food Share Wyre Forest & Community Cafe does not ask for referrals. It is open three times a week, numerous people attend giving a small donation for a generous amount of food with donations from big supermarket names around the area.

[Facebook link: Food Share Wyre Forest](#)

Simply Limitless Wellbeing Charity



Simply Limitless provides support to people of all ages in the community with their mental and physical health in a unique socially focused way. There are a wide range of groups and practical support and some of these are free.

Moodmaster

Moodmaster is based around the idea that thoughts, feelings, what we do, and how our bodies feel, are all connected. This works by helping us to notice and challenge patterns of thoughts or behaviours so we can feel better.

Optimistic Living

Optimistic Living provides 12 weeks of one to one support for those seeking support to improve their confidence and wellbeing. A caseworker will work with you to set a goal together, however small, to aid resilience through difficult challenges of life. We use tools such as cognitive behaviour therapy (CBT) to support and improve your mental health and wellbeing.

MOJO

A project dedicated to combating loneliness and isolation amongst adults aged 18yrs+ in the Wyre Forest area. With MOJO, receive tailored support and resources to reconnect with your community, foster meaningful connections and improve overall well-being. We match you up with a caring volunteer who's there to talk, lend a listening ear and support you to bring back your spark.

Plus:

- Skills. Build. Employment
- Jungle Gym
- Tea and Toys
- Megafitness

(and much more)

Link: <https://www.simply-limitless.org/>

Contact: 01562 751144

Domestic Abuse

West Mercia Women's Aid (WMWA) is the leading organisation providing emotional and practical services for those whose lives have been affected by domestic abuse. They support anyone affected by domestic abuse, working closely with other agencies to ensure that support services are accessible and appropriate to all communities of heritage, faith, ability and identity.

What do they deliver?

WMWA offer a range of services and work to ensure that victims are safe, have information and choice in how they can live their lives, and feel supported in their recovery from abuse.

Services provided include:

- Helpline and online Live Chat with skilled and experienced practitioners available to listen and provide advice and support 24/7
- Refuge and safe house accommodation for individuals and families fleeing domestic abuse
- Group and peer support programmes delivered online and in the community
- Specialist safety advice and support for those at high risk of harm, working closely with the Police and legal system
- Support for children and young people affected by domestic abuse in their home setting or by teen relationship abuse
- Training for professionals and communities, and opportunities for volunteering and student placements

Contact information:

Link: www.westmerciawomensaid.org

Worcestershire Helpline 0800 980 3331

Worcestershire Family Hub

WORCESTERSHIRE
VIRTUAL FAMILY HUB



Worcestershire Family Hub is a virtual online hub full of useful resources to help families. The Hub aims to give a range of different types of resources that are available online, on the phone or face to face.

- Relationship Support
- SEND Advice and Support
- Get Safe (advice about child exploitation)
- Harmony at Home (reducing parental conflict)
- Mental Health
- Young Carers
- Online Safety

(and much much more)

Link: [Worcestershire Family Hub](#)

New Health APP

NHS
Herefordshire and
Worcestershire

**Don't let bugs
play on your mind.**

If your child is unwell, use the HANDi App to check their symptoms and get instant, NHS-approved medical advice.

Download on the
App Store

GET IT ON
Google Play

HANDi

Google Play and the Google Play logo are trademarks of Google LLC. Apple and App Store are trademarks of Apple Inc.

The NHS HANDi app provides advice and support to parents and carers when your child is unwell. It offers simple and straightforward advice, for the following conditions in children:

- diarrhoea and vomiting
- high temperature
- 'chesty baby' illnesses, such as bronchiolitis, asthma and croup
- 'chesty child' illnesses, such as wheezing and asthma
- common newborn problems

- tummy pain
- head injuries

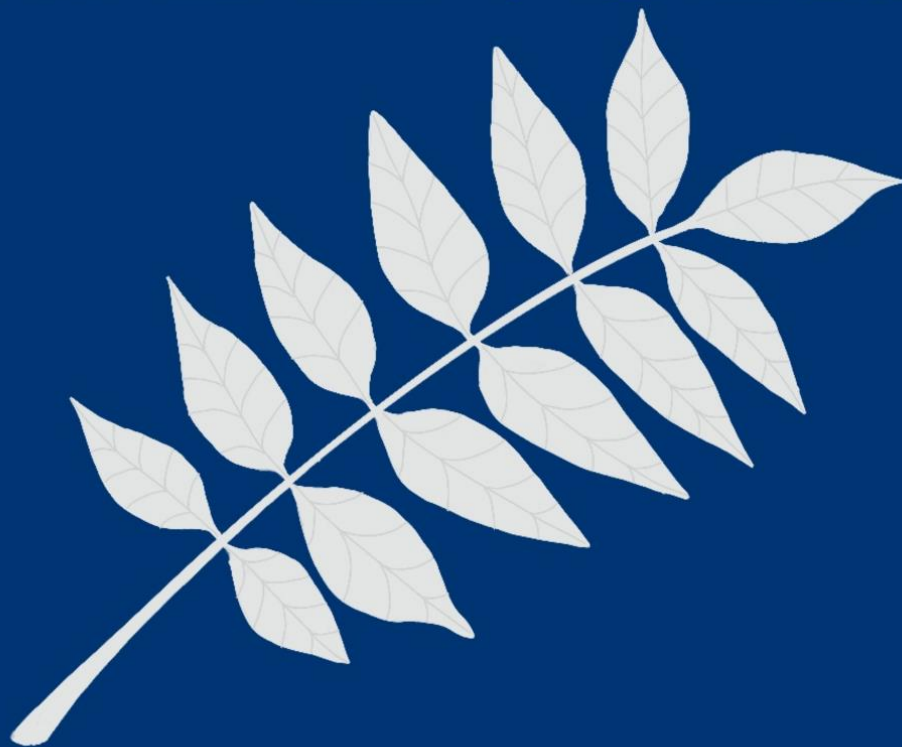
The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that is to treat at home, to make a GP appointment, or to head to A&E.

Each of the illnesses has a home care plan to help you provide the best support for your child, and give you confidence in caring for them when they are unwell.

Download via Google Play or the APP store.

Link: [HANDi APP](#)

FRANCHE



COMMUNITY
PRIMARY

Our Franche Community Primary School Supporting Families Offer is accessible on our school website. This offer contains further information about early help support for families.

Link: [Supporting Families Offer](#)

Have a wonderful, restful summer break and we look forward to seeing the children return to school on Wednesday 4th September 2024.