



Supporting Families & Wellbeing December 2025

[This newsletter includes the following:](#)

The final SWAY of 2025 focuses on supporting mental health and wellbeing, supportive groups and workshops, along with support that can be found in our local community.

Wellbeing and Mental Health Support

- Wellbeing dogs

Children & Young People:

- Lumi Nova
- MELO
- Helping Hands
- Place2Be

Adults:

- Men Who Talk
- SilverCloud
- Now We're Talking Suicide Prevention
- Coping at Christmas - Helpline Numbers

Family Support

- Family Hubs: Healthy Homes Support
- Family Hubs: Free Workshops

- Home-Start
- Women's Aid
- Children Eat Free or for £1
- Food Bank
- Franche Wellbeing Team

Wellbeing Dogs



Harvey and Izzy have continued to support a number of children across school this term. It has been so beneficial for children in a variety of ways including helping to reduce anxiety, supporting children at the start of their school day, talking through worries, to have regulation time walking and talking, or pampering one of the dogs. Harvey had a particularly fabulous day this week being pampered by everyone he came into contact with, he was definitely in the Christmas spirit wearing his festive jumper.

Wellbeing and Mental Health Support



LUMI NOVA™
TALES OF COURAGE

Recommended by
NICE National Institute for
Health and Care Excellence

A fun way to support your
child's worries over
the winter holidays

- ✓ For 7-12 year olds
- ✓ Free instant access

Get access:
luminova.app/handw

BfB LABS
NHS Herefordshire
and Worcestershire

Lumi Nova

For some children, winter can be a tricky time. New year transitions, busy shopping days, or festive gatherings can all bring a bit of worry. Lumi Nova is free for families to access in Worcestershire and it helps children face these moments with confidence!

Link to short video sharing more information:

<https://www.youtube.com/watch?v=mmgrU4zXU3M>

Link to access Lumi Nova: <https://luminova.app/handw>



MELO

Melo offers early intervention and a flexible approach to support a range of wellbeing concerns. Support options include: anger management, self-esteem, challenging negative thoughts, sleep, healthy relationships, anxiety, self-harm, disordered eating. (Please see the menu of support on the website for a detailed list of all areas MELO are able to support).

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

Support includes:

- **Individual Support** practitioners will provide a broad range of interventions designed to develop coping skills and techniques for individuals as well as family support. They will be a constant presence and point of contact for children, young people and families through their time within the service.
- **Targeted Group Support** partners will provide access to bespoke group activities to address specific issues, such as bereavement in childhood, build confidence and facilitate peer support.
- **Group Support** a rolling programme will be available, providing options for all age ranges on a variety of topics designed to boost emotional resilience and coping skills and deal with issues such as school transitions and exam stress. Click [here](#) to see more information.
- **Specialist Support** individual and group specialist support will address the needs of children & young people with higher level requirements. A variety of options will be available, including therapeutic and counselling interventions such as music, play, and art therapy, all tailored to meet specific needs.

Referral is a quick simple form that families can complete themselves, or if you would prefer the Wellbeing Team at school are very happy to support this process alongside you.

Self-referral Link: [MELO Self Referral](#)



Helping Hands is for children aged 7-12. Support aims to help increase children's understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment.

It aims to:

- Develop children's levels of self-esteem and confidence
- Enable children to explore and express feelings and wishes
- Inform children of the right to feel safe at all times
- Increase children's ability in safety planning
- Empower children to identify their own personal support network
- Explore how choice of behaviour can affect the feelings of others
- Identify healthy ways to manage conflict
- Understand that feelings are okay
- Express strong feelings without violence
- Practice non-violent problem solving skill

Contact: 0800 980 3331

Email: helpline@wmwa.org.uk

Link: [Helping Hands](#)



Place2Be is a wellbeing website that is jam packed with advice, strategies, videos and resources to help families navigate a range of emotional wellbeing challenges.

Topics include:

- Supporting children's mental health
- Place2Be's Art Room (a huge array of lovely art resources to support wellbeing)
- Parenting Smart

- Navigating School

Link: [Place2Be](#)

Men Who Talk



Men Who Talk

Free, online social groups helping men talk about what matters, without judgment.

Men Who Talk creates simple, stigma-free spaces where men support each other through conversation, not counselling, not therapy, just honest chat.

Founded to tackle the gaps traditional services miss, we use the power of peer support to break down barriers, boost connection, and show that asking for help is not a weakness, but a strength.

Link: <https://menwhotalk.org>

Silvercloud



Programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things.

There are several free programmes you can access, including:

- Positive body image
- Stress
- Long term conditions and their link to depression and anxiety
- Mindfulness
- Resilience
- Sleep
- Money
- Depression
- OCD

Link: [SilverCloud Talking Therapies](#)

Accessing SilverCloud

Self-led online therapy can be accessed for free by signing up to SilverCloud with your personal email address and chosen password. The access code is 'SIGNPOST' and you will be asked to provide this during the sign up process.

Link to access: <https://hacw.silvercloudhealth.com/signup/>

Now We're Talking



**NOW
WE'RE
TALKING**
ACTING TOGETHER
TO PREVENT SUICIDE



Acting Together to Prevent Suicide

If you're feeling overloaded, no matter what your background or situation, Suicide Prevention are able to offer you support. Don't feel like you have to struggle alone – talking can help.

The team have trained staff available 24/7 who can listen and provide advice & support. Calls are free and confidential.

The website offers a wealth of support and advise: safety planning, support strategies, what to do in a crisis and emergency contact numbers.

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

Link to a useful guide to support: [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...

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

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

Healthy Homes: Supporting families to Live Well



Groups for Parents and Carers

September to December 2025



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



Changing childhoods. Changing lives.



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



www.worcestershire.gov.uk/familyhubs



WORCESTERSHIRE
FAMILY HUBS



Healthy Homes : Supporting Families to live well |

We are excited to share the launch of the Healthy Homes initiative designed to help families create safer, healthier and happier home environments



Through Healthy Homes, families can access friendly support and practical advice on everyday wellbeing topics such as :

- creating smoke-free homes;
- practising safer sleep for babies and young children;
- looking after mental health and emotional wellbeing;
- making healthier choices as a family

You will see Healthy Homes Family Hub teams out in the community and at local events, ready to chat, offer guidance and connect you with services that can make a real difference.

Whether you are looking for tips, support, or just someone to talk to, Healthy Homes is here to help your family thrive.

www.worcestershire.gov.uk/FamilyHubs



Places Leisure
Part of Places for People

WORCESTERSHIRE
FAMILY HUBS

Healthy Homes : Supporting Families to live well

**Healthy Homes with the Wyre Forest Leisure Centre
- supporting communities**

**Monday 22nd December 2025
11.30 am to 2 pm**

**Sports Hall at the Wyre Forest Leisure Centre,
Silverwoods, Stourport Road, Kidderminster DY11 7DT.**

**Join us and other services for a FREE, fun event with lots of
practical advice and guidance around making healthier lifestyle
choices for you and your family.**

Father Christmas will be making an appearance to add festive fun!

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

www.worcestershire.gov.uk/familyhubs

BARNARDOS

**worcestershire
county council**

1 - Click each image to enlarge.

The Family Hub run an exciting array of parenting workshops, groups and courses. All sessions are free to attend and run by trained staff and volunteers. Workshops are a great opportunity to meet new friends, talk through similar life experiences, chat about behaviour or sleep challenges and gain valuable support and strategies.

Link: [Information about workshops](#)

Link: [Book a free workshop](#)



Family Support:

Home-Start Wyre Forest is a Family Support Organisation delivering friendship and support to parents with young children in the Wyre Forest district of Worcestershire.

If you would like support from Home-Start please get in touch with the Wellbeing Team (Paula Woodward or Sarah French) who will support completing a referral.

Phone: 01562 751788

Link: <https://www.home-start.org.uk/>

The Swap Shop:

Home-Start run a Wyre Forest Swap Shop on Facebook to provide free family items to anyone in need with the hope that children have the necessities to thrive.

Link: <https://www.homestartwyreforest.org.uk/swap-shop>



Women's Aid

The core purpose of Women's Aid is to reduce the incidence and impact of domestic abuse and violence against women and girls in West Mercia by providing support, protection and prevention services that empower those affected by violence and abuse to rebuild their lives and those of their children.

- Specialist domestic abuse Helpline
- Refuges for women and children, and safe satellite accommodation
- One-to-one support for people living in the local community
- Specialist safety advice and advocacy by Independent Domestic Violence Advisors
- Recovery and empowerment group programmes – delivered both online and in person
- Advice and support for male victims
- Ongoing peer support for survivors, through our Survivor Network
- Individual and group programmes of support for children and for young people impacted upon by domestic abuse
- Specialist support for young people experiencing teen relationship abuse

Link: <https://www.westmerciawomensaid.org/>

Support for Men: [Support for Men](#)

Support for Children: [Support for Children and Young People](#)

Children Eat Free or for £1 Christmas 2025



There are a number of places across the Wyre Forest where children can eat for £1 over the Christmas period. In most cases this applies when purchasing an adult meal.

Where:

Link: [Kids Eat Free or for £1](#)

Dobbies Garden Centres	Dunelm Cafes	Morrisons Cafes	Angus Steakhouse
Bella Italia	Bill's	The Coconut Tree	Las Iguanas
Ikea	Preto	Beefeater	Brewers Fayre

Food Bank



If you need confidential support from the food Bank, you can contact the Wellbeing Team during term time using the contact details below. Outside of school term times you can contact a recognised referral agent, such as the Job Centre, Citizen's Advice, Housing Hub, your GP or Health Visitor.

Contact: 01562 751788

Email: safeguarding@francheprimary.worcs.sch.uk

Link: <https://kidderminster.foodbank.org.uk/get-help/>

Franche Wellbeing Team

Who I Can Talk to in Franche Primary

If I am feeling sad, upset, hurt or worried, there is always someone who can help me. I can talk to any member of staff.

I can also talk to...



Mrs Woodward



Mrs McLean



Mrs Wilson



Miss Caleb



Mr Preston



Miss Plant



Mrs French



The Wellbeing Team are always happy to support families in any way we can. This might include talking through daily routines, behaviour strategies, children's wellbeing or SEND needs. Often a cup of tea and a chat to talk through what is going well, what is worrying you, and then planning strategies to help can make a difference to help families thrive. For wider concerns or worries that may have been going on for a little time, we can meet over a few weeks using a support plan to bring about positive changes slowly over time. There are times that additional

help is needed on top of school's offer; the Wellbeing Team have a wealth of knowledge about organisations in our local area and we are happy to support referrals to access external support to get families back on track. Please do get in touch if we can support you in any way.

Contact: 01562 751788

If you are concerned about a child or young person is at risk of significant harm:

Contact: 01905 822666 (Children's Services)

If you are worried there is a risk of immediate harm:

Contact: 999 (the Police)



Finally, the Wellbeing Team would like to wish you all a wonderful Christmas break and we look forward to seeing the children back in school on Tuesday 6th January 2026.