



Supporting Families & Wellbeing Newsletter Spring 2025

This newsletter includes the following:

- Franche Wellbeing Team
- Behaviour Policy
- Reach4Wellbeing
- EMHP drop-in date for Spring 2025
- NHS Talking Therapies
- SEND at Franche
- SEND Local Offer
- SEND Spotlight - Sleep
- CAF (Children & Families Service)
- Keeping children safe online
- Safe messaging APP for children
- Smoke Free Homes: stop smoking support
- Food Bank
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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:

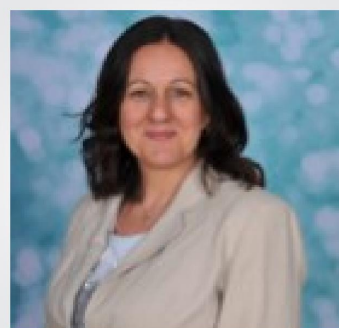
Link: [Supporting Families and Wellbeing](#)



Mrs Woodward



Mrs McLean



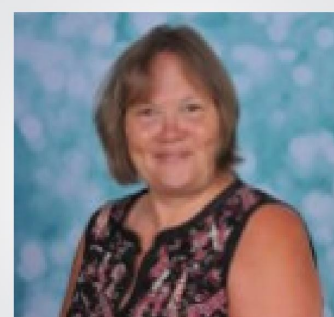
Mrs Wilson



Miss Caleb



Mr Preston



Miss Plant



Mrs French

Behaviour Policy



In the last academic year the Behaviour Policy was reviewed and updated. A copy can be found on the school website on the Policies page.

Link: [Behaviour Policy](#)

The Safeguarding Action Squad (SAS) spent time designing and creating a child friendly version of the behaviour policy. They are very proud of their finished product. The SAS child friendly policy can be found on the Safeguarding page of our school website.

Link: [Behaviour Policy for Children](#)

Behaviour Workshop:

We are in the process of booking a Starting Well behaviour workshop during the summer term. This was well attended last year and feedback indicated families found this very supportive. More information will be shared once the date and time has been confirmed.



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>

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 dates:

Wednesday 26th March 2025 at 8.30am

Wednesday 11th June 2025 at 8.30am

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.

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/>



This part of the Wellbeing newsletter will contain some information and links to find out more. If you'd like to share anything with the SEND team, ask us anything or there is something you'd like to feature in the newsletter, please get in touch in one of the following ways. We are often around on the playground at the beginning and end of the school day to chat face to face, can be contacted on the telephone by selecting option 4 when you call through to the school on 01562751788 or you can email us directly on the email address below:

A member of the SEND team will always get back to you.

The SEND Team here at Franche are:

Mrs N McLean (SEND Co-ordinator)

Mrs A Wilson (SEND Co-ordinator)

Miss I Caleb (SENDCo Administrator)



Worcestershire SEND Local Offer

Each Local authority has something called a local offer. Worcestershire's local offer *'provides information about provision families can expect to be available across education, health and*

social care for children and young people who have a Special Educational Need (SEN) or are disabled, including those who do not have Education, Health and Care (EHC) plans.'

You can find information about the local offer, links and resources here:

[SEND Local Offer | Worcestershire County Council](#)



Spotlight: Sleep

Sleep, and lack of it, affects everything we do, how we operate and our general mood, health and wellbeing. We have lots of conversations with families around sleep and wanted to signpost some useful information.

Link: NHS [Sleep and young children - NHS](#)

Who do I talk to if I can't sleep?

If you'd like to talk about your sleep, you can contact The National Sleep Helpline by:

Phone: 03303 530 541

between 9:00am and 11:00am on Mondays and Wednesdays

between 7:00pm and 9:00pm on Mondays, Tuesdays and Thursdays

Link: [National Sleep Helpline](#)

The Sleep charity have some great resources including the advice sheets shown below, on routines and tips for creating the best environment for sleeping well.

Link: [The Sleep Charity](#)



If maintaining a good sleep pattern is tricky for your child, you may want to speak with your Health Visitor or GP or we may be able to support you with a referral to the school nurse, EMHPs (through CAMHs WEST) or to other specific external professionals.

Advice sheets for children

 Practical sleep tips for children Download full colour or print-friendly advice sheet	 Relaxation at Bedtime Download full colour or print-friendly advice sheet	 Children with SEND Download full colour or print-friendly advice sheet	 Nightmares or Night Terrors Download full colour or print-friendly advice sheet
 Creating an ideal bedroom environment for children Download full colour or print-friendly advice sheet	 Creating a Good Bedtime Routine Download full colour or print-friendly advice sheet	 Diet & Sleep Download full colour or print-friendly advice sheet	

Other resources for children

 World of Sleep eBook Download full colour or print-friendly or audio-eBook.	 Specialist Sleep Equipment Download full colour or print-friendly advice sheet	 Elmer's Bedtime Routine Checklist Download pdf	 Elmer's Helpful Tips for Bedtime Download pdf
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Starting Well offer a virtual sleep workshop for parents of children aged 12 months to 10 years old. The next one is on the 5th March 2025 and you can book here:

Link: [Starting Well Virtual Sleep Workshop Tickets | TryBooking United Kingdom](#)

Cerebra also run a sleep advice service that you can access here:

Link: [Sleep Advice Service - Cerebra](#)

The ADHD Foundation have also produced lots of resources on a range of subjects.

Link: [Resources Archive - ADHD Foundation : ADHD Foundation](#) One of them is an information sheet entitled 'Supporting sleep-five steps.'

It's really difficult and can affect the whole family when someone in the family struggles with sleep. We hope one of the resources above is useful for you, but please do come and talk to us and we'll do our best to help.

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.

Keeping Children Safe Online



The online world is moving at a fast pace; children need guidance and support to keep themselves safe online. Parent/carers have a key role in keeping children safe online. Below are some easy to read information and advice sites to support families in keeping children safe online.

- The NSPCC have some fantastic guides and advice for parents which is broken down into under 5's, under 10's, pre-teens and children with SEND.

More information:

[NSPCC supporting children with the use of technology.](#)

- UK Internet Safety have a wealth of tips, advice and guides to support families keeping children safe online.

More information:

[Safety Internet tips, guides and advice.](#)

- ChildLine top tips for children are broken down into easily understood statements.

More information:

[ChildLine taking control of your online safety for children.](#)

- ChildLine provide a variety of ways for children and families to get support if they have concerns about their safety online.

More information:

[ChildLine ways to get support.](#)

- Parental Controls are important to ensure that children are not exposed to inappropriate content. With so many different devices and game consoles, setting parental control can seem daunting. The NSPCC have a good starting point to support families.

More information:

[NSPCC Parental Controls.](#)

Safe Messaging for Children



Stars is a private messaging platform tailored for children and families, with a PEGI 3 rating. It enables users to send messages, photos, videos, and voice recordings without requiring a phone number or access to a device's address book. Stars states it is a safe option for young people, it has a host of different safety features to help ensure that young people can avoid harmful content, strangers, and spam whilst messaging. The app says it is 'safe by design' stating that 'Instead of searching for people to add, users need their friend's username as well as their unique private Friend Code.'

More information: [A Guide to safe messaging using 'Stars'](#)



Smoke Free Homes

Any adult living with a child or young person under the age of 19 in Worcestershire can now get expert support to stop smoking.

Smoke Free Homes service is available to help people quit smoking. It's open to mums, dads, carers, In fact anyone who lives with a child or young person under the age of 19 in Worcestershire.

As over 80% of cigarette smoke is invisible and the best thing you can do to protect you and your family from the harms of second-hand smoke is to quit smoking.

You don't have to give up alone! This friendly service will help with:

- Setting a quit date
- Access to Free Nicotine Replacement Therapy (NRT)
- Access to Rechargeable vapes (for anyone over the age of 18)
- 1:1 or joint family support sessions with a trained advisor to help you quit and stay on track
- Ongoing monitoring and support



Available to mums, dads, carers,
in fact anyone living with a
child under the age of 19 in

Quit and stay on track with:

- Free Nicotine Replacement Therapy (NRT)
- Rechargeable vapes (for anyone over age of 18)
- 1:1 support or family sessions with a trained advisor

Scan QR code for more information:



Smoke Free Homes Service

www.startingwellworcs.nhs.uk/smoke-free-homes

Stay Connected
Putting an end to loneliness

Delivered on behalf of
worcestershire
county council

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

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**

Citizen's Advice Kidderminster **0808 278 7891**

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

Samaritans: **116 123**

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

Cranstoun Worcestershire support for drug and alcohol intake **0300 303 8200**

SEND:

SEND Services: 01905 845579

North Area team: 01905 845134

South Area team: 01905 843125

Email SEND Services general: sen@worcestershire.gov.uk

Email North Area team: SENNorth@worcestershire.gov.uk

Email South Area team: SENSouth@worcestershire.gov.uk

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