



# Franche Community Primary School Supporting Families & Wellbeing Newsletter - Autumn 2024

## **This newsletter includes the following:**

- Exciting news!
- Early Help Showcase
- Smoke Free Homes
- What to do if you have concerns about a child.
- Mental Health drop-in
- Parental Wellbeing
- Starting Well Timetable
- Understanding your child with additional needs
- Kidderminster Food Bank
- Food Share Wyre Forest
- Online Safety
- Reporting Harmful Content

**Exciting news!**

At the end of July, the Wellbeing team applied for a grant from West Mercia Police and Crime Commissioner, and Worcestershire County Council's Public Health Team to support innovative mental health and wellbeing projects in schools. Our application was successful and we have been granted £3,000 which is an incredible amount of money. Alongside the Safeguarding Action Squad and the Wellbeing Champions we plan to create a wellbeing safe space in school. We have six months to create this space and then report back with a video to showcase our new project. Watch this space for updates.

## Early Help Support Showcase Wyre Forest

On the 12th November 2024 an early help showcase is taking place at the Wyre Forest Leisure Centre. The aim of this is to allow parent/carers to look at what early help support is available in the community that they can access themselves, to support their families/children.

Venue: Wyre Forest Leisure Centre, Silverwoods Way, Stourport Road, Kidderminster

Time: 9.30am - 12pm

For more details contact Starting Well:

01562 827207

**SHOWCASE FOR  
PARENTS AND  
CARERS OF  
SCHOOL AGED  
CHILDREN**

**COME ALONG FOR ADVICE AND SUPPORT**

**DATE: TUESDAY 12TH NOVEMBER 2024**  
**TIME: 9:30AM - 12PM**  
**LOCATION: WYRE FOREST LEISURE  
CENTRE, SILVERWOODS WAY,  
STOURPORT ROAD, KIDDERMINSTER  
DY11 7DT**

**FOR FURTHER INFORMATION, PLEASE CALL STARTING  
WELL PARTNERSHIP ON 01562 827207/01299 877920 OR  
EMAIL ADMIN.WYREFOREST@BARNARDOS.ORG.UK**

**BARNARDOS**  
Starting Well Wyre Forest  
Re-engage  
Places Leisure

## Smoke Free Homes



Quitting smoking is the most effective way to protect your child from the harms of secondhand smoke.

Any family member living with a child under three years old in Worcestershire can 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 under the age of three 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

To sign up, email: [whcnhs.smokefreehomes@nhs.net](mailto:whcnhs.smokefreehomes@nhs.net)

## What to do if you have concerns about a child.



If you have significant concerns about the welfare or safety of a child(ren) living in Worcestershire, you can call the Family Front Door on 01905 822666. You can access this support out of working hours on 01905 768020.

If you require emergency assistance please contact 999 to access the Police, Fire Service or an Ambulance.

If you require support or advice from the Police, but it is not an emergency, call 101.

If you require support or advice from the NHS, but it is not an emergency, call 111.

If you are a child or young person who needs to speak to somebody about a worry or concern, you can call Childline. This service is free and confidential. Please call 0800 1111.

## 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 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 are:**

**6th November 2024 starting at 8.30am**

**15th January 2025 starting 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.



***1 - Stacey Pritchard***

*Senior Practitioner*

*Wellbeing and Emotional Support Team*



**2 - Hannah Salsby**

*Education Mental Health Practitioner*

*Wellbeing and Emotional Support Team*



**3 - Sarah Wilkes**

*Education Mental Health Practitioner*

*Wellbeing and Emotional Support Team*

## Starting Well



### Parental Wellbeing

Starting Well offer a wide range of support for parental wellbeing, mental health, relationship support and early help. Each tab on the web page has drop down menus that contain a wealth of free advice and strategies to support families.

Link: [Parental Wellbeing](#)

Link: [Help and Support Contact Details](#)

### Understanding your child with additional needs

Starting Well Wyre Forest run a relaxed small group for a small number of parent/carers who have a child with additional needs. The aim of the group is supportive and to bring families together to develop knowledge through peer support.

The ten week groups covers:

- Behavioural difficulties
- Developmental and play needs

- Parenting styles
- Sleep
- Explore feelings
- Ways to relax
- Understand brain development
- Relationships

For more information and to book a place, contact: 01905 520032

Autumn 2024	Monday	Tuesday	Wednesday	Thursday	Friday	
	Well Child Clinic 11am-3pm Please call to book.	Breast Buddies Peer Support group 10 - 11.30am	Michells Clinic Appointments	Michells Clinic Appointments	Speech & Language Appointments 9am-3pm	
Brookside Family Hub Berrington Rd, Kidderminster, WORCS, DY10 3ED	Stay, Weigh & Play 0 - 5 years 9.30 - 11am  Understanding your Child Group for parents 5 - 7pm 239 - 212	Birth & Beyond Preparation for parenthood 10 - 11.30am (running in Oct and Dec)	Birth & Beyond Preparation for parenthood 9.30 - 11.30am (running in Oct and Dec)	Time for Me for parents carers 10 - 11am Non-movers	Understanding your Baby Group for parents with babies aged 0-6months 10am - 12pm 6/9 - 25/10 01/11 - 20/12	
Half Crown Wood Family Hub Frimess 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	Birth & Beyond Preparation for parenthood 4 - 6pm (running in September and November)	SEN Peer Support Group Preparation for parenthood 11.00, 3.00, 9.15, 2.15, 10.11, 2.11, 1.12 9.30 - 11am	Understanding Your Child: Group for parents St Bartholomew's C of E Primary School, DY13 9EL 9am - 11am 25/9 - 27/11	Understanding Your Child: Additional Needs Group for parents 0 - 5 years 1 - 2.30pm 10am - 12pm 26/9 - 9/12	
Community Groups & Activities	Understanding your Child Group for parents Bewdley Primary School, Stourport Rd, Bewdley DY12 1BL 9.15 - 11.15am 239 - 212	Understanding your Child with Additional Needs Group for parents Treetops Children's Centre, Woodbury Rd, Kidderminster DY11 7JJ 12 - 2pm	Understanding your Child Group for parents St George's Primary School, Birmingham Road, DY10 2BK 9am - 11am 24/9 - 26/11	Self-weigh at Bewdley Library Drop In Bewdley DY12 3EF 10am-11am 2nd Wednesday of the month	Understanding your Teen Group for parents Baxlar College, Hobbesley Road, DY11 9FQ 9am - 11am 25/9 - 27/11	Understanding your Child Burlish Primary School, Widernere Way, Stourport-on-Severn, DY13 9LA 20/9 - 29/11 1.3pm



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

Link: <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](#)

## Online Safety & Reporting Harmful Content

### **TikTok**

TikTok is a video-sharing creative platform where users can watch a wide variety of videos, challenges and ideas that appeal to children. The app has an age-rating of 13+. As parent/carers please do be mindful that the app uses algorithms to show users new content, it's easy for young people to come

across inappropriate or upsetting videos. To keep children safe we would advise you to stick to the age appropriate rating.

### **Safer Internet**

You don't need to be an expert on the internet to help keep your child safe online. Safer Internet provides advice and resources to support you as you support your child to use the internet safely, responsibly and positively.

Link: [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

### **Report Harmful Content**

Remove Content Launched in December 2019, this national reporting centre has been designed to assist everyone in reporting harmful content online. They will review reports made about the following eight types of online harm:

1. Online Abuse
2. Bullying or Harassment
3. Threats
4. Impersonation
5. Unwanted Sexual Advances (Not Image Based)
6. Violent Content
7. Self-Harm or Suicide Content
8. Pornographic Content

Link: [Remove Harmful Content](#)

**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 and Wellbeing](#)

