

Safeguarding and Families Newsletter November 2021

WELCOME TO OUR WINTER NEWSLETTER



As Christmas is fast approaching it can be a busy and stressful time of year for many. Please find lots of information in this newsletter about where you can reach out for support over this period.

Please remember you can reach out to us too!

Wyre Forest School's families and safeguarding team is committed to supporting our families in the best way we can. Please find contact details below for ANY concerns or worries for your child or your family.

We can support any worries or concerns around SEND, safeguarding, behaviour, mental health, relationships, housing, finances, transport and much more.

Hello there!



Alison Hopkins , Assistant Head at Wyre Forest School.

As part of the safeguarding team, my role is to ensure that all our pupils are safe and that families are well supported

If you have any concerns about keeping your child safe, your child's attendance or would like some advice or support regarding an issue at home please contact me at

ahopkins@wfs.worcs.sch.uk

The Families and Safeguarding Team



Donna Lester - Early Intervention Help

I am situated at the front gate at the start and end of each school day, please come and speak to me about any concerns. Alternatively, email me on dml31@wfs.worcs.sch.uk



Hannah White - Behaviour Link

I am working closely with the school's behaviour lead to support families with concerns around behaviour. Please don't hesitate to contact me on hwhite@wfs.worcs.sch.uk

Family Front Door

01905 822666

Dial this number if you are concerned that a child is at risk of **SERIOUS HARM**

Need Sleep Support? z z Z

We have sleep advice packs available.

Contact Donna on
dml31@wfs.worcs.sch.uk



The Food Bank

NOW OPEN in it's new location in the
Swan Centre
9 Blackwell Street
Kidderminster



ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

Advice for Teens in Worcestershire

If you're 11-19 years old text **07507331750** to speak to your **School Health Nurse** for confidential advice and support around a variety of issues, including bullying, emotional health, relationship problems, alcohol and drugs.

The service is available between 9am-4:00pm Monday - Friday

Advice for Teens in Staffordshire

Text: 07520 615 721

Advice for Teens in Shropshire

Text: 07507 330 346

Advice for Teens in Telford and Wrekin

Text: 07520 619 053

Advice for Teens in Warwickshire

Compass services for children and young people

Text: 07507 331 525



raring2go.co.uk

There is loads of information on the Raring2go! website about how you can keep your family entertained throughout the Christmas break.

Lot's of ideas and activities to get stuck into!

Visit the website and put in your location.

raring2go.co.uk

Raring2go! **FESTIVE FUN**



What's on This Christmas?

6 November - 2 January

Enchanted Garden Trail at Webbs of Wychbold: Immerse yourself in a fairy tale world as you make your way through twinkling lights and lanterns to the snowy north pole. Santa's Grotto will be at Webbs in West Hagley in December. Booking at www.webbsdirect.co.uk

19 November - 23 December

Steam in Lights on Severn Valley Railway: Family-friendly experience beginning at the magically-lit Bridgnorth station. There's a live performance on platform 2 before the dramatic arrival of the breath-taking steam-hauled train, adorned with tens of thousands of colourful lights + **Santa Train** runs from 27 November. Pre-book at www.svr.co.uk or by phone on 01562 757900.

26 November - 24 December

Santa Safari at West Midland Safari Park. Helpful Elves will show you to a sleigh where you will be magically transported to the North Pole and Santa's Grotto, a wonderfully decorated log cabin with its own Christmas tree, festive fireplace and Santa himself. www.wmsp.co.uk

27 November - 24 December

Enchanted Christmas Kingdom at Hatton Adventure World, Warwickshire. A magical adventure including Hatton's first ever Christmas Panto starring Father Christmas and the North Pole Elves and Mr. Holly and his hilarious Festive Friends Puppet & Yuletide Trickery Magic Shows. Booking advised. www.adventure.hattonworld.com

Throughout December

Festive Trail for families at Whitlenge Gardens and Tearoom, near Hartlebury. No need to pre-book. Tel 01299 250720.

Raring2go! **MORE FESTIVE EVENTS AT RARING2GO.CO.UK**

27 November - 24 December

Traditional Nativity Trail at Bodenham Arboretum. Look for the stars around the arboretum and find the real stars of the show - Baby Jesus and the animals! www.ticketsource.co.uk/bodenhamarboretum

From 1 December

Santa's Grotto: at Scallywags Indoor Soft Play in Brierley Hill. Selected dates in December. www.scallywagsindoorplay.com

From 1 December

Naughty Elf Trail around the grounds at Arley Arboretum. Plus visit Santa's Post Box on selected dates in December. Book at www.arleyarboretum.co.uk

3 - 23 December

Christmas Boat Ride at Dudley Canal Trust Jump on-board our Christmas Boats and sail deep into the tunnels and caverns to see Red Riding Hood as she tries to outwit the Big Bad Wolf and make sure Santa has plenty of gifts for all! www.dudleycanaltrust.org

4, 5, 11, 12 December

Christmas Weekends at Blists Hill, Ironbridge. Enjoy carol singing, themed activities and pay a visit to Father Christmas. +Discover the magic of Christmas at Coalbrookdale with a visit to Santa in his Winter Wonderland Grotto. www.ironbridge.org.uk

Throughout December

Rudolph Run fundraiser for KEMP hospice. Schools and clubs are invited to take part.

From 4 December

Christmas Grotto at Little Owl Farm Park. Visit Santa's grotto, decorate a gingerbread man and meet the animals. +New Tinsel! Tots sessions on 16 and 17 December for pre-schoolers. www.littleowlfarmpark.co.uk

4 - 23 December

Meet Santa at WILD Zoological Park, near Bobbington. Meet Santa and receive a gift, watch the Special Christmas bird show, join a wildlife handling workshop and walkthrough the animal enclosures. www.wildzoo.co.uk



Worcestershire's NHS - HEALTHY MINDS

This website has lot's of resources to help you, your child or your family navigate life situations that cause, stress, anxiety, low mood or depression.

healthyminds.whct.nhs.uk

Visit the webpage and click the 'Resources' tab for more information and content from, Relaxation tips and Podcasts to Self help guides and 'The Little Book of Mental Health'.

Home How We Can Help You Professionals **Resources**

Self Help Guides

- Stress
- Low Mood and Depression
- Anxiety
- Health Anxiety
- Social Anxiety
- Panic
- Bereavement
- Sleep Problems
- Post Traumatic Stress
- Obsessions and Compulsions
- Emotional wellbeing with a baby
- Diet and Mental Wellbeing
- Alcohol and You
- Abuse
- Domestic Violence
- Controlling Anger
- Hearing Voices

Relaxation Techniques

Community Resources

Health & Wellbeing Resources

Long Term Conditions Resources

Coronavirus and Mental Wellbeing

Veterans Support

Children, Young People and Families Support

Accessible Guides

Community Resources →

Health & Wellbeing Resources →

Children, Young People and Families Support →

Self Help Guides →

There is information about referring to services, but if you feel you need more support with this please don't hesitate to contact the safeguarding team in school.



Young Minds offer young people and parents mental health support and advice.

Young persons text service - text YM to 85258 for free

Parents helpline and web chat service - 0808 802 5544

Helpful Resources

Contact a Samaritan

Call 116 123

samaritans.org for adults in crisis