



## SAFEGUARDING NEWSLETTER PARENT UPDATE

DECEMBER ISSUE

**Christmas may be a time of great excitement for some students but could be a time of anxiety and worry too. We have put together some information which you may find useful over the festive period.**

<https://www.worcestershire.gov.uk/readysteadyworcs>

Use the link above to find out more information.

The Holiday Activities and Food (HAF) Programme offers free holiday provision to children in receipt of Free School Meals (FSM) and vulnerable families during Easter, summer and Christmas school holidays.

The HAF Programme funding has been extended to 2023 and Ready Steady Worcestershire has partnered with holiday clubs, schools and activity providers all over the county to offer fun, action packed school holiday periods with all activities offering healthy snacks, lunches and enriching activities.



### Food Banks

#### Worcestershire

[www.trusselltrust.org](http://www.trusselltrust.org)

**Worcester (Mon—Fri 10am—4pm)  
0808 2082138**

7 Lowesmoor Wharf, Worcester WR1 2RS, UK

**Droitwich (Tues 12.30—2.30pm & Fri )  
07532 130604 / 07532 130604**

Droitwich Baptist Church, Ombersley Street East, WR9 8QS

**Redditch & Bromsgrove (Mon—Thursday  
11am —2pm & Fri 10am— 1pm) 01527  
69161**

Number 24, Church Green East, Redditch, B98 8DE

**Malvern Hills Foodbank (Mon—  
10.15am—12.45pm, Tues 1pm—  
3.30pm, Thurs 10.15am —12.45pm)  
07529 322985**

Unit 4, Spring Court, Spring Lane South, Malvern, WR14 1AT

**Kidderminster (Weds 12.30—3pm,  
Fri 12.30—3pm) 07469 216904**

Unit 9, Swan Shopping Centre, Blackwell Street, Kidderminster DY10 2DP

**Upton Foodbank based at  
Upton Baptist Church is  
open at the following  
times;**

**Monday 10-1  
Tuesday 10-12  
Wednesday 10-1  
Friday 10-1**

## Hello,

Merry Christmas! Please read the information carefully for information on the Christmas HAF programme.

### Who can participate in HAF?

HAF is a government funded programme for children and young people aged 5-16 in receipt of benefits related Free School Meals.

### Can my non-FSM child participate?

In line with Department for Education guidelines, the HAF Programme is primarily for children in receipt of benefits related Free School Meals. Some providers have a limited number of places available for non-FSM children who would otherwise be considered vulnerable however **these places are not guaranteed** and must be requested with providers to review and accept. Where activity clubs are fully booked by FSM eligible children, there will not be any additional spaces for non-FSM eligible participants.

### 'My child is too young for activities'

If your child is younger than 5, we can not guarantee them places. The programme is designed for children and young people aged 5-16. Some providers let younger children take part, however this is not the norm.

### 'My pending requests have not been accepted'

As is stated on the website, non-FSM children are not guaranteed places. If you would like to discuss your pending request, you will need to contact the club directly.

For more information around activities for non-FSM eligible children with SEND, please visit the [Short Breaks information page](#).

### 'Where is my HAF code?'

For booking activities outside the HAF website, you will most likely be asked for a code. This can be found under the child's name in the 'My Children' section.

### Kids Eat for ...

For free at [TGI Fridays](#)

Breakfast for Free at [Beekeeper](#)

For £5.99 at [Table Table](#)

Breakfast for free and 3 course meal for £4.99 at [Brewers Fayre](#)

For £1 at [Bella Italia](#)

## Malvern Hills

### Malvern Cube Projects

Games and craft activities galore, plus the opportunity if you prefer to just relax with friends new and old. A hot meal will be provided by Bennjos to all who attend.

Age: 10 -16

Contact: youthmanager@malverncube.com, 07483126534

### Worcestershire Cricket

The week will provide opportunities for children to improve their skills and knowledge in many different sports, games and physical activities - all in a friendly and safe environment.

Age: 5 -11

Contact: elsa-marie.evans@wccc.co.uk, 07392 085764

## Wychavon

### Empower Active

New Year Camp - Themed days, themed games and sports, glow in the dark dodgeball, UV sports, Nerf and laser challenges, arts and crafts, baking and cooking, wellbeing workshops, inflatable fun and so much more.. New to 2024 - Graffiti camp and art workshop!!

Festive Fun Day - write your letter to Santa, have VX and dodgeball snowball fights, do some Christmas baking, enjoy a lovely Christmas dinner for lunch before meeting Santa in his grotto, making your own reindeer food and finish the day with a Christmas escape room...

Age: 4 - 14

Contact: camps@empoweractive.co.uk

### Evesham Adventure Playground

A fun playscheme with lots of activities and access to the adventure playground

Age: 8 - 16

Contact: outofschool@eveshamadventureplayground.org

### Gateway to FMA

Pick & Mix Holiday Camp - trampolining, gymnastics, ninjas, arts & crafts, and games

Age: 4 - 12

Contact: haf@fm-academy.co.uk

## Wychavon

### Shine Out Of School Clubs

Physical activities including football, tennis and ball games. Other activities include arts and crafts, and sensory messy play.

Age: 4 - 10

Contact: 0790351612, kelly.shinemanager@gmail.com

### Kits Academy

Activities range from traditional sports like football and hockey to Olympic sports like archery and fencing.

Age: 5 - 13

Contact: 07772 87327, bookings@kitsacademy.com

## Domestic Violence awareness and support

The Home Office data shows **17,204 Domestic Abuse related crimes were recorded by West Mercia Police in the year to March 2023.**

It is a slight fall from **17,415** offences the year before.



### Women's Aid 24hr Helpline

0800 980 3331

### Male Domestic Abuse Helpline (24Hrs)

0800 014 9082

## Mental Health Support

### Welcome to NHS Herefordshire and Worcestershire Talking Therapies

As part of a national rebrand, NHS IAPT (Improving Access to Psychological Therapies) services are changing their name to NHS Talking Therapies.

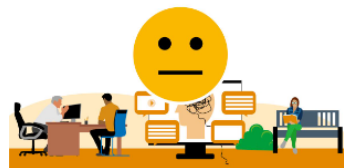
Locally this will see Healthy Minds in Herefordshire and Worcestershire renamed **NHS Herefordshire and Worcestershire Talking Therapies**, [find out more](#).



### Ways to keep a healthy mind?

We have lots of tips and resources to look after yourself.

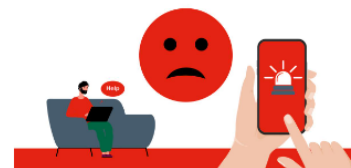
We can help



### I'm struggling and have been for a couple of weeks

1 in 4 people in the UK will experience a common mental health problem each year.

We can help



### I need urgent advice and support now

Do you have thoughts of hurting yourself or someone else and need help quickly?

Urgent help now





## Kooth's live chat hours over the holiday period

24th December (Christmas Eve) - 4pm - 8pm  
25th December (Christmas Day) - 4pm - 8pm  
26th December (Boxing Day) - 4pm - 8pm  
31st December (New Years Eve) - 4pm - 8pm  
1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 6pm - 10pm on weekends.

kooth.com



## Attendance support for January

### Mild illness guidance

We know that winter is one of the peak times for adults and children to come down with mild illnesses such as colds, coughs and sore throats. This is the perfect time to share resources with parents on key attendance practices, which aid in making judgements about mild illness, as well as wider guidance:

- [NHS Guidance: Is my child too ill for school?](#)
- [Chief Medical Officer's letter to schools](#)

### GPs and attendance

Many schools work in partnership with local GPs to tackle health challenges. Earlier this year, The Royal College of GPs adopted [five principles](#) supporting attendance. The Royal College is part of the [Attendance Action Alliance](#) and has been raising awareness of the attendance issue and the important role GPs play.

RCGP Council approved the following five principles:

1. Be alert to when it is better to encourage a child to attend school rather than take time off. Consistently promote school attendance, emphasising the importance of attendance for every child's long-term outcome, while continuing to support the child and their family.
2. Reassure and have sensitive conversations with pupils and parents about anxiety, particularly at the start of new school terms, recognising the importance of minimising time missed during the first week of school.
3. Remind ourselves that some schools have mental health support teams, and most have a range of self-help resources and organisations to which we can signpost.
4. Encourage parents and carers to speak to school staff about any worries their child may have, enabling them to work together to support their child and improve attendance.
5. Make it practice policy to try and schedule routine appointments to minimise time taken off school. Although broader in scope than just GP appointments, in 2020/2021 there were 4.6 million school sessions interrupted due to medical appointments.

### Mild anxiety guidance

Being in school and having the best attendance possible underpins all the many benefits of school - not just children's learning but their wellbeing and wider development. But, for some children, attending school every day will be harder than for others.

**[THIS HELPFUL GUIDE ENCOURAGES PARENTS TO ACTIVELY WORK WITH THEIR CHILD'S SCHOOL IF A PUPIL IS WORRIED ABOUT ATTENDING DUE TO ISSUES AT HOME, IN THE CLASSROOM OR PLAYGROUND.](#)**

#### Family Front Door:

01905 822666 (Office Hrs) 01905 768020  
(Emergency Out of Hrs)

**The Emergency Deputy Team (EDT):** 01905  
768020

**Get Safe:** 01905 845568 /

[getsafe@worcschildrenfirst.org.uk](mailto:getsafe@worcschildrenfirst.org.uk)

**If you have reason to believe that a child, young person or adult is at immediate risk from harm**

**CALL 999**



***We wish you all a  
happy and safe  
festive holiday.***

[Helpful guide for parents for attendance.](#)

# It's Christmas Time!



**A Parent's Guide to Social Media**



**A Parent's Guide to Sharing Pictures**



**A Parent's Guide to Gaming**



**A Parent's Guide to Online Grooming**



scan the QR code with your phone's camera to see the guides on our website



**A Parent's Guide to Live Streaming**



**A Parent's Guide to Online Influencers**



**A Parent's Guide to Fake News**



**A Parent's Guide to Privacy Settings**

## It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

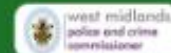
**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



**Skips**

[www.skipssafetynet.org](http://www.skipssafetynet.org)