



SAFEGUARDING NEWSLETTER PARENT UPDATE

DECEMBER ISSUE 13

costoflivingsupport.campaign.gov.uk

- Income Support
- Energy Bills—Cost of Living Payments
- Childcare Costs
- Household costs
- Childcare Costs
- Finding Work



Help for Households

costoflivingsupport.campaign.gov.uk provides access to contacts who can provide support for households.

Visit 'Discounts and Offers' for hot meals for children for £1 and discounted children's meals at leading supermarkets.



SPORTING YOUR FUTURES

FREE WINTER SPORTS CAMP

PRIORITY FOR THOSE
ON FREE SCHOOL MEALS

19TH-22ND DECEMBER

FUN ACTIVITIES

MULTISPORTS

FREE FOOD



ST JOHNS SPORTS CENTRE
13 MALVERN ROAD,
WORCESTER WR2 4LE

AGES: 5-16 9:30AM - 1:30PM



We are pleased to announce our **FREE** Winter Holiday Activities at **St Johns Sports Centre, Worcester**. We will be delivering a range of sports and activities alongside every child having a meal every day they attend.

Priority is for children that receive Free School Meals, although we do have some spaces available for those not on FSM. Register early and secure your child's place as we will book up fast! Please feel free to pass onto your family and friends so they can join us at our activities.

Details of the venue, dates and session times are on the poster to the left.

Register each child using the link here:

<https://forms.gle/Kme1g65TT6zZ1CPr8>

(Please complete the online form for each child that you want to attend our provision.

BOOK VIA: EMAIL OR SCAN THE QR CODE



07878904879    @SPORTINGYF



WAYNE@SPORTINGYOURFUTURES.ORG





Food Banks

Worcestershire

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

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

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.



Chat opening hours (Christmas and New Year period)

Saturday 24th December

Christmas Eve
4pm-8pm

Sunday 25th December

Christmas Day
4pm-8pm

Monday 26th December

Boxing Day
4pm-8pm

Tuesday 27th December

Bank Holiday
4pm-8pm

Saturday 31st December

New Years Eve
4pm-8pm

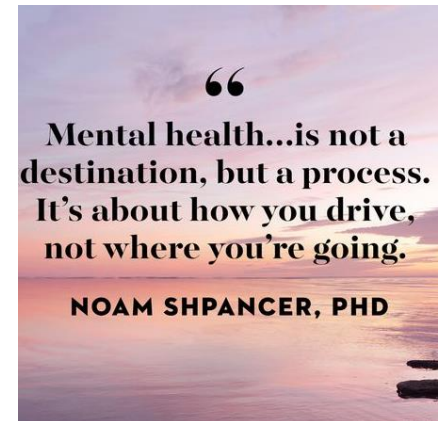
Sunday 1st January

New Years Day
4pm-8pm

Monday 2nd January

Bank Holiday
4pm-8pm

kooth.com



What's on Kooth in December

Tuesday 6th December

Discussion Board
Coping with Grief during the festive period

Tuesday 13th December

Discussion Board
Coping with eating difficulties during the festive period

Wednesday 14th December

Live Forum
Top Tips- For budgeting this season
7.30pm - 9pm

Monday 19th December

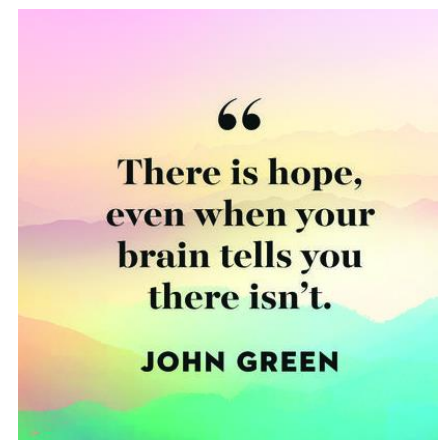
Live Forum
Let's Talk: Loneliness
7.30pm - 9pm

Wednesday 28th December

Live Forum
Social Takeover- End of Year Party
7.30pm - 9pm

Friday 30th December

Discussion Board
End of year reflections





Support your pupils over Christmas



As a CAMHS Kitemarked, HeadStart (Wolverhampton) endorsed social enterprise, Zumos exists to support the mental health of all students.

We are a social enterprise offering free end to end mental health support and resilience building tools for all students.

Any school child can get free access to Zumos using the free code **“studentzumos”**

They will get access to all user features listed (excluding SpeakOut) which requires school support

<https://www.zumos.co.uk/docs/Feature%20Table%20v5%202022.pdf>

We have been asked to distribute this code freely to all our students.

They simply need to go to www.zumos.co.uk and click on “Join us”.

Zumos doing this because it helps us to fulfil their mission to measurably improve global wellbeing and deliver Zumos free of charge to all 11-18-year olds.

If you would like to know more about how Zumos can measurably improve wellbeing across your whole school on a daily basis, please visit <https://www.zumos.co.uk/Join/School.aspx>

Domestic Abuse Awareness and Support

Both men and women can be the victim of Domestic Abuse. As the FIFA World Cup is running into the festive season, please be aware that regardless of a win or lose result, Domestic Abuse **increases by 38%**.

- **Worcestershire** in 2020/2021 domestic abuse ratio was 30.4
- **UK**- the mean domestic abuse ratio is 25.2
- **Malvern Hills** in 2020/2021 although less Anti-Social Behaviour was reported, violent and sexual offences are rising year by year and is now Malvern's most common crime. Malvern now has a higher rate of V&SO than Worcestershire.

The following statistics are directly relating to our area. If you are a victim of Domestic Abuse or Violence – male or female – please refer to the support offered below.

WOMEN'S AID 24HR HELPLINE – 0800 980 3331

MALE DOMESTIC ABUSE HELPLINE 24HRS WORCESTERSHIRE – 0800 014 9082

OPERATION ENCOMPASS TEACHERS ADVICE HELPLINE (8AM-1PM) – 0204 513 9990

MY TIME

Are you
Feeling confused?
Feeling not good enough?
Feeling stressed?
Feeling anxious?
Feeling frustrated?

My Time is a 5 week course specifically designed to give you some time and space just for you

It will help you to process your feelings and give you some space to do something positive for yourself

For further details contact
The DAWN Project
07341 457923




THE FREEDOM PROGRAMME

A free 12 week group course based on 'Living with the Dominator' by Pat Craven for survivors of domestic abuse

The course can help you make sense of, and understand, what has happened to you. It also explores the tactics used by abusers to gain, and maintain, power and control

The aim of the Freedom Programme is to provide an opportunity for women to develop ways of thinking and behaving to protect themselves, their children and others from harm. To provide them with the knowledge they need to achieve this



Parallel Parenting

How to parent when your ex is a covert narcissist

If your ex is a narcissist who is very difficult to 'co-parent' with, this short two part course will give practical tips and support strategies on how to 'parallel parent' instead and covers:-

- Myths of divorce and co-parenting
- Taking charge of the environment of your home
- When your relationship with your children is affected
 - The Disneyland Parent
- How do explain the CNs behaviour
- The greatest gift you can give your children

Parallel Parenting Course | Contact DAWN for more info



We wish you all a happy and safe festive holiday.

