



## SAFEGUARDING NEWSLETTER PARENT UPDATE

MARCH ISSUE 14

### Understanding your Teen's behaviour



Tools and tips to live a calmer life with your teenagers.

- Teen brain development
- Risk taking
- Communication
- Sleep patterns

**Two-hour online Workshops**

**Monday 15<sup>th</sup> April 2024 9:30-11:30am**

**Wednesday 1<sup>st</sup> May 2024 6-8pm**

FOR MORE INFORMATION OR TO BOOK ONTO A COURSE  
CONTACT:



**How to book:** Simply scan the QR code which will link you to the bookings page, visit website <https://www.trybooking.com/uk/>

**Suitable for families with children from 10-19 years**

[www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk)

EVERY CONTACT SHAPES A LIFE

**You may be interested in attending this workshop aimed at parents and carers.**

**It is run by the starting well partnership 0-19. Details are below.**

0-19 Starting Well Partnership

Herefordshire and Worcestershire Health and Care NHS Trust  
Public Health Nursing Team | School Health

Prospect View Medical Centre  
300 Pickersleigh Road,  
WR14 2GP

01905 520032

Key Contact

**Jen Hart**



## 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, Black-  
well Street, Kidderminster  
DY10 2DP

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



## Welcome to the Starting Well Partnership.

We support families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives.

<https://www.startingwellworcs.nhs.uk/>

### Core opening hours:

- 9am - 4:30pm - Monday to Friday

You can also call our 1 simple number: 01905 520032 during these hours to speak to different members of the Starting Well team

### Additional services with different operating hours:

- **Telephone Advisory Service (TAS)** call 01905 520 032 from 9am - 1pm, Monday to Friday
- **ChatHealth** text messaging service for 11-19 year olds. Text 07507331750 from 9am - 5pm - Monday to Friday



Support for young people



Support for parents and carers