

# NEWSLETTER



**4<sup>th</sup> March 2022**

## **How to get in touch**



@WoodhousePA



0121 464 1769



[www.woodhouse.priacademy.co.uk](http://www.woodhouse.priacademy.co.uk)



[enquiries@woodhouse.uwmat.co.uk](mailto:enquiries@woodhouse.uwmat.co.uk)



07950368561 – Families mobile to call or text with any queries. Monitored by the Inclusion Team



[families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

- Use this for any queries. Monitored by the Inclusion Team



[sensupport@woodhouse.uwmat.co.uk](mailto:sensupport@woodhouse.uwmat.co.uk)

- Use this for any queries about any additional learning needs or concerns.



[homelearning@woodhouse.uwmat.co.uk](mailto:homelearning@woodhouse.uwmat.co.uk)

- Use this for any support with home learning or using Google Classroom.



[Newsletter@woodhouse.uwmat.co.uk](mailto:Newsletter@woodhouse.uwmat.co.uk)

- Use this to send us anything you'd like put in the newsletter. This can be photos, learning, resources and any good news stories you may have.

## **Useful links**

<https://homelearning.woodhouse.academy>

Additional learning resources and activities.

<https://www.woodhouse.priacademy.co.uk/news-and-events/parental-assistance>

Our parental assistance page with plenty of avenues of support.

Up to date school news.

<https://www.woodhouse.priacademy.co.uk/news-and-events/school-news>

Access our latest risk assessment, detailing our safety measures.

<https://www.woodhouse.priacademy.co.uk/news-and-events/wider-opening>

The Food Pantry – Quinton

<https://your-local-pantry.force.com/s/member-sign-up>

Support with housing

<https://www.theprojectbirmingham.org/housing-advice/>



# School Dinner Menu

**7<sup>th</sup> – 11<sup>th</sup> March**

**NOTE: We operate a 3-week rolling menu. Keep an eye on the menu each week for changes.**

**We are struggling with supplier issues due to the pandemic. Menus are subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets	Fish Fingers	Roast Dinner Day	Mild Beef Chilli	Pizza Day
		Roast Chicken and Stuffing		Cheese and Tomato
Vegetable Fingers	Vegetable Samosa	Roast Quorn and Stuffing	Mild Quorn Chilli	Or
				Pepperoni Pizza
Mini Waffles	Savoury Rice and Chip Shop Curry Sauce	Potatoes and Gravy	Tomato and Herb Pasta with Garlic Bread	With Chips and Fresh Salad
Baked Beans or Vegetables	Peas & Sweetcorn	Seasonal Vegetables	With Rice and Tortilla Chips	
Arctic Roll	Lemon Iced Sponge and Custard	Jam Doughnut	Chocolate Concrete and Custard	Selection of Fruit Desserts
Daily Fresh Salad Bar with Bread				

## Food Allergies

In order to keep our dietary records up to date, please inform the main office of any changes to your child's dietary requirements, allergies and intolerances. We are able to cater for most requirements but must know in advance.

If your child only eats Halal meats but can eat fish, please also let the main office know. We do not serve Halal meats.

Please either contact the main office on 0121 464 1769 or email the Inclusion Team on [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

Please also remember that we are a NUT FREE school.



The following children are Stars of the Week for the week ending 4<sup>th</sup> March.

Nursery

Trishandeep  
Aml

Reception

Amilah  
Felicia  
Clara  
Remy

Year One

Muhammad  
Sophie  
Porscha  
Carter

Year Two

Adam-Junior  
Akif  
Sophia  
Anaia

Year Three

Adelina  
Arthur  
Jasmine  
Rayhanah

Year Four

Raajan  
J'Zai  
Rian  
Nabiha  
Reuben

Year Five

Heidi  
Aarush  
Cody  
Hassan

Year Six

Rashi  
Rosita  
Monique  
Richo  
Raihan  
Fareed

Congratulations to all of these children who have put in a fantastic effort this week. They have been nominated by their teachers. We are really impressed with the level of learning from all children. What can you do to be Star of the Week next week?




**14<sup>th</sup> – 18<sup>th</sup> February 2022**

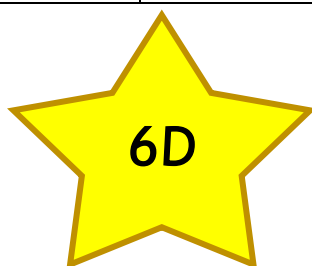
Yearly attendance is currently running at: **92.64%**

Last Week's attendance:

EYFS & KS1: **88.88%**    KS2: **91.62%**    Whole School: **90.73%**

Our Attendance target for this year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	80.08%		3A	90.28%
RS	86%		3N	85.67%
RW	86.67%		4H	95.33%
1L	86.55%		4SO	93%
1O	87.74%		5H	82.55%
2C	91.67%		5W	91.61%
2G	92.33%		<b>6D</b>	<b>99.45%</b> 
RR	83.08%		6W	94.71%
			6WL	98.94%



Congratulations to **6D** who had the best class attendance last week.

Will your class have had the best attendance this week?

**Note for parents:** Can children with pierced ears please wear studs to school rather than hoops. This is for safety reasons. Especially on PE days.

### Spring Term 2022

Monday 21<sup>st</sup> February to Friday 25<sup>th</sup> February – Half Term

Thursday 3<sup>rd</sup> March – Parents Evening

Thursday 3<sup>rd</sup> March – World Book Day – Dress up day

Tuesday 8<sup>th</sup> March – Parents Evening

Friday 8<sup>th</sup> April – Last day of term for all children

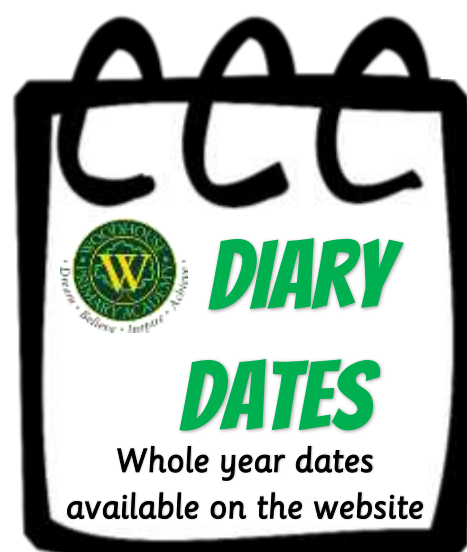
### Summer Term 2022

Monday 25<sup>th</sup> April – First day school opens for children

Monday 30<sup>th</sup> May to Friday 3<sup>rd</sup> June – Half Term

Wednesday 20<sup>th</sup> July – Last day of school year for children

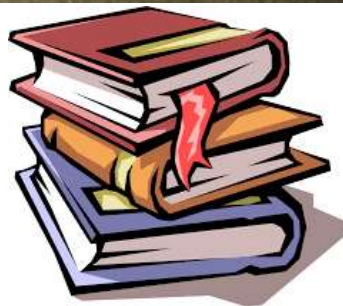
Thursday 21<sup>st</sup> July – Inset day, school closed to children



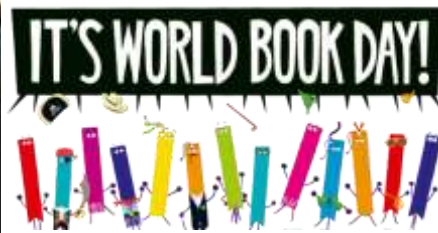
Whole year dates  
available on the website



# IT'S WORLD BOOK DAY!







We have had some fabulous costumes for World Book Day this week. The children and adults have a great time sharing stories and the love of books.

The children have or will all have a visit to the Quinton Library this week or next.

Our book swap has been a success and there is still time to join in if you'd like to. If you've read a book at home and would like to swap it with another, just bring it in.

# Woodhouse PE kits

Here at Woodhouse, we know that our children are AMAZING in their PE lessons. They have also been fantastic at remembering to wear their PE kits to school on their PE days. We think it's about time we all looked just as good whilst doing PE.



How smart do Lewis and Ella look modelling our new PE kits? These can be purchased via the link to our supplier, Cicada Sports. There is a discounted price for purchasing the full set too.

We are going to be encouraging our staff to take advantage of our new kits too so that we can all look incredibly smart together.

Here's the link to the website for purchasing new PE kits if you would like to do so:

<https://www.cicadasports.co.uk/index.php?route=product/search&search=woodhouse>



Friday 18<sup>th</sup> March 2022 is Red Nose Day and this year we will be marking the day in school together.

You can wear your red nose, something red, dress up as a superhero or both or neither! In return we welcome donations (suggested at £1 per child).

You can find out more by visiting:

<https://www.comicrelief.com/rednoseday>

*Friday*  
*18<sup>th</sup>*  
*March*





# Have you heard about the Parent Carer Wellbeing Study?

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

It's a national survey of parent carers in England and by sharing your experiences you can help researchers develop better support for carers in crisis.

The study is being led by the University of Exeter and the survey has been co-designed by carers.

There's no limit on the type of illness or disability your child has and parents, step-parents, foster parents, kinship carers, and legal guardians are all welcome, as long as you live in England and your child is under 18.

To complete the survey online, or request a copy by post, go to [www.parentcarerwellbeing.org](http://www.parentcarerwellbeing.org)

## Videos

If you want to include a video with the social media posts, here are links to two short films about the study:

Anna's Story: [The Parent Carer Wellbeing Study – Anna's Story - YouTube](#)

Julia's Story: [The Parent Carer Wellbeing Study – Julia's Story - YouTube](#)

Here is a short survey about Speech, Language and Communication Need.

Please complete if you can:

<https://www.surveymonkey.co.uk/r/QJK2GR6>

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## Reception Eye Tests

On Monday March 21<sup>st</sup>, the School Nurse will be coming in to carry out eye tests with the children in Reception.

These tests are carried out with all children when they are 4 – 5 years of age. Leaflets with further information went out this week. If you haven't received one or for any further information, please see the Reception staff team.

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Mr Wilson had a visit today from a gentleman who attended Woodhouse a few years ago. Above is a picture of the Woodhouse Football team he played in in 1959.



# SEND BRIEFING PARENT WEBINAR

March 2022



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Occupational Therapy

### Gross Motor Grooves

**Speakers: SEND Occupational Therapists  
Gordon Heath & Katie Green**

This Family Webinar will help you to identify if your child is having difficulties with their gross motor skills. You will learn strategies that you can build into your Child's daily routine to strengthen their gross motor skills thus supporting them with throwing, catching, jumping, dressing and much more.

**Wednesday 16<sup>th</sup> March 2022 - 9:30am – 10:30am**

**Ticket Link: Gross Motor Grooves for Primary age**

<https://www.localofferbirmingham.co.uk/product/gross-motor-grooves-for-primary-age-16th-march-2022-930am/>

**Wednesday 16<sup>th</sup> March 2022 - 9:30am – 10:30am**

**Ticket Link: Gross Motor Grooves for Secondary age**

<https://www.localofferbirmingham.co.uk/product/gross-motor-grooves-for-secondary-age-17th-march-2022-130pm/>

All who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar within 24 hours of the webinar concluding.





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March 2022



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Communication & Autism

### Top Tips for Transition for Autistic Pupils

**Speaker: Zoe Aztori**  
**Specialist Teacher**

This webinar will provide information, strategies and tools to parents/carers to support their children/young people to prepare for transition into a new setting.

**Tuesday 29<sup>th</sup> March 2022 - 2pm – 3pm**

**Top Tips for Transition for Autistic Pupils**

<https://www.localofferbirmingham.co.uk/product/top-tips-for-transition-for-autistic-pupils-29th-march-2022-2pm/>

**Wednesday 30<sup>th</sup> March 2022 - 9:30am – 10:30am**

**Top Tips for Transition for Autistic Pupils**

<https://www.localofferbirmingham.co.uk/product/top-tips-for-transition-for-autistic-pupils-30th-march-2022-930am/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



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March 2022



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Birmingham Early Help Offer Awareness

### Speaker:

### Amina Mushtaq - From Barnardo's

Join the session to learn what Early Help Offer is and how it can help children and families in Birmingham. The session will provide insight into the kind of help available for parents and children and quick self-referral process.

**Wednesday 23rd March 10:00 - 11:00am**

<https://www.localofferbirmingham.co.uk/product/birmingham-early-help-offer-awareness-23rd-march-2022-1000am/>

All who book a ticket will be sent a copy of the presentation and a copy of the recording of the Webinar.





# READY TO FIGHT FOOD WASTE?



## RESCUE MAGIC BAGS OF SURPLUS, UNSOLD FOOD

FROM YOUR FAVOURITE SHOPS AND RESTAURANTS

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

Download the app from the App Store or the Play Store, enter your postcode and see what is available near you.





• **Quinton** •

## Welcome to Quinton Pantry!

The Quinton Food pantry is collaboration between the Haven Community Project and B32 community. In response to the covid-19 pandemic we have both been involved with distributing food due to ongoing issues of Food Justice. We want to see a longer term solution to these issues of food injustice available for the people of Quinton and hope that the food pantry will form a part of this.

For a small weekly subscription of **£4**, members of this Pantry will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.


### The address is:

Haven Centre  
54 Rilstone Road  
Quinton  
Birmingham  
B32 2NR

### Opening times:

Friday: 12pm - 1.30pm

We are always looking for new volunteers so please get in touch if you would like to help us to run the pantry or support any of the other projects that we currently offer.

If you have any queries, please email [rachel@havencommunityproject.com](mailto:rachel@havencommunityproject.com) 



## QUINTON & OLDBURY FOODBANK

### MAIN LOCATION

St Boniface Church  
Quinton Road West  
Quinton,  
B32 2QD

The Coffee Shop  
151 Castle Road West  
Oldbury, Sandwell  
B68 0EL

### PHONE

07732157619

### WEBSITE

<http://quintonoldbury.foodbank.org.uk/>

### EMAIL

[info@quintonoldbury.foodbank.org.uk](mailto:info@quintonoldbury.foodbank.org.uk)

## 2 FOODBANK CENTRE(S)

### St Boniface Church

#### OPENING TIMES

Mon	Closed
Tue	Closed
Wed	11:00 - 13:00
Thu	Closed
Fri	Closed
Sat	Closed
Sun	Closed

#### ADDRESS

Quinton Road West  
B32 2QD

[Directions via Google Maps](#)



### The Coffee Shop

#### OPENING TIMES

Mon	Closed
Tue	Closed
Wed	Closed
Thu	Closed
Fri	10:00 - 12:30
Sat	Closed
Sun	Closed

#### ADDRESS

151 Castle Road West, Oldbury, Sandwell  
B68 0EL

[Directions via Google Maps](#)





# Stay & Play

**FRIDAYS 10AM-11:30AM**  
**TERM TIME ONLY**  
**FOR AGES 0 - 3 YEARS**

**VOLUNTARY £1 CONTRIBUTION PER FAMILY**

**Come along to our stay and play sessions, explore our soft play area and get messy. Have access to advice and support on many childcare aspects.**



**CALIFORNIA**  
**Christian Centre**

178 Stonehouse Lane  
Bartley Green  
Birmingham  
B32 3AH  
0121 427 7160

[www.calcc.org.uk](http://www.calcc.org.uk)  
[info@calcc.org.uk](mailto:info@calcc.org.uk)



CaliforniaChristianCentre



# Inclusive Play, Activities and Community Lunches in Bournbrook

Celebrate Birmingham's Commonwealth Games with special activities and lunch at

**Parks for Play Coronation Road Play Centre**, Bournbrook 11am-2.30pm on the last

Sunday of each month. Every month is a chance to try out something new with trainers from **Creative Active Lives'** non-profit network of skilled practitioners:

- \* Sunday 20th January, **Nerf Games** \* Sunday 27th February, **Yoga with Sensory Props**
- \* Sunday 27th March, **Circus Skills** \* Sunday 24th April, **Interactive Giant Bubble Play**
- \* Sunday 29th May, **Acrobatics for All** \* Sunday 26th June, **Dance for Delight**

At all sessions there will be a range of inclusive play and physical opportunities and a great veggie lunch provided by award-winning social enterprise - **Change Kitchen**.

**Primary aged children with additional needs living in Bournbrook and Selly Park Ward have priority access.** Families should attend with their children and can bring older and younger siblings and relatives. **All sessions are free of charge (Donations are welcome).** **Booking is essential.** We know a lot of families will want to attend and we will share out sessions equally according to demand. When you book, please tell us your favourite session (and second and third choices) so we can make sure children get their favourites.

**Parks for Play** is a charity made by parents, play and youth experts. We have 18 years experience delivering inclusive play opportunities for local children and young people at risk of isolation. We are based at Coronation Road Play Centre on the corner of Dawlish Road and Coronation Road in Bournbrook B29 7DE.

## CELEBRATING COMMUNITIES

We're proud to be part of Birmingham City Council's Celebrating Communities initiative marking the 2022 Commonwealth Games and are grateful for support from communities and elected councillors in Bournbrook & Selly Oak ward.

**Along with our partners Change Kitchen and Creative Active Lives, we're part of the Children's Quarter** alliance for social inclusion through cooperative working.

# Where's Wendy?

Wendy can be found working with pupils. She can support pupils with their emotional well being.

Wendy can be found working with staff.

She is trained to help staff with a variety of issues that are affecting their life.



**Did you know Wendy is a qualified therapist?**

**She is qualified in Counselling and Cognitive Behaviour Therapy.**

**If you'd like to speak to Wendy ask at Reception.**

**Wendy is in school on Thursdays.**



# Pause.

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.**

**To find out more and register for support, visit:  
<https://forwardthinkingbirmingham.nhs.uk/pause>  
or call our Registration Line **0207 841 4470**  
(please note local call charges do apply).**

**Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.**

**Pause can offer:**

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

**Each session last around 20-30 minutes which focuses on ways forward.**

**Our Service Operates:**

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**





# Help for all families in Birmingham



Food  
& Energy



Youth  
Support



Domestic  
Abuse



Emergency  
Funding



Money &  
Debt Advice



Data & IT



Under 5's  
Support



School Uniforms  
& Clothing



Parenting



Special Needs  
& Disabilities



Bereavement



Housing



Sexual  
Health



Mental  
Health



Play

**Birmingham**  
Children's Partnership



# Birmingham

## Children's Partnership



### Edgbaston

EarlyHelpEdgbaston@gatewayfs.org  
0121 456 7821

### Erdington

ErdingtonFamilies@compass-support.org.uk  
0121 748 8199

### Hall Green

Hallgreen.families@greensquareaccord.co.uk  
07570 953519 (9:30am to 4:30pm)

### Hodge Hill

EarlyHelp-Hodgehill@family-action.org.uk  
07976 199894

### Ladywood

childrenandfamilies@bsettlement.org.uk  
07764 977636

### Northfield

NorthfieldFamilies@northfieldcommunity.org  
07516 918 133

### Perry Barr

PerrybarrEHnetwork@spurgeons.org  
0121 752 1900

### Selly Oak

EarlyHelp.Billesley@gmail.com  
0121 441 4556

### Sutton Coldfield

SuttonEHnetwork@spurgeons.org  
0121 752 1860

### Yardley

EarlyHelpYardley@barnardos.org.uk  
0121 289 4875





# Pregnant? Children under four?

Don't miss out on **HEALTHY START**  
food and vitamin vouchers worth  
**over £900** per child\*

**FREE**

fruit, veg, milk  
and vitamins for  
you and your family.  
Worth up to

**£8.50**

per week\*\*

You may qualify for Healthy Start vouchers if  
you're **at least 10 weeks pregnant** or have  
**a child under four years old**. Your family  
must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

You also qualify if you are  
under 18 and pregnant, even  
if you don't get any of  
the above benefits.

Sign up today [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
or telephone **0345 6076823**

## Healthy Start

Give your family a Healthy Start

\* If you sign up at the first opportunity, when you are ten weeks pregnant

\*\* If your child is under one, you'll receive two £4.25 vouchers per week.

If your child is 1-4 years old, you will receive one £4.25 voucher per week.





## **Healthy Eating/Recipes**

- [Startwell 2020 \(startwellbirmingham.co.uk\)](http://startwell2020.startwellbirmingham.co.uk)
- [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African Caribbean-Guide.pdf \(nhsforhvalley.com\)](#)
- [FINAL A5 Healthyeating SAsian7.qxd \(diabetes.org.uk\)](#)
- [www.tomkerridge.com/full-time-meals/](http://www.tomkerridge.com/full-time-meals/)
- <https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9IbIm-8abQ8oHcG8> - healthy eating webinars

## **Keeping Active**

- [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)
- Startwell being active - [180 Katie - Startwell 2020 \(startwellbirmingham.co.uk\)](#)
- [PE With Joe | 2021 - YouTube](#)

## **Useful sites**

- Pregnancy start4life: [www.nhs.uk/start4life/](http://www.nhs.uk/start4life/)
- Birmingham Safeguarding Children Partnership: [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](#)
- Birmingham Forward Steps: [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](#)
- Supporting children's mental health: [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)
- Mental wellbeing: [Home - Kooth](#)
- ICON: [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](#)
- Food Banks: [All Food Banks | Find FoodBanks Brum](#)
- Healthy Start webinar: <https://www.youtube.com/watch?v=ko3TP07EurE>



# The Inclusion Team at Woodhouse from September



Miss T Mason  
SENDCo  
Assistant Head



Mr R Kennedy  
Learning Mentor  
DSL



Mr C Oakley  
Assistant Head  
Key Stage 1



Miss C Lavelle  
Assistant Head  
Key Stage 2



Mrs H Sumner  
Year 2 TA  
Pastoral Support

The Inclusion Team at Woodhouse work together with children and families to offer and provide support and opportunities to ensure that all have the chance to achieve and succeed.

If you have anything you would like to discuss with a member of the team regarding your child or children's learning, behaviour, well-being, health or anything else then please get in touch. [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

If you'd like to get in touch with us regarding Special Educational Needs, you can do this by emailing us at [sensupport@woodhouse.uwmat.co.uk](mailto:sensupport@woodhouse.uwmat.co.uk)

The Inclusion Team will also be on the front and rear gates at the start and end of the day and will be more than happy to talk.

We would like to remind families that if times are difficult or you are going through a tough time, you need only ask and we will do all we can. Of course, we are always here for your children, and we will do anything which we can do to help them to learn, succeed and become fine citizens. We are also there for our families and the wider school community. If we can help in any way: with food bank support, support with uniforms and clothing or with any other aspect of life, then please get in touch. If we cannot help directly, we can often sign post to the support needed and help you to access assistance. Please don't suffer in silence.

## Feeling overwhelmed? Struggling to cope?



**Anna Freud**  
National Centre for  
Children and Families

**Text AFC to 85258**

**Text the free, confidential textline**

All texts are answered by trained volunteers,  
with support from experienced clinical specialists





## *Help for all families*



We've all been through a tough time recently.

The following organisations have partnered to provide services and support, which might make life a little bit easier...

Birmingham Children's Partnership includes: Birmingham City Council, Birmingham Children's Trust, Birmingham and Solihull Clinical Commissioning Group, Birmingham Community Healthcare NHS Foundation Trust, Birmingham Women's and Children's NHS Foundation Trust, West Midlands Police and Birmingham Voluntary Sector Council.

There is support available for domestic abuse, parenting courses, mental health support, financial help, alcohol and drug problems, bereavement support and more.

Follow these links to find out more:

<https://www.birmingham.gov.uk/love>

<https://www.birmingham.gov.uk/info/50224/birmingham-children-s-partnership/2156/birmingham-children-s-partnership-resources>

Alternatively, speak to a member of the Inclusion Team for more advice / support.

In most cases, you can self-refer for support.

One example of support they can offer is with emergency food and supplies grants of up to £100.



# From Birmingham with Love



We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why we're here to help. Here are some of our partners' most used services and support, which might make life a little bit easier...

1. **Online parenting course.** We've pre-paid for every parent in Birmingham to access a [parenting course](#). Just enter the access code "COMMUNITY" at the top of the page to claim. There are courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops, and get tips to manage their behaviour.
2. **Mental health support.** In these difficult times we have to look after our mental health. For young people aged 11-25 there are forums, guides and counselling available at [Kooth](#). If your child 0-25 needs support, get in touch with Pause by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099.
3. **Financial help.** If you've lost your job, or are struggling for food or rent there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent. And there are [food banks](#) across Birmingham that are here to help.
4. **Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For Men, please contact [Respect](#).
5. **Problems with drugs or alcohol.** A new, discrete app called Staying Free is available on Android or Apple. Use the code "birmingham11" for pre-paid access. To speak to someone call [Change Grow Live](#).
6. **Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).
7. **Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). We have ten areas which can connect you to support across the city.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.





OPENING FEB 1<sup>ST</sup> 2022



# POWER GYMNASTICS TRAMPOLINE

AGE 4-6 RECREATIONAL TRAMPOLINE : TUESDAY 5:30 – 6:30

SATURDAY 2:30 – 3:30

AGE 7+ RECREATIONAL TRAMPOLINE : TUESDAY 6:30 - 7:30

SATURDAY 3:30 – 4:30

PRE-DEVELOPMENT / DEVELOPMENT / COMPETITION SQUAD  
SQUAD TRIALS AVAILABLE

FOR MORE INFORMATION: EMAIL  
[PowerGymnasticsTrampoline@outlook.com](mailto:PowerGymnasticsTrampoline@outlook.com) OR  
CALL 07807297641



FOUR DWELLINGS ACADEMY  
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: POWERGYMNASTICSTRAMPOLINE



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