

NEWSLETTER



11th March 2022

How to get in touch



@WoodhousePA



0121 464 1769



www.woodhouse.priacademy.co.uk



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

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



sensupport@woodhouse.uwmat.co.uk

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



homelearning@woodhouse.uwmat.co.uk

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



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

14th – 18th 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
Pork Sausages with Yorkshire Pudding	Beef Spaghetti Bolognese	Barbeque Basted Chicken	Jacket Day	Pizza Day
Quorn Sausages with Yorkshire Pudding	Beef Lasagne		Jacket Potato	Cheese and Tomato
Mashed Potatoes and Seasonal Vegetables	Vegetable Ravioli	Barbeque Basted Quorn	With Butter, Cheese, Baked Beans, Tuna Mayo, Coleslaw or BBQ Beef	or Pepperoni Pizza with Chips
Ice Cream	Rice Pudding with Sultanas or Jam	Savoury Rice and Corn on the Cob	Jam Sponge with Custard	Fresh Mixed Salad
		Chocolate Cracknel		Selection of Fruit Desserts

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

Please also remember that we are a NUT FREE school.

A day for



Ukraine

Wednesday 16th March: We will be taking part in the National "A Day for Ukraine", supporting the appeal by the Disasters Emergency Committee (DEC).

You can read more here:

<https://schools.firstnews.co.uk/ukraine/?fbclid=IwAR3elAGiui7SUI1IOg67dMExQ04GNuDvvk-1lcokJ3rnRQOLeqXFxrery6o>

We are encouraging children to wear blue and/or yellow - the colours of the Ukrainian flag on this day. This could be something small, or the whole outfit or anything in between! If children just want to wear their normal school clothes then this is also fine.

Any donation is optional and voluntary. You can bring a coin into school, or donate directly to DEC online:

https://www.dec.org.uk/?gclid=CjwKCAiAg6yRBhBNEiwAeVyLOM10BdBTY8E_gSSUxhcSgyTdL-nwP3FsU8GLg-o385f0fFskSi9zRoCF10QAvD_BwE



The following children are Stars of the Week for the week ending 11th March.

Nursery

Summer
Eli

Reception

Carisa
Skylah
Ayub
Samina

Year One

Stephen
Wyatt
Lara
Ariyan

Year Two

Nathan
Ayesha
Ali A
Tyrell

Year Three

Noor
Yunus
Vanessa
Mohamed
Helen

Year Four

Carelia
Jack
Mila
Ma-Hawa
Aryas

Year Five

Fraser
Asiyah
Harry K
Ava
Rory
Mylee

Year Six

Alaiza
Inas
Mason
Grace
Dana
Aaliyah

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?



28th February – 4th March 2022

Yearly attendance is currently running at: **92.75%**
Last Week's attendance:

EYFS & KS1: **94.56%** KS2: **95.12%** Whole School: **94.94%**

Our Attendance target for this year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	87.55%		3A	95.52%
RS	94.67%		3N	94%
RW	94%		4H	96.33%
1L	96.21%		4SO	98.67%
1O	94.01%		5H	89.68%
2C	95.17%		5W	94.84%
2G	95.67%		6D	95.56%
RR	82.95%		6W	97.35%
			6WL	98.94% ★



Congratulations to **6WL** 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

Friday 8th April – Last day of term for all children

Monday 11th to Friday 22nd April – Easter Holidays

Summer Term 2022

Monday 25th April – First day school opens for children

Monday 30th May to Friday 3rd June – Half Term

Wednesday 20th July – Last day of school year for children

Thursday 21st July – Inset day, school closed to children



Whole year dates
available on the website

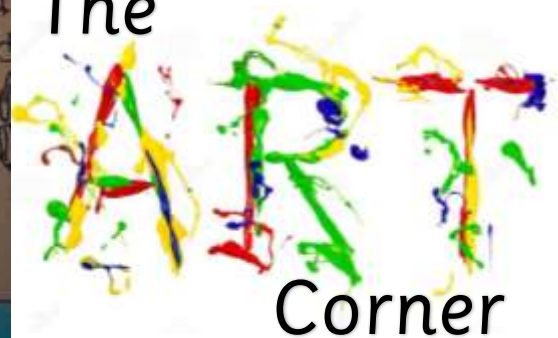


Ancient Egyptian Tomb paintings by Year 3.

Paintings by Connie, Lara and Poppy.



The



Corner

The



Corner

Year 5 children have painted themselves as Tudor monarchs and presented them in these fantastic, hand-decorated frames.



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 18th 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

18th

March



Have you heard about the Parent Carer Wellbeing Study?

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

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](#)

Reception Eye Tests

On Monday March 21st, 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.



FREE TRY TENNIS OPEN DAY



.....
SUNDAY 20TH MARCH
.....



Find out more information and book your session below:

<https://clubspark.lta.org.uk/LordswoodTennisClub/Events>

Lordswood Tennis Club, Lordswood Road, B17 8AN

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 16th 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 16th 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 29th 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 30th 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.



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.

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.



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 



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

2 FOODBANK CENTRE(S)

St Boniface Church

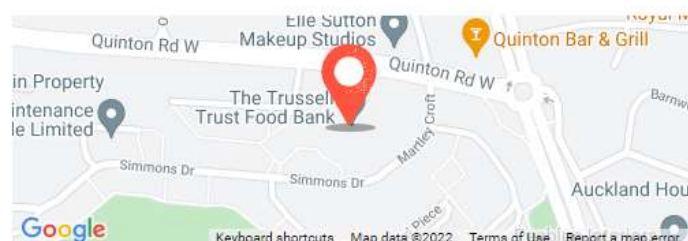
OPENING TIMES

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
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





**Healthy Start
paper vouchers
will soon be
replaced with a
prepaid card**

Apply online [NOW](https://www.healthystart.nhs.uk/how-to-apply/)

The Healthy Start scheme is changing, with a new online application process and prepaid card, to replace the paper vouchers. Paper vouchers will no longer be issued after **31st March 2022** so it is very important that you apply for a prepaid card as you will no longer receive vouchers after the 31st March 2022. **You will not automatically be transferred onto the new scheme.**

To apply for the first time or get your new prepaid card, go to the Healthy Start website www.healthystart.nhs.uk/how-to-apply/ and follow the steps for applying.

Pregnant women and families with children under the age of 4 may be eligible for help to buy healthy food and milk if they are on certain benefits. Healthy Start vouchers are currently worth **£4.25** per week per child under the age of four – but if you have a child under one year, you could get two vouchers a week giving you **£8.50**

Sign up online today – www.healthystart.nhs.uk/how-to-apply/

(If you do not have access to a computer or phone, ask your health visitor, midwife, Children Centre, or another organisation that you receive support from)



**A BOLDER
BRIGHTER
BIRMINGHAM**



Birmingham
City Council



Healthy Eating/Recipes

- [Startwell_2020 \(startwellbirmingham.co.uk\)](http://startwell_2020(startwellbirmingham.co.uk))
- www.nhs.uk/change4life/recipes
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African_Caribbean-Guide.pdf \(nhsforhvalley.com\)](http://Diabetes-UK-African_Caribbean-Guide.pdf(nhsforhvalley.com))
- [FINAL A5_Healthyeating_SAAsian7.qxd \(diabetes.org.uk\)](http://FINAL A5_Healthyeating_SAAsian7.qxd(diabetes.org.uk))
- 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 \(startwellbirmingham.co.uk\)](http://180Katie-Startwell_2020(startwellbirmingham.co.uk))
- [PE With Joe | 2021 - YouTube](#)

Useful sites

- Pregnancy start4life: www.nhs.uk/start4life/
- Birmingham Safeguarding Children Partnership: [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](http://Home-BirminghamSafeguardingChildrenPartnership(lscpbirmingham.org.uk))
- Birmingham Forward Steps: [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](http://BirminghamForwardSteps-Thebeststartforourchildren(bhamforwardsteps.co.uk))
- Supporting children's mental health: [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](http://Coronavirus:wellbeingactivityideasforfamilies(place2be.org.uk))
- Mental wellbeing: [Home - Kooth](#)
- ICON: [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](http://ICON-Babiescryyoucancope-AdviceandSupport|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



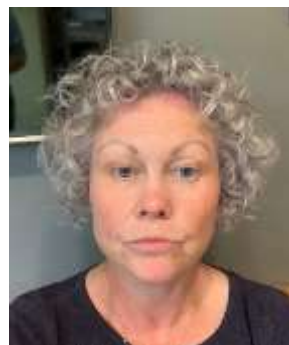
Miss T Mason
SENDCo
Assistant Head



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

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

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

shout
85258
here for you 24/7



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 1ST 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 OR
CALL 07807297641



FOUR DWELLINGS ACADEMY
DWELLINGS LN, QUINTON,
BIRMINGHAM, B32 1RJ



: POWERGYMNASTICSTRAMPOLINE



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