

NEWSLETTER



8th July 2022

How to get in touch



@WoodhousePA



0121 464 1769



www.woodhouse.priacademy.co.uk



enquiries@woodhouse.uwmat.co.uk



families@woodhouse.uwmat.co.uk

- Use this for any queries. Monitored by the Inclusion Team
- You can also send us anything you'd like put in the newsletter. This can be photos, learning, resources and any good news stories you may have.



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.



Running for Glory!

Woodhouse Sports

This week we took a team of athletes to compete in the Birmingham Primary School Athletics Championships. A full day on the track and in the field competing against the best the city has to offer.

In the field, Tanisha took 2nd place in the triple jump, Tatyana took 2nd place in the ball throw and Sami took 3rd place in the shot putt whilst Cody and Maria book took 1st place in the long jump. Alfie took 1st place in the boys' ball throw, smashing the ALL time Birmingham record by 4 metres!



On the track, Poppy took 3rd place in the 800m and Ella took 1st place in the 80m whilst, in the relays, Year 5 girls took 2nd, Year 5 boys took 2nd, Year 6 girls took 4th and Year 6 boys took 4th.

It was a great day of athletic competition and all children represented Woodhouse with pride and fabulous sporting attitudes.

We came 2nd in the field events, the boys came 3rd on the track and the girls came 2nd on the track. Overall we finished as the 2nd best school in Birmingham. We are all proud of our athletes and the work and training they have put in all year.



The following children are Stars of the Week for the week ending 8th July.

Nursery

*Faeqa
Rowan*

Reception

*Aryan
Bine
Ryan
Gabi*

Year One

*Brodie
Mason
Stephen
Jardae*

Year Two

*Seela
Zyannah
Ayesha
Ethan*

Year Four

*James D
Star
Lilly
Rajvir
Mohammed*

Year Five

*Maria
Alfie N
Sebastian
Cade
Toby*

Year Six

*Sami
Tinashe
Tanisha
Katrina
Decarey
Harriet*

Rainbow Room

Logan

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?



School Dinner

Menu

11th – 15th July

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	Italian Style Spaghetti and Beef Meatballs in Tomato Sauce	Jacket Day	Pizza Day
Vegetable Fingers	Vegetable Samosa		Jacket Potato	Cheese and Tomato
Herby Diced Potatoes	Savoury Rice and Chip Shop Curry Sauce	Mac 'n' Cheese	With Butter, Cheese, Baked Beans, Tuna Mayo, Coleslaw or BBQ Beef	Or
Baked Beans or Vegetables	Peas and Sweetcorn	With Garlic Bread		Pepperoni Pizza
Arctic Roll	Chocolate Concrete with Custard	Jam Doughnut	Angel Delight	With Chips and Fresh Salad
Selection of Fruit Desserts				
Daily fresh salad bar				

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.

attendance ~~MATTERS~~


27th June – 1st July

Yearly attendance is currently running at: 92.66%

Last Week's attendance:

EYFS & KS1: 92.64% KS2: 92.61% Whole School: 92.62%

Our Attendance target for this year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	90.40%		3A	88.33%
RS	93.33%		3N	91.03%
RW	86.67%		4H	98.67% 
1L	93.10%		4SO	90.32%
1O	90%		5H	88.06%
2C	95.52%		5W	94.33%
2G	94.83%		6D	96.19%
RR	87.14%		6W	92.38%
			6WL	96.19%

Congratulations to 4H who had the best class attendance last week.

Well done to 2C had the best class attendance in EYFS & KS1.

Will you help your class have the best class attendance next week?



Summer Term 2022

Monday 11th July – 2G Class Assembly – 9am

(Class parents invited)

Tuesday 12th July – Children's University Graduation – 9:15

(Parents invited)

Wednesday 13th July – Parent Drop Ins

(these are only for issues with the school report,
this is not a parents evening and does not need to be attended)

Friday 15th July – Year 6 Production – 2pm (Parents invited)

Monday 18th – Wednesday 20th July – Well-being week

Monday 18th July – ALL Year 5 & Select Year 6s Clarinet and Guitar Concert – 9:15 – Parents Invited

Monday 18th July – Choir and Gardening Club visit to Roots to Fruit Peace Garden

Tuesday 19th July – Summer Concerts – EYFS & KS1: 9am, KS2: 1:30pm

Tuesday 19th July – Year 6 Leavers BBQ 3.30 – 5pm

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

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

Wednesday 20th July – Year 6 Leavers Assembly – 2pm (Parents invited)

Thursday 21st July – School Closed for INSET day.

2022 – 2023 Academic Year

Autumn Term

Monday 5th September - Inset day, school closed to children

Tuesday 6th September - Inset day, school closed to children

Wednesday 7th September - First day school open for children in Y1-6. YR/Nursery TBC

Half Term: Monday 24th October to Friday 28th October

Monday 31st October - First day school open for children

Term Ends: Friday 16th December

Spring Term

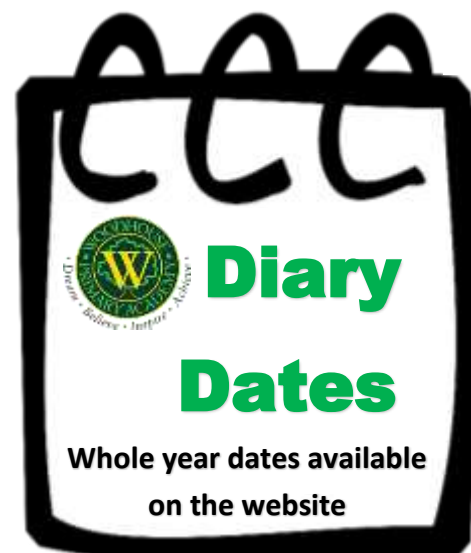
Tuesday 3rd January - Inset day, school closed to children

Wednesday 4th January 2023 - First day school open for children

Half Term: Monday 20th February to Friday 24th February

Monday 27th February - First day school open for children

Term Ends: Friday 31st March



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



Woodhouse Clothing Bank

We have a clothing bank in school where we are able to take donations of **children's** clothing and re-disperse them to families and children who need them.

Please bring any donations, in a clean and re-usable condition, to the main office.

Items we can accept include:

School shoes, School uniform, non-school uniform (t-shirts, hoodies, trousers etc.), non-school shoes (trainers, pumps etc.), coats, hats, gloves and scarves.

Items we cannot accept: Underwear, jewellery, accessories, adults clothing.

Once donations are sorted out we will be in the position to invite families into school to help themselves to items that will be of use.

Please let us know, either at the main office or via email, if you think you would benefit from this support and we can get items to you as soon as **they're** in.

the meantime, if you have any queries at all or would like any more information, please speak with the main office or email families@woodhouse.uwmat.co.uk



There is also a wonderful place called Rubery Swop Shop where they distribute pre-loved uniforms.

You can find out more on their website:
<https://www.ruberyswopshop.co.uk/>

Year 6 Leavers Hoody

Alex at Cicada Sports is working on this year's Year 6 Leavers Hoody which will feature the names of all of our fabulous Year 6 children.

This is a lovely thing to remember their time at Woodhouse with.

There are two options to purchase. Children can either have the hoodie with the school logo embroidered on the front for £22 or without for £20. Both options feature the design on the back as below.

We will have a sample in school soon to give an idea of sizes.

These are available to order now! Follow the link below to do so.

<https://bit.ly/3xd7FAy>



Woodhouse Primary Academy

FORTHCOMING CHANGES IN SEPTEMBER

From September we will NOT be able to accept cash within school. This is a directive from our academy trust.

We will be using My Child at School (MCAS) for all aspects of school life. We will be using this app for processing of dinner money, before & after school club, educational visits and out of school activities.

If you attempt to pay in cash, we will not be able to accept this.

Please contact the office for details of how to access your child's account via MCAS, we will need an up to date email address for you.

Thank you for your ongoing support.



Many of you are already using our My Child At School platform to pay for visits, lunches and wrap around care and to receive messages from school.

We are in the process of becoming a cashless school so this will be the only way to pay for visits, lunches and wrap around care going forward.

The platform is simple to use and is available on all smart mobile devices via their app stores.

If you haven't set this up already, please come and see the main office or email us on families@woodhouse.uwmat.co.uk

If you have an invitation code already, you can redeem this by visiting <https://www.mychildatschool.com/MCAS/MCSParentLogin> and selecting 'redeem invitation code'.

To do this, you need your username and invitation code from your invitation email and the school ID which is 12013.

The main office will be your first port of call for any assistance with this.

Places kids can eat cheap or for FREE over the summer

There are plenty of places offering deals over the summer on kids meals. With a simple internet search, there are offers out there. Here are a few we found:



ASDA café

Kids eat for £1 at Asda. Each child is entitled to a meal when they spend £1. Maximum of 1 meal from the kids' menu per child, per day. Available in England and Wales between 25/07/2022 – 02/09/2022.

Morrisons

Kids eat FREE at Morrisons cafe when an adult spends £4.50 or more on a meal. This is an ongoing offer.

Bella Italia (Nearest: The Charters, New Street)

Kids eat for £1 with the purchase of every adult main course from 9th May 2022. Available between 4-6pm Monday to Thursday.

Beefeater (Nearest: The Duck, Hagley Road)

Kids can eat FREE breakfast everyday during the holidays + they can enjoy a 3 course lunch or dinner for £5.99.

Sizzling Pubs (Nearest: The Amber Tavern or The Court Oak)

Kids eat for £1 at Sizzling Pubs. From Monday to Friday, between 3pm and 7pm, you can enjoy a kids' main meal for £1, with the purchase of every 1 adult main meal bought in the same transaction.

During School holidays this offer is extended to all day Monday – Friday.

Brewers Fayre (Nearest: Great Park, Rubery)

As well as their unlimited breakfast, where kids eat FREE they also offer a kids meal deal for just £4.99.

Always check individual websites / locations prior to visiting as offers may change.

**Bring
it on
Brum!**



**Birmingham
City Council**



**Department
for Education**

FREE SUMMER EXPERIENCES WITH FOOD

**LOOKING FOR
THINGS TO DO WITH THE
CHILDREN OVER THE
SUMMER HOLIDAYS?**

Bring It On Brum! is running FREE activity clubs in Birmingham for children aged 4-16 who are eligible for benefits-related free school meals.




Activities include sports and games, arts and crafts, cookery, dance and music.

Every child will be given a nutritious meal too!

If you're in need of a little inspiration to give your child an amazing summer, check out your nearest Bring It On Brum! Location and register today.

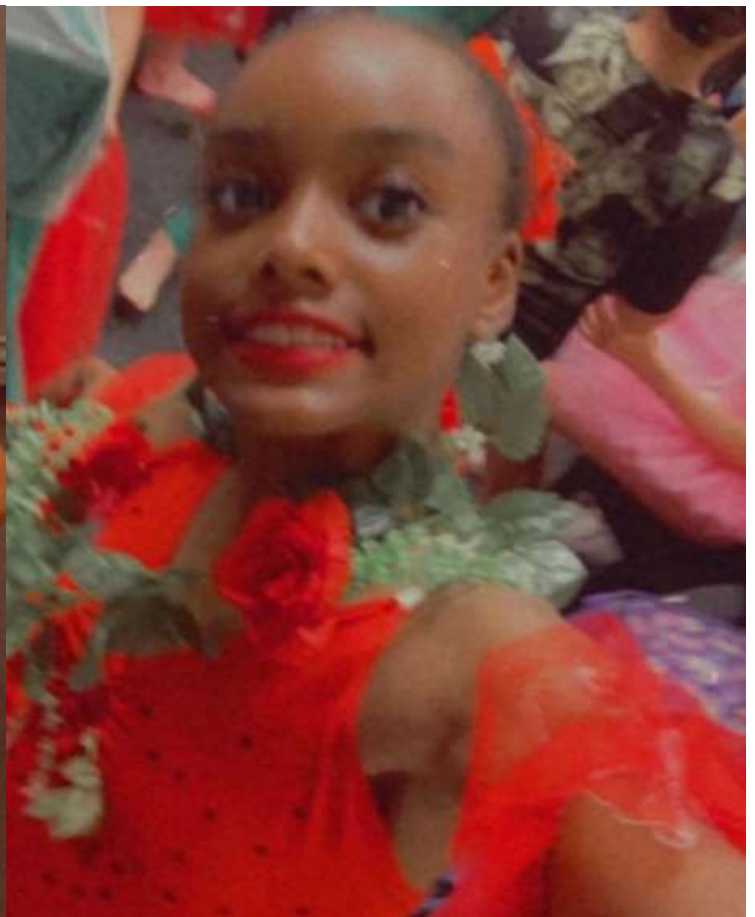
**ALL children eligible for Free School Meals
will receive a unique code to book
themselves onto activities.
Ask at the main office if you haven't.**

bringitonbrum.co.uk

@bringitonbrum   

GIRLS ON STAGE

Two of our children, Ella in Year 5 and Evie in Year 6, performed in a showcase extravaganza recently at The Crescent Theatre in Birmingham.



Ship Ahoy!



Last week, some of our children went on a Pirate Day to Martineau Gardens. They dressed up in their finest, swashbuckling outfits and took part in a wide range of pirating activities.



Are your students ready to

WIN BIG?

We're giving them
the opportunity to
get their hands on

A Dell Laptop

£250 Gift Hamper

£100 Amazon Voucher



All they need to do is
participate in our
#OneEarthOneHome
ART
COMPETITION!

Encourage your students to

1. Imagine the Earth 100 years from now
2. Draw, paint or sketch it out
3. Send in their entries to
competitions@letslocalise.co.uk

**The last date of submission is the
25th of June.**

Don't miss out on this opportunity now!

Hope to see your students unlock their
creativity on our platform!

All the best,

Divya & Gaurav



SENTRÉ

For learning and childcare

**12PM-
4PM**



Family fun day for autistic children and siblings

SUN / JULY 3RD / SEP 25TH / NOV 20TH / 2022

ENTRY – £10 FOR ADULTS | £2.50 FOR KIDS | £20 FAMILY TICKETS (2 ADULTS AND 2 CHILDREN)

SENTRÉ CHILDCARE, 76 MARSH HILL, ERDINGTON B23 7EY

EMAIL: HELLO@SENTRÉ-CHILDCARE.CO.UK

TICKETS: [BLOCO.CO.UK](https://www.bloco.co.uk)

ACTIVITIES:
BOUNCING CASTLE
PLAY ACTIVITIES
ENTERTAINERS
STALLS



 **SCAN ME**



ParentWise – A helping hand for parents and carers

As children get older and more independent, issues that affect them can be harder to spot and deal with.

Learning about potential dangers can give you the knowledge and skills to act if there is a problem. It could also help keep your child safe by preventing problems before they happen.

You know your child best, so if you've got a feeling something's up – you're right not to ignore it.

<https://parentwise.campaign.gov.uk/>

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](#)

Volunteers Needed

Volunteer drivers needed approximately once a month to collect donations and/or deliver emergency food parcels.

If you are interested please contact Patrick on 07944198319 or email carolan57@icloud.com for more information.

Alternatively if you would like to volunteer during the running of foodbank please email info@quintonoldbury.foodbank.org.uk

STITCH & CRAFT WITH US! AT QUINTON LIBRARY



Free

Join us at Quinton Library for a monthly day of craft, creativity and good company! Bring your own stitching or craft projects to do whilst you meet and enjoy a chat with like-minded people.

Drop in either **10.30am-12.30pm** or **2-4pm** on the following Tuesdays: 17 May, 28 June, 19 July (no date in August), 20 September, 18 October, 15 November and 20 December 2022.



Just turn up or call
Quinton Library for
more information.
0121 464 7400.

Edgbaston
Neighbourhood
Network Scheme

ENNS



Birmingham City Council



Increasing digital literacy of residents
aged 50+ in Edgbaston
and Northfield constituencies

MONTHLY DIGITAL DROP INs at Quinton Library

Ridgacre Road, Quinton, Birmingham B32 2TW

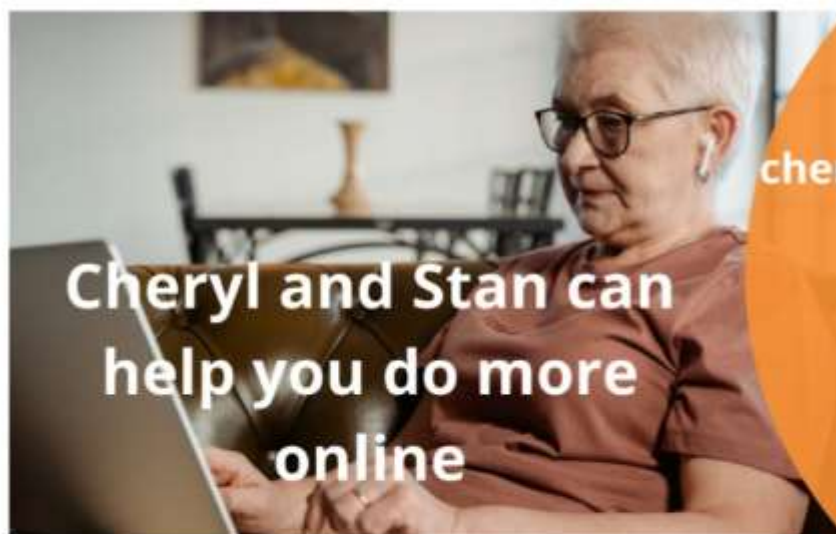
Tues 24th May 10.30 - 12 noon

Tues 28th June 10.30 - 12 noon

Tues 26th July 10.30 - 12 noon

Tues 30th August 10.30 - 12 noon

Computers also available to access for free every week day at
Northfield Community Partnership,
693 Bristol Road South, Northfield B31 2JT
Mon-Fri 9-4pm (finishes 3pm on Fri)
(may need to book if busy)



Northfield

cheryl@northfieldcommunity.org

07761 943 032

Edgbaston

[stanley.tucker@](mailto:stanley.tucker@ageukbirmingham.org.uk)

ageukbirmingham.org.uk

0121 824 1288



NEED HELP WITH YOUR **FAMILY TREE?**



We can help you at any stage of your genealogical journey!

We offer individual help right here at Quinton Library.

Sessions run every Thursday 10.30am-12.30pm

To book your session contact Chris and Lynne Cooper

Email: c.cooper.1000@googlemail.com Telephone: 0121 422 1169

Charges apply - £5 per hour

Rhyme Time

**At Quinton Library
Ridgacre Road, Quinton,
B32 2TW**

Suitable for ages 0-5 Years

**Every Friday 10:00-11:00
(Term Time Only)**

**Join us for stories, rhymes and fun craft
activities that help support and develop your
child's language and communication skills**



For more information on what's
going on in your area please call:
Doddington Green Children's Centre on
0121 4776440

 @bfsedgbaston



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://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 \(nhsforhvalley.com\)](#)
- [FINAL A5_Healthyeating_SAsian7.qxd \(diabetes.org.uk\)](#)
- www.tomkerridge.com/full-time-meals/
- <https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9Iblm-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/
- Birmingham Safeguarding Children Partnership: [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](http://lscpbirmingham.org.uk)
- Birmingham Forward Steps: [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](http://bhamforwardsteps.co.uk)
- Supporting children's mental health: [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](http://place2be.org.uk)
- Mental wellbeing: [Home - Kooth](#)
- ICON: [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](http://iconcope.org)
- Food Banks: [All Food Banks | Find FoodBanks Brum](#)
- Healthy Start webinar: <https://www.youtube.com/watch?v=ko3TPO7EurE>

The Inclusion Team at Woodhouse



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



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.





Try Tennis at Lordswood Tennis Club

- Coaching available for all ages and abilities - organised by Edgbaston Priory Club.
 - Equipment provided!
- Pay and Play Tennis - bookable via our website.
- 3x Floodlit courts - Play tennis all year round.
- Cheap and flexible membership options

***Scan the QR code to book via our website
or visit the address below.***

Lordswood Tennis Club, B17 8AN
matthew.tew@edgbastonpriory.com

www.clubspark.lta.org.uk/LordswoodTennisClub

LITTLE NETTERS

****NEW VENUE****

FOUR DWELLINGS ACADEMY QUINTON

STARTS SUNDAY 11TH SEPTEMBER



9am – Preschool to Reception

10am – Years 1-2

11 am – Years 3-4

12 noon – Years 5-6



Boys & Girls Ages 3 to 11



Little Netters



littlenetters@outlook.com



07360 206866



littlenettersnetball

Book Online: <https://little-netters.class4kids.co.uk>





FREE



'OLD SCHOOL'

C O M M U N I T Y

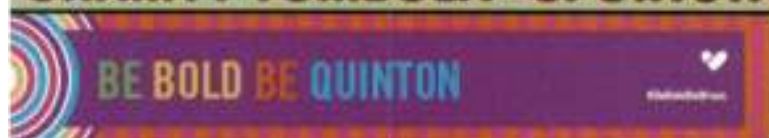
SPORTS & FUN DAY

**16TH
JULY
2022
10 AM
- 2 PM**

**HIGHFIELD FARM
RECREATION GROUND**

**INCLUDES OLD FAVOURITES:
EGG & SPOON RACE - TUG OF WAR
THREE-LEGGED RACE - SKIPPING ROPE RACE
FOOTBALL SHOOTOUT - BEANBAG SHOTPUT
LIMBO CHALLENGE ... AND SO MUCH MORE!**

CHARITY TOMBOLA - SPORTSWEAR & EQUIPMENT GIVEAWAY



ORGANISED BY THE VOLUNTEERS AND STAFF AT THE BARNARDO'S DONATION CENTRE QUINTON
PART-FUNDED BY THE CELEBRATING COMMUNITIES FUND (CCF)

Visitor information

Sense TouchBase Pears is a fully accessible centre for the community in the heart of Selly Oak. We have facilities designed to make your experience with us as enjoyable as possible including:

- Disabled parking
- Level entry from car park to front doors
- Disabled toilets
- Changing facilities with tracing hoists
- Secure exercise and toilet areas for assistance dogs
- Hearing induction loops

Getting here

Sense TouchBase Pears

750 Bristol Road, Selly Oak, Birmingham B29 6NA

Car parking is available at Sense TouchBase Pears however we're also accessible via public transport. We're located a 2 minute walk away from Selly Oak train station, can be reached by a number of bus routes and can also be accessed via cycle paths. We also have secure parking for your bikes.

Get in touch

You can find out more or contact the team here at Sense TouchBase Pears by:

Emailing **info@touchbasepears.org.uk**

Calling **0121 415 2720**

Visiting **touchbasepears.org.uk**

Please let us know if you need this information in a different format.



sense
TouchBase Pears

22 for 2022

22 FREE activities

for you to get involved in
during the run up to the

Birmingham 2022 Commonwealth Games!





As part of the United by Birmingham 2022 programme, we're inviting you to join us here at Sense TouchBase Pears this summer.

We'll be hosting a range of activities for you to get involved in, all of which are inclusive, accessible, and free to attend!

We have something for everyone to enjoy covering arts, sport and wellbeing. From Drum Fun to yoga, Texture Trails to Tai Chi, build on existing skills or come along and try something new.

All of our activities are open to the whole community including those that Sense supports, unless otherwise stated.

Communication support will be provided during activities however we ask if you need 1:1 support, you attend with your own access.

You can find our activities inside this leaflet. To book onto or find out more information about any of the sessions visit : sense.org.uk/commonwealth-games

Come along to our relaxed live sites!

Friday 29th July, 12pm – 8pm
Saturday 30th July, 11am – 7pm
Free to attend

As part of the Birmingham 2022 Culture Neighbourhood Festivals, we're excited to host the first ever relaxed live sites at this years Commonwealth Games.

Our live sites are held at Sense TouchBase Pears, our fully accessible centre, and will be fully inclusive for those with complex disabilities. We'll have plenty of comfy seating, dimmed lights, quiet spaces and communication support in the form of BSL interpreters, audio description and objects of reference.

Come along to our free events and enjoy:

- Live music and dance performances
- Bookable arts workshops
- Food and drink vendors
- Sports activities

Booking isn't needed to come along but you will need to register to take part in some activities.

Find out more at sense.org.uk/commonwealth-games



Activity Name	Date and time	Who's it for?	Description	Location
Drumming to Music	Every Friday, 2pm – 3pm	Suitable for everyone	Get moving to the upbeat music, and practice your drumming skills using wooden spoons, pens, or whatever you have at home! This session is suitable for people with complex disabilities.	Via Zoom
Tai Chi	Every Monday, 2pm – 3pm	Suitable for everyone aged 12 and above	Enjoy gentle, flowing movements and channel positive energy wherever you are as you join Miz. This session can be completed seated or standing, all you'll need is a clear space to exercise in and a chair.	Via Zoom
Seated Yoga	Every Monday, 11am – 12pm	Over 50's	Join us for this gentle seated hatha yoga class. Develop a sense of calm in the body and mind, as well as improving your strength and flexibility, through a series of gentle movements and breathing practices.	Sense TouchBase Pears
Exercise Through Dance	Every Saturday, 11am – 12pm	Suitable for everyone	Dance into the weekend every Saturday morning with our live streamed dance session in partnership with Step Change Studios. Learn new routines from Bollywood to Hip-Hop all delivered by expert instructors committed to making dance accessible. These inclusive classes are suitable for all ability levels and can be done seated or standing.	Via Zoom
Seated Dance	Every Wednesday, 11am – 12pm	Over 50's including those with a visual impairment	Join Step Change Studios for a gentle and friendly seated dance class. This class is a fun and low-impact way to keep active and enjoy a range of music and dance styles whilst developing physical skills such as strength, flexibility and coordination.	Via telephone
Multi-sports	Every Monday from 6th June until 18th July, 12:15pm – 1:15pm	Suitable for children and young people aged from 11 years old up to 21 years old	Join the Inclusive Sports Academy and take part in a variety of different activities. Have a go at traditional sports like tennis, cricket and archery through to fun games and races.	Sense TouchBase Pears
Music 20x22	Wednesdays, 12pm – 1pm and Thursdays, 1pm – 2pm.	Suitable for everyone. Workshops can be 1:1, for pairs, or for 2/3 young children.	To celebrate Birmingham 2022 we need your help to create an album of twenty music and sound recordings, each being 22 seconds long. Use instruments, your voice, the sound of a busy road, whatever you can find to create a unique recording.	Sense TouchBase Pears, Music Studio
Adapted cycling	Wednesday 25th May, 1pm – 2pm	Suitable for people aged 11+ with additional needs and/or complex disabilities	A friendly and relaxed adapted cycling session for people aged 11+, with additional needs and / or complex disabilities. Try out a range of cycles, including trikes, hand-peddled bikes, social side-by-side bikes and wheelchair transporters. Any support required must be provided by the individual themselves.	Tudor Grange Leisure Centre, Blossomfield Road, Solihull, UK
Gong with Edan Sound –	Wednesday 1st June, 2pm – 2:30pm	This workshop is for people of all ages including those with a hearing impairment	Gong has wonderful therapeutic effects for the body. Come along to our gong session with Soeren to relax and feel the vibrations. During the session you'll experience a variety of gong and sound bath instruments.	Sense TouchBase Pears, Performance Studio
Drum Fun	Tuesday 7th June, 11am-11:45am and 4pm – 4:45pm	This workshop is for children and young people including groups from schools.	Drumming is one of the most accessible and enjoyable ways of making music. Join this workshop to explore different types of drums, different ways of playing, and how drumming can be done without any equipment at all.	Sense TouchBase Pears, Buzz Theatre
Tuning Forks with Edan Sound	Wednesday 8th June, 2pm – 2:15pm, 2:20pm – 2:35pm, 2:40pm – 2:55pm	People aged 16 years and over	Tuning forks promote relaxation and healing for those experiencing joint pain, stress and anxiety. Join Soeren for a 15-minute session and leave feeling revitalised in both the body and mind.	Sense TouchBase Pears, Performance Studio
Rhythm for the Brain and Sound Relaxation	Friday 10th June, 10:30am – 12pm	People aged 50 and above, including those with Dementia	Join Lyn from Beat It Percussion for this multi-sensory music workshop suitable for all abilities. Start by warming up before moving on to exercising the upper body, hands and fingers. The session will end with sound relaxation. Enter a dream-like state as you enjoy peaceful, mesmerising sounds.	Sense TouchBase Pears, Buzz Theatre
Inclusive Visual Arts Workshop	Wednesday 15th June, 10am – 11am	Everyone ages 18 years old and above	Join our resident Visual Artist Caitlin for a visual arts workshop in celebration of the 2022 Birmingham Commonwealth Games. Get creative exploring different materials and techniques before taking your artwork home with you.	Sense TouchBase Pears, Visual Arts Studio
TouchBase Texture Trails	Tuesday 28th June, 10:30am – 11:30am and 1pm – 2pm	Morning slot is for children aged 7 years – 12 years. Afternoon slot is for people aged 18 years and above	Explore the environment of Sense TouchBase Pears whilst collecting audio-visual textures made with large scale drawing tools and microphones. Draw on the floors and walls, inside and outside, while discovering the sounds you and your environment are making.	Sense TouchBase Pears, outdoor space and Performance Studio
Visual Arts Picture Garden	Tuesday 5th July, 1pm – 2:30pm and 4pm – 5:30pm	Children & young people ages between 10 and 16 years old. Including school groups, care groups & after school groups	Use natural materials like flowers and leaves and sunlight to create a truly unique piece of art. Your work will then be scanned, printed onto fabric and hung as a tapestry in Sense TouchBase Pears.	Sense TouchBase Pears, Visual Arts Studio
Kathak Dance with Vidya Patel	Tuesday 5th July, 10am – 11:30am	People aged 16 and over. Under 18's must be accompanied by an adult.	Join Vidya for a dance workshop inspired by one of the Indian Classical dance forms - Kathak, derived from the word katha, meaning 'story telling'. Explore movement, rhythm and music in a creative, open space. No experience necessary, beginners welcome!	Sense TouchBase Pears, Performance space
Family Carers: Replenish & Restore (Gentle yoga and mindful movement)	Wednesday 6th July, 9:30am – 10:30am	Family carers aged 18 years and over	Join Kam from Barefoot Birmingham Yoga for a deeply relaxing, mindful movement session providing self-care for your body and mind. This session is especially designed for family carers looking for some valuable me-time as well as the opportunity to share experiences with other carers.	Sense TouchBase Pears, Performance Studio
Breathwork and Meditation for Joy	Wednesday 6th July, 12:30pm – 1:30pm	People aged 16 years and older. Under 18's must be accompanied by an adult. Please note this workshop is not suitable for those who are pregnant	Come and learn simple breathwork techniques in this guided meditation session lead by Barefoot Birmingham Yoga. We'll explore how we channel the breath not only for happiness, but for more energy, better sleep, clarity and calm and improved confidence.	Sense TouchBase Pears, Performance Studio
Stretch and Flow Yoga – Beginners and Beyond	Wednesday 6th July, 5:30pm – 6:30pm	People aged 16 years and older. Under 18's must be accompanied by an adult. Please note this workshop is not suitable for those who are pregnant	Are you feeling tense? Do you want to improve your flexibility? Do your muscles need a boost? Join Barefoot Birmingham Yoga for this feel-good, beginner friendly yoga class. Expect to float out feeling smiley, stretchy and new!	Sense TouchBase Pears, Performance Studio
Inclusive Family Dance Workshop	Saturday 9th July, 10am – 11:30am	Children aged between 5 years and 11 years old and their parents/guardians/carers	Join our resident Dance Artist Becca for this workshop celebrating our bodies and its movements. Come along, make new friends and share your latest dance moves. Sway, swing, laugh, play, move!	Sense TouchBase Pears, Performance space
Virtual Sound Bath	Tuesday 12th July, 11am – 11:45am	People aged 18 years and over	Lie back, close your eyes and listen as Selma from 'About Gong' takes you on a brief guided meditation session followed by a unique soothing sound journey.	Sense TouchBase Pears, Buzz Theatre, or join at home via Zoom
Relaxed Viewing of the Opening Ceremony	Thursday 28th July, 6pm – 10pm	Suitable for everyone	Join us for a relaxed screening of the opening ceremony of this year's Birmingham Commonwealth Games. We'll have quiet areas, a large screen, dimmed lighting and comfy seating as well as communication support in the form of BSL interpreters, audio description as well as objects of reference.	Sense TouchBase Pears, outdoor space and Buzz Theatre

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.

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

Up to date school news.

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

Access our latest risk assessment, detailing our safety measures.

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

The Food Pantry – Quinton

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

Support with housing

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

To purchase school uniform and PE kits.



**Woodhouse Primary
Sweatshirt**

SPECIAL ..

£11.95

Ex Tax: £11.95



**Woodhouse Primary
Cardigan**

SPECIAL ..

£13.95

Ex Tax: £13.95



**Woodhouse Primary
Fleece**

SPECIAL ..

£14.95

Ex Tax: £14.95



**Woodhouse Primary
Reversible Jacket**

SPECIAL ..

£29.95

Ex Tax: £29.95



Woodhouse PE Tee

SPECIAL ..

£14.95

Ex Tax: £14.95



Woodhouse Tracksuit

SPECIAL ..

£35.95

Ex Tax: £35.95



**Woodhouse Tracksuit
and Tee**

SPECIAL ..

£44.95

Ex Tax: £44.95