

NEWSLETTER



4th November 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.

School Start Times

ALL children are welcome from 8:35am. The earlier the better!

Year Group	Start Time	Pick up time
Nursery	Gates open at 8:35am Class starts at 9am	3pm
Reception Year 1 Year 2	Gates open at 8:35am Gates & Doors into school close at 8:55am Registers close at 8:55am.	3:15pm
Year 3 Year 4 Year 5 Year 6	Any child arriving after 8:55am must go through the main office to be signed in and will be marked as late.	3:20pm

Free toast will be served from the canteen between 8:35am and 8:50am.

MORNING ACTIVITIES

Sports and Fitness: Join us on Monday and Wednesday mornings from 8.20am on the KS2 playground for 15 minutes of fun and fitness games to start your day before heading off to class at 8.35am. We look forward to seeing you there!

Choir: Join us on Tuesday and Thursday morning from 8.15am for choir. Mrs Cooper and Mrs Shipstone will meet children at the front gate at 8:15am.



The following children are Stars of the Week for the week of 31st October – 4th November.

Nursery

Elisio

Reception

*Mario
Arlo
Jahmiel
Ella-May*

Year One

*Effie
Anaya
Evander
Ryan*

Year Two

*Orla
Rahman
Amiyha
Ariyan*

Year Three

*Bohdan
Lucas H
Raqd
Adam Jnr*

Year Four

*Yunus
Amber
Raphael
Safina*

Year Five

*Rajan
Rajvir
Carelia
Ruby S*

Year Six

*Heidi
Cade
Amelia
Maria
Mais
Ameen*

Stars of the week are now announced on a Friday and the children are then star of the week for the entirety of the following week!

Children in Years 1 – 6 will then attend the praise assembly as normal on the Friday.





School Dinner Menu

7th – 11th November

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

We use a range of suppliers, including local businesses so menus are subject to change if items are unavailable.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets	Fish Fingers	Roasted Pork with Apple Sauce	Beef Meatballs in Italian Style Tomato Sauce with Spaghetti	Pizza Day
Vegetable Fingers	Vegetable Samosa	Roasted Quorn with Apple Sauce	Vegetarian Bolognese with Spaghetti	Cheese and Tomato or Pepperoni Pizza
Herby Diced Potatoes	Savoury Rice and Chip Shop Curry Sauce	Roast or Mashed Potatoes and Seasonal Vegetables	Homemade Garlic Bread	With Chips and Fresh Salad
Baked Beans or Vegetables	Peas and Sweetcorn	Angel Delight	Iced Ginger Cake & Custard	Selection of Fruit Desserts
Arctic Roll	Chocolate Concrete with Custard			
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~~


Week 7: 17th – 21st October

Whole School Attendance currently running at: 95.41%

Last week's attendance:

EYFS & KS1: 95.44% KS2: 95.42% Whole School: 95.43%

Our Attendance target for this coming year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	91.33%		3A	98.67%
RL	97%		3S	99.33% 
RW	84.51%		4H	96%
1B	98%		4N	91.95%
1O	99.31%		5H	94.19%
2FP	96.98%		5W	95.94%
2W	92.33%		6D	97%
RR	80.54%		6W	98.57%
			6WO	95.24%



Congratulations to 3S who had the best class attendance last week.

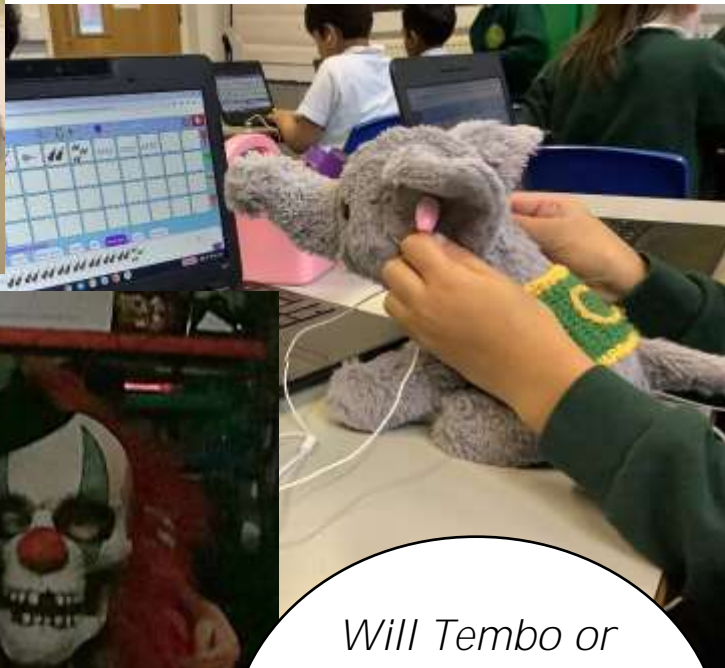
Well done to 1O had the best class attendance in EYFS & KS1 last week.

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

Attendephants



This week Custard has been in 3S. He has had a very busy week. He has been learning about how to care for the environment, taking part in a music lesson, visited the Donkey Sanctuary AND met some scary clowns at the KS2 Halloween Disco.



Will Tembo or Custard be visiting your class after half term?



2022 – 2023 Academic Year

Monday 7th November – 5W Class Assembly 9am – Parents invited

Monday 14th November – 4H Class Assembly 9am – Parents invited

Monday 21st November – 5H Class Assembly 9am – Parents invited

Wednesday 30th November – Nursery Nativity – AM & PM Performance.

(9am and 2pm)

Thursday 1st December – Choir Candlelit Parent Concert

(Details sent out to invited parents)

Wednesday 7th December – Christmas Fayre (from 3:45)

Thursday 8th December – Reception Nativity – AM & PM Performance. (9am and 2pm)

Friday 9th December – Christmas Jumper Day – Wear a Christmas Jumper to school and bring a £1 donation for Save the Children

Friday 9th December – Christmas Dinner Day

Wednesday 14th December – Key Stage 1 Nativity – AM & PM Performance. (9am and 2pm)

Thursday 15th – Year 1 Cadbury World Visit

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

Thursday 12th January – Young Voices Concert

Monday 16th January – 4N Class Assembly 9am – Parents Invited

Monday 23rd January – 3S Class Assembly 9am – Parents Invited

Monday 30th January – 3A Class Assembly 9am – Parents Invited

Monday 6th February – 2FP Class Assembly 9am – Parents Invited

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

Monday 27th February - First day school open for children

Thursday 2nd March – Parents Evening (Details to follow)

Monday 6th March – 2W Class Assembly 9am – Parents Invited

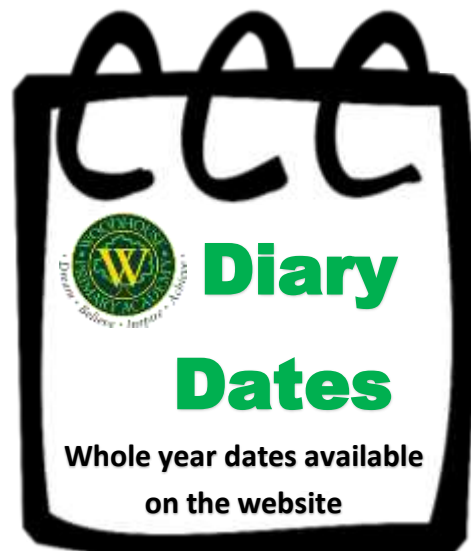
Tuesday 7th March – Parents Evening (Details to follow)

Monday 13th March – 1B Class Assembly 9am – Parents Invited

Monday 20th March – 1O Class Assembly 9am – Parents Invited

Friday 31st March – Easter Assemblies and EYFS & KS1 Bonnet Parade (times tbc)

Term Ends: Friday 31st March



Summer Term

Term Starts: Monday 17th April

Half Term: Monday 29th May to Friday 2nd June

Monday 5th June - First day school open for children

Monday 19th – Wednesday 21st June – Year 6 Bell Heath Residential

Wednesday 5th July – Nursery Graduation AM & PM

Monday 10th July – EYFS & KS1 Sports Day at Woodhouse

Tuesday 11th July – Ks2 Sports Day at Woodhouse

Friday 14th July – Year 6 Production (times tbc)

Tuesday 18th July – Summer Concerts

Wednesday 19th July – Parent drop in sessions to discuss reports if needed

Friday 21st July – Year 6 Leavers Assembly

Friday 21st July - Last day of school year for children

Monday 24th July - Inset day, school closed to children

Tuesday 25th July - Inset day, school closed to children

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



Outdoor Area Revamps

You may have seen recently that we have revamped the Rainbow Room outdoor area with help from some fantastic fundraising. See photos below.

We are now planning on doing a similar thing with our Early Years outdoor areas. We are part of the Tesco Community Scheme, which you may have seen in stores. They are going to help us raise funds towards our project.

This starts in the following stores on Monday:

5325 Quinton Superstore B32 1EG

5506 Hagley Road Express B17 8DJ

6388 Bristal Express B68 9TX



Year 5 children have created these amazing watercolour paintings of Pitts Wood in their art lessons.



Christmas Fayre



Details will soon follow about this year's Christmas Fayre.

In the meantime, we are starting to collect any donations towards the fayre.

*The items we are looking for are any unwanted, good quality books and toys that can be re-used. We **won't** be collecting soft toys.*

On Friday 4th we are having a Bonfire & Diwali Day where children can wear brightly coloured clothing and bring in a bottle of something for one of our stalls. Please do not send children in with bottles of alcohol.

This year we are inviting you to help us out and in return, you will gain from it.

If you have a small business or enterprise that you could transport to school, for a £5 contribution to school fund, we are offering you a space or stall to come and sell / provide your products or services.

Some examples could be if your make crafts, draw or paint and have made Christmas cards, if you cook or bake and would like to sell your products, if you paint nails, style hair etc. you could come and provide that service.

All we ask in advance is that you let us know via email to enquiries@woodhouse.uwmat.co.uk or speak with a member of the office staff or an assistant head so we can plan the space you will need.

Please bring any donations to the main office.

School Admissions

Secondary School

The application window is now CLOSED.

You can still make an application by using the link below. Any applications received after the 31st October deadline will be processed as late applications after the 1st March offer day.

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

National offer day is 1st March 2023. You will be notified by email.

Reception 2023

If your child is currently in Nursery and/or is born between 01/09/2018 & 31/08/2019 then they will be due to start Reception from September 2023.

The application window opens on 1st October 2022 and closes on 15th January 2023.

NOTE: Attending our Nursery does not guarantee a place. An application will still need to be made.

Follow the link below for further information and to apply when the window opens:

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

Speak to someone in the main office if you have any questions or need support with this.



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.

Items will be laid out on a regular basis for you to come and have a look.

Please speak with a member of the office team for further details.

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

Author of the Week

OLAF FALAFAL



Olaf won 'Funniest Joke' at the Edinburgh Fringe Festival, 2019.



Olaf is not just a children's book author, but a comedian, too! He has performed at the Edinburgh Fringe Festival which was where he won his funniest joke award.

You can also find him online where he has a series of Art Club videos - not only does he write his books, but illustrates them too.

His books are hilarious and will have you laughing out loud as you read.

If you like Sam Copeland or David Solomon, you'll love these books!

*Books are
awesome because
they never run out
of battery!*

Olaf Falafal says:



B32 @ Faraday
1 Faraday Avenue
Quinton
B32 1JP

You may have seen on Midlands Today recently that B32 CommUNITY have acquired the space where the old butcher's shop was on Faraday Avenue as their new hub.

The new hub will extend the local Quinton pantry and offer a community café/kitchen and budget cooking advice along with other community and youth activities.

They are looking for support to get the hub up and running as soon as possible. They are looking for the following trades and volunteers:

*Electricians
Plumbers
Carpenters
Kitchen-Bathroom fitters
Tilers
Painters and decorators
Tea/coffee makers.*

They can be contacted via their Facebook page [B32 Community C.I.C / Facebook](#) or at the address above.



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.



Boloh Helpline

Barnardo's Online English Conversation Club 2022-2023

Have you tried to talk to locals but are finding it hard to make conversation? Have you experienced that you started your conversation with "How are you?" and then it ended with "I am fine, thank you?" In the coming session, we will discuss how to engage in small talk.

You are invited to join our virtual English conversation club to practice English speaking, and to share your experience in building interpersonal relationships with local people.

Date: Thursday 20th October 2022

Time: 1:00 pm - 2:00 pm

Venue: Microsoft Teams meeting

Topic: Small talk with local people

Registration: <https://forms.office.com/r/DQD8v3Uwvve>



Registration is on a first come first served basis. A confirmation email will be sent to your email address. Please email (boloh.helpline@barnardos.org.uk) if you have any further enquiries.



Department for Levelling Up,
Housing & Communities

Believe in
children
Barnardo's



Boloh Helpline

Barnardo's 網上英語會話小組 2022-2023

想主動與本地人聊天溝通，卻又不知道如何打開話匣子？向對方問候一句 How are you，對方回答 I am fine, thank you，接著便結束對話，這會是你的經歷嗎？這次我們一起討論如何與本地人聊天，打開話題，延續對話。

我們邀請你一起參與網上英語會話小組，一方面練習英語會話，另一方面分享你與本地人建立人際關係的經驗。

日期：2022 年 10 月 20 日(星期四)

時間：下午 1 時至 2 時

地點：Microsoft Teams 線上會議

題目：與本地人溝通

登記：<https://forms.office.com/r/DQD8v3Uwvve>



活動名額先到先得。參加者將於 10 月中旬獲電郵通知確認參加活動資格。如有查詢，請電郵與我們聯絡 (boloh.helpline@barnardos.org.uk)。



Department for Levelling Up,
Housing & Communities

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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/>

You can access the Cost-of-living support parents factsheet by using the link below: (There are links to access more information)

http://www.woodhouse.priacademy.co.uk/admin/ckfinder/userfiles/files/Parents_cost_of_living_factsheet_2022_WPA.pdf



PARENT FACTSHEET

Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

Get in touch with us to let us know if you're struggling with your finances

enquiries@woodhouse.uwmat.co.uk

We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

Contact your local Citizen's Advice Bureau

Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- > Getting benefits or other financial support organised
- > Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](https://www.citizensadvice.org.uk/)'s website or contact your local branch to book an appointment:

Citizens Advice Birmingham,

Ground Floor, Gazette Buildings, 168 Corporation Street, BIRMINGHAM. B4 6TF

03444 77 1010 (Information Helpline) 9.30 - 16.30 Monday to Friday

Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

Claim any benefits you're entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- > [Turn2us](#)
- > [Policy in Practice](#)
- > [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim:

Selly Oak Jobcentre, 125 Harborne Lane, Selly Oak, Birmingham. B29 6SP

Telephone: 0800 169 0190, Textphone: 0800 169 0314: Monday to Friday, 8am to 6pm

Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. Apply here: <https://www.cloudforedu.org.uk/ofsm/birmingham>

See what other support you can get from your local authority

Birmingham City Council: <https://www.localofferbirmingham.co.uk/family-support/>

Local authorities have lots of different schemes that you might be eligible for, including:

- > The [holiday activities and food programme](#) – access to food and activities over the school holidays
 - > [Help with transport to school](#)
 - > [Help with the cost of uniform](#)
 - > <https://bhamforwardsteps.co.uk/support-for-families/>
-

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

- > Our free breakfast provision for all children and families, run from the canteen at Woodhouse every morning, from 8:35-8:55am
- > If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)

- > Quinton and Oldbury Foodbank: <https://quintonoldbury.foodbank.org.uk/>
St Boniface Church, Quinton Road West, Quinton, B32 2QD
The Coffee Shop, 151 Castle Road West, Oldbury, Sandwell, B68 0EL
- > Find a local foodbank with these websites: [Bankue!](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
- > Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)

Further information

- > Contact [StepChange](#), if you're struggling with debt
- > Contact [Shelter](#) if you're having issues related to housing
- > Get free household goods on [Freecycle](#)
- > Contact the [Salvation Army](#) for emergency assistance
- > See if you're eligible for [grants from Tum2us](#)
- > Single parents can get support from [Gingerbread](#)

There are a number of 'Warm Welcome' hubs popping up in Birmingham with over 2,500 hubs set-up nationwide.

Warm Welcome hubs are registered organisations that are opening up to offer a free, warm, welcoming space for people to go this winter. The hubs are family friendly spaces that offer a variety of things such as free WIFI, refreshments and hot food.

Head here for more info:
<https://www.warmwelcome.uk/>





WARM HOMES WEST MIDLANDS – Covering Birmingham & the wider West Midlands region.

FREEPHONE 0808 196 8298

Overview

Act on Energy encourages energy conservation by providing free and impartial advice to householders across the West Midlands. We have been addressing Fuel Poverty and Climate Change for over 20 years supporting households through their energy journey. This is an exciting opportunity to help us deliver a new programme – Warmer Homes West Midlands. This is an ambitious partnership programme working with Marches Energy Agency to provide for the very first time, a universal, top-level energy advice service for the fuel poor across the seven urban local authority areas in the West Midlands Combined Authority area. This is a large-scale energy advice programme that will help 7,500 vulnerable households.

Warmer Homes West Midlands key objective is for vulnerable consumers to become more confident and independent. We also aim to reduce fuel poverty and improve the health and wellbeing of communities across the WMCA area. This will be achieved by providing the following services to vulnerable residents: –

- Energy saving advice
- Energy saving measures
- Income maximisation advice.

Advice will be delivered by a team of qualified energy advisors, by telephone, through case work, and on home visits and community events, where it is safe to do so. A team of community outreach workers will ensure that as wide a range of people as possible will be able to take advantage of Warmer Homes West Midlands. They will be rooted in the communities where the programme operates.

For more information please go to <https://warmerhomesswm.org.uk/>

Free Family Hot Meals



This Winter, Midland Mencap are offering **FREE** hot meals for families and young people in Birmingham.

When:

- Thursday 10th November, 6pm - 7:30pm
- Tuesday 29th November, 6pm - 9pm
(Watch the Football World Cup: England Vs Wales kick off 7pm)
- Thursday 8th December, 6pm - 7:30pm

Where:

Weoley Castle Community Centre,
Bottetourt Road, Weoley Castle, B29 5TE

(Table-top activities available)



Register Your Interest:

Meals are free but must be booked in advance.

To Book Contact :



0121 442 2944



families@midlandmencap.org.uk



For more information contact :

Call: 0121 442 2944

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.



HELP US RESCUE AND REDISTRIBUTE

200 MILLION MEALS

TESCO

BOOKER

PLANET
ORGANIC

IN PARTNERSHIP WITH

one|stop

EUROSTAR
RESTAURANT ASSOCIATES
Great things together

COMPASS
GROUP

The ★ PRET ★
Foundation
Registered Charity No. 1030155

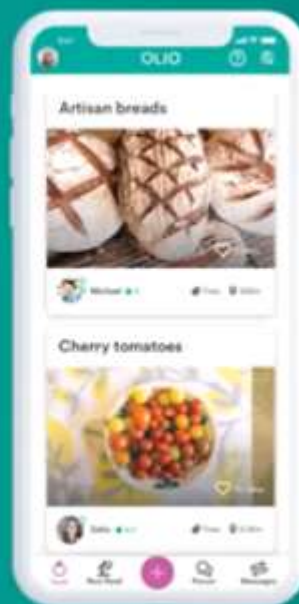
Join the #1 free sharing app

Join millions of neighbours all over the world who are using OLIO to share more, care more and waste less.

Give & get free stuff and borrow & lend household items – all directly from your community.

Fight waste. Help your neighbours. Save our planet. Feel amazing!

OLIO
The Food Waste Revolution



Download the app from the App Store or the Play Store



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 



The Quinton and Oldbury Foodbank is located at St Boniface Church and is open every Tuesday from 10am – 12pm and every Wednesday from 11am – 1pm.

The Foodbank at The Coffee Shop has now closed due to not being a suitable size for the foodbank but is re-opening as The Brandhall Community Hub and will be offering a wide range of support to the community. This includes a Food Pantry; a food membership club giving access to low-cost food, including fresh goods, in a shop format. The Pantry is a similar setup to the one in Quinton at the Haven Centre.

Food Banks within the Trussell Trust:

- 1. Quinton and Oldbury Foodbank, St Boniface Church, B32 2QD*
- 2. Smethwick, Holy Trinity Church B67 7AH*
- 3. Handsworth, New Wesleyan Church, B21 0LA*
- 4. Birmingham Central, Birmingham City Church, B1 3QQ*

Please speak to a member of staff in school in you require support from the Food Bank. We are able to refer families.



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

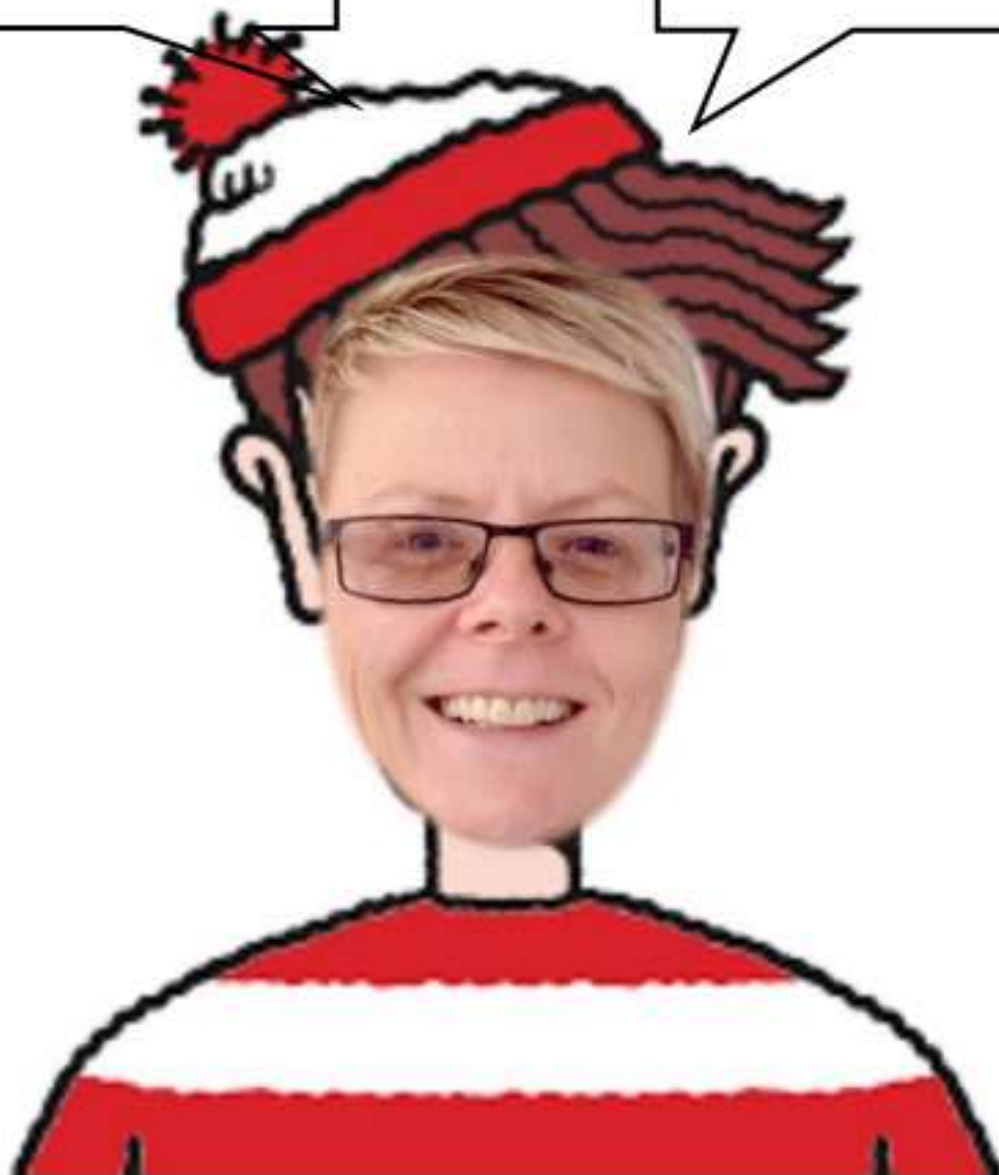


Where's Wendy?

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://startwell2020.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 \(nhsforthevalley.com\)](#)
- [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 \(lscpbirmingham.org.uk\)](#)
- **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=ko3TPO7EurE>



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.



SEND BRIEFING PARENT WEBINAR

October 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.

[Developing joint Attention](#) – Tuesday 11th October 2022 11-11:30am

[Supporting Language Development Through Play](#) - Tuesday 18th October 11-11.30

[Using a Now and Next board](#) - Tuesday 1st November - 11-11:30

[Using Objects and sensory Cues](#) - Tuesday 8th November - 11-11:30

[Offering Choices](#) - Tuesday 15th November - 11-11:30

[Using a communication board](#) - Tuesday 22nd November - 11-11:30

[Creating opportunities](#) - Tuesday 29th November - 11-11:30

[Using a Song Bag](#) - Tuesday 6th December - 11-11:30

Speakers:

Speech and Language Therapists from the Outreach and SEND Therapy Team

These sessions are suitable for parents of children who have difficulties with their early communication development in the areas of attention, social interaction, understanding of simple language and use of words/other means to convey their wants and needs".

Please email bchc.sendtherapy@nhs.net if you are unsure whether these webinars would be suitable.

Each webinar will last approximately **30 minutes** and take the format of a presentation followed by an opportunity to ask questions

<https://www.localofferbirmingham.co.uk/product-category/speech-and-language-therapy/>

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

November 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 Sensory Smart for primary

Speakers
Ellie Steer & Sarah Gallagher
SEND Occupational Therapists

This family webinar will look at the 8 sensory systems. You will explore the impact of sensory difficulties on your child and learn strategies to support your child

Wednesday 9th November 2022

9:30am – 10:30am

<https://www.localofferbirmingham.co.uk/product/sensory-smart-primary-age-9th-november-2022-930am-1030am/>

Sensory Smart for secondary

Thursday 10th November 2022

1:30pm -2:30pm

<https://www.localofferbirmingham.co.uk/product/sensory-smart-for-secondary-10th-november-2022-130pm-230pm/>

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

October 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

DIY: Encouraging Independence in self-care

Speakers
Sarah Gallagher
SEND Occupational Therapists

This Family Webinar will look at strategies to support your child to become independent in their self-care activities such as dressing, washing, toileting and feeding.

Wednesday 7th December 2022

1:30pm – 2:30pm

<https://www.localofferbirmingham.co.uk/product/ot-diy-encouraging-independence-in-self-care-early-years-age-7th-december-2022-130pm-230pm/>

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

October 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

Managing Sensory outside the home for primary

Speakers
Katie Green

SEND Occupational Therapists

This family webinar will look at the impact of sensory difficulties on your child whilst away from the home. You will learn strategies to support your child's sensory needs whilst away from the home.

Wednesday 8th March 2023

9:30am –10:30am

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-primary-school-age-wed-8th-march-2023/>

Managing Sensory outside the home for secondary

Thursday 9th March 2023

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-secondary-school-age-9th-march-2023-130pm-230pm/>

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



BIRMINGHAM
CHILDREN'S TRUST



SEND BRIEFING PARENT WEBINAR

October 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 Toileting with OT

Speakers
Gordon Heath
SEND Occupational Therapists

This Family Webinar will look at strategies to support independent toileting. You will learn how to create an effective toilet time routine and how to adapt the bathroom environment to promote independent toileting.

Thursday 9th February 2023

9:30am – 10:30am

<https://www.localofferbirmingham.co.uk/product/toileting-with-ot-thursday-9th-february-2023-930am-1030am/>

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



BIRMINGHAM
CHILDREN'S TRUST





**We welcome you to a free half hour
taster session at:**

**Northfield Leisure Centre on
17th November at 6pm or 7pm**

**Just turn up on the day and
ask for Kerryanne, everyone
boys and girls welcome!**

Training at Ladywood and
Northfield Leisure Centres
First 2 sessions free,
visit website for details



**email: cobsynchro@gmail.com
www.birminghamsynchro.com**

HARBORNE KARATE CLUB



NEW BEGINNERS WELCOME !!
BOOK A FREE TRIAL LESSON NOW !!



THURSDAYS
LORDSWOOD GIRLS SCHOOL
6-7PM
(CHILDREN AGE 5+ & TEENAGERS)



LIMITED SPACES AVAILABLE !!
FIRST COME, FIRST SERVED!!

BOOK YOUR TRIAL ONLINE !!

OR CONTACT JOSH MOUNTNEY DIRECT VIA PHONE

07824442833 www.usko-karate.co.uk



Sundays

11:00am –
11:45am



**Four Dwellings
Academy**

Dwellings Lane,
Quinton,
B32 1RJ

LITTLE NETTERS

**Netball
Sessions**

AGES 7–11

BOOK YOUR FREE TASTER NOW www.littlenetters.net



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://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.

[School uniform also available from Somal Fashions at 11 Faraday Avenue, Quinton, B32 1JP – 0121 423 2969](#)

https://www.woodhouse.priacademy.co.uk/images/image_gallery/large/1664897398.pdf

Our updated uniform policy and guidance