



Pershire High Safeguarding Newsletter

December 2023

Welcome to new parents with the second Safeguarding Newsletter of the year. Although Christmas and New Year are a time for family and festivities we understand that there are parts of our school community that may be struggling with issues and pressures around the cost of living crisis. Inside this issue are a range of links to different services and cost savings which we hope will prove useful to many. A wider range of services have also been signposted to support different needs over the 2 week holiday.

You are welcome to contact the school if you have any ideas or thoughts on content in future newsletters. Wishing you all a very Merry Christmas and a Happy New Year!

Who is on the Pershire High Safeguarding Team?



The Designated Safeguarding Lead is Fiona Lovecy.

Just get in touch if you need any support or advice.

Email: fl@pershire.worcs.sch.uk

Who else can help?

Please talk to or email your child's tutor, pastoral manager or Head of House. They will be able to help or seek further advice for you.



Meadow Arts Project

We are delighted to have teamed up with Meadow Arts—a charitable trust that works with groups on inspirational visual arts.

Pershire High are working with the charity on a range of projects including this recent art in textiles piece. A group of students were inspired on a visit to Pershire Abbey and based the work around the theme of the river and the environment. The group then enjoyed developing their panels working with a professional textiles artist. There was also a focus on using the arts for wellbeing—a great chance for being creative and having a natter!



We are proud the final work is now on display until March at Pershire Abbey. Please pop in and take a look. Many thanks to Revd Canon Claire Lording for supporting the project and hosting the final tapestry.



What has happened since half-term?

We have continued to provide a range of awareness raising sessions to support student's understanding of key safety and wellbeing areas these include:

- A whole-school online safety survey has just been completed with students. Further details will be shared in a special Online Safety newsletter after Christmas.
- 6th form students in Year 12 had a guidance session providing advice and support on sexual harassment and consent, including future context for the work place and life in Higher Education.
- Youth Mentor, Sian Gray, is providing 2 additional support sessions at lunchtimes weekly on exam stress and support for students with social anxiety.
- 3 groups of Year 9 students have benefitted from provision from Action for Children's Blues Programme to support wellbeing and positive mental health. 4 more groups will follow in the Spring Term.
- Mrs Budding ran assemblies for every House for anti-bullying week, re-launching the anti-bullying ambassadors group who are now working towards their inclusion and respect badge under the Diana Award.

Getting Early Help

[#shopsmartnotshark](https://www.stoploansharks.co.uk)

www.stoploansharks.co.uk



SHOP SMART NOT SHARK

RED FLAGS

- A loan – with no questions asked
- No paperwork or receipts
- Forced to hand over valuables as security
- Huge amounts of interest
- Threats to you and your family

IT COSTS A LOT MORE THAN THE PRICE TAG WHEN BORROWING FROM A **LOAN SHARK**

Report Today 0300 555 2222

STOPLOANSHARKS Intervention · Support · Education

Think smart, not shark when it comes to Christmas shopping this year. Shop around, there are many deals and offers out there. Be wary of any new friends offering to help you out quickly, know the signs and get the right help and support you need. We know Christmas can be hard, and if you're looking for a loan there are places you can go other than a bank. Visit www.findyourcreditunion.co.uk or www.findingfinance.org.uk.

For help and support with a loan shark @StopLoanSharksEngland is here to help, contact them today on 0300 555 2222

Help For Houses

- Income Support
- Energy Bills— Cost of Living Payments
- Childcare Costs
- Household costs
- Childcare Costs
- Finding Work



Act On Energy

We encourage energy conservation by providing free and impartial advice to householders and small businesses in Warwickshire, Worcestershire, Coventry, Solihull, Birmingham & the wider West Midlands

Household Support Fund

For those who have previously received funding from the Household Support Fund prior to 30th September 2022 you can now re-apply for funding – subject to the conditions.



Food Banks

Worcester City (Mon, Tue, Wed & Fri 11am—2pm) 0808 2082138
7 Lowesmoor Wharf, Worcester WR1 2RS, UK

Droitwich (Tues 1pm—3pm & Fri) 07532 130604 / 07532 130604
Droitwich Baptist Church, Ombersley Street East, WR9 8QS

Redditch & Bromsgrove (Mon—Thursday 11am —2pm & Fri 10am– 1pm) 01527 69161

Malvern Hills Foodbank (Mon— 10.15am—12.30pm, Tues 1pm— 3.15pm, Thurs 10.15am –12.30pm) 07529 322985

Unit 4, Spring Court, Spring Lane South, Malvern, WR14 1AT

Pershore (Tues 11am— 1pm, Fri 1pm—3pm) 01386555347

St Andrews, Church Walk, Pershore, WR10 1BH



Pershore community cupboard is a food project set up to help the whole of the community if they need any food. They receive donations of food from local supermarkets and want to stop as much food going to landfill as possible. This is a community project open to all. Found at Pershore Baptist Church on Broad Street, Pershore.

See the website for Opening Times:
[Community Cupboard](https://pershorebaptist.org.uk)
(pershorebaptist.org.uk)

Getting Early Help

Kids Eat for ...

For free at [TGI Fridays](#)

Breakfast for Free at [Beefeater](#)

For £5.99 at [Table Table](#)

Breakfast for free and 3 course meal for £4.99 at [Brewers Fayre](#)

For £1 at [Bella Italia](#)



Merry Christmas! Please read the information carefully for information on the Christmas HAF programme.

Who can participate in HAF?

HAF is a government funded programme for children and young people aged 5-16 in receipt of benefits related Free School Meals.

Can my non-FSM child participate?

In line with Department for Education guidelines, the HAF Programme is primarily for children in receipt of benefits related Free School Meals.

Some providers have a limited number of places available for non-FSM children who would otherwise be considered vulnerable however **these places are not guaranteed** and must be requested with providers to review and accept. Where activity clubs are fully booked by FSM eligible children, there will not be any additional spaces for non-FSM eligible participants.

'My child is too young for activities'

If your child is younger than 5, we can not guarantee them places.

The programme is designed for children and young people aged 5-16. Some providers let younger children take part, however this is not the norm.

'Where is my HAF code?'

For booking activities outside the HAF website, you will most likely be asked for a code. This can be found under the child's name in the 'My Children' section.

Money Helper

Money
Helper

Where to get free debt advice

If you're struggling with debt, it can be hard to know where to turn. But with lots of free advice services available across the UK, you can find help in a way that's best for you.

Free Debt Adviser, click this link above and search for

Wychavon

Shine Out Of School Clubs

Physical activities including football, tennis and ball games. Other activities include arts and crafts, and sensory messy play.

Age: 4 - 10

Contact: 0790351612, kelly.shinemanager@gmail.com

Kits Academy

Activities range from traditional sports like football and hockey to Olympic sports like archery and fencing.

Age: 5 - 13

Contact: 07772 87327, bookings@kitsacademy.com

Empower Active

New Year Camp - Themed days, themed games and sports, glow in the dark dodgeball, UV sports, Nerf and laser challenges, arts and crafts, baking and cooking, wellbeing workshops, inflatable fun and so much more.. New to 2024 - Graffiti camp and art workshop!!

Festive Fun Day - write your letter to Santa, have VX and dodgeball snowball fights, do some Christmas baking, enjoy a lovely Christmas dinner for lunch before meeting Santa in his grotto, making your own reindeer food and finish the day with a Christmas escape room...

Age: 4 - 14

Contact: camps@empoweractive.co.uk

Evesham Adventure Playground

A fun playscheme with lots of activities and access to the adventure playground

Age: 8 - 16

Contact: outofschool@eveshamadventureplayground.org

Gateway to FMA

Pick & Mix Holiday Camp - trampolining, gymnastics, ninjas, arts & crafts, and games

Age: 4 - 12

Contact: haf@fm-academy.co.uk



Persore
Wellbeing Hub

Free advice and support is also offered at Persore's Wellbeing Hub—as well as a free cup of tea! If you need someone to talk to, advice, directing to support, ideas for art and entertainment, opportunities for children and young adults and health, medical and dental support visit on Tues and Fri 10am-12.30pm, Wed and Thur 10am—3pm

No. 4, High Street, Persore

01386 555018

[Persore Wellbeing Hub](#)



Useful Signposting

Action for Children (2022). Support for Young People. <https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/young-people/>

ADDers. ADD/ADHD Online Information for ADD. <http://www.adders.org.uk>

Adfam. Help for Families with Addiction. <https://adfam.org.uk/help-for-families>

Al Anon. For children of Alcoholics. <https://www.al-anonuk.org.uk/who-is-it-for/>

ALUMINA (Previously Self-Harm UK). Free Online Self-Harm Support for 14 – 19's. <https://www.selfharm.co.uk/>

Barnardo's. Supporting Young People. <https://www.barnardos.org.uk/what-we-do/supporting-young-people>

B-eat. Get help for eating disorders. <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/>

Childline. <https://www.childline.org.uk/get-support/>

Craunston – Here for Youth. Substance Misuse. <https://cranstoun.org/help-and-advice/young-people/here4youth-worcestershire/>

Family Action. Support for children and families. <https://www.family-action.org.uk/what-we-do/>

Herefordshire and Worcestershire Health and Care NHS Trust. Child and Adolescent Mental Health Service. <https://www.hacw.nhs.uk/camhs/>

HOPELINEUK (Papyrus). Prevention of Young Suicide. <https://www.papyrus-uk.org/papyrus-hopelineuk/>

Kemp Hospice. Family support and bereavement service. <https://www.kemphospice.org.uk/familysupport>

LGBT Foundation. <https://lgbt.foundation/howwecanhelp>

Male Domestic Abuse Helpline. <https://mensadviceline.org.uk/male-victims/>

Mind. Information and Support on mental health. <https://www.mind.org.uk/information-support/>

National Self Harm Network. <https://www.nshn.co.uk>

Samaritans. <https://www.samaritans.org>

SEND Help

Alongside the support offered in school there are a range of services offered by the local authority.

Use this link to find out more:

[Education, schools and colleges \(SEND\) | Worcestershire](#)

Harmony at Home is Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative.




Parental conflict, can range from swearing and shouting between parents, to children feeling like they are walking on egg shells when the conflict is more silent. This is known to have a negative impact on the life chances and well-being of children and young people, particularly when conflict happens a lot, and is left unresolved.

For more information and resources to support healthy relationships please visit:

www.worcestershire.gov.uk/harmonyathome

Useful courses



UNDERSTANDING YOUR TEEN

A 10-week group programme that helps you find out more about sleep, bullying, relationships and why your teenager behaves the way they do.

FOR MORE INFORMATION OR TO BOOK ONTO A COURSE CONTACT:
Tanya on 07977599512 or email at tanya.japel@actionforchildren.org.uk
Starting In January 2024 in Worcester

SUITABLE FOR FAMILIES WITH CHILDREN AGED 11-19

www.startingwellworcs.nhs.uk EVERY CONTACT SHAPES A LIFE

Free parent's workshop Supporting my Teen's Mental Health

All Worcestershire parents are able to access, free of cost, a parenting workshop delivered by the NHS Starting Well (Community & Parenting) Service. The online workshops are available for parents, carers and guardians with children aged 11-19 and includes:

- CBT (cognitive behavioural training) techniques to boost mood for the whole family.
- Tools and techniques to help manage anxiety and low mood with your teens.
- Live Q&A with a practitioner.

Workshops are on the following dates, and a place can be booked using the links below:

- Wednesday 3rd January 2024 at 1pm
- Wednesday 17th January 2024 at 6pm
- Wednesday 31st January 2024 at 1pm
- Wednesday 14th February 2024 at 1pm
- Wednesday 28th February 2024 at 6pm

Use this link to access

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

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

They are aimed at parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. The courses have been developed by registered professionals within the NHS, working with practitioners and parents to develop new resources to support emotional health and wellbeing in children, families, and adults. The courses can be accessed on any PC, laptop, tablet or smartphone.

The groups aim to:

- Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child relationship
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Promote reflective, sensitive and effective parenting

Use PARENTSROCK as your free access code.

Parenting Support—Courses

Highly recommended range of courses with free access for Worcestershire parents.