



Perschore High Safeguarding Newsletter

Christmas 2022

Welcome to the second Safeguarding newsletter of the year. A shorter edition this time focused on providing some help and support for over the Christmas period, including advice on financial support and activity provision in Wychavon. Below you will also see some help with Wellbeing and further links for those struggling to cope over the holiday period.

Wishing you all a very Merry and Happy Christmas!



Who is on the Perschore High Safeguarding Team?



The new Designated Safeguarding Lead:
Fiona Lovecy

Email: fl@perschore.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.

Don't forget the 6th Form Team! Dedicated support for pastoral, social and emotional needs, plus academic help from Zoe Starkey, 6th Form Lead and Jo Robinson 6th form Deputy Lead.

Wellbeing Support

Techniques to Improve Mental Health: Free Parent Workshops

The Blues Programme is an early intervention evidence-based CBT (cognitive behavioural training) programme designed to equip young people aged 13-19 with tools and techniques to help manage anxiety and low mood. These free online workshops have been designed to give parents some useful strategies and techniques to enable them to support their child to maintain healthy mental health and wellbeing. The workshops will be delivered online, and attendees will have the opportunity to take part in a Q&A with a member of the Blues Team at the end of the session.

Parents and carers can book a place via Eventbrite using the links below:

- [Techniques to Improve Mental Health - Parent Workshop \(Tue 3 Jan 2023 at 6pm\)](#)
- [Techniques to Improve Mental Health - Parent Workshop \(Wed 1 Feb 2023 at 6pm\)](#)
- [Techniques to Improve Mental Health - Parent Workshop \(Thu 2 Mar 2023 at 6pm\)](#)

NHS
in partnership with
shout

Feeling stressed, isolated or low?
Start a conversation with us.

Text 'WOO' to 85258
for free and confidential support, 24/7

Text WOO!

WOO text service is a new option for young people and their families who may be struggling with mental or emotional health this Christmas. The service is free 24/7, confidential and anonymous. It is open to all ages.

Further options, help and advice are available at Worcestershire's Rona Hub.

[Click here for more details.](#)

NHS
in partnership with
shout

Feeling sad? Worried? Overwhelmed?
Talk to us.

Text 'WOO' to 85258
for free and confidential support, 24/7

Help with the bills?

costoflivingsupport.campaign.gov.uk

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



Help for Households

costoflivingsupport.campaign.gov.uk provides access to contacts who can provide support for households.

Visit '**Discounts and Offers**' for hot meals for children for £1 and discounted children's meals at leading supermarkets.



Pershore Foodbank is found at St. Andrews, Church Walk, Pershore

Open Tuesdays 11.00am -1.00pm and Fridays 1.00pm– 3.00pm

Website: <https://pershire.foodbank.org.uk/>

Help is available over the holidays in Pershore. To get a voucher for the foodbank contact Fiona Lovecy at fl@pershire.worcs.sch.uk or Mrs Kilmister at rk@pershire.worcs.sch.uk. The voucher will cover 3 days of emergency food. Citizens Advice attend to help people on Fridays and further help is available with fuel bills and cost of living.



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 \(pershirebaptist.org.uk\)](http://CommunityCupboard(pershorebaptist.org.uk))



Free advice and support is also offered at Pershore'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, Pershore

01386 555018

[Pershire Wellbeing Hub](http://PershireWellbeingHub)



#SleighNoToLoanSharks

Christmas is a time for joy and happiness, but for the millions of families struggling with spiralling debt to loan sharks, it can be the most terrifying time of the year. Figures show that nearly one in ten people who borrowed from loan sharks last year did so to cover the costs of Christmas.

The England Illegal Money Lending Team (IMLT) is concerned that ruthless loan sharks will try to cash in on the festive period as many families struggle to cope with rising food, fuel and energy bills this winter.

Are you worried about someone who is being taken advantage of by a loan shark?
Contact the Stop Loan Sharks 24/7 Helpline on 0300 555 2222 for support
www.stoploansharks.co.uk

HAF Winter 2022

Ready, Steady Worcestershire: Holidays Activities and Food Programme in Wychavon

The Holiday Activities and Food (HAF) Programme offers free holiday provision to children in receipt of Free School Meals (FSM) and vulnerable families during Easter, summer and Christmas school holidays.

The HAF Programme funding has been extended to 2023 and Ready Steady Worcestershire has partnered with holiday clubs, schools and activity providers all over the county to offer fun, action packed school holiday periods with all activities offering healthy snacks, lunches and enriching activities.

To find out more about the HAF Programme and [register please click here](#).

Gateway to FMA

Offer access to niche sports such as gymnastics, free running, trampolining and non-contact martial arts. They are fully qualified teachers. There is a Christmas theme during the festive period.

Ages 4-16

Empower Active CIC

For Christmas, as well as the usual sports and activities there will be a Christmas themed dance and theatre, arts and crafts, cooking and making a Christmas dinner. Street dance and Christmas graffiti, inflatable fun, Christmas disco and part games.

Ages 4-15

Pershore Riverside Youth Centre

Fun Youth Clubs with a range of Christmas activities—including gift making, care making, cooking and Christmas disco!

Ages 7– 16

Benefits, debts, budgeting and welfare support

Managing finances such as paying bills and planning for the future can be difficult.

Benefits: It's often difficult to know which benefits you're entitled to. The [Money Advice Service](#) has a list of all the different types of benefits to help you to find out if you could be claiming something. There is also advice on what to do if your benefit changes and where to go and get help and advice about benefits at the [Department of Work and Pensions](#).

Budgeting: Managing your money through a budget is a good way to make sure you don't go into debt and make your pounds go further. [The Money Advice Service](#) has lots of advice and budget templates to help you draw up a budget that works for you.

Struggling to pay your **Council Tax**? Apply online for [Council Tax Support](#)

Need to apply for **Free School Meals**? [Click here](#)

Domestic Abuse Help

It is known that incidents of domestic abuse can increase by 38% over the festive period—please seek help if you need it:

Women's Aid 24hr Helpline 0800 980 3331 Male Domestic Abuse Helpline 24hr 0800 014 9082