



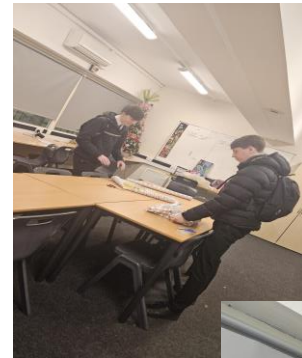
# Alsop High School Newsletter

December 2025

## Merry Christmas!!

This time of year is very busy within school. There is a happy and enthusiastic buzz round school as everyone is excited to finish for the Christmas holidays. We have had lovely Christmas dinner day on Wednesday, we have had a wonderful Christmas Market today and we have also been super busy with Alsop's Mission Christmas. We have been very fortunate that we have received donations from our fabulous staff and cash for Kids. We have managed to wrap and send out 244 presents to vulnerable children within our school community. Some of our year 11 boys have been really supportive in helping us to wrap presents, which is wonderful to see them getting involved during mental health lunch club.

We do rely solely on donations from staff and Radio City Cash for Kids and we would love to help all students within school, but unfortunately, we are unable to. We will always try where possible. All presents have now been delivered by our fabulous Mental health & Safeguarding Staff, so we hope that this will make some young people very happy on Christmas Day.





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## A Christmas Message from our School Community:

As we approach Christmas, we recognise that this time of year can bring mixed feelings. While it is often a time of celebration and happiness, it can also be a time when we miss loved ones or reflect on challenges we have faced. At our school, we want to acknowledge those feelings and remind everyone that it's okay to feel both joy and sadness at the same time. We hope the holiday season brings moments of warmth, kindness, and connection, and we encourage our community to look after one another and take time to care for themselves.

Please if you need someone to talk to or require access to external support please access any of the following websites for more information, advice or support.

Please do not struggle alone.



**Because no one  
should face death  
or grief alone**



**LIVERPOOL  
BEREAVEMENT  
SERVICE**



Please enjoy the holiday season as best as you can.

Alsop wish you a very Merry Christmas & A Very Happy New Year for 2026



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**Liverpool**  
City Council

Starting in January 2026, Rotunda's North Liverpool Lives Community Innovation Team, in partnership with The Comedy Trust, will be delivering **Stand Up Lad**, an exciting programme using comedy to boost wellbeing, confidence, and connection. See attached!

This work forms part of the AHRC-funded ReCITE (Building Research by Communities to Address Inequities Through Expression) project, which aims to improve health outcomes through storytelling, creativity, and community expression.

This project will bring together males from across North Liverpool to participate in a 12-week comedy project. Further, the project will highlight the key messages raised by attendees to feed into a localised campaign regarding men's wellbeing.

If you know anybody who may be interested in participating, please signpost them to Michelle at: [mfarelly@therotunda.org.uk](mailto:mfarelly@therotunda.org.uk). Participants do not have to have any previous comedy training or experience!

The Team will also be hosting a welcome breakfast on Friday 9th January, 10am - 12noon at Rotunda, where perspective participants can find out more information about the project.

**STAND UP LAD**

ARE YOU HAVING A LAUGH

FREE STAND UP COMEDY COURSE FOR MEN  
COME AND FIND OUT MORE ON  
FRIDAY 9TH JANUARY  
10AM - 12PM

INCREASE YOUR CONFIDENCE AND SELF ESTEEM  
HELP BREAK DOWN THE STIGMA OF MENTAL HEALTH  
MEET NEW PEOPLE  
HAVE A GOOD LAUGH!

ROTUNDA BISTRO, 107 GREAT MERSEY STREET, L5 2PL

Liverpool City Council, ICC, ReCITE, Comic Relief, The Comedy Trust, Rotunda

**OUR MEN'S GROUP**

WHEN  
Every Monday  
1:00pm - 2:00pm

WHERE  
Garston Children's Centre  
70 Banks Road,  
Garston  
Liverpool  
L19 8JZ

0151 233 6868

IT'S OKAY TO TALK!

GROUP FACILITATOR  
Ryan Hoey

WE ALL HAVE A STORY TO TELL.

BOYS GET SAD TOO

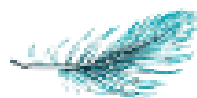
DROP IN SESSION  
Refreshments Provided  
Call in for a chat  
Form new friendships

YOU ARE NOT ALONE!

## Contact Us

If you have any questions or need help with the referral process, don't hesitate to reach out. Our phone lines are open **Monday to Friday, 9:30 AM - 4:30 PM**. If you leave a message, we'll get back to you as soon as we can.

Please Note: While our support sessions are available 6 days a week and 5 nights a week, our office hours are **Monday to Friday, 9:00 AM - 4:30 PM**.



Sean's Place

## FREE PARENT SUPPORT GROUP



**The Nest**  
at Sean's Place

**Date:** Starts Thursday 4th December  
**Time:** 6pm - 7.30pm  
**Venue:** Sean's Place  
**Fully funded:** Free

### Who is it for?

- Parents of children aged 14-18 (Years 10-11) who may be:
- Struggling at school
  - Experiencing behavioral challenges
  - Diagnosed with additional needs
  - Facing difficulties at home

### Why it matters

Supporting children effectively starts with supporting parents. By learning, sharing, and making small changes, you can help create real, positive change in your child's life.

Please email, or call, to reserve your space today!

Email: [info@seansplace.org.uk](mailto:info@seansplace.org.uk) Tel: 0151 233 5444  
Website: [www.seansplace.org.uk/the-nest](http://www.seansplace.org.uk/the-nest)





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Support available within the community to access over the Christmas

If you are struggling with food over Christmas then please refer to the following websites

[Essential support and foodbanks/pantries in Liverpool | The Live Well Directory for Liverpool City Region](#)

[Walton Vale Community Shop | A food co-op and community hub in Walton](#)

[Surplus Food & Goods Redistributor | Company Shop Group](#)

Liverpool and Wirral Zero Waste Community



## Description

Save surplus food from landfill and distributes it to south Liverpool community.  
The date, time and locations are posted on X and Facebook.

## Service Details

### Organisation:

Liverpool and Wirral Zero Waste Community

### Service Type:

Food Support

### Website:

<https://x.com/slzfw21>

### What areas of the city is this for?:

- People from anywhere in the city

## Opening Hours

### Opening Days:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

### Opening Times:

Food distribution at different locations each day

#### Monday

1pm: Chicken Monday, St Luke's Church, Princess Drive, L14 8XG. Go along with a cooler bag.

10pm: All Souls Church, Springwood Ave, L19 4TX (book Mon from 7am)

#### Tuesday

10pm: St Hildas Church, Hunts Cross, L25 0NG (book Tue from 7am)

#### Wednesday

10am-12pm: Warm Hub, Church of Jesus Christ of Latter-Day Saints, 4 Mill Bank, L13 0BN. Go along with a bag.

12.15pm: Chicken Wednesday, Garston Children's Centre, 70 Banks Road, L19 8JZ. Go along with a cooler bag.

10pm: All Souls Church, Springwood Ave, L19 4TX (book Wed from 7am)

#### Thursday

10pm: St Colombas, Hunts Cross, L25 0NR (book Thur from 7am)

#### Friday

11am-12pm: St Colombas, Hunts Cross, L25 0NR. Go along with a bag.

12.30pm: KFC Fridays. The Place To Be, Speke, L24 2TA. Go along with a cooler bag.

10pm: St Hildas Church Hall, Hunts Cross, L25 0NH (book Fri from 7am)

#### Saturday

11am-12pm: St Hildas Church, Hunts Cross, L25 0NH. Go along with a bag.

10pm: Elm Hall Drive Methodist Church, L18 0NE (book Sat from 7am)

10pm: Knotty Ash Primary School, Thomas Lane, L14 5NX (book Sat from 7am)

#### Sunday

6pm: The Place To Be, Speke, L24 2TA (book Sun from 7am)

10pm: Knotty Ash Primary School, Thomas Lane, L14 5NX (book Sun from 7am)

Please only request one bag per household per 7 day period.



**Everton In the Community** run a food market  
Every Thursday 10am -12pm £3.50 for roughly £25  
worth of fresh fruit/veg. Also has Riverside  
Housing for housing advise and information, CAB  
– debt advise as well as other services.  
Registration is required before you can access  
food market and will need to bring proof of  
address in form of a bill etc.

Please check out Zero waste on Facebook as they have a lot of surplus food available if you are able to make it to one of their collection points.

HAVING THOUGHTS OF SUICIDE?  
THERE IS HELP AND HOPE

**HOPELINEUK**

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS  
PREVENTION OF YOUNG SUICIDE

PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number

Feeling low?  
Overwhelmed?  
Anxious?

Talk to us.

Text  
**GREEN**  
to  
**85258**

for free and  
confidential  
support 24/7

shout  
**85258**

in partnership with



Cheshire and  
Merseyside  
Health and Care Partnership

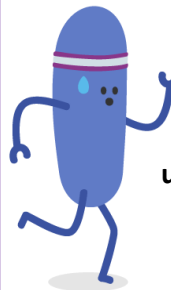
**stem4**

stemming teenage mental illness  
supporting teenage mental health

[www.stem4.org.uk](http://www.stem4.org.uk)

support for teenage  
mental health.

Has information on  
useful apps to support  
what your worried  
about etc



**Liverpool CAMHS**

mental health is everyone's business

Whole School Approach to mental health



Make a referral to CAMHS online

Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

**CAMHS Crisis Line - 01512933577**

**Crisis Care Freephone -  
08081963550**

**Fresh CAMHS - 01512933662**

## COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

**NHS** 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](http://Nhs.uk/mental-health)

**PAPYRUS**

Under 35s can Call 0800 068 4141, Text: 88247 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 24/7

[Papyrus-uk.org](http://Papyrus-uk.org)

**SAMARITANS**

Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

[Samaritans.org](http://Samaritans.org)



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

[Mind.org.uk](http://Mind.org.uk)

**shout**  
**85258**

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](http://Giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](http://Thecalmzone.net)

[ChristmasCountdown.uk](http://ChristmasCountdown.uk)

**Our Walk-In Support Hubs don't offer crisis support...**

**...However, we do offer:**

- Support for emotional wellbeing needs
- A range of practical support
- Information, Advice, and Guidance
- In some cases, our practitioners will offer low-intensity CBT-based models of support.

**YPAS**  
Young Person's Advisory Service



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WALK IN SUPPORT HUB

**We're here for you**  
**Same places**  
**Same times**  
**Different name**

**Seasonal support for children, young people, and families in Liverpool**



How children and young people in Liverpool can access **mental health** support throughout the festive season



**Face-to-face**



**Online**

LiverpoolCAMHS.com



**Phone:**

Crisis Support  
Call 111

Mental Health Support  
for children & young people in Liverpool

Online  
Kooth.com



## Christmas Week

Sat 20 <sup>th</sup> 6-10pm	Sun 21 <sup>st</sup> 6-10pm	Mon 22 <sup>nd</sup> 12-10pm	Tues 23 <sup>rd</sup> 12-10pm
Christmas Eve 12-8pm	Christmas Day 4-8pm	Boxing Day 12-6pm	

## New Year Week

Sat 27 <sup>th</sup> 6-10pm	Sun 28 <sup>th</sup> 6-10pm	Mon 29 <sup>th</sup> 12-10pm	Tues 30 <sup>th</sup> 12-10pm
New Year's Eve 12-8pm	New Year's Day 4-8pm	Fri 2 <sup>nd</sup> Jan 12-10pm	

From 3<sup>rd</sup> Jan 2026 Kooth will operate  
typical opening hours 12-10pm Mon - Fri,  
6-10pm Sat & Sun

## Crisis Care

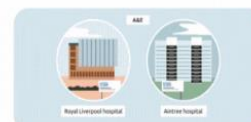
### Face-to-face

**Accident and Emergency under 16**  
Alder Hey Children's  
Hospital 24/7



**Accident and Emergency aged 16 years and above**

Liverpool University  
Hospitals A&E Depts 24/7



### GP Out-of-hours

Call your GP on the usual number and follow instructions.

## Face-to-face



### Walk-In Support Hub (WISH)

Central Hub, 36 Bolton Street, L3 5LX  
22<sup>nd</sup> & 23<sup>rd</sup> Dec 9.30 am - 8 pm  
**CLOSED - 24<sup>th</sup> Dec - 4<sup>th</sup> Jan**  
5<sup>th</sup> Jan 9am - 8pm

The Walk In Support Hub service at YPAS is facilitated from the Central Hub in the city centre.

A child/young person/parent/carer can drop in without an appointment or a referral to access this service.



## Crisis Care

**Dial 111 and select the mental health option**







[kooth.com](http://kooth.com)

*Able to self refer*

Kooth, children and young people in  
Liverpool aged 10-25 will have 24-hour

access to self-help materials as well as goal-setting and mood-tracking tools. The online service hosts moderated forums, allowing for peer-to-peer support and interactive messaging with counsellors. Users are also able to drop in or book anonymous online counselling sessions with qualified therapists who are available in the evenings and at weekends; sessions are available on weekdays from 12 pm and 10 pm, and from 6 pm to 10 pm on weekends.



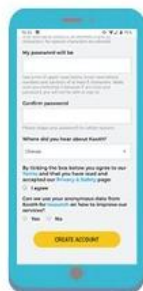
1 Click on the 'Join Kooth' button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in  
3 Click on the **gender** you identify with  
4 Choose from the drop down box the **ethnicity** that best fits you  
5 Add your **age** and the **month you were born**  
6 Click 'continue'



7 Create an **anonymous username** (not your real name) and **secure password**  
8 Choose from the drop down box to explain where you found out about **Kooth**



Click on the 'create account' button to complete your registration

## How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

[www.kooth.com](http://www.kooth.com)



## headspace

**A Few minutes could change you whole day** – meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. They will teach you the life-changing skills of meditation and mindfulness in just a few minutes a day



**What people are saying**  
I never thought I'd be able to meditate. Not only can I meditate now, but this app has actually cured my long-suffering insomnia.