



SUMMER

Montgomery
Academy

2022





Headteacher: Mr S. Careless

I will remember the academic year 2021-22 as one of resilience and eventually starting to return to some form of normal. Covid affected much of the Autumn term. The year started with students being tested in school, as they returned from their summer holiday. Staggered starts and finishes were still in operation and as cases rose in November, we had to reintroduce face masks.

It was only half-way through the Spring Term, when cases reduced and face-masks became optional, that school started to feel normal again. In the last five months we have been able to reintroduce sporting fixtures and extra-curricular clubs including Science club, the Duke of Edinburgh Award scheme and Debate Club. Educational trips are back including Year 10 visiting Blackpool & Fylde College and Blackpool Sixth Form, ghyll scrambling, theatre visits and STEAM club going down to compete at the Robotics UK Finals at the NEC. We also hosted Careers Days & Evenings, Montgomery Musical Madness and the mobile Planetarium.

It is great to get back to what schools are really about, opportunity. We have many more opportunities planned for next year, so have a fantastic Summer and see you all soon.

Mr. Careless

★ TIME TO SAY ★
Hello
TO
Summer

Uniform
at:

Montgomery Academy



Montgomery Academy
All Hallows Road
Blackpool
FY2 0AZ

Main uniform- the following items are essential	
Girls	Boys
Montgomery Academy maroon blazer with logo	Montgomery Academy maroon blazer with logo
White school shirt (open necked blouses and polo shirts are not allowed)	White school shirt (open necked blouses and polo shirts are not allowed)
Montgomery Academy skirt. (Skirts should be no more than 2 inches or 5cm above the floor when kneeling down)	Black full length regulation school trousers.
Plain black school socks OR plain opaque black tights. (No leg warmers or leggings)	Dark coloured socks
Montgomery year group tie of the correct colour	Montgomery year group tie of the correct colour
Girls can wear black full length regulation school trousers instead of a skirt.	
Sturdy black school shoes (not training shoes) (No white/coloured soles, no stripes, no piping, no logos, no boots, no backless shoes or sandals). A student wearing other footwear for medical reasons should provide a doctor's note. WE REGRET THAT A LETTER FROM PARENTS IS NOT ACCEPTABLE. If a student is not in correct footwear then they will be expected to borrow some shoes from our stock in isolation	
Outdoor clothing is not to be worn inside the dining rooms or classrooms	
Students will need an adequate school bag to carry exercise books, A4 folders, P.E. kit and equipment at all times.	



Montgomery Academy Footwear

We understand the challenge parents face in wanting to purchase the correct footwear which adheres to the school uniform code. We have tried to help you with this visual guide.
Some footwear labelled as 'shoes' or 'back to school' in shops does not necessarily meet Montgomery uniform standards and we ask you to please refer to this guidance before making a purchase.

Acceptable	Not Acceptable
Plain black shoes	Trainers of any type
	Boots/ canvas or leather pumps



P.E. Kit (Compulsory)	
Montgomery polo shirt	Hair bobble if hair is long enough to tie back
Plain, black football shorts (boys)	Black skort (girls)
Montgomery football socks	Trainers
Football boots	Shin pads
P.E. bag large enough to carry all PE attire required for lessons	Plasters if ears have just been pierced and earrings are unable to be taken out
P.E. Kit (Optional)	
Montgomery ¼ zip tracksuit top	Plain, black tracksuit bottoms
Leggings (girls)	

Hairstyles must be suitable for the academy environment
Only black, brown or blonde dyed hair is acceptable - no other dyed colours or streaks
Tramlines or shaved head designs are not acceptable
Plain simple hair bands or hair slides (no flowers/ no scarves).
Hijabs should be plain, black or maroon.

Jewellery is restricted to:
1 pair of plain gold/silver coloured studs
1 wristwatch
No facial piercings are allowed

Nails
Nails must appear natural with no coloured nail varnish
Acrylic nails must: - be short in length - be natural in colour - have a rounded tip

Make up
Make up must be minimal and natural, with no false eye lashes. Any students not conforming to this will be asked to remove their make-up.
Progress Tutors will ensure that students for whom they are responsible comply with school uniform requirements at all times. Class teachers will reinforce these expectations with their classes and insist that nothing inappropriate is worn during lessons.





2021-22

Montgomery

STEM CLUBS

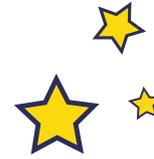
SCIENCE • TECHNOLOGY • ENGINEERING • ARTS • MATH



Mrs Bach



Mr Byrne



Mrs Bach and I trialled STEM Club in July 2015. We ran a Science workshop as an alternative to school Sports day for our SEMH students and fellow travellers.

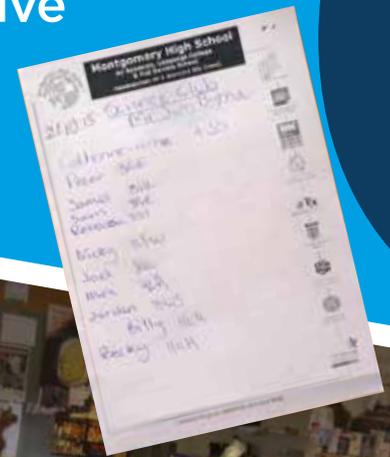
Over the years it developed from a monthly practical based Science club, to weekly clubs that introduce students to all sorts of activities within the general themes of the national educational concept of STEAM. It gives students opportunities to explore aspects of Science, Technology, Engineering, Arts and Maths.

STAFF AND STUDENTS HAVE ENJOYED A WHOLE-RANGE OF WORKSHOPS FROM:

Dissecting a sheep's heart and lungs, making home-made bird feeders, to planting flower seeds, designing, building and programming Lego robots to recording Shakespeare and performing Poetry Readings and 'A Christmas Carol' at a local Care home.

We've gone on many a school trip, including:

The Jodrell Bank Discovery Centre, the BIG BANG Festival, The Sea life Centre and regular Beach Clean trips to Cleveleys! We also appreciate regular contributions from colleagues like Mr Johnson (Biology) Ms Lee (Baking) Mrs Parker (TA) who took us for a 'Speed Stacking' session.



Earliest members include: Becky S, Connor H, Joel H, Alex O, Peter C, Catherine-Ann C-T...

So...in April, we said our 'Goodbyes' to Mrs Bach! She is off to walk the SW Coast path (Devon and Cornwall) with her dog, Sheba. This adventure will take at least 3 or 4 months and her home will be her blue micro camper. Students named it 'Booberry!'



GOOD
bye
and good
LUCK!

'There's no one to look after Mister Byrnes now'- Leo B
'Thank you so much for everything you've done, we so appreciate everything you've done for us'.
'I've been going to Mrs Bach's STEAM Club since Yr.7 so I'm going to miss her loooooads!'

It was a packed Laboratory for her final STEAM workshop!

Students from all year groups and even a few old faces including Alex O, Joel H, Brent J, Tristan W and Connor H came back to see her off!



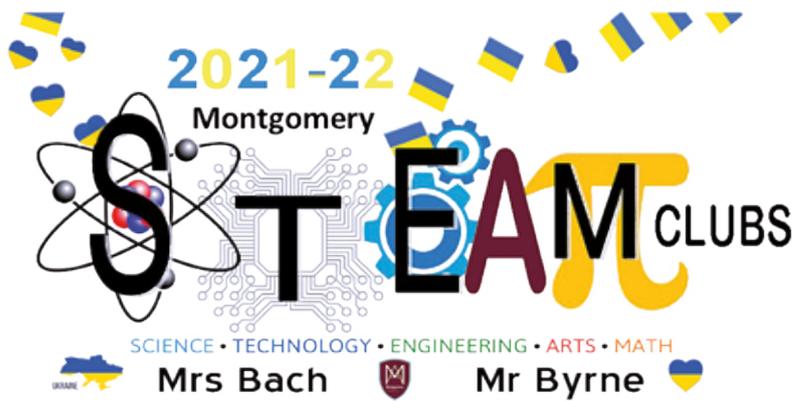
'Thank you for making STEM, then STEAM one of the highlights of my school day for so many years, Catherine! We've worked with so many wonderful students and colleagues, and one of the consistent factors has been you with all your enthusiasm and huge sense of commitment. We will be following your BIG adventure from afar, so in that sense we will still be with you! What a brilliant idea you had - what a difference you made for us all. I'll miss you'. **Jim Byrne**

Mrs Bach is an intelligent, calm and joyful woman who is a pleasure at Montgomery. There will never be a person like Mrs Bach - she is unique.'

'She is a joy at Montgomery and will be missed by everyone.'

'Mrs Bach may be old but she is very supportive!'





Having had a separate Yr. 7 Steam Club since they started at Monty last September, it was time for our Yr.7 students to join up and work alongside the older year groups for the summer term!

Our theme has been...

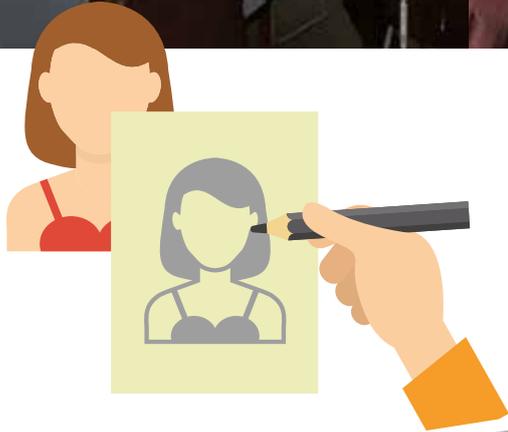
DOCTOR WHO

SINCE RETURNING FOR SUMMER TERM WE HAVE LEARNED ABOUT:

- Eton Mess! • EV3 LEGO Robotics Race • DALEK Slime • 'Cassandra' Pizza • Dr Who's car - Bessie
- Dr Who Jammy Dodgers • Vincent meets the Doctor (Van Gogh style -Self-Portraits)
- How diseases spread (Praxeus)



Ms Lee taught us how to bake Jammy Who dodgers, 'Cassandra' shaped pizza and also the Eton Mess in Red, White and Blue for the Jubilee!!!



Vincent Van Gogh

Mrs Cox led us for the two-part workshop about Vincent Van Gogh and how to paint a self-portrait in his style



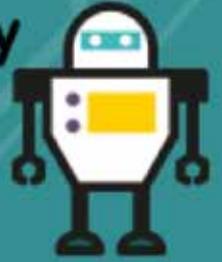
The Dr Who Car Blessie!



In true Dr Who style, Mrs Bach has regenerated into Ms Healey who taught us how to make Dalek 'Brain' slime!



Members: Leo * Ellie M * Liam * Charlotte * Drew * Ami * Szymon * Isaac * Brandon C * Rocky * Hannah * Oscar * Alice * Krystal * Joshua J -W * Josh N * Josh W * Charlie W * Heather * Joe * Ellie P * Dylan * Bonee * Jack * Molly * Adam * Destiny * Daisy * Kaiden * Sam



ROBOTEERS: Charlotte (Capt') • Drew • Ebonee * Josh N • Ellie • Joshua W • Lei • Sam • Alice • Joshua J-W • Hannah



The Team also participated in a surprise Teamwork challenge that was sprung on the during the morning!



So, our Robotics team competed at the North West Regionals!

They had quite the disastrous start on the day. Everything that could go wrong, went.... yes, you guessed it... **WRONG!**

However, the team got together during the rest periods throughout the morning. They re grouped and decided what could be improved, and what needed re programming!

By the end of the afternoon, they had;

Won the 'Table-Top' challenges with 'Uncle Monty'. They had programmed him to complete a range of 'timed' tasks, including a 40 sec Dance routine to 'You spin me round (Like a record)' by Dead or Alive.

Won with their presentation on an environmental topic. The judges noted that our students had worked particularly hard and what had given Montgomery Academy the advantage was their innovative idea, great thinking and smooth presentation.

(Lei: 'My legs wouldn't STOP shaking - they're still shaking!!!')

And finished 'Runners up' overall. Having won two/ five categories, it meant the team were through to the National finals at the NEC!

Charlotte Moseley (Captain): 'After our team talk, I think everyone's confidence shot up. We did tons better in the afternoon and this is why developing that confidence is so important.'





And the Winner



STEM Inspiration Awards



EEP Robotics Challenge North-West Region, Runners Up, 2022



EEP Robotics Challenge Project Presentation Award North-West Region - Winners 2022



EEP Robotics Challenge TABLE-TOP CHALLENGE! North-West Region - Winners 2022



Mr Byrne was nominated by Helen Heggie, director of STEMFirst for the STEM Learning Teaching Awards 2022 in the category: Excellence in STEM Support staff.

He was suitably shocked to learn that he had won the regional (North-West), and then the National final, as well.





The Big Bang

UK Young Scientists & Engineers

Competition



Hi Mr Byrne,

Just wanted to say a **MASSIVE THANK YOU** to you and your students for being part of the Robotics Challenge Finals that took place at the NEC, Birmingham on Thursday 23rd June 2022.

We know it took monumental effort on your part to get through the heats, practice for the finals, do all the paperwork needed to travel, get the students ready to travel, and to be at – and participate at – the Big Bang Fair itself, whilst going through your day-to-day role. Without your efforts, the finals would not be what it is! On behalf of the Robotics team, we sincerely thank you!



As cliché as it sounds, every student is indeed a winner for all the energy, effort, time and knowledge it took to get to the finals. Again, on behalf of the Robotics team, we sincerely thank you! **Mary Plaza, Engagement Projects Co-ordinator. EngineeringUK**





Congratulations to these un-bee-lievable Montgomery students who have won B&FC Science local schools' project 🐝

The objective was for the students to design and decorate their houses, discuss and plan where they thought would be ideal locations for the hives and then monitor and report on the little nectar collectors' engagement.

The school receives an extravagant insect 'Hotel' with Alice, Aidan, Sam also collecting individual prizes for their impressive PowerPoint presentation displaying their findings 🐝



Bee identification

 14-22mm	 12-18mm	 11mm	 10-16mm	 11-18mm
<input type="checkbox"/> Buff-tailed bumblebee	<input type="checkbox"/> Willoughby's leafcutter bee	<input type="checkbox"/> Red mason bee	<input type="checkbox"/> Tree bumblebee	<input type="checkbox"/> White-tailed bumblebee
 15-16mm	 10mm	 17mm	 17mm	 16-20mm
<input type="checkbox"/> Red-tailed bumblebee	<input type="checkbox"/> Tawny mining bee	<input type="checkbox"/> Common carder bee	<input type="checkbox"/> Wool carder bee	<input type="checkbox"/> Hairy footed flower bee

www.wildaboutgardens.org.uk

These are just a few of the 250+ species of bee in the UK!

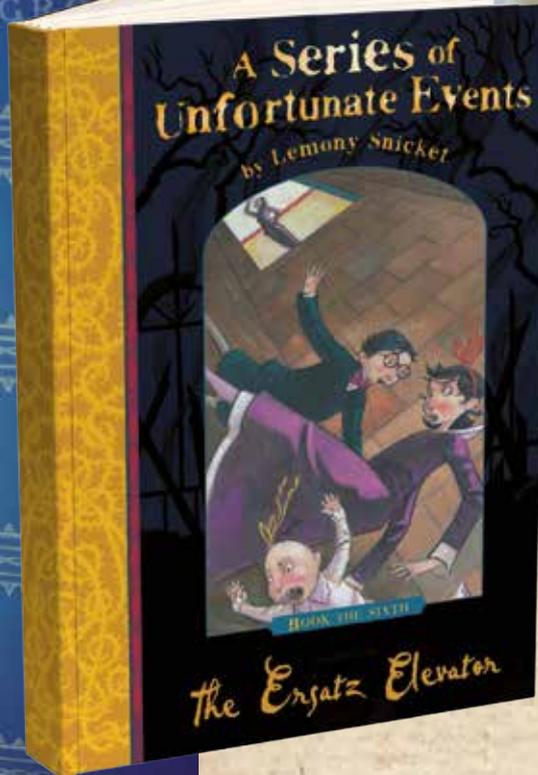


Lemony Snicket Reading Group!



READING IS ONE FORM OF ESCAPE. RUNNING FOR YOUR LIFE IS ANOTHER.

LEMONY SNICKET



What is the dictionary definition for ersatz?

Reece: Something not real or genuine. Unusual.

What words describe how the Baudelaire orphans felt about their pinstripe suits?

(Liam Ami Drew Charlotte Josh JW Josh N)

Uncomfortable terrible despised hated angry detested annoyed.

What was the purpose of the 'In' auction?

Liam: Sell the kids and get rich!!!

Josh JW: 'In' things were sold and you put a bid on them.



All the secrets of the world are contained in books. Read at your own risk.

-Lemony Snicket

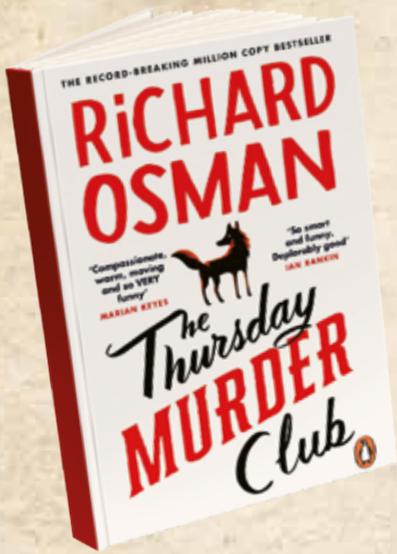


Why were the first few days at the Squalors a 'mixed bag' for the Baudelaire orphans?

Drew: While they were safe and cared for they also had Esne being too 'In' and it was no fun.

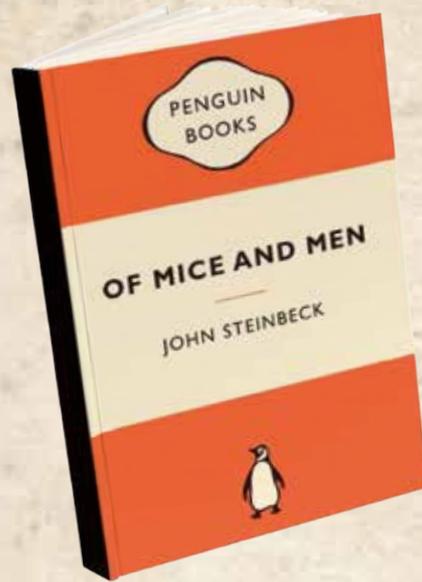
Ami: It was a safe space but not a home.

Charlotte: Although it was a safe place, they were treated as accessories and exploited.



We started reading Thursday Murder Club because one of our members, Tegan recommended it. We gave it a good go, but sadly, it wasn't for us. Even Tegan didn't want to pursue it! So why had she suggested it? 'Because it made my Mum laugh so much!'

We doubt if Mr Osman is bovered much!! He has sold more than one million copies since it was published in September last year, and has spent 45 weeks at the top of the fiction bestseller lists.



Shock! Horror!! The Lemony Snicket Reading Group also reads other authors!!! Since returning after Easter, we've also read 'Of Mice and Men' and 'The Ersatz Elevator' and attempted Thursday Murder Club!.

We start our day reading aloud during tutor time. We take turns reading a sentence each, then a paragraph aloud around the group, or we might read as much as we want to before pausing... so someone else can spontaneously take over.

Everyone gets a turn to read aloud.



'Walt Disney once said, 'The way to get started is to quit talking and begin doing!' Mr Byrne just says: 'Quit 'Gassing' and start reading!!!!' **Tegan.**



GREAT REASONS TO READ ALOUD

Expands vocabulary.

Improves comprehension.

Strengthens imagination.

Increases attention spans.

Creates a lifetime interest in reading.



THE READERS: Charlie/Ellie • Josh N • Onyx/Taleea • Joshua J-W • Cleo • Drew • Ami • Liam • Hannah • Charlotte • Mr Byrne • Tegan • Reece



Reece is constructing a building that he hopes will withstand his LEGO Earthquake Simulator!!



We have experienced Roboteers like Joshua J-W, Josh W, Josh N and Charlotte who work as mentors.

Regular readers may recall they volunteered to help Mr Byrne during 2021 summer school and more recently during Easter Break and STEAM Club!



Joshua J-W presents Freddie with his Coding Success certificate. Josh N helps Oli successfully programme the colour sensor!



DANCE WORLD CUP

Poppy was fortunate to represent team England with her Dance Troupe in the **Dance World Cup** which took part in San Sabastian, Spain. Poppy came back with two silver medals for her country. Her team received 3 bronze, 2 silver and a gold with England winning the whole of the competition.



TOWN SPORTS

What an amazing day we have had! Every single student that represented Montgomery today did so well in an exemplary fashion from start to finish! The encouragement that they showed each other was amazing to see.

Armfield, Highfield, Aspire, St Mary's, Unity, and South Shore all took part today and the results were as follows:

Year 8 boys - 1st place
Year 8 girls - 2nd place
Year 9 boys - 3rd place
Year 9 girls - 1st place
Year 10 boys - 1st place
Year 10 girl - 2nd place

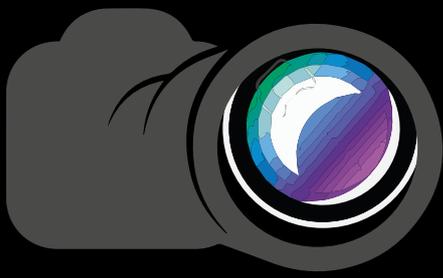
Overall Winners MONTGOMERY

2nd place was Armfield who were 54 points behind us!

So proud of each and every one of them. So many standout performances there are too many to count! Massive well done!
#SMART #PROUD



GCSE PHOTOGRAPHY



GCSE Photography

Year 10'S

Year 10 Photography students have been busy photographing portraits and landscapes for create a series of Double Exposure Photographs.

To support students understanding of shutter speed and aperture, students in year 10 visited Blackpool and the Fylde university campus over 2 weeks to use the photo studios to photograph a range of portrait photos to support their portrait project.

Students explored lighting rigs and shutter speeds on their cameras to capture silhouettes, multiple exposure photos, where photographs are layered on top of each other, and longer exposure shots where students captured movement on their cameras, experimenting both free hand and using tripods which resulted in some great photos!



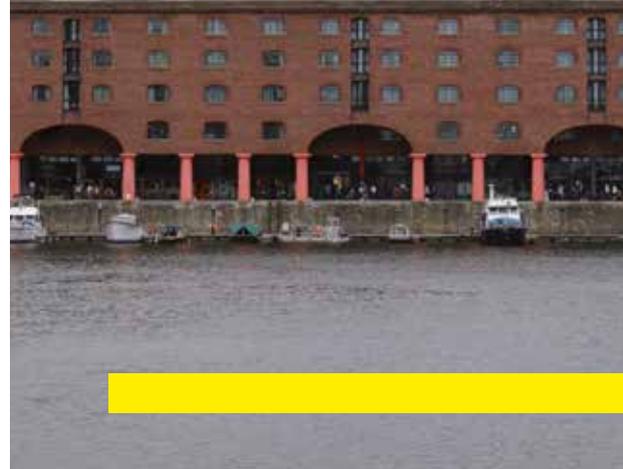
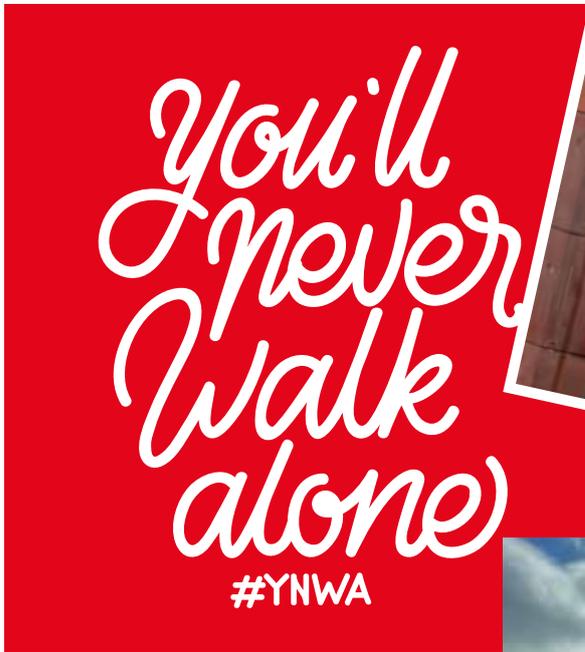


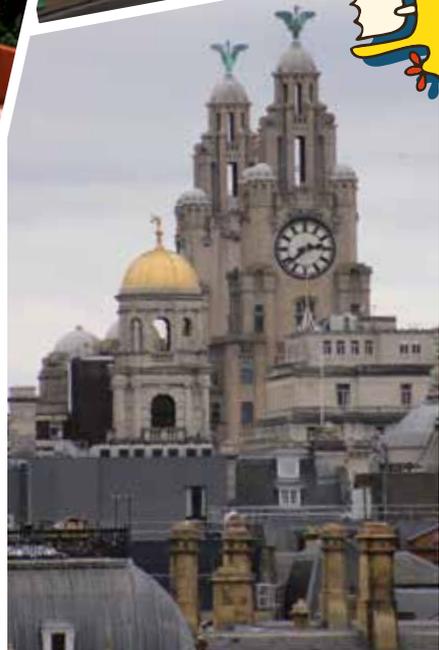


GCSE PHOTOGRAPHY

GCSE Photography

Year 10's







Let's we forget

As the sun shines, Montgomery blooms. Back in October we planted lots of bulbs and flowers in our Remembrance garden in the Quad at school. As you can see, Mother nature and lots of TLC by Charlie in Year 7 have given us a glorious, symbolic reminder of the poppy. In July 1916, the Battle of the Somme began. In July 2022, along with many other times in the year, Montgomery staff and students remember how fortunate we are to have the freedoms we have. This colorful and symbolic area of the school is an important part of keeping our everyday grumbles in a real world perspective.

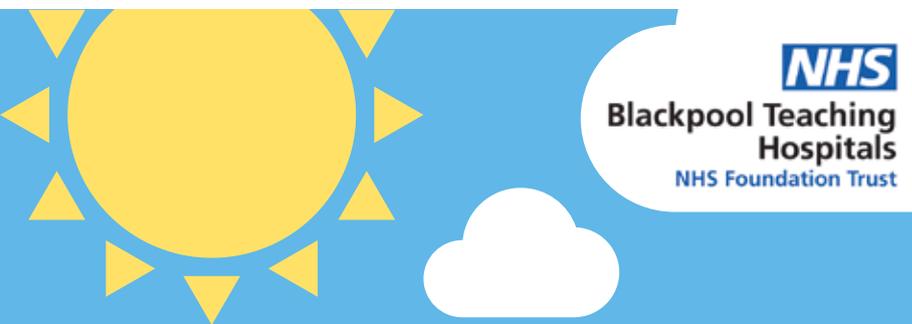
Parents with challenging teens. Chat & Support Group



A group to chat with other parents who have teenagers with challenging or anti-social behaviors.

No need to book just pop in and meet in the Cafe

Tuesdays
1pm - 2pm
@TheGrange



FYLDE COAST MENTAL HEALTH SUPPORT TEAM SUMMER SESSIONS

DO YOU HAVE WORRIES ABOUT A YOUNG PERSONS EMOTIONAL MENTAL HEALTH & WELLBEING?

THROUGHOUT THE SCHOOL SUMER HOLIDAYS, THE FYLDE COAST MENTAL HEALTH SUPPORT TEAM WILL OFFER SUPPORT AND GUIDANCE. OPEN TO YOUNG PEOPLE AGES 11 TO 18 YEARS OLD, PARENTS AND CARERS

- MINDFULNESS
- CRAFTING
- WORRY MANAGEMENT SUPPORT
- MEET THE TEAM
- ROCK PAINTING
- SLEEP HYGIENE
- SUPPORT REGARDING LOW MOOD
- TRANSITION INFORMATION
- MANAGING CHANGE

For more Infomation Telephone:
0800 121 7762 (Option 4)
Email: bfwh.shine-MHST@nhs.net

TUESDAY

26/07/2022
02/08/2022
09/08/2022
16/08/2022
23/08/2022

VENUE
WHITEGATE DRIVE HEALTH CENTRE
MEETING ROOM 2
12 NOON -17.00

WEDNESDAY

7/07/2022
STANLEY PARK BANDSTAND
3/08/2022
ANCHORSHOLME PARK PAVED AREA
10/08/2022
WATSON PARK (CAFE)
7/08/2022
FLEETWOOD BOATING LAKE
THE CRABBING HUT

ALL OUTDOOR SESSIONS ARE
11.00 -2PM

THURSDAY

28/07/2022
04/08/2022
11/08/2022
18/08/2022
25/08/2022

VENUE
WHITEGATE DRIVE HEALTH CENTRE
MEETING ROOM 4
12 NOON -17.00



SPORT NEWS

Girls Football

This month we entered two teams into the Blackpool Schools Girls Football Tournament. Our Year 8s won their tournament after winning every game. Whilst Year 10 came 3rd after winning 4 out of 6 games.

After combining the two totals, Montgomery Academy won the overall tournament to take home the Shield.

An excellent success for the girls, showcasing their footballing talent and hard work.

Mr Sinnett





Boys Dodgeball Tournament

This month Montgomery defended their Dodgeball crown. Both Y8 & Y10 won their individual competition and were given overall winners to take home the shield. Special praise for Calvin S, he was the last man standing in one game and managed to take out all 5 of his opposition!

Mr McNiven

Y10 Rounders Fixture

The girls did an amazing job! They lost the first game by 1 rounder and won the second game by 2! All girls were a pleasure to watch, with each of them demonstrating amazing sportsmanship. A massive well done!

Mrs Gilderdale

Rounders

The girls were a credit to the school and it was so good to finally play a full game in the sunshine

Year 7s beat St George's 16 1/2 to 11 1/2 - their batting and fielding were immense. A massive well done - They are BLACKPOOL champions!

Year 8s lost to St George's by only 1 rounder. They had a shaky first innings but actually ended up winning the second innings. It was unlucky that they lost by 1 overall!

Year 9s also lost to a very strong year team. Our girls again played much better in the second innings once their nerves had settled!

Mrs Gilderdale



Handball

Year 10 Boys

The Y10 Boys took to the court in their first Handball fixtures.

Some outstanding defensive work and counter attacking on display gave us two comfortable wins.

Monty 9-3 St Mary's

Monty 7-4 Armfield

Mr Sinnett



Year 8 Boys

The Y8 boys finished 2nd in the competition this evening winning two games and narrowly being defeated by Armfield 3-2 in the other. They displayed great effort and commitment as due to absence they played a man down every match.

Mr McNiven



Year 8 Boys

The Y8 Boys took part in the Blackpool Schools Handball Tournament.

An outstanding performance saw us winning the tournament with 3 wins out of 3.

Some great defensive play to support the flare we had up top.

7-0 vs Unity

4-0 vs Aspire

4-2 vs St Mary's

Mr Sinnett





BLACKPOOL FOOD BANK

supporting our front-line partners
with emergency food for homeless

THE BRIDGE PROJECT 9am to 11:30 - Breakfast/hot shower and.... 12:30 to 3:30 £1 — Hot meal & Takeaway food	Monday Tuesday Thursday Friday	Salvation Army, Raikes Parade, FY1 4EL
BLACKPOOL STREET ANGELS Free — hot meal & takeaway food	Mon 19:00 - 20:00	Bank Street Car Park, FY1 2DT
COMFORT CAFE C.A.F.E. (Formerly New Comfort Zone) Free — hot meal & takeaway food	Tue 11:00 - 12:30	St Thomas' Church, 135 Counce St, FY1 3NJ
ST PETER'S CHURCH Hot meal, fruit, cakes and hot drink Free and for people of any age.	Tue 6pm	St Peter's Church 190 Lytham Road FY1 6DJ
ST MARK'S CHURCH Breakfast	Thurs 10:00 - 12:00	The Well Café, Westcliffe Drive, FY3 7HR
SACRED HEART CHURCH Free — emergency food	Thu & Fri 10:00 - 11:00	Green doors at church house 17 Talbot Road, FY1 1LB
HOLY CROSS CHURCH Free—Hot meal and take away food	Saturday 4:30 - 6pm	Central Drive Blackpool, FY1 6LA
ST MARK'S CHURCH Free — hot meal & takeaway food	Sun 15:00 - 17:00	The Well Café, Westcliffe Drive, FY3 7HR

For more information on support for the homeless and other organisations locally, visit:

streetsupport.net/blackpool



FYLDE COAST MENTAL HEALTH SUPPORT TEAM IS **OPEN** OVER THE SUMMER

NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust



PARENT/ CARER REFERRALS ACCEPTED BETWEEN
25TH JULY - 26TH AUGUST

If your child is experiencing a low mood or low-level anxiety, we may be able to help. Fill in the self-referral form supplied by your education setting or alternatively.

CONTACT US

Leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

Telephone: 0800 121 7762 (Option 4)

Email: bfwh.shine-MHST@nhs.net

OPEN MONDAY - FRIDAY
8.30 AM - 4.30 PM

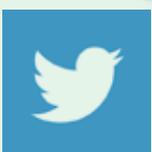
*Please note that this contact number is not to be used in an emergency.



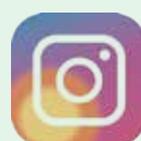
Please note that referrals can only be accepted during the summer holiday's (25th Jul - 26th Aug 2022) for students enrolled at the following schools participating with

- Cardinal Allen Catholic High School
- Highfield Leadership Academy
- Highfurlong
- Hodgson Academy
- Millfield High School
- Park school
- South Shore Academy
- St Aidan's CofE High School
- St Mary's Catholic Academy
- Woodlands School
- Montgomery Academy
- Ed Diversity (Athena, Chrysalis , Pegasus)

Do you follow us On Social Media ?



Twitter
[@shine_mhst](https://twitter.com/shine_mhst)



Instagram
[@shine_mhst](https://www.instagram.com/shine_mhst)

Do you have concerns about a young persons, emotional health & Wellbeing ?

Would you like further information on local services & support available?

Unsure where to go get support for a referral?

Keen to gain support for young person ?

Are you struggling with overwhelming thoughts & feelings ?



BLACKPOOL PMHW

Blackpool Primary Care Mental Health workers offer an ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals.

We can discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person by signposting the most appropriate services. We can also assist with effective referrals into OPTIONS4CYP.

VENUE
Westminster Primary
Academy
Childrens Centre
Westminster Road
Blackpool
FY1 2QE

Monday: 2pm-4.30pm

For Further Information Contact:

0800 121 7762

Free Under 16's Swim



*Under 8's MUST be accompanied by an Adult

*Unaccompanied Juniors MUST have a Leisure Card

Moor Park - 1:30-2:30pm

Palatine - 1:00-2:30pm

Monday to Friday during the School Holidays

CASHER

CHILD AND ADOLESCENT SUPPORT AND HELP ENHANCED RESPONSE TEAM

OFFER URGENT SUPPORT 7 DAYS A WEEK

To book an place at this clinic, please contact the cashier team within their duty hours (Please leave a message if necessary and they will contact you ASAP)

0800 121 7762 OPTION 2

Mon - Fri 5pm-10pm or Sat/Sun 10am-8pm

(Bank holiday times can vary)



Eating at Asda during the summer holidays

To help tackle hunger at a time when the cost-of-living is higher than ever, all children aged 16 and under can access a hot or cold meal for just **£1** at Asda from **25th July to 4th August**.

Asda has announced that, in a bid to keep children fed over the summer holidays, they'll be able to grab a meal at their in-store cafés seven days a week, with no minimum adult spend requirement.

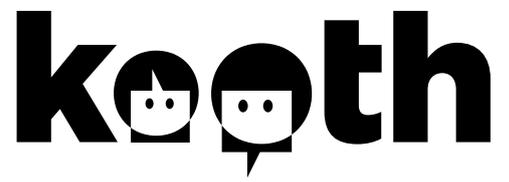


VOLUNTEER WITH US

Be part of the team that keeps your Community Grocery running for the community.



How to sign up to



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”



Need to talk?
We're **online** until 10pm



Friendly
counsellors



Self-help



Community
support



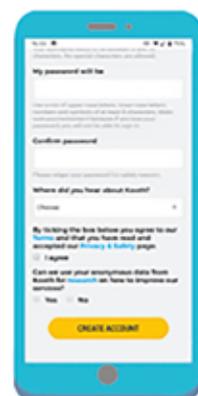
1 Click on the **‘Join Kooth’** button located in the centre of the home page of the Kooth website



- 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**



9 Click on the **‘create account’** button to complete your registration

Free, safe and anonymous online support for young people

kooth.com

OUT OF HOUR EMOTIONAL HEALTH & WELLBEING SUPPORT AVAILABLE NATIONALLY



Blackpool Teaching
Hospitals
NHS Foundation Trust

Urgent mental health helplines are for people of all ages. You can call for:
24-hour advice and support – for you, your child, your parent or someone you
care for. There is always help available to speak to a mental health professional.

YOUNGMINDS Crisis Messenger

powered by



CRISIS TEXT LINE |

Are you a young person in crisis?

Under 25 Text the Young Minds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, text **YM** to **85258**. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom.

TALK TO US

If things are getting to you

SAMARITANS

A registered charity

Talk to us any time you like,
in your own way – about
whatever's getting to you.

 **116 123** 
This number is FREE to call

 jo@samaritans.org

 samaritans.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41



Helpful Apps

THESE DAYS SO MANY OF US USE APPS IN OUR EVERYDAY LIFE ANYTHING FROM SHOPPING TO ENTERTAINMENT TO TRAVEL. BUT HAVE YOU CONSIDERED USING THE TO LOOK AFTER YOUR WELLBEING AND MENTAL HEALTH?



Headspace

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Its also on netflix.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It.



Calm

A great mindfulness app with A vast amount of exercises and options to choose from for all levels of ability.



distrACT Student

Quick and discreet access to information and advice about self-harm and suicidal thoughts.



Feeling Good

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



Student Health App

The Student Health App provides easy access to more than 900 pages of reliable health information all in one place.



Worry Tree The Worry Tree app aims to help you take control of worry wherever you are. It uses cognitive behavioural therapy(CBT) techniques to help you notice and challenge your worries.



Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The be used to relax before a stressful situation.



Calm Harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



eQuoo

The eQuoo app uses adventure games designed by psychologists to teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



Stress & Anxiety Companion

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, Helps you change negative thoughts.



Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

Disclaimer

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



Hi,

We know that many households are feeling the financial impact of the escalating cost of living and many are now having to make a tough decision between heating and eating. In response to this, we're launching a new community grocery in Blackpool that will keep families fed and allow people to access support too.

We provide a great selection of healthy branded items that you'd expect to find at your local supermarket but for a fraction of the price. We're run on a membership basis designed to help anyone who needs to bring down the cost of their food shop by offering a full selection of groceries for just £4 per shop. We've even price matched a few of our standard shops against high street supermarkets and found that our members can save on average £25 - £30 each visit.

We know choosing the items you like for your family is really important and so we have thousands of products to select from each week with new lines added each day.



The first Community Grocery



Inside a Community Grocery



Your membership card



Example of a £4 shop

Our members not only get to save on their food shop but they also get to play their part in helping to protect the environment. Lots of the items in our grocery have been given to us by local supermarkets and would have normally ended up going into landfill. The food is all great, and there are many reasons why supermarkets have surplus food to donate. It may be there are packaging mistakes, errors with ordering or that the food that ends up too close to its 'best before' date for them to sell. So they've given it to the Community Grocery.

As we are reliant on what supermarkets donate to us we can't guarantee what items we'll have in stock for you on each visit, so you may find that you need to do a top up shop during the week for any key items you're missing. We receive new collections every day and so to be the first to see what goodies we have in stock, make sure you follow your local Community Grocery Facebook or Instagram pages.

And there's more. All of our members will be able to access loads of other benefits like job clubs, money management courses, mental well-being courses, youth clubs, volunteering and much more.

Continued overleaf >

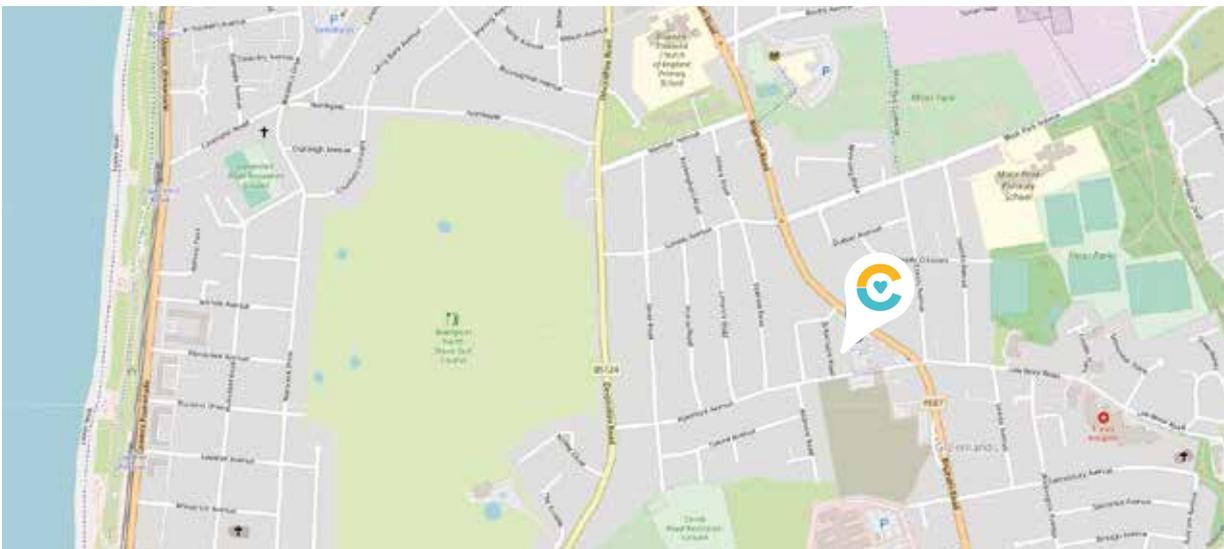
How it works

1. To become a member, just visit our grocery any time whilst we're open (Monday - Friday 9.30am - 4.30pm) and we'll get you signed up straight away and then walk you through your first shop. It's £5 for 1 years membership and you can visit our grocery two times a week.
2. A standard shop in the grocery is £4 and at the start of the day we set limits on how much you can take from each section depending on how much supply we have. A normal £4 shop will typically fill 2-3 shopping bags and include the following items:
 - 1 sliced loaf of bread
 - 5 portions of fruit & veg
 - 7 shelf items (things like cereal, pasta, sauces, crisps, chocolate etc.)
 - 1 frozen item
 - 1 non-food item
 - We also have little extra items you can get on top of your shop and include items like fresh milk, meat, cheese and eggs
3. All of our Community Groceries will also be running a variety of free courses and events to get to know our members better and help support them with any specific needs. Once these go live, you can sign up for them in the grocery.

How to find us

Located on several bus routes it's easy to get to the Community Grocery by public transport. Find out which bus routes are near us, and get help planning your journey at:

<https://www.blackpooltransport.com>



Address

Kings Church Blackpool, 241 Bispham Road, Blackpool, FY2 0L

Find out more

www.communitygrocery.org.uk/blackpool

blackpool@communitygrocery.org.uk

📷 📘 CommunityGroceryBlackpool

A partnership between:





Opening Tuesday 21 June 2022

ACCESS SUPPORT
SAVE MONEY
REDUCE WASTE



Anyone can become a member of Blackpool Community Grocery. For just a £5 annual membership you can shop in the store up to 2 times a week, filling your basket for just £4 each time.



FREE
COURSES

Learn new skills,
find a new job
and meet new
people





HOW TO FIND US?



Kings Church Blackpool
241 Bispham Road
Blackpool
FY2 0LB



Opening Hours:
9.30am – 4.30pm
Monday to Friday



Contact details:
01253 934511



Check out your local Community Grocery at
communitygrocery.org.uk/blackpool

  @CommunityGroceryBlackpool

A PARTNERSHIP BETWEEN



Based At:
 26 Talbot Road
 Blackpool
 1st Floor

Contact us directly for
 more information

0800 121 7762
 Option 3

Youtherapy

WEDNESDAY DROP IN

Time: 3.00pm-6.00pm

Options Available

- Face to Face
- Telephone
- Video Call
- 11-25yrs



- Please Note due to Covid-19
- When attending appointments within Youtherapy you must wear a face covering over your Mouth & Nose
- Masks can be provided on arrival
- Relatives /Carers are not permitted to remain in the waiting area



Check out our website:



07312 263 120

TEXT YOUR NURSE

WE HELP 11-16 YEAR OLDS WITH ALL KINDS OF THINGS LIKE...

- Relationships
- MENTAL HEALTH**
- PHYSICAL HEALTH**
- BULLYING**
- Healthy Eating
- Contraception
- Emotional Wellbeing
- Smoking
- EXAM STRESS**
- DRUGS**
- Anxiety
- SEXUAL HEALTH**

Let's chat!
 Send a text message for confidential advice and support



Blackpool Adolescent Service

Are you aged 10 -24?

Need advice, guidance and support with Sexual Health and/or Substance Misuse?

Do you work with someone who needs support in these areas?

We are a Service that can support you!

We provide **free support** for people with drug, alcohol and non-clinical sexual health issues. The service is available to all young people aged 10-24.

What do we offer?

- Flexible one to one support
- Information, advice and guidance
- Harm Reduction
- Access to substitute prescribing, detox and rehabilitation
- Support to access contraception
- Support to access sexual health screenings and tests
- Access to advice and guidance around safe and positive relationships with others



How to get this support:

To access support for yourself

Telephone 01253 754840

Mon- Fri between 9am-5pm

Alternatively go to www.blackpool.gov.uk/selfrefer to complete the online self-referral form.

We also accept Substance Misuse and/or Sexual Health referrals from other services and professionals.

For Under 18's

Please complete the Blackpool Families Rock Request for Support using the online form. www.blackpool.gov.uk/familiesrocksupport

For 18-24 year olds

Please complete the online referral found at www.blackpool.gov.uk/partnerrefer.



Family Practitioners



Adolescent Service What do we do?

If you have completed a PSHE session and some brief intervention and still have worries about a young person you can refer into our service for:

Targeted 1:1 Substance Misuse Support (SMU)

Psychosocial, non-clinical support, for young people misusing substances

- The cycle of change,
- Harm reduction,
- Managing cravings,
- Distract and delay,
- Distraction techniques,
- Discuss aspirations and positive activities,
- Relapse prevention,
- General awareness (inc. CCE)
- Consequences, effects, health implications
- The team can facilitate access to clinical support including, prescribing, community and residential detox and rehabilitation. This includes targeted work

Targeted 1:1 Sexual Health Support (SH)

Psychosocial, non-clinical support, for young people at risk of poor sexual health outcomes and in need of support with contraception and or STI screening and healthy sexual relationships. The team can facilitate access to clinical support and complete targeted work around

- STI's and contraception (including clinical support where appropriate)
- Consent and the law
- Healthy relationships; qualities of a consensual healthy relationship,
- CSE & grooming, ok/not ok behaviours, recognising abuse, delay, power and control, challenging behaviours,
- Online safety.

Referral pathways

Substance Misuse & Sexual Health Support Referrals (**young person must give consent and be Gillick/Fraser competent**) Please seek parental consent where possible. However, support can still be accessed without parental consent.

Partner under 18's Link to Blackpool Families Rock Request for Support Hub should be made using the online form www.blackpool.gov.uk/familiesrocksupport

Any questions or queries please contact:

Emma.Gordon@blackpool.gov.uk – 01253 754840
Julie.parkinson@blackpool.gov.uk – 01253 754840