



# PARKLANDS BULLETIN

## 29th April - 3rd May 2024

### Week 2



## Principal's Message

Dear Parents & Carers,

This week our Year 11s have entered the exams countdown in earnest. They had an assembly from Compass Bloom on Monday, which was all about how to deal with exam stress. We also held an assembly to explain all the expectations and official Revision sessions have continued and next week students will complete their Art and Photography exams. The following week sees more exams, with the first of our whole cohort exams on Thursday. We are very proud of how the year 11s have conducted themselves so far and we are confident that they are fully prepared for their exams.

Next week we have two respects days. Year 9 is on Monday, and we will have a visit from the cells project on that day. Year 10 is on Wednesday, and the theme for their day is 'Staying safe'.

On Monday of this week we also told the pupils in assembly about the changes to our mobile phones rules, which will come into force after the half term break. We sent details of these new arrangements to all parents and carers, along with the assembly slides and script. We are confident that this change to our approach will be beneficial for pupils, parents, and teachers. Thank you for all your support with these changes to our rules.

This week we also announced the results of our fabulous 'Design a Door' House Competition for World Book Day. There were some absolutely fabulous entries, and the winners were Sweden, with their cover of the book 'Ink' by Alice Broadway. Their winning design is below; it is clear how much work went into this design, so well done to Sweden form and Mr Wood. Thank you also to Miss Law for organising the competition.

Finally, I am accompanying a group of students to BAE Systems today, as they are representing Parklands in the final of a STEM competition. We will let you know how they get on in next week's bulletin.

Regards,

Mrs. Batson  
Principal



## Whole School Message

**Year 9** is going to be visited by The Cells Project on Monday. They educate young people about the damage a life of crime can cause. If you would like more information about how they do this, please see their [website](#).

**Year 10** is having a Respect day next Wednesday about 'Staying Safe'. We will have visitors from the Amy Whinehouse foundation and the Lancashire sexual health team. In addition to this, pupils will take part in a number of sessions around topics such as healthy relationships and risk taking behaviour. All resources will be shared on your child's Secure Google Classroom.

### **Art and Photography GCSE exams**

The art and Photography GCSE exams are being held next week. Monday 29th and Tuesday 30th is Photography and Thursday 2nd and Friday 3rd is Art. All students need to finalise any exam prep work as this cannot be worked upon again once the exam begins.

Please support us in ensuring your son/daughter puts in required time to complete their exam prep work. Many thanks Mr Wood and Mr Flynn

### **YEAR 11**

Next week will be the last full week for Year 11 before the start of the GCSE exam period. We have been impressed with the mature approach and commitment shown by them all. The after-school revision programme will finish at the end of next week and we encourage all Year 11s to take their last opportunity to attend.

We held an assembly last week to make sure that Year 11 are fully aware of the exam regulations and all arrangements. Here's a link to the slides with details we shared. [Year 11 Final Year Group Assembly](#).

It includes dates and details for a variety of events and arrangements for school attendance during the exam period.

### **Well-being Team**

Next week we will be celebrating '**Mental Health Awareness Week**' across school, with a focus on the theme of Positivity. Throughout the week students will engage in various discussions, form challenges, and a house competition to encourage positivity and spread further awareness of mental health issues and strategies for our own well-being. **Each day we will focus on a different area of positivity: positive words, positive actions, body positivity, positive relationships, and positive mindset.**

On Thursday, as a part of our focus on positive relationships, we will be having a **whole school 'digital detox'** in which staff and students will be **switching their mobile phones off for the entire day** and there will be activities to **encourage face-to-face communication and a break from social media**. This might even be something that you wish to continue at home in the evening.

We look forward to sharing this exciting, positive week with the entire school community!

Thank you for your continued support,  
Miss O'Dolan, Miss Keller, and the Well-Being Prefect team.

# Whole School Messages

## Work Experience Week

Please note: it is just **11 weeks until Work Experience Week**, so get those placement booklets in as soon as possible. I do have limited placements available in certain industries, but you need to come and see me to discuss.

There are still places available on the NHS WEX programme - a fantastic insight for anyone considering a career in healthcare, or indeed any aspect of the NHS.

I also have a limited number of places on the MPCT WEX programme - taking place at the military preparation academy in Chorley.

See me (top office) before all the above places are taken!

## Raytheon Quadcopter Challenge

If anyone is interested in being involved in this year's Raytheon Quadcopter Challenge, please let me know. As you may be aware, last year's team were incredibly successful, so let's carry on the tradition! You will design, build and fly a quadcopter - so we need people who are creative, good with technology, able to write presentations and happy to speak in front of an audience. If that sounds like you and you are in Year 8, please come and see me in the Top Office.

# Whole School Messages

## Perfect 3s

Excellent Behaviour for Learning goes hand in hand with achievement. It is an excellent indicator of how your child is performing in lessons. Who's had the Perfect 3 since we've been back?

Year 7: 48 pupils to date  
Year 8: 36 pupils to date  
Year 9: 36 pupils to date  
Year 10: 29 students to date  
Year 11: 55 students to date  
All: 204 students

## How many had the perfect 3 in the previous week?

Year 7: 167 pupils  
Year 8: 148 pupils  
Year 9: 147 pupils  
Year 10: 129 students  
Year 11: 169 students  
All: 760 students

Please congratulate your child if they have the Perfect 3. All BfL scores can be seen in the Edulink app.

## How many pupils have a BfL score of 2.99 - 3?

Year 7: 149 pupils  
Year 8: 98 pupils  
Year 9: 108 pupils  
Year 10: 95 students  
Year 11: 120 students  
All: 570 students

**Students**, please click the link to see what clubs, trips and activities are happening in school [Parklands Bulletin](#)

**Weekly Learning Support Board** - please click [here](#)

 <p><b>Learning Support Board</b> Week Commencing 29th April 2024</p>	<p>"Courage isn't having the strength to go on - It is going on when you don't have the strength." NAPOLEAN BONAPARTE</p>	 <p><b>Special Educational Needs and Disabilities Local Offer in Lancashire</b></p>
<p><b>HAVE YOU HEARD THE NEWS?</b> GCSE exams begin this week for pupils taking Photography and Art. Year 7 have their (online) Progress evening on Thursday. Remember that pupils with learning support can use contact their key persons for further support. WOI, remains open for pupils who need a calm space at breaks and lunchtime. <a href="mailto:Learningsupport@parklandsacademy.co.uk">Learningsupport@parklandsacademy.co.uk</a></p>	<p><b>Joke of the Week</b> 😂</p> <p>Why was the crab arrested? For PINCHING things!</p> 	<p>Stay strong, Things will get better. It might be stormy now, But it can't rain forever.</p>
 <p>Instagram</p>	<p>Follow us on Instagram: <b>p_h_s learningsupport</b></p>	<p><b>Useful Links</b></p> <ul style="list-style-type: none"><li>■ FIND Newsletter</li><li>■ GOV.UK Covid-19 Information</li><li>■ Headspace (Meditation &amp; Sleep)</li><li>■ KOOTH Mental Health Support</li><li>■ Local Offer</li><li>■ NHS Urgent Mental Health Helpline</li><li>■ Witherslack Group</li></ul>

## Head Students' Message

Hello everyone

I hope you've all had a good week!

This week we've had football house competitions for every year on our brand new astro. It's great to see everyone getting involved in scoring points for their house! As we have the new astro, students can now go on it at lunch for a kickabout with their mates!

Good luck to all the year 11s with their revision.

Have a good weekend

Josh



# Whole School Messages

## Chorley School's dance competition

On Friday 19th April we took 30 dancers to represent Parklands in the Chorley School's dance competition.

The dancers all performed with energy and enthusiasm and represented the school to the highest standard in both their performance and their conduct. Their hard work paid off and they placed very highly in all four categories of the dance competition. The results can be seen below.

U14 Solo, duo and trio category - 1st place, Jenny & Genevieve and 2nd place, Scarlet

U14 Group Category - 1st place was KS3 dance team and their Stranger Things routine

U16 Solo, duo and trio category - 1st place, May and 2nd place Karolina, Ella & Ruby

U16 Group Category - 2nd place was KS4 dance team and their Barbie routine.

Huge congratulations to all the dancers involved, a very well deserved set of medals!



# Whole School Messages

## PE Update week beginning 20th November

A great week of house competitions in PE this week as well as all of our new summer sports extra curricular timetable including rounders, cricket and tennis. Congratulations to all the GCSE Dancers who completed their final GCSE practical exams, Miss Marr is extremely proud of you all.

**Boys Football house competition** - For the grand opening of our brand new 4G FA grade astroturf we hosted a boys football house competition for Y7,8,9 &10. What a great turn out and some super skills on display but what house made the top of the leaderboard? You'll have to wait and see!



**Elite Dance Teams** - both our key stage 3 and key stage 4 elite dance teams competed in the district dance competition after school Friday. They performed fiercely and our KS3 team placed 1st, KS4 team placed 2nd! Scarlett in Y7 placed 2nd Genevieve and Jenny Y8 placed 1st, and May in Y11 placed 1st and Karolina, Ruby and Ella placed 2nd. A HUGE Well done!



# Whole School Messages

## PE Update week beginning 20th November

**Under 14s Girls Football Lancashire cup semi final** against Balshaw High School.

Another dominant display by the girls showing great skill and teamwork which led to a 7-0 victory! The girls are now through to the FINAL on 23/5/24 at Darwin Vale FC.

A HUGE congratulations!! We are very proud of you!



**Inspire Youth Zone.** We are currently running a football training session *every Friday (4:30-5:30) with Preston north end.*

**FRIDAY - 4:30-5:30PM**

**AGE 11+**  
**BOYS FOOTBALL**  
50p per session

**EPIC**  
ENGAGEMENT PROJECTS  
INTERVENTION CLUBS

Senior boys football club  
run by Preston North End  
working on skills

Starts from  
12th January

**INSPIRE**  
An OnSide Youth Zone

To book - please email [tamara.howarth@inspireyouthzone.org](mailto:tamara.howarth@inspireyouthzone.org)



*Feel-good Friday*  
**BAKE SALE**



**3<sup>RD</sup> MAY**

*In the new glass shelter (outside Art)*



# Whole School Messages

Like sport and PE but looking for a club to join? Click [Here](#)



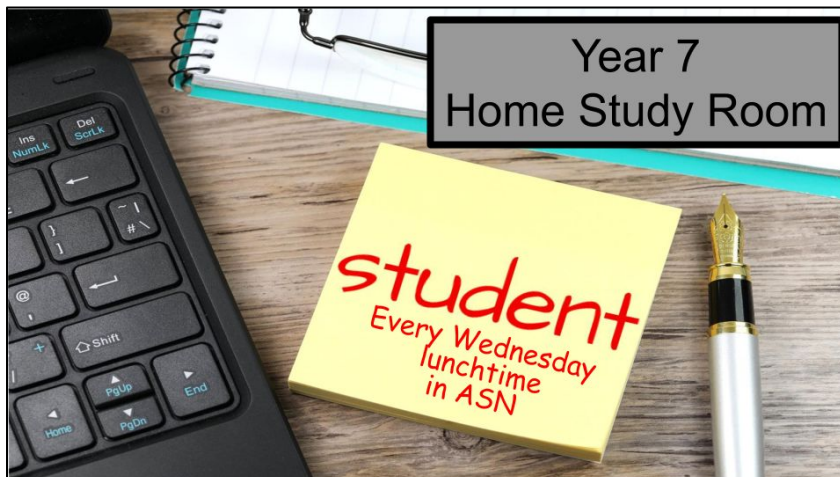
Please click [here](#) for the weekly menu and additional information.



## OUR MENU WEEK 3

Choose your favorite dish

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> Meat & potato pie £1.90	<b>Main Meal</b> Sausage & mash £1.90	<b>Main Meal</b> Tacos £1.90	<b>Main Meal</b> Carbonaro £1.90	<b>Main Meal</b> Jumbo hotdogs £1.90
<b>Vegetarian option</b> Butter pie £1.90	<b>Vegetarian option</b> Veg sausage & mash £1.90	<b>Vegetarian option</b> Enchilladas £1.90	<b>Vegetarian option</b> Cheese & leek pie	<b>Vegetarian option</b> Loaded wedges £1.90
<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings (GF)	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings
<b>Grab &amp; Go</b> Sausage roll £1.15 Chicken wrap £1.90 Pizza £1.20	<b>Grab &amp; Go</b> Herby potato cubes £1.50 Chicken wrap £1.90 Pizza twist £1.90	<b>Grab &amp; Go</b> Panini £1.90 Chicken Wrap £1.90 Steak pie £1.15	<b>Grab &amp; Go</b> Chicken wrap £1.90 Cheese pasty £1.15 Pizza twist £1.90	<b>Grab &amp; Go</b> Meat & Potato pie £1.15 Chicken wrap £1.90 pizza £1.20





### PROM - Incentive (half termly)

- BfL average 2.94 and over - 1 point
- Attendance 93% and over - 1 point
- No social strikes - 1 point
- No lates - 1 point
- A suspension will clear all points for the half term.

4th December until exams finish!

You will need **12 points** to be eligible for prom.

There will be opportunities for you to 'buy' extra points by attending revision sessions and using Class Chart points.

Extra points available for 100% attendance and perfect '3' BfL.

### PROM - Incentive (this term)



- **2 extra prom** points available for attending a minimum of 12 revision sessions
- **1 extra point** if you attend between 6 and 11
- This is in addition to the 4 you can gain for this half term

At the moment there are;

- 73 pupils with 8 points
- 64 with 7 points
- 38 with 6 points
- 20 with 5 points
- 8 with 4 points
- 9 with 3 points
- 3 with 2 points

## After School Revision Programme 2024

Week 1	Subject	Week 2	Subject
Monday	Science	Monday	Religious Studies
Tuesday	Option A	Tuesday	Option B
Wednesday	Maths	Wednesday	English
Thursday	Option C	Thursday	
Friday		Friday	

## Easter School 2024

Takes place during the Easter break.

Attendance is not compulsory.

Sessions:  
9.00am-12.00 noon  
12.30pm-3.30pm

Timetable to follow.

Subjects on offer.

Dance

H&SC

RS

D&T

Maths

Further maths

Business

Science

Computer science

Art

Food & Nutrition

Media

Languages

Not English, Drama,  
Geography, PE,  
History or Music

# St Paul's Players Presents

## Les Misérables

SCHOOL EDITION

**Tues Sept 3rd - Sat 7th September**

**Based in Adlington, St Pauls Players is an amateur theatre society who produce 3 amazing shows a year**

Following on from our most recent successful youth show Everybody's Talking about Jamie, and previous youth shows of Bugsy Malone, Jesus Christ Superstar, We Will Rock You and many many more, This September we are putting on the popular musical:

### **Les Miserables (schools edition)**

and we are looking for new youth stars!! Could this be you?

Do you love singing? Do you love being on stage? Do you love being part of a big team? then here is the information you need!

**Location:** Adlington Community Centre, Railway Rd  
Adlington, Chorley PR6 9RF

**Welcome Meeting /Sing Through:** Sunday 12th May 2024 at 1pm

**Auditions** Sunday 19th/20th May (timetabled)

**Age Ranges:** 11 (at time of production) - 18 **must be in education**

\*younger will be considered for gavroche/young cosette

**Contact :** Graham (Director) on 07886 033045 or  
Jane (Co-ordinator) - 07806788860 for further information

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

### WHAT ARE THE RISKS?

#### MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

#### SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

#### DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

#### FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These ingenious sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

#### SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

#### MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shrewd traders use clever wording and omissions to get around this.

## Advice for Parents & Educators

### ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

### BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

### CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

### KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at [nationalcollege.com/guides/shopping-apps](http://nationalcollege.com/guides/shopping-apps)



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

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Do you know  
about...



Free  
school meals

?

If your child qualifies for free school meals,  
they will have a free meal every school day

It's easy to find out if you qualify –

**Lancashire**

Website: <https://lancashire.gov.uk/children-education-families/schools/free-school-meals/>

Pupil  
Premium

Is **additional funding** for our school to  
ensure we can support pupils  
to **achieve their full potential**



## WHAT'S ON HIGHFIELD FAMILY HUB (Wright St, PR6 0SL) Updated for April 2024

### Monday

#### **Mini Move and Groove – 10-11:30am**

Mini Move and Groove is a great session for children to build social skills, have fun together and make friends. The activities available will boost your child's development and encourage a healthy lifestyle. This session is for parents or carers and children under 5.

#### **Development Matters / Transitions – 1pm-2:30pm**

Development Matters is a lovely session for your child to be able to learn, play and socialise with other children. This session is for parents or carers and suitable for children under 5.

#### **Inside Out – 3.30pm-5pm call 01257 516466 to book**

Using creative activities and discussions to help children understand their negative feelings, work out their emotions and give them strategies to manage them going forward.

#### **Midwife clinic – appointments bookable through midwifery**

The dedicated team of midwives on hand to support you through your antenatal journey.

### Tuesday

#### **Infant Massage – 1:30-2:30pm – call 01257 516466 to book**

Infant massage is a blissful way for you and your baby to bond. This session is for parents or carers and suitable for babies from 6 weeks old to crawling stage. The sessions will help support your baby's development and strengthen your attachment.

#### **Triple P Group/ Teen – 6pm-8pm– call 01257 516466 to book**

A programme that offers a toolbox of ideas where you choose the strategies you need and the way you want to use them. By parenting in a positive way you can learn how to manage your child's behaviour.

**Perinatal Mental Health – parenting support** – ask your midwife/ health visitor for further information

#### **Beacon Trust – Appointment only**

Support for anyone affected by gambling related harms - refer via <https://beaconcounsellingtrust.co.uk/get-support>



## Wednesday

### **SGO Carers Stay and Play– 1pm-2:30pm (1<sup>st</sup> Wednesday of the Month)**

Support group for carers who have a special guardianship order.

### **Health Visitor appointments / 2 ½ year development reviews 1pm-4.30pm- appointment only by health visiting team**

This appointment with your Health Visitor gives you the chance to discuss any ongoing concerns around development.

## Thursday

### **Healthy Relationships– 1pm-2:30pm call 01257 516466 to book**

The course aims to work in a solution focused way, enabling and empowering you to understand your conflict with others and see how to resolve the issues yourselves.

### **Midwife clinic – appointments bookable through midwifery**

The dedicated team of midwives on hand to support you through your antenatal journey.

**Maternity Stop Smoking Services 12.30pm to 4.30pm – Ask your midwife for further information and to make an appointment.**

## Friday

### **Midwife clinic – appointments bookable through midwifery**

The dedicated team of midwives on hand to support you through your antenatal journey.



# Whole School Messages

## WHAT'S ON

DUKE STREET  
**FAMILY  
HUB  
CHORLEY**

Visit us at: Duke Street,  
Chorley, PR7 3DU

### Monday

#### Midwife clinic – appointments bookable through midwifery

The dedicated team of midwives on hand to support you through your antenatal journey.

#### Baby and You – 09:30am -11:30am – with Health Visitor on site

From birth to 12 months this is a session with activities, crafts, songs and nursery rhymes. Learn about your baby's development with opportunities to ask questions and share experiences.

#### Triple P Group – 1:00pm - 3pm – call 01257 516316 to book

Triple P Group will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This session is for parents or carers of children aged 2-11 years old.

#### CAP- Christians Against Poverty (debt support) (last Monday of the month 09:30am - 12.00pm)

### Tuesday

#### Midwife clinic – appointments bookable through midwifery

The dedicated team of midwives on hand to support you through your antenatal journey.

#### One Stop Shop – Every 3<sup>rd</sup> Tuesday of the month. Mornings 09:30am - 12:00pm and Afternoons 2:30pm - 5:00pm

A monthly drop-in where families can access support on issues such as, housing; finances and emotional health and wellbeing.

The morning slots are to support families and the community. The afternoon slot is to support young people and their families.

#### Social Prescribing Service- Chorley Council (First Tuesday of the month 09:30am – 12:00pm)

The Social Prescribing Service offers free, confidential personalised support specifically tailored around what matters to you. Support to build the confidence and motivation to overcome barriers that you may be facing by using health coaching techniques and working closely with various services and partners.

### Wednesday

#### Baby and You – 1:00pm - 2:30pm

Baby and you is a great group for babies because everything is age appropriate. This session is for parents or carers and their babies from birth to around 2 years old. This session provides a great opportunity for positive play between you and your baby.

#### Colourful Footsteps- 3:30pm – 5:00pm

If your child has a physical, learning, behavioural or emotional difficulty then Colourful Footsteps is a great place for them to feel safe and be themselves. Your child will be encouraged to be confident in expressing themselves and have a chance to make new friends.

Scan here for more information



[lancashire.gov.uk/family](http://lancashire.gov.uk/family)



#### Midwife clinic – appointments bookable through midwifery

The dedicated team of midwives on hand to support you through your antenatal journey.

#### Supporting Families Employment Adviser – 1:00pm – 4:00pm

### Thursday

#### Ivy homebirth team (linked to LTHTR) – appointment only- bookings made through midwife.

#### Triple P Group – 9:30-11:30am – call 01257 516316 to book

Triple P Group will help you to develop your positive parenting approach to support your child's development and behaviour concerns. This session is for parents or carers of children aged 2-11 years old.

#### Chat Play Read – 1:00pm – 2:30pm

Our Chat Play Read session is a great way for your child to interact with other children and build their confidence. This session is for parents or carers and children under 5. This session will support the development of your child's speech and language skills and their ability to listen and learn.

#### Smokefree Lancashire –9:00am – 12:00pm - appointment only (refer via [smokefreelancashire.org.uk](http://smokefreelancashire.org.uk))

#### Perinatal Clinic – 1:00 – 4:00pm – bookings made through midwifery

These sessions support you from pregnancy up to your baby's 2nd birthday, with your emotional wellbeing and mental health pre and post birth

#### Parents to Be – 6:00pm –8:00pm

Ante-natal sessions delivered over two consecutive weeks, available for all expectant parents who have had their 20-week scan.

Provides practical support and information to help you prepare for your newborn.

### Friday

#### 2 ½ year development reviews by appointment – 9am-5pm - appointment only by health visiting team

This appointment with your Health Visitor gives you the chance to discuss any ongoing concerns around development. This session is a follow up from your child's 2-year check.

# Whole School Messages

Please click [here](#) for the What's on guide from the Children and Family Wellbeing Service.

Like our Facebook page for updates and news about sessions and courses  
Chorley Family Hub



**DELIVERING EARLY HELP**

Children and Family Wellbeing Service

**Useful Numbers**

NHS Dental Helpline 0300 311 2233 / <a href="http://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/">www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/</a>	Mind Matters (mental health support) 01772 773 437
Community Midwives 01257 245 116	Children's Services Support Hub 0300 123 6720 / 0300 123 6722 (out of hours)
Health Visitors 0300 247 0040 Opt 1	Food Bank Chorley 01257 260 050
Royal Preston Hospital 01772 716 565	Women's Centre Chorley 01257 265 342
Chorley Hospital 01257 261 222	Childline 0800 1111
Police Non-Emergency 101	National Domestic Abuse Helpline 0808 2000 247
Medical Advice 111	Tippy Toes Baby Bank 07711 964 309
Mental Health 24hr 08000 130707	NCT Infant Feeding Support 0300 330 0700
	Citizens Advice 01257 265 432

**Get advice and support** 

**Age 0-19** (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to	Mental Health
Problems at home/school	Self Harm
Jobs and training	Bullying
Apprenticeships	Drugs and alcohol
Staying safe online	Things to do
Sex and health	Housing, rights and money
Relationships	What age can I?

**Text** 07786 511111  
**Talk online** [lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)  
**Call** 0800 511111

[facebook.com/LancashireYPS](https://www.facebook.com/LancashireYPS)  
[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)  
You can contact us 365 days a year  
**2pm to 10pm**



**CHORLEY CFW**  
All our groups are free  
April—June 2024

  
**Lancashire**  
County Council 

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



## Whole School Messages

Please get back involved. We have had lots of ticket sale disappear and we need to get them back up to 250 tickets

£1 a week, the weekly prize fund is currently at around £70 a week! There is a draw every week for Parklands and you are also entered in all of the bigger prizes.

# Enter our **Super Draw** **Nintendo Switch Bundle**

**OR £1,000 CASH PRIZE**



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win an amazing gaming bundle!



**YOUR  
SCHOOL  
LOTTERY**

**PLAY NOW:**

Go to

[www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)

Search for: **Parklands**



GambleAware



See website for Terms & conditions. Enter by 24/02/24