

Penwortham Priory Post



Behind The Scenes: The Estates Team

In the bustling corridors and behind the scenes, there are dedicated teams who ensure that our school functions smoothly. From managing administrative tasks and keeping our buildings safe and secure, to providing essential classroom support, these unsung heroes play a vital role in creating a positive learning environment at Priory.

In a series of articles, we'll shine a spotlight on each team as we explore their contributions and learn more about the people who keep our school running seamlessly. We begin with the Estates Team.

Priory has changed dramatically since it opened in 1953 and over the last 20 years there has been significant investment in its facilities to ensure students have the best environment to learn in. The school has a dedicated Facilities Management Estates Team with individuals who take great pride in their work and have the skills to keep the estate functioning as well as it can for all users of the site.

Strategic Estates Development Manager, Mr Bolton, who has been at the school for over 22+ years, oversees the Estates and ICT Teams at the school. Mr Wilkinson is the Estates Operational Manager, whose small team works on the site ensuring Priory always looks its best, from classrooms to the school fields. With over 14 years of service, Mr Wilkinson's role is to co-ordinate its proactive and reactive repairs and maintenance for the site. He has trained as a joiner and plumber and other members of the team also have a varied skillset.

The Estates Team covers everything from keeping the school tidy on a day-to-day basis to maintaining the award-winning gardens that Mr Farron has developed

Continued next page...

Key Dates

Diary Dates

Did you know that the term dates for the academic year are available to view and download from our website?

www.priory.lancs.sch.uk/parents/termdates

Mon, 27 May - Fri, 31 May
Mid Term Closure

Thurs, 6 June
Year 8 3D printing workshop (selected groups)

Friday, 7 June
Year 10 DofE expedition practice

Monday, 10 June
Year 8 Parents Evening (online)

Friday, 14 June
Year 11 Leavers Assembly until 4pm

Monday, 17 June
Year 10 Preston College taster day

Tuesday, 18 June
Year 10 Runshaw College taster day
Year 9 DofE Expedition

Friday, 21 June
Learning for Life Day 5
Early lunch followed by school closure at 1.10pm

Monday, 24 June
Year 7 Parent's Evening (online)
Year 10 DofE Expedition

Thursday, 27 June
Rewards trips

Continued from front page

over the years and contribute to everyone's wellbeing. With the help of consultants, the school has applied for government grants for new buildings and refurbishments such as the Science Building, Humanities Building and Hex Block. It has also established members of the team to enable the use of the school facilities outside of school hours so the local community can use it for sporting and other community-based activities and events.



The Estates Teams mission statement is: *"An estate that gives an exceptional, lasting impression to all users."*

"We take a lot of pride in our work and we expect everything to be done to the highest standard which is why we have an on-site team of six staff who share that ethos," said Mr Bolton.

"We have found in the past that some contractors don't always share our values but we care about the site and hopefully that shows. An example of this was the grounds contractor and the school itself now takes responsibility for the groundwork.



"The school has developed a lot over the years and the emphasis is always on creating the best environment for learning.

"We also share our skills, equipment and experience by working with several primary schools in the local area so it benefits everyone.

"In the last 12 months, we have had a grant approved from the Football Foundation for a tractor to help with the maintenance of our grass football pitches. This now means that the estates team can take care of all the grounds work around our site and also work with Penwortham Primary School to look after theirs

"In addition, we applied to the Football Foundation for funding to help maintain the grass pitches for all the junior football clubs that use the school fields. We have been successful in this application and have been awarded some funds to help with this. It's a six-year plan which includes seeding and other maintenance works

throughout this time. This will benefit our pupils and also the grassroots football teams who use our site in the evenings and weekends and so we are giving something back to our community.

"We have other groups and clubs who use our site in out of school hours such as a church groups, martial arts, dance and fitness groups and this allows us to generate a small income that we can use to reinvest in the facilities for the benefit of everyone.



"We have just completed a project to replace all the fire doors on the ground floor in the main school building after receiving government funding. Our next project is to introduce the 'Priory Pod' near the 3G pitch which will sit as a takeaway food service for the students, to take the pressure off the dining room service. We are hoping to have this completed by the end of the summer."

Mr Bolton
Strategic Estates Development Manager

The site of the Priory Pod, a 'grab & go' food outlet due to be completed over the summer.



Learn to Succeed



Road Works and Traffic: Year 11 Exams

Parking At School: A Polite Notice

Following complaints from local residents, we would like to politely remind parents/carers to park courteously, not on double yellow lines, and allow for clear passage of other vehicles when dropping pupils off or collecting them at the end of the school day. In addition, please respect our neighbours by not blocking driveways. Speed around Crow Hills Road and Crookings Lane has also been raised by residents as an issue.



By parking in a legal and considerate manner, congestion will be reduced and safety enhanced thereby allowing for the least amount of disruption possible for parents and local residents. This may mean parking a little further away from the school.

We recognise that this may be one or two individuals and appreciate everyone's co-operation in respecting our community and keeping everyone safe.

Thank you for your support

We have been notified by Lancashire County Council that extensive road works will start on Leyland Road on Monday, 10th June.

This, combined with the current roadworks on the Cawsey, has the potential to cause significant delays for pupils travelling through Lostock Hall in a morning especially on a school/public bus.



We are therefore asking that Year 11 parents make alternative arrangements to ensure your child is at school by 8.35am for the final week of GCSE exams starting on Monday, 10th June.

By giving you this notice we hope parents can work together to arrange car sharing and early morning departures where possible. If your child is late to school for an exam due to the traffic, we will have procedures in place so they are not disadvantaged, but we want to keep this number of pupils to an absolute minimum.

*Mr Gee
Assistant Principal*

		Period 1 08:50 to 00:50	Period 2 09:50 to 10:50	Break
W/C Mon 3rd June	Monday	Maths 2 (1 Hr 30) NCFE Health and Fitness (1 hr 30)	Maths 2 (1 Hr 30)	
	Tuesday	Geography revision (PM, LK)	NCFE Health and Fitness (1 hr 30) History Revision (AE, MC)	
	Wednesday	Geography - Human Environment (1 hr 30)	Geography - Human Environment (1 hr 30)	
	Thursday	English Language 2 (2 hrs)	English Language 2 (2 hrs)	
	Friday	NCFE Engineering (1 hr 30)	Science Revision (DB, AP, VE, CM, KR, TS2) NCFE Engineering (1 hr 30)	

GCSE Exams w/c 3 June

Black = exam

Green = revision session

		Period 3 11:15 to 12:15	Period 4 12:15 to 13:15	Lunch	Period 5 13:50 to 14:50
W/C Mon 3rd June	Monday	Health and Fitness Revision (RB) GCSE PE Revision (MB)	Health and Fitness Revision (MR, RB) Graphics Revision (SL) GCSE PE Revision (MB)		PF 2 (1 hr) Graphics Revision (SL)
	Tuesday	History Revision (AE, MC)	History 2 Health and Restoration (2 hrs) NCFE Graphics (1 hr 30 mins)	Early	History 2 Health and Restoration (2 hrs) NCFE Graphics (1 hr 30 mins)
	Wednesday	Business and Enterprise Revision (SQ, DC)	English Revision (SB, LH, KT, JE, RO, LW, SB2)		English Revision (SB, LH, KT, JE, RO, LW, SB2)
	Thursday	Business and Enterprise Revision (SQ, DC) Engineering Revision (SL, LS, EL)	NCFE Business and Enterprise (1 hr 30 mins) Engineering Revision (SL, LS, EL)	Early	NCFE Business and Enterprise (1 hr 30 mins)
	Friday	Science Revision (DB, AP, VE, CM, KR, TS2)	Biology 2 Combined (1hr 15) Biology 2 Separates (1hr 45)	Early	Biology 2 Combined (1hr 15) Biology 2 Separates (1hr 45)

Learn to succeed

Where to next, Year 11?

Our Year 11s have big plans for the future after leaving Priory with a strong education and happy memories.



From a pilot, to sports stars, to an actor, to making a lot of money – there are a variety of careers our pupils hope to head in to.

Finlay is a flanker for Preston Grasshoppers Under 16s and, while he hopes he can take his rugby union further, he is also looking at other options.

“I have played rugby union for as long as I can remember. I would love to carry it on. I did have a trial for Sale Sharks Academy, after being recommended, but I didn’t get in – you never know what could happen in the future though.

“My favourite subject at Priory is ICT and I want to go to Newman College.

“I have loved the atmosphere at Priory, it’s a bubbly place to be.”



Olivia is also a sports star – she plays netball for Wyre and is at Leeds Rhinos Academy.

“I am Goal Attack and I train twice a week at Leeds. I guess my dream is to play for Manchester Thunder at netball.

“I am going to go to Newman College to study Business and Psychology. I want to make money!”

Leon has already featured in our newsletter as he has raised money for his older brother, Lewis, who has learning difficulties.

“I like Food Technology at Priory and so I have held bake sales and done football cards to raise money for computers for Lewis’ school Sir Tom Finney High School.

“I want to go to Runshaw College and study Business or Public Services. Going into the police is one option.

“At Priory, I have made a lot of friends and enjoy coming to school.”

Abigail has also featured in our newsletter a few times – for raising money to buy goods to take to Cuba and also her team came second overall in ‘Operation Moonlight,’ a ‘manhunt’ for scout and explorer groups.

“I am a member of West Lancs Scouts and go every week and also have plans to go back to Cuba but it is expensive to travel!

“I have enjoyed my time at Priory – I am a House Captain and a Head Librarian.

“It’s tough at the moment with all the revision and it is quite tiring! I want to go to Runshaw College and study A-Levels in History, Geography and French. I have no idea what I want to do so I am taking subjects I enjoy.”

Emmie is also keeping her options open.

“I am going to go to Newman College and study Graphic Design, Sociology and French. I like Graphic Design and want a career in that but I am also good at French so we shall see.

“Priory has a really nice environment, all the pupils and teachers are lovely and it is a great place to learn.”

Head Prefect Martha has a talent for hockey.

“I currently play for Preston and am part of the North West Talent Academy. I train four times a week and I would like to take my hockey further.

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"I have enjoyed being Head Prefect. I have gained my confidence in speaking in public through it, as I have spoken at the Remembrance Ceremony and Holocaust Memorial Day.

"It's been good and not too much pressure as four of us have shared the roles.

"I want to go to Newman College and do PE and, in the future, I would like to do something which involves sport.

"Priory has been enjoyable, I have made good friends and every day is interesting."

Lewis is another of our Head Prefects and he is currently planning for the Musical Theatre course interview at Runshaw College.

"It's tough as you have to get your grades and then do a monologue and songs as well as attend a couple of dancing and drama workshops. I am currently thinking about the songs I will sing, and rehearsing.

"I have been in the school productions. I started with Matilda in the ensemble and a side character but got bigger roles with Game Over, Mary Poppins and Legally Blonde.

"I originally did drama to improve my dancing, as a ballroom dancer, but now drama has taken over and become my main passion.

"I love being on the stage, I still get nervous, but I do thrive on the applause and the whole atmosphere. I haven't decided yet whether I would like to do TV in the future or be on stage.

"Priory has been great for me. Everyone is so supportive and there is always someone to talk to if something is bothering you.

"I have enjoyed being a Head Prefect too, being part of a small group, and it wasn't as daunting as I thought it would be – it's been a fulfilling role."

Footballer **Mason** is a national football champion already – he is part of the Lancashire Under 16s squad who took on Sussex at Stoke City in the National Final earlier this month.

"I am a striker and am currently playing for LSG

in the West Lancs League to play some men's football and make myself stronger. I also have an option of a scholarship at AFC Fylde, where I can take a BTEC in Sport. I want to be a footballer."



Favour's aim is to make money!

"I want to go to Newman College and study Business and Law. I want to be a business woman, I want to make money and have money to spend!



"I have enjoyed my time at Priory. I got the chance to have a big part in the school show Matilda and, while I have sung at church, this was my first time acting and it was fun.

"I also helped to start Culture Day, going back to my Nigerian heritage, to help people understand other cultures and accept them. I felt we needed a colourful day so it was nice to wear traditional dress for school!"

Tom hopes to be high-flying as he has his sights set on being a pilot.

"I am an RAF Cadet, joining in 2021. My dad was in the army and I want to join the Royal Air Force. It will be tough as I think they have around four places and there are 3,000 applications.

"I want to go to Preston College to study engineering and then go into the army and see where it takes me.

"Priory has been good, I have made friends for life."

Mrs Bailey
Head of year

Learn to succeed

COMPETITION!

Design a Football Shirt

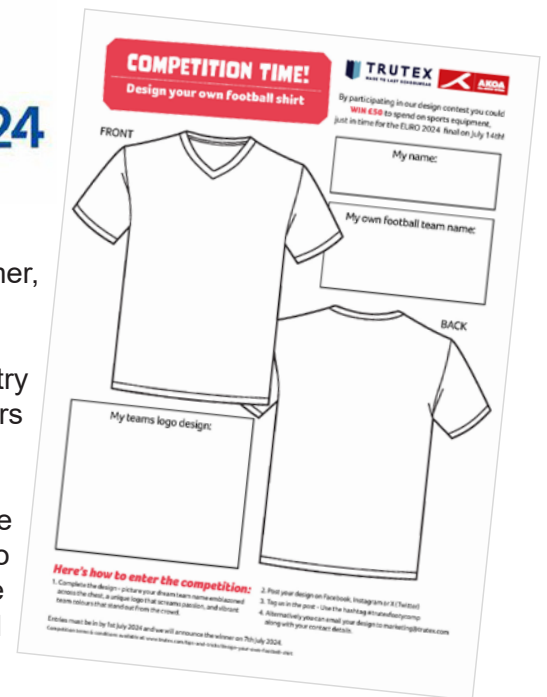
Trutex, a manufacturer of school uniform and PE kits, currently needs your help to Design a Football Shirt.

The competition has been launched to celebrate the European Football Championship EURO '24 in Germany this Summer, and is open for all year groups to enter.

To take part in the competition download and print the template entry sheet you'll find in the Teams year group posts or alternatively, see Mrs Lockwood in Technology for a printed copy.

Entries need to have an eye catching design and bright, bold colours are essential to ensure that players are visible on the pitch. You also need to decide on a name or country for your team. Entries will be judged by the Technology teachers and the winners will be submitted to Trutex for final judging and a chance to win a prize of sports equipment.

The deadline for submissions is Friday, 21 June - so something to keep you busy during the half term break! Entries should be sent to Mrs Lockwood.



Mrs Lockwood
Technology Teacher

North-West Cycle Coaching

EVERYONE WELCOME

In 2024 we launch our BRAND-NEW Skills award taking riders from just getting the stabilisers off through to elite competitors

We want you to come and join us SO:
Bring your BIKE,
have FUN,
LEARN real SKILLS,
in a SAFE environment

Your first session is free, try us out before you commit

For more info you can go to our website>>
<https://www.nwcyclecoaching.co.uk/>
Or find us on social media
Or just come on down and say Hi

Every Tuesday
28th May > 3rd Sep
UCLan sports arena
6pm-730pm

NORTH WEST CYCLE COACHING

Learn to succeed



How Well Do You Know Your Teachers?

This week's House event was a quiz where teachers and support staff shared a little bit of surprising information about themselves. Let's see if it got you thinking *"Well, I never would have guessed that!"*

Which teacher is this?...

1. I went to the same school as Alan Shearer and Ant and Dec
2. I have seen the Pope give mass.
3. Before becoming a teacher I was a TV Extra and spent many an hour pretending to be a teacher on the set of Waterloo Road.
4. I taught English in Thailand for 6 months.
5. I have walked the red carpet at film premieres and attended the Paris fashion shows.
6. I'm a qualified Royal Yachting Association Day Skipper.
7. I used to work at B&Q for a part time job whilst I was at university (aged 18-21), specialising in selling drills and other power tools.

8. I lived in Malta for 9 months.
9. I used to do online competitions in my spare time. I won my wedding dress in a magazine competition.
10. I used to live in Tanzania, Africa
11. I have a tortoise called 'Torty'.
12. I travelled around South America for six months.
13. I use to own my own hair salon employing five people.
14. In Year 10, I won players' player of the year, manager's player of the year and league player of the year in the same season for my football club.
15. I have a black belt in Jiu-Jitsu.
16. I can speak Spanish and I used to live in The Canary Islands.
17. I designed and made a horse blanket for the racing horse Neptune Collonges to wear for the 2012 Olympic Games torch parade in Aintree.
18. I used to do kick-boxing.
19. I used to be a speed skater (roller boots, not ice) in my younger years and owned (still do) a pair of professional roller boots.
20. I was British National Karate Champion (under 11s)
21. I used to be part of a motorcycle racing team that travelled around the UK taking part in endurance racing. My main job was to time the races and hang over the pit wall with the lap times for the rider.

You can find the answers on a later page.

Mrs Massey
Science Teacher and
House Leader (Calder)



School is now closed
for the half term break.

We return on
Monday,
3 June.

Learn to succeed

These Girls Proved They Can at West View Leisure Centre



A group of Year 9 girls had a fantastic sports experience at West View Leisure Centre last Friday when they attended South Ribble School Games' 'This Girl Can' event.

The event, which aimed to empower girls to confidently stay active, saw the Year 9s participate in a variety of activities throughout the day.

The day began with a motivational speech from Jenna Downing, the world's number one inline skater. Jenna spoke about her journey in sport along with the setbacks and achievements she has experienced throughout her career. The girls took in every ounce of what she had to say and this sparked confidence and excitement for the day ahead.

PE teacher Miss Huddart, who accompanied the girls, said "The first activities were bouldering and rock climbing and it appeared the group enjoyed this activity the most. Some girls conquered their fears of heights and others exceeded their expectations!"



The following activities focused on team building. Jenna led the session and demonstrated how the girls needed to trust each other and work together to push themselves to the next level. The girls created a tight rope whilst one of them was challenged to balance themselves, with support, as they walked along it. Then it was straight onto the spin bikes!

The event closed with a breakdancing class where the girls hip-hopped their way to receive their certificates.



Miss Huddart ended by saying, "The girls had a fabulous and most rewarding day, well done girls!"

Eleanor B, Grace P, Jess L, Chloe R, Amelia O, Freya Y, Jess D, Kayalinila A.

Miss Huddart
PE Teacher
(trainee)



Learn to succeed

We're Recruiting!

Level 2

Teaching Assistant

Closing date: Monday, 3 June

Teaching Assistant

**WE'RE
HIRING!**

We are seeking to appoint a committed individual to join our Learning Support department.

31 hours per week | 8.30am - 3.10pm

Fixed term to support individual pupil whilst on roll.
1 Sept 2024 - 31 Aug 2028.

Monday to Friday term time only plus INSET

We are looking to appoint a Level 2 Teaching Assistant (TA2) to support learning, monitor pupil progress and provide feedback to the class teacher as well as establish supportive and constructive relationships with both pupils and parents/carers. The role will involve providing short term cover for classes when the teacher is unexpectedly unavailable.

The successful applicant will work under the instruction and guidance of teaching staff.

A Teaching Assistant qualification is desirable but not essential - there will be an opportunity for the right candidate to gain a qualification once in post.

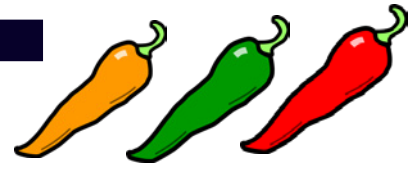
For an application pack please visit >>
www.priory.lancs.sch.uk/vacancies

Enquiries can be directed to Mrs A Holland, SENCo, via email at a.holland@priory.lancs.sch.uk

Closing Date: 12 noon Monday, 3 June

Interviews: Wednesday, 12 June

Chilli Challenge Winners



There are not many more opportunities left for our Year 11s to win their chilli!

Here are this week's winners who each receive a new-look chilli token to claim their free breaktime snack from the dining rooms.

Year 7 Ethan H - C4
Year 8 Ruth W - R5
Year 9 Shreya P - H5
Year 10 Aimee M - C1
Year 11 Lucy B - Hodder

The House leader board remains as follows - but gaps between them are getting smaller!

1st	HODDER	2nd	RIBBLE
3rd	CALDER	4th	DOUGLAS

**NATURE & ENVIRONMENT
ART
COMPETITION**

FREE TO ENTER | AGES 4-18

The winning entries will be printed and featured in the St Catherine's official 2025 calendar sold across our shops within Central Lancashire and online. All 12 winners will receive a free calendar showcasing their work.

How to take part:

1. Create your artwork inspired by nature and the environment, using paintings, drawings, or digital art (artwork will need to be A4 landscape in size)
2. Submit your art digitally via fundraising@stcatherines.co.uk OR by sending via post or person to: Schools Art Competition, St Catherine's Hospice, Lostock Lane, Lostock Hall, Preston PR5 5XU

Closing date for entries is 30th June 2024 | On all submissions, please include your name, age, school or college, artwork title, email address and phone number.

Questions? Email fundraising@stcatherines.co.uk

Funds from the sale of our calendar go towards supporting our specialist care.

**St Catherine's
hospice care**

Registered Charity Number 512186

Learn to succeed

Geography Club in the Spring



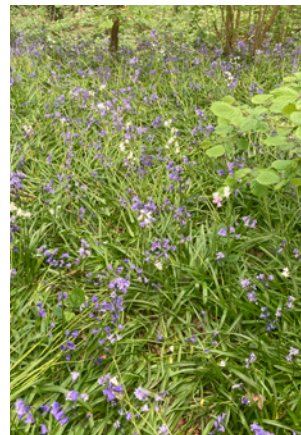
Geography Club went outdoors to study the woodland in the spring.

The group, led by Humanities teacher Mrs Kursitis, has been looking at how species adapt, specifically bluebells, on the woodland floor. They also identified which types of trees were present, collected leaves, and completed a survey back at school to identify any invasive species.

Mrs Kursitis said, "We study forests in Year 9 and also at GCSE. Pupils learn about eco-systems and deciduous woodlands so this was a great opportunity to experience what we teach first hand."

Geography Club meets every Wednesday lunch in HU5. Pupils from all year groups are welcome.

Mrs Kursitis
Humanities Teacher



Learning Newsletters

Every half term we put together a newsletter for parents where we seek to share some of the initiatives and strategies we use in school so you might best support your child at home, in order to benefit them and further enhance their educational experiences in the long term.

This next issue looks at 'Oracy' - what it is and how you can impact on it at home. It also includes an introduction to Reading Plus, the English's department's succession to AR.

This half term's issue has been emailed to parents last week however all past issues can be downloaded from the school website at >> www.priory.lancs.sch.uk/parents/newsletters (see Learning Newsletters tab)

Mrs Cowell
Vice Principal



Learn to succeed

Alumni Event : Friday, 28 June



FOR PAST PUPILS AND STAFF

Please join us for our coffee morning on Friday, 28 June from 10.15am-12.15pm

We'll have archive photography and memorabilia for you to explore, a tour of the school, and former class mates and teaching staff to catch up with.

Places are limited so if you'd like to come along and see your old school, please book your place here>>
www.priory.lancs.sch.uk/events. We expect this to be a popular event so, after making your booking, please let us know if your plans change so that we can open it up to our reserve list.

If you're still in touch with your old school mates, then please spread the word!

If you have any questions in the meantime, please contact Mrs Yates, Communications & Marketing Manager at j.yates@priory.lancs.sch.uk

We look forward to seeing you!



FACEBOOK ALUMNI GROUP

Are you aware of our Facebook group?

If you'd like to join, just head to the school's main Facebook page (www.facebook.com/PriorySTC/), click 'visit group', add the year you left us and we will let you in.



You're Invited

Alumni Event

For Past Pupils & Former Staff

Coffee Morning

Friday, 28 June 2024

10.15am-12.15pm

booking essential | www.priory.lancs.sch.uk/events



Learn to succeed

PROM

Plans For The Evening

We can now confirm details of the Year 11 Prom which will take place on the evening of Thursday, 4 July.

The Prom will be held at Charnock Farm, Wigan Road, Leyland PR25 5DA and the timings for the event are as follows:

6-7pm

Arrival and photography – parents/carers are welcome to spectate during this hour.

7pm-10.30pm

Pupils are to be seated for the meal, followed by a disco.

10.30pm-11pm

Parents/carers are asked to collect pupils from Charnock Farm.

A photographer has been booked and will be with us for the first hour only - 6pm-7pm. Photo consent will be observed on the night. Parents/carers will be given a private link to download photos after the event however please bear in mind some will also be used in the school's publicity and published on our website and social media channels etc. If pupils do not wish to have their photo taken therefore, they should make this clear to the photographer on the evening.

The details regarding meal choices are yet to be confirmed, however all dietary requirements will be catered for and must be indicated on the form when ordering the meal.

The final balance of £25, if not already paid, should be made by Friday, 31 May via SCOPay.



1. Mrs Cowell went to the same school as Alan Shearer and Ant and Dec.
2. Mr Sneddon can say the alphabet backwards and has seen the Pope give mass.
3. Mrs Lockwood spent many an hour as a TV extra pretending to be a teacher on the set of Waterloo Road before becoming a teacher
4. Mrs Massey (Biology teacher) taught English in Thailand
5. Mrs Elliott has walked the red carpet at film premieres and attended the Paris fashion shows.
6. Mrs Holt is a qualified Royal Yachting Association Day Skipper.
7. Mrs Qadri used to work at B&Q for a part time job whilst she was at University and specialised in selling drills and other power tools.
8. Mr Hunter lived in Malta for 9 months.
9. Mrs Potter used to do online competitions in her spare time. I won her wedding dress in a magazine competition.
10. Miss Burbidge used to live in Tanzania, Africa
11. Mrs Bullock has a tortoise called Totty.
12. Mr Kenrick travelled around South America for 6 months
13. Mrs Swire owned her own hair salon employing five people.
14. Mr Taylor won players' player of the year, manager's player of the year and league player of the year in the same season for my football club when he was in Year 10.
15. Mr Metcalfe has a black belt in Jitsu.
16. Mrs Eastham (Learning Support) can speak Spanish and used to live in The Canary Islands.
17. Miss Smith designed and made a horse blanket for the racing horse Neptune Collonges to wear for the 2012 Olympic Games torch parade in Aintree. It appeared on national news programmes and in newspapers.
18. Mrs Shaw use to be a kick-boxer.
19. Mrs Bailey used to be a speed skater (roller boots, not ice) and owned (still do) a pair of professional roller boots.
20. Mr Evans (Maths) was a British National Karate Champion (under 11s)
21. Mrs Eastham (Science) used to be part of a motorcycle racing team that travelled around the UK taking part in endurance racing. My main job was to time the races and hang over the pit wall with the lap times for the rider.

THE ANSWERS

How well do you know your teachers?

Learn to succeed

NHS
Blackpool
Talking Therapies

Parenting can be rewarding and overwhelming at times

Free courses and webinars for people who live, work and study in Lancashire & South Cumbria

Courses:

- Mindfulness
- Stress Control
- New Parent Wellbeing

Webinars:

- Anxiety & worry
- Sleep & Relaxation
- Resilience & Me
- Mindfulness & Wellbeing
- Perinatal Wellbeing
- Men's Wellbeing

Sessions available for 72 hours after the live event.

Our service can help you manage a range of common mental health problems, learn skills to help you overcome difficulties and find helpful ways to cope through a range of different therapeutic interventions.

We can also provide information about local services that you may benefit from.

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. Please discuss these needs with your GP.

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)
or email: bfwh.talkingtherapies@nhs.net
www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 Blackpool Talking Therapies

 **for anxiety and depression**
Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

80018 09/23

NHS
Blackpool
Talking Therapies

Free Online Course: MASTERING STRESS

✓ Combines Cognitive Behavioural Therapy (CBT), Positive Psychology & Mindfulness
✓ Not interactive - no discussion of personal problems
✓ Aims to teach new coping strategies and skills
✓ Associated worksheets available

Steps to Wellness

05	06
Relaxation How to relax Getting a good night's sleep	Staying Well 5 Ways to Wellbeing Self care
03	04
Negative Thinking Unhelpful thinking styles Thought challenging	Worry Worry management Problem solving
01	02
Identifying Stress What is stress? Depression and anxiety	Overcoming Anxiety What is anxiety? Facing your fears

30min Introduction session on Monday 17th June at 1pm Followed by 6-week online course, 90min sessions 1pm – 2.30pm
Dates: Monday 24th June, 1st, 8th, 15th, 22nd 1st, 8th, 15th, 22nd 29th July

A personalised link will be emailed to you, recordings accessible for 72hours

AVAILABLE TO PEOPLE WHO LIVE, WORK AND STUDY IN BLACKPOOL, LANCASHIRE OR SOUTH CUMBRIA

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)
or email: bfwh.talkingtherapies@nhs.net
www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 Blackpool Talking Therapies

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. Please discuss these needs with your GP.

 **for anxiety and depression**
Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

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Mind Full, or Mindful?

Free Online Course Mindfulness-Based Cognitive Therapy Course

MBCT combines traditional cognitive behavioral therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress, distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and it is highly recommended you set some time aside each day for daily home practice to be able to optimize new skills. You will be given links to online guided meditations to support your daily practice.

Available to people who live, work and study in Blackpool, Lancashire or South Cumbria

All recordings available for 72 hours after the live event

1 hour introduction session at 1pm on Monday 10th June 2024
Followed by 8-week online course, 2-hour sessions from 1pm – 3pm
Dates: Monday 17th 24th June, 1st 8th 15th 22nd 29th July & 5th August
A personalised link will be emailed to you, with recordings accessible for 72 hours

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PLANT SALE IN AID OF THE MAYOR'S CHARITIES

ST CATHERINE'S HOSPICE | GALLOWSAYS

LOCALLY GROWN PERENNIAL PLANTS AND HERBS

TUESDAY 11TH JUNE 2024 @ 11AM - 2PM
PRIORY LANE COMMUNITY CENTRE, PR1 0AR

WHILE YOU ARE THERE, WHY NOT ENJOY A BROWSE IN OUR COMMUNITY LIBRARY? REFRESHMENTS ARE AVAILABLE FROM OUR TEAM OF VOLUNTEERS.



Learn to succeed