Penwortham Priory Post



High School Musical: And that's a wrap!

Priory students 'Bopped Their Way To The Top' in this year's production of High School Musical. What adventure, what sass and above all - what talent!

This year has been truly special, with the largest cast we've ever had at Priory. From the very first auditions, where the Auditorio was so packed we could barely dance, we knew this production was going to be something extraordinary. It's also the first time we've had students from Year 7 all the way through to Year 11 participating, which has been wonderful to see.

Lead Teacher of Drama, Miss Howell, said, "Watching friendships blossom and older students mentoring the younger ones - teaching them routines, and helping them balance schoolwork with production commitments - has been an absolute joy.

"A huge and heartfelt thank you to every student who gave up their time to be part of the show. Many people don't realise the level of commitment it takes to pull off a production like this. They've shown such dedication, passion and courage. For some of them, this year has been incredibly challenging, yet they still poured their hearts into this project. They've grown so much - not just as performers but as young people - and we couldn't be prouder."

Miss Howell went on to say, "To the incredible staff team, thank you for your unwavering support. Without your help and teamwork, this simply wouldn't have been possible (and I certainly wouldn't have kept my sanity!).

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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

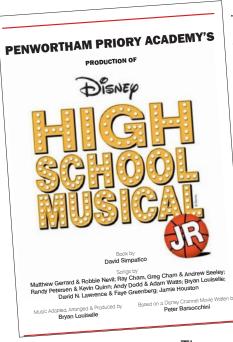
All DofE meeting cancelled this week.

Weds, 18 December
Mock Interviews with the
National Grid (Year 10 &
Year 11)
House games in the
Assembly Hall at lunch (all
pupils)

Thurs, 19 DecemberEnd of term House reward (Ribble) - Period 5 & 6

Fri, 20 December
House colours day
Early lunch followed by
school closure at 1.10pm
END OF TERM

START OF SPRING TERM Mon, 6 January 2025



...Continued from front page.

"And finally, thank you to our amazing community. Your generosity - donating raffle prizes, our beautiful Christmas tree, and even your time and expertise to help build the set - has been invaluable. We're so lucky to be part of such a supportive and giving community. Thank you for everything you do. At Priory, community means the world to us, and this year has been a perfect reminder of how special ours truly is."





The ensemble will meet at Salvatores next month for their end of show 'wrap' meal on 16 January.











"Absolutely incredible", "It was brilliant!" and "Fantastic show tonight." were just some of the words used by those who came to watch the school's production last week.

After months of rehearsals, High School Musical finally made it to the stage last Tuesday and Wednesday as our doors opened to pupils, parents, extended family, staff and members of the public. A matinee performance was specially arranged as a treat for some of our feeder primary school pupils, with great feedback.

On Wednesday, we were also delighted to entertain residents from Penwortham Grange & Lodge Residential Home and Priory Park Care Home. Visitors enjoyed tea and scones during the interval and even broke into song and dance when we played the Christmas tunes!

The school production is an annual tradition at Priory and a lot of hard work and dedication goes into making them a success. Pupils from all year groups join together to make up a unique family – on stage and backstage – with Lead Teacher of Drama, Miss Howell, leading the talented bunch.

Lines, dance routines and songs had to be learned, props made and lighting perfected - all of which delivered superb performances - but it was difficult to say who stole the show as there were so many stars!

Well done to everyone involved for providing us with the most perfect evening entertainment; from cast and crew to the teachers - Mr Taylor and Miss Howell, for taking charge.



















Dinner is Served - Priory Style!

Priory well and truly got into the festive spirit last Thursday when Christmas jumper day clashed with Christmas lunch.

The catering team could take a step back whilst pupils had the pleasure of being served their turkey, with all the trimmings, by the Senior Leaders. It was all a bit

Christmas crackers!



Christmas Jumper Day was one of our two fundraising days that is taking place in the run up to Christmas, in aid of Derian House. Pupils who took

part were asked to donate £1 to the charity and, during Learning for Life, all pupils learnt about the vital work the hospice undertakes for seriously ill babies, children and young people across the North West.





The second fundraiser is this Friday when it is House Colours Day. On the last day

of term, pupils may wear a top or bottoms in their House colour along with their own clothes. Clothing worn must be sensible and appropriate for the school environment. A £1 donation towards Derian House is appreciated and can be brought into school to be collected by form tutors or paid online





Christmas Jumper Day Thank You

Thank you to everyone who leapt at the chance to show off their Christmas jumpers last Thursday.

Together you raised £193 for Derian House. This will be combined with donations colected on Friday's House Colour Day.

Mrs Elliott couldn't miss an opportunity to get her festive knit-wearers together for a group photo - looking great, 7EW4!







Year 7 Castle Competition

- Design your own Motte & Bailey or Stone castle and have the chance to win an Amazon voucher and a History pin badge!
- Entries can be drawn on paper, built out of Lego, or designed using paper/card etc.
- Closing date for entries is Monday, 13th January 2025.



Christmas Card Designed For Priory



Our Christmas Card competition is always competitive as pupils aim for their festive 'Priory' design to be the winner!

This year was a first for Priory as we had a digital entry which came in the top three however, the 2024 winner was Year 8 Imogen who entered the competition for the first time. Her design was the letter's 'Priory' with Christmas themes inside them.

Imogen said: "I was surprised to win. It took me around two weeks to finish and I enjoyed doing it."

On the back of the card is second placed Jessica's design. The Year 10 went for a more traditional festive scene including Priory's House colour scheme.

Jessica, who will be a guest judge next year, said: "In Year 7 I entered the competition and came third, I won it in Year 8, I didn't enter last year but have finished second this year which I am happy with."



Third was Year 7 Owen with his digital entry which was based on the Priory Open Evening postcard and had Mr Eastham as Father Christmas. Mrs Qadri, Head of ICT & Computing, has been extremely impressed with Owen's ICT skills.

Owen said: "It took me a few hours and I did base it all around the postcard with the Priory gates. Mr Eastham said he didn't mind being Father Christmas!"

One of the judges was Year 11 Agnes, a former winner and outstanding artist who didn't enter to give other pupils a chance. Mr Eastham, Mrs Shaw and Mrs Yates were the other judges.



Agnes said: "It was difficult to choose a winner but we decided on Imogen's because it was totally different to last year's winner and there were different elements in it including Priory and Christmas themes."

Lead Teacher of Art, Mrs Shaw closed off by saying, "I just wanted to say how impressed I am with not only the amount of entries we had this year, but the quality of art being produced by our pupils. Art at Priory showcases some talented artists, whose creativity is amazing and we need to celebrate that. Well done to all of you,"

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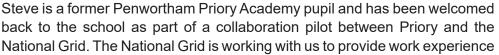
The printed design has now been posted out to key contacts around the county including other local primary and secondary schools. Imogen also won a £15 Amazon voucher, Jessica won a £10 Amazon voucher and Owen a £5 Amazon voucher. All entrants receive a certificate, Achievement points and House points. Chocolate treats will also be given out to runners up after the full school assembly on Friday.

Jessica's design, which was on the back of the card, is shown opposite.



Year 10 Receive Careers Support From The National Grid

Last Thursday Steve Ward and Kat Woods from the National Grid came into school to talk to Year 10 pupils about covering letters, CVs and interviews from the view of an employer. The assembly was informative and gave pupils an insight into common mistakes and useful tips.



placements, generic pathways assemblies,

mock job interviews and a Year 8 STEM careers day in the summer.



All resources from this assembly will be made available to Year 10 and Year 11 on Teams to use in the future. Pupils who attended the assembly have been invited to participate in mock job interviews, and we are extremely appreciative of Steve and his colleague, for giving up their time to provide this opportunity for our pupils to develop their skills and to receive feedback to be used in the future.

Lead Practitioner for Personal Development and Careers Leader, Miss Smith said, "I appreciate all the time that the National Grid has dedicated to the collaboration. The activities we have had, and are planning, will provide memorable yet useful experiences for our young people. We are hoping that the experiences planned for Year 8 will inspire more individuals to consider STEM careers in the future".



nationalgrid

Year 9 Lancashire Cup Run Continues



Last week our Year 9 boys football team hosted St Bede's school, Ormskirk, in the Lancashire Cup.

The early stages were closely contested before St Bede's scored the opening goal. Despite the setback, Priory continued to play neat football and a good run from Heaton, dribbling down the left wing before a clever pass in to Mapstone who took the ball into the area before finishing confidently.

St Bede's responded by pushing forward and retook the lead before half time. With the contest closely poised at half time, Priory's start to the second half was crucial. Coming out quickly after the break, the equaliser came through Heaton, to the obvious delight of the group of Year 9 boys supporting the team.

Both teams then went close to taking the lead with chances at both ends, Dixon pulling off some great saves to repel the St Bede's attacks.

With time ticking down, Priory attacked down the left with a ball over the top of the defence. Heaton ran through the defence and reached the bouncing ball

before the on rushing keeper. His shot looped over and into the net, sparking more wild celebrations between players and spectators. The match ended soon after with a 3-2 scoreline to Priory.

The cup run will continue in the New Year with a trip to Carnforth in the next round.

Food Bank Thank You

A big thank you to everyone who brought in donations for the food bank. Mrs Massey took everything to the food bank in Penwortham last week and it was one of the biggest donations we have given for a while.

The collection continues and the boxes remain in the Nucleus, one for each House.

A particular thank you for their collective generous effort goes to Mr Eccles' and Mrs Potter's forms (8EW1 and 8EW3).

Mrs (Massey Science Teacher





Chili Challenge Winners

Last week's winners were:

Year 7 Naveah L (Mrs Elliott) Douglas

Year 8 Imogen C (Miss Gregson) Douglas
Year 9 Muhammed B (Mrs Roberts) Ribble

Year 10 Zane H (Mr Evans) Douglas Year 11 Jo B (Mrs Shaw) Ribble

These pupils have now received their chilli tokens to claim their free breaktime snack from the dining room.



Pick up your challenge sheet from the top of the post boxes in your dining areas. When you've had a go at them, pop your answers in your year group post box.

The leaderboard remains the same this week.

Ribble 1st Douglas 2nd Calder 3rd Hodder 4th





We're Recruiting!

Part-Time

Catering Assistant

Catering Assistant

PART TIME

22.5 hours per week

9.30am-2.30pm with 30 minute break

We are seeking a Catering Assistant to provide support in the preparation, cooking and serving of food and beverages plus related catering duties. Little or no experience is required.

For full details and to download an application pack, please visit our website at >>

www.priory.lancs.sch.uk/vacancies

Closing date Monday, 13 January 2025 at 9am





Learn to succeed

Autumn Term Attendance Winners

Regular attendance at school is the single most important factor in a child/children making appropriate progress and achieving success. Good, regular and punctual attendance means doing well academically, developing better relationships with other children and positive behaviour. It also sets up good habits for when young people enter into work and independent life.

At the end of each term, prizes are announced to recognise consistently high attendance throughout the academic year.

Many pupils achieve 95%+ attendance and names are drawn out of a hat; the four winners of each year group receiving a prize.

The following pupils' names have been drawn and they can now collect their prize from Mrs Brierley at the Pastoral Office.







Year 7

Holly-Mae B Taylor G Niamh K Seb W

Year 8

Charlie C Corey H Tyler M Alice W

Year 9

Emily A Noah J Georgia R Eddie W

Year 11

Owen H DaMari S Navah T Chloe W

Year 10

Wictoria C-C Ezrin H Caleb H Taejuan S



House Medal Table



	Gold	Silver	Bronze	
Ribble	11	9	1	
Douglas	9	5	7	
Hodder	3	4	14	
Calder	0	3	18	

Priory in the Community

Bringing Festive Cheer to Penwortham

Today (Tuesday), a selection of singers from all year groups visited Longton Nursing Home, Priory Park Nursing Home and Booths Supermarket, Penwortham, to

perform a selection of Christmas Carols and other Christmas

songs.

This annual activity gave our pupils the opportunity to perform in different venues and offered the chance for other members of the public to experience musical events themselves who might not ordinarily be able to come into school.

Mr Taylor commented, "Our presence was very well received and it was so pleasing to be able to take such good numbers of pupils to offer some Christmas cheer to both the residents in

Longton and Penwortham and the shoppers in Booths. We greatly look forward to going again next year."









Year 10 Qualify As Peer Mentors

Last week, a cohort of Year 10 pupils began their first of two workshops to qualify as Peer Mentors.

To become a Peer Mentor, pupils must attend two full day training sessions in school with external trainer, Mr Tahir Mahmood, where they are given an introduction to mentoring and 'buddying' younger ones.

Peer mentoring can support children and young people by:

- · Enhancing social competence,
- Building security within the setting and wider community by realising their worth as social beings,
- Improving attendance and educational attainment whilst
- Developing friendship skills in a positive environment.

Each learner will complete a number of activities across five challenges to gain a 10 hours accredited ASDAN qualification. They will also bag

themselves a £25 gift voucher as a reward.

Ms Smith, Lead Practitioner for Personal Development, said, "It is great to see that we have kind pupils who want to give up their own time to support younger pupils in school. We will have a Peer Mentor Station where pupils will be able to see a Peer Mentor to ask for advice or support. This has worked really well this year when our Year 11 Peer Mentors set up a base in the Hex and were there for our new Year 7 pupils as they were finding their feet and had questions about our procedures."





During the sessions pupils will develop their communications and team working skills. They will discuss scenarios that they could come across and how they would deal with them. This course will also boost their motivation and confidence.

ASDAN is an awarding body that offers nationally recognised qualifications based around the development of personal, social and employability skills, making the course the perfect addition to a pupil's college application or CV.

The second and final session will take place in January. Pupils wishing to join further courses should see Ms Smith, or contact her via Teams Chat.

Well done to Year 10 pupils: Junaid Q, Wictoria C-C, Freya Y, Jessica D, Kayalnila A, Harry B, Jacob P, Kasper Z, Lucy J and Rehan H.

Ms Smith Lead Practitioner for Personal Development

Oh Christmas Tree...

Priory has a sparkling Christmas tree in the main hall decorated by our Eco-Club.

Gardener Mr Farron said: "It's Priory's first ever real Christmas tree and it was donated by Newgate Nursery.

"Owner Michael Cookson is a former Priory pupil and he is a great friend to me as we are both involved in the nursery and gardening industry.

"The Year 7 Eco-Club, with Miss Massey, helped to decorate the tree and it was good fun!

"The tree will be raffled off to staff on the last day of this term."

Well done Lewis B, Autumn D, Nevaeh and Lucy F.













Learn to succeed





Christmas Raffle. And the winner is...

In conjunction with our musical performance

of High School Musical last Tuesday and Wednesday, we ran a Christmas raffle with some amazing prizes to be won.

On Monday, Mr Eastham drew the tickets from a hat. A list of winning ticket numbers and corresponding prizes can be found on our school website.



www.priory.lancs.sch.uk/fundraising-priory/school-production-raffle

The lucky winners will be contacted directly to arrange collection of their prizes.

Thank you to everyone who took part; from our sponsors, and everyone who bought a ticket - we appreciate your support!

We raised a total of £503 which will be directly invested into the refurbishment of the Assembly Hall and its equipment



Cake Decorating Competition And the winner is...

In conjunction with the official opening of the Priory Pod, our new outdoor catering facility, last Friday we held a cake decorating

competition.

Former long-serving
Food Technology
teacher, Miss LewisLavender and former
pupil Emma Rooke
were our special
guests and judged the
competition entries.

Their winners were: 1st Jolie T (Year 11), 2nd Isla S (Year 7), 3rd Abbie S (Year 11)



Thank you to everyone who took part - all the cakes looked amazing and it was very difficult to choose just three winners. The cake sale that followed meant that we raised another £73 for Derian House.

The full story of the event will be published in the New Year.













What's coming up at Priory before Christmas

Even though it's coming to the end of the Autumn term, it's full steam ahead at Priory with lots of activities taking place in school around lesson time. Here's a round up...

House Rewards

Thursday, 19 December

Congratulations to Ribble who are the current House leaders.

To reward this, all pupils and staff in Ribble are invited to watch a Christmas film during Period 5 & 6 on Thursday. Popcorn and chocolates will be given out!

Pupils in Ribble who would like to participate must go to their Period 5 lesson first to get their attendance mark before heading to the assembly hall. It is essential that they get their Period 5 mark first and they must stay in the hall for the duration. Pupils who do not want to participate should remain with their class.

House Games

Wednesday, 18 December

Have some lunchtime fun whilst winning points for your House.

WHEN?: Wednesday 18th December, Lunchtime

WHERE?: ASSEMBLY HALL

WHAT?: Mix of games/ challenges. Come along and have a go!

WHY? : Represent your House, Try to win the prize.

House Leaders



House Colours Day



Friday, 20 December

As an alternative to wearing their uniform, pupils may wear a top or bottoms in their house colours

alongside their own clothes. A hair bobble, wrist band, socks etc on its own will not suffice.



Those not wishing

to participate should wear their uniform as normal.

£1 donation towards Derian House via SCOPay or in cash to your Form Tutor or School Office.

Community Event



Year 11 Girls Help The Homeless

Following an assembly delivered by Vice Principal Mrs Cowell about homelessness, four Year 11 girls have come to the rescue!

Lauren, Chittara, Geetha and Emily gave up their time to help Mrs Cowell bag up 'brew kits' to give out to clients at the weekly street cafe that she volunteers at

Well done girls...and Mrs Cowell!



Lost and Found: Are These Yours?

As the colder weather has been drawing in, there's been an accumulation of lost coats and water bottles! If you can identify any items here then pupils should take a look in the lost property box in the Pastoral office.

Lost and found property is located in the Pastoral office with the exception of PE kit which is kept by the PE Department. Please also check with the school office for any items lost that day. Valuables will be stored securely by the Pastoral office (see Mr Shipton)

until their owner can be identified.

We do aim to return named items to their owner and so we cannot over-emphasise the importance of marking all property with your child's name, including ties and stationery.

All unclaimed lost property is added to the uniform bank, given to charity or is disposed of after each end of term.

The last day for collection of any of these items is Thursday, 19 December.





Learn to succeed



Year 9 Pupil Talks The Talk For Football Commentary

Noah's voice might become familiar to people in years to come – as he wants to be a football pundit.

The Year 9 is already well on his way to achieving his dream as he recently presented a Lancashire Football Association show which went out on YouTube.

Noah said: "I am a massive Blackburn Rovers fan and I love football. I played for Penwortham Town and now play for Tarleton.

"I am into grassroots football and I am part of the Lancashire FA's 'Change Our Game' where six of us give insights into what changes we would like to see in grassroots football.

"It started when my friend broke his collarbone in a game and the referee didn't punish the player who did it and I felt that was unfair.

"Miss Smith spotted the opportunity to join the Lancashire FA panel at the end of Year 7 to do something about things like this and it was something that interested me so I did.



"We recently did a project called 'Kit Box' where we have a box of kit which children who can't afford kit can use.



"We do have a usual presenter on our YouTube channel, it's a programme which goes out every month, but he was away so I stepped in. I just had to read a script, linking to clips in between.

"I loved it as I want to be a football pundit! That's my dream."



A Good Hair Day for Year 7 Matilda

Year 7 Matilda had 12 inches of her hair cut off to raise funds for Breakthrough T1D and she donated her plaits to the Little Princess Trust.

Matilda's younger brother William has been diagnosed with Type 1 Diabetes for two years.

She said: "It is hard for him as he has a patch which has to be changed every few days where the insulin goes into.

"He can cope but it does affect his life so this charity works on improving lives and working towards a future without T1D.

"He also has to watch what he eats.

"Cutting my hair for this charity just came to me as an idea as it has always been really long.

"I had two plaits cut off. I was excited but nervous and when it was being cut and it did feel weird at first but I like it now.

"I had a target of £250 and it currently stands at £720 with donations from my grandparents and friends of my parents.

"It's also nice to donate my hair to a charity which makes wigs for children who have no hair after cancer





If you'd like to support Matilda, here's a link to her Go Fund Me page >>

https://gofund.me/12c65ec0



Picture opposite of Matilda's before her hair was cut.



This is the fourth of a series of articles where we get to know our trainee teachers. Trainee teachers attend two placements in the academic year so are with us either from September to Christmas or January to June. They initially observe then start to take over sections of lessons, leading to being in



charge of several classes by the time they finish their placement with us. Along with assignments and studies in pedagogy, they work towards their Post Graduate Certificate in Education and Qualified Teacher Status by the end of the summer term.

This week we interviewed a trainee teacher who has been taken under the wings of the Drama department.

Meet The Teacher - Miss Montford (Drama)

What made you want to become a teacher?

I have always had a passion for drama and I love teaching other people new skills so it was perfect to combine both! My mum is a teacher as are two of my cousins so it's in the family as well.

What do you like about your placement at Priory?

I love the atmosphere here. It's relaxed – although strict when it needs to be – it's really welcoming, I feel comfortable and everyone is approachable.

what's the hardest thing about your job?

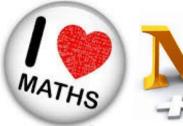


School Productions! I have been involved in 'High School Musical' from start to finish and it has been stressful. On the opposite side to that though it is extremely rewarding when it all comes together. There are some talented actors and actresses here, especially in Year 11.

What do you like to do in your free thre?

I am a semi-professional singer. I sing at weddings and charity events. It's everything from ballads to pop songs. I love performing!

The Assistant Head of Maths Mr Sneddon, along with the Maths Department, is running a competition asking pupils to say what they particularly enjoy about the subject.





Pupils are tasked with completing the following sentence, "I love Maths because..." and qualifying responses are rewarded with an I love Maths badge.

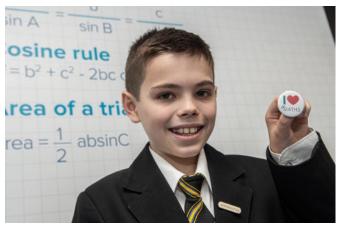
I Love Maths Because: Competition Time!

Here's why Year 7 Oliver and Alex love Maths:

Oliver... because it will help us as we grow older, with money and possible job options. I find it surprisingly fun and enjoy learning new things, and when they just fall into place. I have grown to have maths as one of my favourite subjects, me looking forward for it every week and hoping I will be taught something new.

Alex... because Maths is a great subject, helping us build some of the most innovative inventions and creating many famous mathematicians who would later improve on this fascinating subject. But one thing I really do like about maths is its vast amount areas such as division, multiplication, fractions and so much more. On top of this, I really like learning about different kinds of unique shapes and their properties. For example, I have recently learned about a shape called 'googleplexagon'. But by far the best thing about this interesting topic is that there is no limit to how big a number or times table is, how much you can add or subtract from a number, no limit to how many times tables or techniques you can create, making the discoveries and creations endless. I really hope you have enjoyed reading my brief explanation of why I like maths, and I hope you like maths to.







NOW, It's YOUR TURN...



How To Enter ...

Pupils that want to claim an 'I love Maths' badge should simply click the link below (or check your year group Teams) to access the online form and write Mr Sneddon a few sentences or paragraphs explaining why they love maths. The best responses from each year group will be selected and also featured here in our article.

https://forms.office.com/e/cAKzEBpP1H

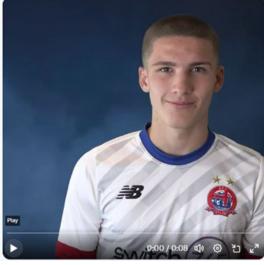
Class of 2023 / 2024:

Charlie Clark & Mason McKay



Well done to Charlie Clarke and Mason McKay who have helped Fylde FC through to the 4th round of the FA Youth Cup after beating Leyton Orient in London on Monday, 9 December.





Both former Priory pupils played a pivotal role in the cup run with Charlie scoring the winning penalty in Round 2 and Mason scoring the second goal in the 4th round for a 2-1 win.

Mr Gee Assistant Principal † PE Teacher

Class of 2024: Troy Caunce

Troy, who left Priory this summer, recently represented England in the 2024 World Junior-B Curling Championships

Held in Lohja, Finland, earlier this month, the team did fantastically well, qualifying for the quarter finals. They

played their hearts out against Japan and narrowly missed out on a win which would have taken them into the semis.



The team finished in 5th place overall out of 21 countries including China, Japan, Switzerland and Korea which were particularly strong teams.





If you're a parent dealing with children who vape or smoke, this **FREE** online event is perfect for you. Join us on the **3rd Wednesday of the month** at 10.30am or 6.30pm for information about vapes and advice on how to handle this challenging situation. Starting on September 18th, this workshop will focus on:

- · What's in a vape
- Types of vapes
- · Why Young People are vaping / smoking
- · The effects of nicotine on the young brain
 - · Vaping Laws
- · How we can help to support young people

Don't miss out on this opportunity to connect with other parents facing similar issues.

Smokefree Lancashire has dedicated teams to help support both young people & adults who use nicotine products.

Book your FREE space on Eventbrite

https://www.eventbrite.co.uk/e/parent-information-session-children-who-vape-or-sm oke-tickets-1009115921887

Please visit www.smokefreelancashire.org.uk for more information

See you there!



Join our monthly Parent Information online drop-in sessions

3rd Wednesday of the month at 10.30am & 6.30pm



Use QR code to book with Eventbrite to secure your FREE place

smokefreelancashire.org.uk spoc.smokefree@wearewithyou.org.uk

we are withyou

lancashire **lgb**t

CHARITY NUMBER - 1137578

WE ARE THE PAN LANCASHIRE CHARITY SUPPORTING LGBTQ+ PEOPLE AND WE ARE BASED IN PRESTON. FOUNDED IN 2009 OUR VISION IS THAT ALL LGBTQ+ PEOPLE IN LANCASHIRE CAN BE SAFE AND FEEL A SENSE OF PRIDE AND BELONGING.

OUR MISSION IS TO SUPPORT ALL LGBTQ+ PEOPLE IN LANCASHIRE TO BE HAPPIER, HEALTHIER AND BETTER CONNECTED. THE FOCUS OF OUR ACTIVITIES IS IMPROVING PHYSICAL AND MENTAL HEALTH AND WELLBEING AND REDUCING SOCIAL ISOLATION. **OUR VALUES:**

WE ARE INCLUSIVE

WE SUPPORT

WE ENGAGE

WE EDUCATE

AND INFORM









CONTACTS



WWW.LANCSLGBT.ORG.UK



HELLO@LANCSLGBT.ORG.UK



07788 295521



WWW.FACEBOOK.COM/LANCASHIRELGBT



WWW.INSTAGRAM.COM/LANCSLGBT



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NHS Talking Therapies Service provides a range of FREE therapy options recommended by the National Institute for Health and Care Excellence (NICE) for common mental



FREE Courses Available



MASTERING STRESS - Steps to Wellness

30min introduction 2pm Friday 27th December followed 6 x 90min weekly online sessions. Friday 3rd 10th 17th 24th 31st January & 7th February.

Learn new skills and coping strategies



8-week Mindfulness Based Cognitive Therapy Course 60min introduction 10am Friday 17th January. Followed by 8 x 2-hour session weekly online sessions.

Friday 24th 31th January 7th 14th 21st 28th February 7th 14th March Learn to live in the present!

onalised link will be emailed and recordings accessible for 72hours

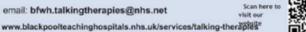
45min webinars, with recording available for 3 days

Managing Health Conditions 5th Dec

Sleep and Relaxation Overcoming Low Mood 1pm Mon 7th Jan

AVAILABLE TO PEOPLE OVER 16 WHO LIVE, WORK OR STUDY IN LANCASHIRE OR SOUTH CUMBRIA

To self-refer, please call: 01253 955700 (Monday-Friday 9am-5pm) Scan here to email: bfwh.talkingtherapies@nhs.net





for anxiety and depression



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



30min Introduction session on Friday 27th December 1pm followed by 6-week online course, 90min sessions 2pm - 3.30pm Dates: Friday 3rd 10th 17th 24th 31st January & 7th February 2025 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**

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www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

Blackpool Talking Therapies



Have you received a HAF voucher code? Book your child's Christmas holiday sports activities now!

FREE tennis sessions run on 23 & 24 Dec and 2 & 3 January, 10am-1pm at South Ribble Tennis and Fitness Centre.

FREE badminton sessions run 24 Dec and 2 Jan, 9-11am and 11am-1pm at Bamber Bridge Leisure Centre.

Booking website:

https://app.holidayactivities.com/parent

What is HAF, and who can attend?

HAF sessions provide free. fun activities and healthy meal during school holidays, for children who receive benefit-



related free school meals or meet other eligibility criteria.

From the upcoming Christmas school holidays, the way you book Holiday Activity and Food (HAF) sessions is changing. HAF sessions are funded by the Department for Education, who set the eligibility criteria.

To book HAF sessions, you'll now need a voucher code provided by your child's school. If your child is registered for benefit-related free school meals, schools will email or text a HAF voucher code to you.

If your child is not registered for free schools meals but you think you may qualify for HAF, please contact your child's school as soon as possible.

Once you have your HAF voucher code and booking link, you can book sessions on the website link above.

To check eligibility criteria, please visit the Lancashire County Council HAF website: www.lancashire.gov.uk/ children-education-families/school-holiday-activities/



School closes for the Christmas break on Friday, 20 December at the earlier time of 1.10pm.

we wish all our families a season of delight, a season of cheer, and to top it all off a wonderful New year!

Spring term begins on Monday, 6 January 2025.

Artwork by Agnes K, Year 11

