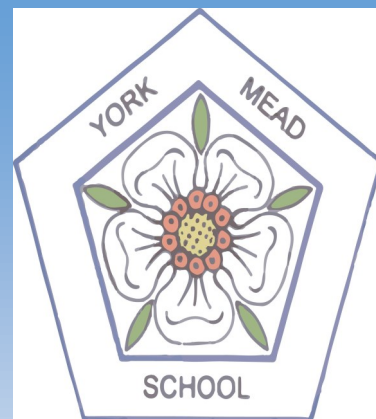


Yorkmead School

Family Support & Well-being Newsletter — November 2024



Welcome to this term's family support and well-being newsletter.



SAVE THE DATE!
Parents' Social Drop-in
On Thursday 28th November between 4:30 and 6:30pm, parents are invited to drop into school for refreshments and a chat. This will be a great opportunity to meet other parents and some of the school's leaders and staff. This will be the first of these social events, which will be happening over the coming year. We hope to see you there!

In school, we have also been busy developing our mental health and pastoral care provision. This year we have managed to secure the work of a family support worker, Mrs. Marina Shaw, who started with us in September. Marina has already helped many parents.

If this is a service you might be interested in, please contact Mr. Neale-Crane or enquire at the school office.



Thank you to those parents who attended the fuel and energy workshop organized by Miss Saleem. Hopefully, you found the advice useful. Keep an eye out for more workshops to come!



Birmingham Adult Education Service

<https://www.learnbaes.ac.uk/community-hub>



Helping to bring the communities of Birmingham closer together

From here you can access the Community Hub, which has lots of excellent links for family support concerns, health and wellbeing, money and debt, and cost of living.

Contact Learn... 	The Waiting Ro... 	Health and We... 	Cost of Living ... 	Scared, Lonely ... 	Study Skills
Coronavirus (C... 	Foodbanks 	Home Schooling 	Cooking, Healt... 	Money, Debt &... 	Online Safety
Fun Things to ... 		What's Cooking? 		Exercise and K... 	

This week is Children's Grief Awareness Week. Here are some details from Child Bereavement UK



Rebuilding lives when a child grieves or when a child dies.

Welcome to the November issue of Rebuilding Lives.

This month we are marking **Children's Grief Awareness Week**, a chance to come together to show support for bereaved children across the UK.

children's grief awareness week #BuildingHope

This year's theme for **Children's Grief Awareness Week** (18-24 November) is **#BuildingHope**. During the week, children and young people are being encouraged to create something that represents hope for them. This could be a 'Box of Hope' containing favourite comforting items, an online music list of uplifting songs, or even a list of people that make up their Team of Hope.

If they'd like to, children and young people can share their ideas on social media during Children's Grief Awareness Week using the tags **#CGAW24** and **#BuildingHope**.

For support and guidance call our Helpline on **0800 02 888 40** or **visit our website**.

"If you have a friend who is grieving, be patient and sympathetic and acknowledge that the situation is very serious and that they're hurting. It can help to give them a choice to speak about how they're feeling; just be the first one to ask, 'Hey, how are you feeling?' or to check in with them if you know an anniversary or other significant date is coming up.

Treat your grieving friend like anyone else, but keep in mind that they are going through a hard time. Letting them know that you're there for them is probably the biggest thing really because eventually, whether they decide to talk about it early on or even a year later, they're going to keep that in their head and feel they can talk to you because you checked in with them."

For further information on supporting children who have been bereaved, including videos, links and resources go to:

www.childbereavementuk.org

Call our Helpline
0800 02 888 40



[Support & guidance](#)

[Resources for professionals](#)

[Training](#)

[Get involved](#)

[About us](#)



Further Information ...

The BSMHFT website has lots of excellent information and resources to help with all aspects of mental health and well-being, including some very useful links, including housing support.

<https://www.bsmhft.nhs.uk>



Housing support ^

Emergency housing

If you need somewhere to live, have a problem with where you live or might be made homeless, these charities and organisations can help:

[Shelter](#)

Call the emergency national helpline if you are homeless, have nowhere to stay tonight, are worried about losing your home, or are at risk of harm or abuse in your home.

0808 800 4444

[SIFA Fireside](#)

The Support Centre for any adult in Birmingham that faces homelessness.

0121 766 1700

Birmingham City Council

Homelessness services in Birmingham are available 24/7 over the telephone.

Speak to a housing adviser – 0121 303 7410. Select option 3.

Phone lines are open Monday to Friday, 9am to 5pm.

Outside office hours: 0121 303 2296.

Please remember, if there are any areas in life that you are struggling with our family support worker will be able to offer support or advice.
Mr. A Neale-Crane (Assistant Head Teacher and Pastoral Care Lead)