

# Yorkmead School

## Family Support & Well-being Newsletter — Spring 2026.



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

### **FAMILY SUPPORT WORKER**

Our Family Support Worker, Marina Shaw, is available for all aspects of family support, including housing, finances, parenting support, SEND, behaviour, mental health. Marina is able to offer advice and practical support on a range of key life issues. If you are interested in this service please contact Mr Neale-Crane via the school office.



### **STAFF TRAINING TAKING PLACE IN APRIL!**

#### **Helping Schools Support Children Through Grief**

The Luca Foundation delivers grief training in schools to help teachers support children through loss, whether that is the death of a loved one or pet, the loss of health, or other life changes. The training gives staff the tools and confidence to talk about grief in an open and compassionate way, helping children feel understood and less alone.

Alongside the training, schools and families can also access a range of wellbeing gifts and the book 'Endless Love Finding Your New Normal', available at [www.endlessloveshop.co.uk](http://www.endlessloveshop.co.uk)

**To learn more about the charity and its work,  
please visit [www.thelucafoundation.org.uk](http://www.thelucafoundation.org.uk)**



brewseducation.org



# ADHD Support

## Birmingham Resilience Education and Wellbeing Services CIC

### Supporting neurodivergent families in Birmingham

Welcome to BREWS Education, where we support families in Birmingham with free, expert-led courses designed to help parents and carers understand ADHD and neurodivergence.

Whether your child has already been diagnosed or is currently on the assessment pathway, our 6-week courses provide essential knowledge and strategies to support your child's development. With sessions offered both online and in-person, we will cover key topics such as understanding ADHD, its impact on mental health, effective strategies for managing behaviours, and how to confidently advocate for your child.

Join our supportive community and connect with other parents and carers as you navigate this journey together.

### For Parents and Carers

With funding from Birmingham Forward Carers, we offer free courses for parents and carers, developed and delivered by adults with ADHD.

#### Nurturing ADHD Kids Courses

These courses are free for families in Birmingham.

Children do not need to have already received the diagnosis – we work with families who are on the assessment pathway as well. The courses are 90 minutes a week for six weeks. We run them online twice every half term – one in the daytime and one in the evening. We run face-to-face courses across Birmingham



**BREWS CIC is a Birmingham Charity that supports parents of children with ADHD. BREWS run a free 6-week course for parents of children with an ADHD diagnosis or a child on the ND Pathway being assessed for ADHD.**

**Details and how to book the course at: [brewseducation.org](http://brewseducation.org)**



We are delighted to share that Yorkmead J&I School has been selected to work with Compass Birmingham MHST. This will enable us to offer a wider range of mental health and wellbeing support for our pupils, whilst also offering placements for Education Mental Health Practitioners.

Compass is leading the way in supporting the mental health and emotional wellbeing of children, young people, and families in selected educational settings across Birmingham.

Birmingham Mental Health Support Teams (MHST) offers free, and confidential support to Children, Young People and Families with mild to moderate emotional health and wellbeing needs.

Whether it's feeling sad, scared, worried, or experiencing challenges like anger or frustration, Compass is here to connect you with the right help.

Compass Birmingham MHST works across selected schools across Birmingham, working directly with primary and secondary schools to ensure every child and young person has access to the support they need.

Keep a look out for a range of Pupil and Parent Workshops from COMPASS coming very soon!



**ANXIETY!** **WORRIES!**

**Exam Stress!**

Year 6 will be taking their SATS tests during the week beginning 11th May. This can be a stressful time for them, so please make sure they get enough sleep, a good breakfast and time to relax and talk about how the tests are going!

# Mental Health Support

Forward Thinking Birmingham - 0300 300 0099

Papyrus - 0800 068 4141

Samaritans - 116 123

Childline - 0800 1111

Mind - 0300 123 3393

Support Line - 0808 808 4994

Shout Text Support - text 85258

Kooth - [www.kooth.com](http://www.kooth.com)

[www.childrenssociety.org.uk/information/young-people/well-being/resources](http://www.childrenssociety.org.uk/information/young-people/well-being/resources)

**Please remember, if there are any areas in life that you are struggling with, our family support worker will be able to offer support and advice.**

**Mr. A Neale-Crane (Assistant Head Teacher and Pastoral Care Lead)**

# Women's Support



 **OPERATION ENCOMPASS**  
In every force. In every school. For every child.



We support women and children affected by domestic violence and abuse. Call 0808 800 0028

**For phone support, our helpline is open Monday-Friday 9.30am-5.00pm**

Call 0808 800 0028

For face to face support, our Theresa Stewart Women's Centre is open for drop in appointments.

**Monday, Tuesday, Thursday and Friday: 10am – 4pm**

**Wednesday: 1pm – 4pm**

For online support, our webchat is open weekdays 1pm-4pm. Click on the green speech bubble to access support.

Helpline 0808 800 0028.

For more details see the website: [bswaid.org](http://bswaid.org)