

Our Ref: JP/SR/JAS

16th July 2024



Dear Parent/Carer

As we approach the end of the school year, we wanted to share some information with you that could be used to offer support for a range of issues that may arise for some families during the summer holidays.

The Way - An Onside Youth Zone is a youth-led, state of the art space for young people aged 8-18 (up to 25 years old for young people with additional needs) located centrally in the city of Wolverhampton. Activities on offer include: Art; Boxing; MMA; Dance/Performing Arts; Gaming; Health and Wellbeing; MUGA; Music; Recreation Area; Rock Climbing; Sensory Area; Sports Hall; Training Kitchen and much more. Visit www.thewayyouthzone.org for more information.

The Wellbeing Hub is a UK Government funded initiative that works in partnership with Base 25 to offer emotional support, advice and guidance, one-to-one and group work, wellbeing activities and skill development to work towards goals: www.base5.org.

The Family Hub offers a wide range of activities with weekly timetables. These include play and stay sessions for parents, carers and their children, breastfeeding support groups, coffee mornings, child development clinics, parental support sessions and much more. There are also a range of services provided from within the Family Hub including: midwives and health visitors; emotional health and wellbeing; housing support; benefits and welfare advice; employment and training; SEND support; out of school activities; birth registration and adult education. Visit www.wolverhampton.gov.uk/familyhubs for more information.

Wolverhampton Young Carers are available to support families to access a young carers conversation, to offer information and advice about being a young carer and to assist with talking to a carer support worker. Young carers are under 18s who help to care for someone in their family. This may be because of a physical disability, a mental health condition, a learning disability, substance misuse, a sensory impairment or any long-term illness or condition. Email wolverhamptonyoungcarers@wolverhampton.gov.uk for more information.

Reflexions is a Mental Health Support Team (MHST) that helps to increase the access to mental health support for children and young people in schools. They offer support with low mood, examination stress, problems with sleep, low self-esteem and anxiety. Email bchft.reflexions@nhs.net for more information.

Reflexions are offering **Craft and Chat workshops** on Wednesdays throughout the summer holidays from 10:30am – 2:30pm at Wolverhampton Art Gallery – these drop-in sessions are free and designed to support mental health and wellbeing in young people.



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Community Initiative to Reduce Violence (CIRV) is a Police initiative designed to offer mentoring, careers advice and one-to-one support to young people aged 14 and above who are at risk of becoming involved in any kind of violent crime including: grooming, gang affiliation and county lines. Their motto is, 'Change is always an option' and parents and carers can refer their children into the service from home or through school if they are concerned about choices that are being made. Visit www.cirv.co.uk for more information.

In addition, the **NSPCC** website offers lots of helpful advice and guidance relating to online behaviour; helping children to make better decisions about internet usage and social media platforms. You can access a wealth of information at: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>. Don't forget that Facebook, Twitter (X), Instagram, Snapchat, Tik Tok and Wink all have 13+ age restrictions on them. Remember that you know your child best, and you might decide that they need to be a little bit older before they can use certain apps.

If you have any questions about any of the information presented in this letter, please contact Mrs Roberts (Assistant Headteacher) on 01902 558222 or contact postbox@wednesfieldacademy.co.uk

Yours faithfully



Mr Phillips
Headteacher



Remember to follow us on social media.

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Twitter: <https://bit.ly/43tYv0J>

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