

The Haven @ Waterloo

Your Pastoral Team

Issue # 4

waterloo.zestacademytrust.co.uk

Friday 31st March 2023



PIC•COLLAGE

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The Family room has been in use this term and The Haven team could not be more excited about it!

We have already hosted a variety of events and we are looking forward to hosting more in the summer term.

So far we have:



Hosted a coffee morning with the school nurse, we hope you found this insightful. If you do have any feedback, please do let The Haven team know.



The Making Changes group have been in to speak to families about the support they can offer. Making Changes provide an interactive course to promote a healthier lifestyle. Making Changes run sessions on a Tuesday afternoon in the Sports Hall after school. They talk about healthy habits including eating, exercise and mindful choices. Participants receive free gifts throughout the course and a three-month membership to the gym. For more information, please speak to one of The Haven team.



We hosted a Kindness Counts networking event. We invited schools from Blackpool, Fylde and Wyre to share anti-bullying ideas with their peers. This event was a success and the children came away with lots of ideas for next term.



We have been incredibly lucky to have The YOGI Group in school delivering yoga sessions for all children from Reception to Year 6. It has been lovely to see the children fully take part and enjoy these wonderful sessions. There has been a lovely calming atmosphere throughout these sessions.



Next term, Kingscote Boxing Gym will be running sessions for some of our KS2 children. We will be selecting children across the year groups to take part. If you are interested in your child taking part in free boxing lessons, and your child hasn't been chosen to take part, Kingscote Gym offer free sessions at their gym. Please contact The Haven for more information.



The Healthy Heads team will be in school next term to work with Years 3 and 4. The Healthy Heads programme aims to support the development of the whole child with a holistic approach to growth and learning. The sessions will run from April – May and will focus on Character Education. The programme of study focuses on health, wellbeing and relationships, to build character through value based learning. These programmes will include a mixture of physical education and classroom based work.

christians
against
poverty

CAP

We will be hosting the CAP Life skills programme in the Family Room. This programme is designed to help parents manage everyday life and acquire the skills to manage everyday tasks that might seem overwhelming. The course focuses on:

- Making money go further
- Home energy
- Cooking on a budget
- Lifting pressure
- Healthy relationships
- Healthy you

If you would like any information on this, please contact The Haven team.

We are looking forward to hosting many more events in our Family Room so please keep an eye on our Facebook page so you don't miss out!

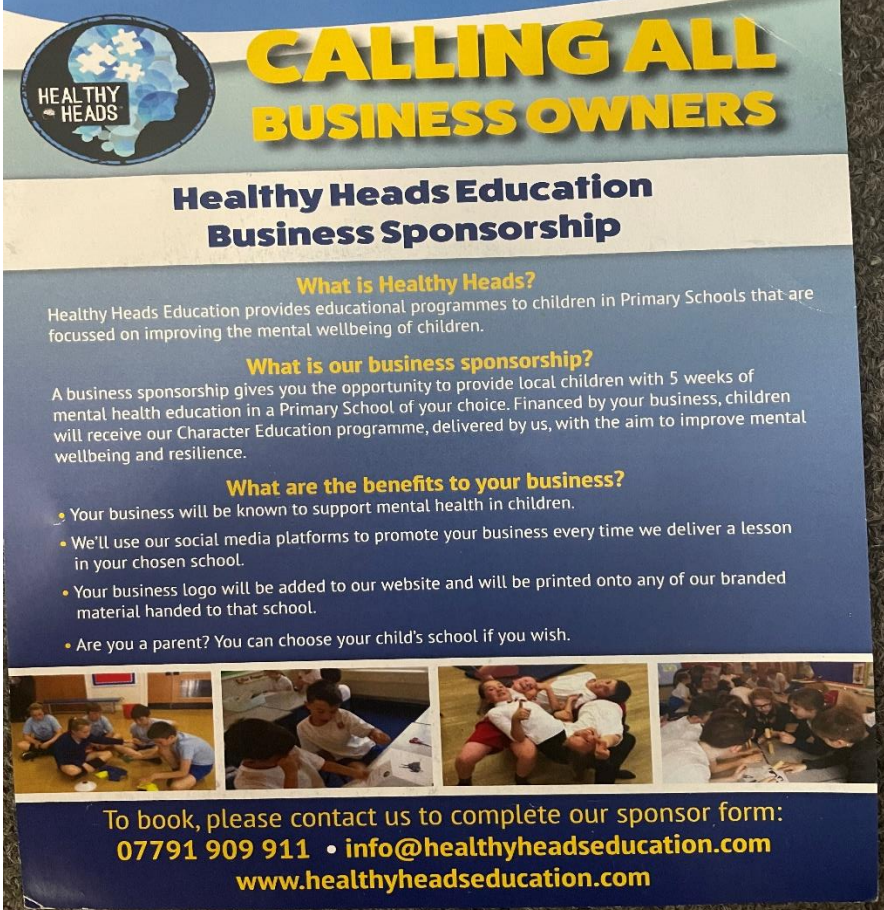


The Foodbank runs every Friday
from 3pm. Don't forget your carrier
bags!

We are incredibly lucky to have local charities reaching out to support all at Waterloo. In the past, we have received food vouchers, Christmas gifts as well as many other things. ANY family is eligible for these donations. Please contact The Haven team if you feel you would benefit, and we can add your name to our 'keep in mind' list.



If any local businesses are interested in sponsoring our delivery of the Healthy Heads programme, please have a look at the leaflet below.



CALLING ALL BUSINESS OWNERS

Healthy Heads Education Business Sponsorship

What is Healthy Heads?
Healthy Heads Education provides educational programmes to children in Primary Schools that are focussed on improving the mental wellbeing of children.

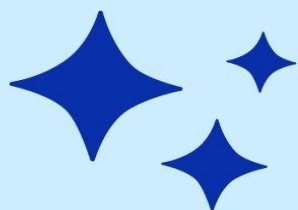
What is our business sponsorship?
A business sponsorship gives you the opportunity to provide local children with 5 weeks of mental health education in a Primary School of your choice. Financed by your business, children will receive our Character Education programme, delivered by us, with the aim to improve mental wellbeing and resilience.

What are the benefits to your business?

- Your business will be known to support mental health in children.
- We'll use our social media platforms to promote your business every time we deliver a lesson in your chosen school.
- Your business logo will be added to our website and will be printed onto any of our branded material handed to that school.
- Are you a parent? You can choose your child's school if you wish.

To book, please contact us to complete our sponsor form:
07791 909 911 • info@healthyheadseducation.com
www.healthyheadseducation.com

Things happening in the
community



SALVATION ARMY KIDS YOUTH CLUB FOR 10-14S

INCLUDING A MEAL

FRIDAYS, 4-6PM - FREE ENTRY

The Salvation Army, Dorset St, FY4 3BB

blackpool@salvationarmy.org.uk // 01253 626114



THE SALVATION ARMY IS A CHURCH AND REGISTERED CHARITY NO. 214779



BLACKPOOL FOOD BANK

supporting our front-line partners
with emergency food

THE BRIDGE PROJECT <i>FOR 26 years & over</i> 9am to 11:00 - Homeless Hub Breakfast/hot shower 12:00 to 2pm - hot meal	Monday Tuesday Thursday Friday	Salvation Army, Raikes Parade, FY1 4EL
BLACKPOOL STREET ANGELS Free — hot meal & takeaway food	Mon 19:00 - 20:00	Bank Street Car Park, FY1 2DT
COMFORT C.A.F.E. Free — hot meal & takeaway food	Tue 11:00 - 12:30	St Thomas' Church, 135 Counce St, FY1 3NJ
ST PETER'S CHURCH Hot meal, fruit, cakes and hot drink Free, and for people of any age.	Tue 6pm	St Peter's Church 190 Lytham Road FY1 6DJ
CLAREMONT FIRST STEPS Free take away food for anyone in need.	Thurs 11:00 - 12:00	Methodist Church Building Dickson Rd, FY1 2AP
ST MARK'S CHURCH Breakfast	Thurs 10:00 - 12:00	Trinity Cafe Westcliffe Drive, FY3 7HR
HELPING HEARTS Free—Hot meal and take away food	Thurs. 6:30pm	Bank Street Car Park, FY1 2DT
SACRED HEART CHURCH Free — emergency food	Thu & Fri 10:00 - 11:00	Green doors at church house 17 Talbot Road, FY1 1LB
HOLY CROSS CHURCH Free—Hot meal and take away food	Saturday 4:30 - 6pm	Central Drive Blackpool, FY1 6LA
ST MARK'S CHURCH Free — hot meal & takeaway food	Sun 15:00 - 17:00	Trinity Café Westcliffe Drive, FY3 7HR

For more information on support for the homeless and other organisations locally, visit:

streetsupport.net/blackpool





Easter Holidays 2023

Restaurants/Cafés Where Kids
Can Eat for **FREE** or **£1**



ASDA Cafe

Kids eat for £1 at Asda. Each child is entitled to a meal when you spend £1. Maximum of 1 meal from the kids menu per child, per day.

Morrisons Cafe

Kids eat FREE at Morrisons cafe when an adult spends £4.50 or more on a meal. This is an ongoing offer.

Dunelm - Pausa Cafe

Kids eat FREE Monday – Friday after 3pm with every £4 spent. Pausa Cafes can be found in selected Dunelm stores.

Marks & Spencer Cafe

Spend £5 or more in the M&S Café and get a **free kids' meal deal**, including a main, snack and drink.

IKEA

Kids can eat from 95p at IKEA, choosing pasta with tomato sauce and a drink, or any other kids' meal for £1.50. Available daily from 11am.

Premier Inn

All-you-can-eat Premier Inn Breakfast from just £9.99 and **kids eat FREE!**

Beefeater & Brewer's Fayre

Two kids under 16 can eat free with every adult all-you-can-eat buffet breakfast purchased.

Hungry Horse

Every Monday Hungry Horse have selected **Kids' meals for just £1** and larger meals for £1.50.

Sizzling Pubs

Kids can eat for just £1 with each adult meal bought. Available from 3-7pm, Monday to Friday.

Farmhouse Inns

Two kids can eat for free with a paying adult. Available Monday to Friday from April 3rd to 14th 2023.

Yo Sushi

Under 10s can get a free kids meal deal bento box with a paying adult. Available all day, Monday to Friday from April 3rd to April 14th 2023.

Dobbies Garden Centres

Free kids meal with an adult main meal. Available daily from noon.

INFORMATION CORRECT AT TIME OF POSTING



BLACKPOOL PMHW

OPTIONS4CYP



CHILD & ADOLESCENT
MENTAL HEALTH SERVICES



PMHW Drop in

Primary Mental Health Worker

REVOE SOUTH HUB

FY1 5HP

First
Tuesday of
each month*
2pm-4:30pm

Come along and
meet your
PMHW

Confidential space
to discuss a child's
mental health &
wellbeing

PMHW's are part of
the Blackpool
CAMHS Team

Find out where you
can get help and
support for your
young people.

PMHW's can link in
with schools and
other services

***3rd Jan, 7th Feb, 7th March, 4th April, 2nd May**



BLACKPOOL PMHW

You can meet partner agencies
get answers to your questions

OPTIONS4CYP PMHW DROP IN

Primary Mental Health Worker



Do you have concerns
about a young person's
emotional health &
wellbeing?



CASHER

Would you like to know what
mental health support is
available for a young person?

Did you know a PMHW is a
mental health practitioner
and is part of the CAMHS
Team?

Are you a young person or parent / carer
and want to know where you can get
support for young people's emotional
mental health?



@blackpool_PMHW



PMHW can link in with
schools and services to
work together

PMHW Drop In can signpost you to
the correct service to support with
your current concern and get you
the help you need

PMHW Drop In is a
confidential space to
discuss worries and
concerns with a Mental
Health Practitioner

*Waiting times may vary

Venue:
Westminster Primary
Academy
Westminster Road
Blackpool
FY1 2QE

MONDAYS 2 - 4:30pm

For further information contact:

0800 121 7762

Option 1

2022-23

