

The Haven @ Waterloo

Your Pastoral Team

Issue # 5

waterloo.zestacademytrust.co.uk

Friday 21 July 2023



Well done everybody we did it!

First of all, the Haven would like to wish all of our Year 6 children the best of luck in their new adventure, we are confident every single one of you will go on to do amazing things. This year, like every year at Waterloo, has been incredibly busy as we support more and more families every year and expand our team! We love the chaos that comes with making sure that all of our children have the space and support they need, when they need it most and we are very privileged to have developed some great relationships this year. We have ridden the wave of emotions with our Year 6 leavers and many have had us in tears! We wish them all the luck in the world for their next journey and they know they are always welcome back home!

We would like to say a huge thank you to all of our Waterloo families for welcoming us into your family and trusting us to support you during some of the most difficult times! We are truly grateful and hope to keep working together to make sure all our children have the opportunity to be exactly who they want to be! It takes a community to raise a child. All our love The Haven x

The Haven have made so much use out of our family room, hosting an array of activities for our children, from baking, to SEMH groups. Our families have also enjoyed the CAP life skills course, this will be running again next term.

We are really excited to announce that this term, we were awarded our Bronze Charter Mark Award for Blackpool Beating Bullying. We are incredibly proud of this award and looking forward to working towards our silver award next year.





Things happening in the community

Please take a look at things happening in the community.

Mental Health Support

Foodbanks

Youth clubs

Parenting courses



BLACKPOOL FOOD BANK

BLACKPOOL FOOD BANK

JULY 2023

supporting our front-line partners
with emergency food

THE SALVATION ARMY 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, FYI 4EL
BLACKPOOL STREET ANGELS Free — hot meal & takeaway food	Mon 19:00 - 20:00	Bank Street Car Park, FYI 2DT
COMFORT C.A.F.E. Free — hot meal & takeaway food	Tue 11:00 - 12:30	St Thomas' Church, 135 Counce St, FYI 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 FYI 6DJ
CLAREMONT FIRST STEPS Free take away food for anyone in need.	Thurs 11:00 - 12:00	Methodist Church Building Dickson Rd, FYI 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	New Life Community Church 6 Queen Victoria Rd, FYI 5LF
SACRED HEART CHURCH Free — emergency food	Thu & Fri 10:00 - 11:00	Green doors at church house 17 Talbot Road, FYI 1LB
HOLY CROSS CHURCH Free—Hot meal and take away food	Saturday 4:30 - 6pm	Central Drive Blackpool, FYI 6LA
ST MARK'S CHURCH Free — hot meal & takeaway food	Sun 15:00 - 17:00	Trinity Café Westcliffe Drive, FY3 7HR





APP of the month

Molehill Mountain

An app to help autistic people understand and self-manage anxiety



You can use Molehill Mountain to explore the causes and symptoms of anxiety.

Track your worries and the situations that trigger anxiety.
Get evidence-based daily tips to understand more about anxiety.
Feel more confident to self-manage anxiety.

Service Of The Month

The Children and Young Persons Learning Disability Team is made up of different healthcare professionals who provide assessment, support and give advice.

We can support Children, young people with moderate to severe learning disabilities up to 18 as well their parents and other carers; this can be on a variety of physical, emotional, and behavioural health issues.

We exist to support children and young people with learning disabilities to achieve positive outcomes, gain meaningful connections with others and prepare them for adulthood by promoting independence. We strive to create fair and accessible support for every child and young person with a Learning Disability.





Being A Parent



These fantastic free sessions are run by friendly local parents. They provide practical tips and advice on how to bring up confident happy and co-operative children.

The group lasts for 9 weeks and free childcare is available.

Time	Venue	Starting	Ending
10.00am – 12.00pm	Mereside Primary Academy Langdale Road, FY4 4RR	Tuesday 26 th September	Tuesday 5 th December
10.00am – 12.00pm	The HealthWorks 1 Clifton Street, FY1 1JD	Wednesday 27 th September	Wednesday 6 th December
6.00pm – 8.00pm	Online using Google Meet	Thursday 28 th September	Thursday 7 th December

Topics covered include:

- Communicating with your child
- Understanding their behaviour
- Discipline strategies
- Listening skills
- Coping with stress

"The course wasn't what I expected at all. It's shown me that I'm not alone and given me the confidence boost I needed. I've learned there's no such thing as a perfect parent and my relationship with my son has grown so much stronger."

For more information or to book, contact Blackpool Learning Rooms on 07796 994783 or email learning.rooms@blackpool.gov.uk



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES





Waterloo
Primary Academy



Proud to be part of Zest Academy Trust

and



YOUTH CLUB

CLUB FOR 10-14s

WEDNESDAYS
4.30-6.30PM

**FREE
ENTRY**

INCLUDING A MEAL

The Salvation Army, Dorset St. FY4 3BB
blackpool@salvationarmy.org.uk

The Salvation Army registered Charity No. 214779 and in Scotland SC009359,
Social Trust Registered Charity No. 215174 and in Scotland SC037691



Waterloo
Primary Academy



Proud to be part of Zest Academy Trust

NHS

**Blackpool Teaching
Hospitals**

NHS Foundation Trust

BLACKPOOL PMHW

JOIN US FOR OUR 2023
PMHW
SUMMER POP-UP
EVENTS

**ARE YOU A YOUNG PERSON OR PARENT/CARER AND WANT TO KNOW
WHERE YOU CAN GET SUPPORT FOR YOUNG PEOPLE'S EMOTIONAL AND
MENTAL HEALTH?**

WELLBEING ADVICE • PMHW OFFER • SIGNPOSTING

MOOR PARK HEALTH AND LEISURE CENTRE 25TH JULY 1-3PM

WHITEGATE DRIVE 1ST AUGUST 1-3PM

SOUTH SHORE PRIMARY CARE CENTRE 8TH AUGUST 1-3PM

BLOOMFIELD MEDICAL PRACTICE 15TH AUGUST 9-12PM

MEZZANINE AT BLACKPOOL VICTORIA HOSPITAL 22ND AUGUST 10-2PM

[AT] THE GRANGE AUGUST 29TH 9-12PM



**Follow us on social media
@Blackpool PMHW**



Caring • Safe • Respectful





PMHW VIRTUAL DROP IN

NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust

Every Third Wednesday of
the Month 3:30 - 5:30pm

Are you concerned about a child or young persons mental health? Join us at a virtual drop-in sessions to speak with one of our Primary Mental Health Workers. You will be seen on a first come, first seen basis.

LOG ON USING THE HYPERLINK

<https://nhs.vc/HLSC/CAMHS>

1



2

LOG IN USING THE DETAILS

Please use the word "Blackpool" as the first name and "dropin" as the second name followed by the child or young person's date of birth

WHAT TO EXPECT?

We will start by introducing ourselves and ask you questions to help us find ways to support you or a young persons mental health. PMHW's have a great knowledge of what services can help with young people's mental health in Blackpool. We will always try to help you understand what is mental health and why you may feel and behave in certain ways. We can link in with School/Colleges if needed to help support you further.

3

Caring • Safe • Respectful





Blackpool Church Youth

B_

YOUTH WELCOME WEEK

A week of fun for young people aged 11-17

Year 7s Night

Blackpool Church | 11th Sep | 7pm-8:30pm | Year 7s only

Tuesday Youth Launch

Blackpool Church | 12th Sep | 7pm-8:30pm | Years 7-13

Football Night

Stanley Park | 13th Sep | 6:30pm-7:30pm | Years 7-9

Bring a friend Sunday

Blackpool Church | 17th Sep | 10:30am-12:30pm | Years 7-13

Movie Night

Blackpool Church | 18th Sep | 7pm-9pm | Years 7-13

blackpool.church/welcomeweek





B_

Blackpool Church Kids

KIDS WELCOME WEEK

A week of fun for kids aged 0-10

Babies & Toddlers... do brunch!

Blackpool Church | 13th Sep | 9:30am-11am | Age 0-4

Football Night

Stanley Park | 13th Sep | 5pm-6pm | Years 4-6

Bring A Friend Sunday

Blackpool Church | 17th Sep | 10:30am - 12:30pm | Years 1-6

Movie Night

Blackpool Church | 18th Sep | 4:30pm - 6:45pm | Years 3-6

blackpool.church/welcomeweek



THE BIG FOOD TRUCK



The BIG FOOD Truck

IS AT

**@theGrange – Mondays 1.30pm to
2.30pm**

to register TEXT your name to 07378905676

**Blackpool Football Club Northstand –
Tuesday 2pm to 3pm**

to register TEXT your name to 07908663674

WWW.THEBIGFOODTRUCK.CO.UK



July to
September
2023

Dad's Timetable

blackpoolbetterstart.org.uk/dads/

No need
to book.
Just turn
up!

Join in with our free activities for Dads and families of 0-4 year olds in Blackpool!

Event Details	Date	Time & Location
July Talking Dads Club Meet up with other Dads for a brew and a chat.	Every Tuesday in July: 4th, 11th, 18th, 25th	North Family Hub & South Family Hub 9am-12pm
Saturday Dads Club (North) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 15th July	North Family Hub 10am-12pm
Creepy Crawly Roadshow Learn about creepy crawlies and experience some of them firsthand in this fun roadshow!	Saturday, 22nd July	North Family Hub 11am-12pm
Saturday Dads Club (South) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 29th July	South Family Hub 10am-12pm
August Talking Dads Club Meet up with other Dads for a brew and a chat.	Every Tuesday in August: 1st, 8th, 15th, 22nd, 29th	North Family Hub & South Family Hub 9am-12pm
Forest School Forest School with Blackpool Park Rangers is a perfect change for curious little ones to play with nature.	Saturday, 5th August	Details Coming Soon!
Saturday Dads Club (North) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 12th August	North Family Hub 10am-12pm
Saturday Dads Club (South) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 26th August	South Family Hub 10am-12pm
Creepy Crawly Roadshow Learn about creepy crawlies and experience some of them firsthand in this fun roadshow!	Saturday, 2nd September	South Family Hub 11am-12pm
September Talking Dads Club Meet up with other Dads for a brew and a chat.	Every Tuesday in September: 5th, 12th, 19th, 26th	North Family Hub & South Family Hub 9am-12pm
Saturday Dads Club (North) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 9th September	North Family Hub 10am-12pm
Forest School Forest School with Blackpool Park Rangers is a perfect change for curious little ones to play with nature.	Saturday, 16th September	Details Coming Soon!
Saturday Dads Club (South) Relaxed play session with lots of games and toys for little ones. Meet up with other Dads for a brew and a chat.	Saturday, 23rd September	South Family Hub 10am-12pm

For more information, contact Anthony Barrot on 07710 146765
or email anthony.barrot@nspcc.org.uk

SOUTH FAMILY HUB, WYRE GROVE, FY1 5PW - NORTH FAMILY HUB, 31 DINGLE AVENUE, FY3 7NX





Waterloo
Primary Academy



Proud to be part of Zest Academy Trust



**MOVE
MORE**

LGBTQ+

**TURN UP
AND PLAY**

AGE 18+

Free football sessions for members of the
LGBTQ+ community and allies.

Every Monday* 7pm - 8pm from 19th June 2023
*excluding bank holidays



Aspire Sports Hub
Garstang Road West
FY3 7JH

FREE

CONTACT US VIA EMAIL: MOVEMORE@BFCCT.CO.UK OR TELEPHONE: 01253 348691

www.bfcct.co.uk



Solace

@ Empowerment Charity

Suicide is preventable

and everyone has a role to play
in suicide prevention

Solace aims to work with
all sectors of the community to:

- Reduce the number of deaths by suicide
- Raise awareness & reduce stigma
- Encourage education in suicide first aid
- Listen to the voices of people
- Identify gaps to improve services & breakdown barriers
- Host celebration of life & wellbeing events
- Collaborate with stakeholders to provide a streamlined service
- Support the media in delivering sensitive information
- Advocate for open & honest conversations
- Continuously learn and improve prevention strategies

Together we
can create positive
change, a place
to be heard,
a place for hope

Did you know?

A common myth is that discussing suicide can plant the idea in someone's head. The truth is that suicide remains a taboo subject and individuals may be reluctant to talk with others, fearing they may be stigmatised or become a burden. In reality, asking someone directly about suicidal thoughts can often provide relief, and offer an opportunity to find alternative solutions.

Contact us for
guidance and support:

07442 882066

solace@empowermentcharity.org.uk

www.empowermentcharity.org.uk



WALK and TALK GROUP

MINDFULNESS MATTERS @ MMSUPPORT.UK

WALK and TALK to MAKE NEW FRIENDS

MENTAL HEALTH and SUBSTANCE MISUSE SUPPORT



MONDAYS @ 1 PM

**MEET @ DEE'S BITES CAFE,
254 CHURCH STREET, BLACKPOOL**

(THIS MAY BE CANCELLED DEPENDING ON WEATHER)



RESILIENCE FRAMEWORK

Basics



Good Housing



Money to live



Being safe



Transport and
getting to places



Healthy diet



Exercise and
fresh air



Enough sleep



Play and hobbies



Not being judged

Belonging



Find somewhere you feel
like you belong



Find your place
in the world



Spend time with good
people and in good places



Keep relationships going



More healthy
relationships the better



Take what you can from
relationships where there
is some hope



Get together with people
you can rely on



Responsibilities & obligations.
For example: looking after your
brother/sister or going to school



Focus on good times
and places



Understand what has
happened in your life



Predict a good
experience of someone
or something new



Make friends and mix
with other people

Learning



Make school or college
work as well as possible



Engage mentors



Plan out your future



Organise yourself



Highlight achievements



Develop life skills

Coping



Understand right
from wrong



Be brave



Solving problems



Focus on the good things
in life. Put on your
Positivity Glasses!



Find time for your
interests



Calming down and
making yourself feel
better



Remember tomorrow
is another day



Lean on others when
necessary



Have a laugh

Core self



Instil a sense of hope



Understand other
people's feelings



Know and understand
yourself



Take responsibility for
yourself



Find time for your
talents



There is existing help
and solutions for
problems, use them

Noble truths



Accepting



Conserving



Commitment



Enlisting



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns