

Family Update

Family newsletters aim to bring you information about accessing community support groups, government advice and guidelines and opportunities for participating in online courses.



Delivered by ONSIDE



YourSpace Mental Health and Wellbeing Hubs for Children and Young People aged 11-25 available in community locations across Worcestershire



PASSIONATE ABOUT EQUALITY

FOR YOU, WITH YOU, ABOUT YOU

All sorts of things can make life feel hard

Such as...

- Problems at home or school
- Friendships and relationships
- Feeling stressed, anxious or low
- Struggling to deal with emotions
- Body image
- Confidence and self esteem
- Finding time to look after yourself

YourSpace can help →



Come and talk to us...

You don't need to make an appointment or have a referral. You can drop in and talk to us at a place and time that works for you. You can find **YourSpace** in local communities across Worcestershire.

You will find a friendly welcoming team with the skills and knowledge to help you with:

- Tools and techniques to deal with the problems you are facing
- Ways to feel better about yourself and your life
- Links to other support if you need more help

You can find out more about **YourSpace**, including the locations of venues and opening times, by:



- Scanning the QR code
- Looking on our website www.onside-advocacy.org.uk
- Calling us on 01905 27525
- Emailing us at accesshub@onside-advocacy.org.uk

YourSpace is funded by the Department of Health and Social Care

@onside_advocacy
 @Onsideadvocacy
 Onside Independent Advocacy

Get ready for an extraordinary event! Frozen Light's much-loved choral show for audiences with profound and multiple learning disabilities (PMLD) returns to London at the [King's Cross Summer Sounds Festival](#) this summer.



2024 Winner
Health and Wellbeing



There are a range of Family Learning Online Courses being delivered in September. Includes Hair dressing, functional English and Maths skills, Hair and Makeup, ESOL level 1, Teaching Assistant and What is Dyslexia.

These courses can be found on the Worcestershire County Council website, in County Services/ Learning.

<https://capublic.worcestershire.gov.uk/LearnLearningServices/CoursesSearch.aspx>

We're here for you.
Don't feel isolated.
Get sign-posted
to the right help.



JIGSAW

**Worcestershire Mental Health
Relative & Carer's Support Group**

MARVELLOUS me

A course for parents and carers



Chadsgrove School

are proud to host a special course for parents and carers to explore how 'marvellous' you are as a person through art & craft activities.

You'll celebrate what makes you and your family unique plus you'll gain an insight into interests and qualities that you might like to achieve.

You and your child can also enjoy quality one-to-one time creating fun seasonal art & crafts in a supportive group alongside your Family Learning Tutor



DATE/TIME: Tuesday's 9 – 11 am

LOCATION: Chadsgrove School

This course is FREE for all parents & carers to attend.

For more information please contact, or ask to speak to

ehudson@chadsgrove.worcs.sch.uk

at the school.

Course starts: 24 / 09 / 24 for 10 weeks.



Join us from September for a course for Parent Carers delivered by our Family Learning Tutor. This course is only for families within the Worcestershire county.

WEEK 1: 12TH-16TH
WEEK 2: 19TH-23RD
AUGUST 2024

AJB SPORTS IN EDUCATION

9AM TO 3PM
5-11 YEARS

HAF

FREE ACTIVE HOLIDAY CAMPS FOR FSM ELIGIBLE CHILDREN

2 LOCATIONS

REDHILL COVE PRIMARY SCHOOL, ANDHURST CLOSE, WORCESTER, WIS 2HX

ST. GEORGE'S CE FIRST SCHOOL, STEVENSON AVENUE, REDDITCH, B98 8LU

HOLIDAY ACTIVITIES AND FOOD

SIGN UP ONLINE

Ofsted Registered

Department for Education, CIMSPA, WORCESTERSHIRE CHILDREN FIRST, READY STEADY WORKING



Starting well Partnership
EVERY CONTACT SHAPES A LIFE

Starting Well Partnership supports families, young people and children across Worcestershire. They offer a range of workshops, online courses and resources.



If you would like any additional support or information please contact Eleanor Hudson on ehudson@chadsgrove.worcs.sch.uk.



