

## Community Hub Newsletter

Welcome to the first edition of our Community Hub Newsletter. Each half term we will be sharing news, information, tips, guidance and motivation to help support mental health and well-being for you, your children and your families.

### THE INCLUSION TEAM

You can contact a member of the Inclusion team to discuss any concerns, queries or support via the Class Dojo App or contacting the following...

School office - 01753528050.

Miss Kershaw - Director Of Inclusion

Miss Winsor - SENDCO

Mrs Bishop - Family Support Worker / Community Liaison Officer

Miss Khan - Intervention LPP

Mr Turab - Learning Mentor

### SAY HI TO OUR NEW TEAM MEMBER!



“Hello everyone, my name is **Miss Jones**.

My role at Montem Academy is  
**KS2 Speech and Language Assistant  
and Family Support Worker.**

I am very excited to be a part of the Montem Family and I look forward to meeting you all.”

# WHAT'S ON DURING FEBRUARY HALF TERM



ANTZ KIDZ ACTIVITY CENTRE

**BOOK NOW**

## February KIDZ CAMP

From  
£100 for  
full week  
Booking  
9am to 3pm

12 - 16 Feb 2024 8am to 6pm  
£ 9am to 3pm

St George's Church, Britwell, Slough, SL2 2LX

- CRAFTY FUN
- COOKERY
- STEM
- SPORTS
- TRIPS
- ACTIVITIES

Claim up to 85% of costs - Universal Credit Claimants

Book: [www.antzkidz.co.uk](http://www.antzkidz.co.uk) Call: 07598 062569 or 0208 050 9121

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You may be entitled to free or reduced cost placements if you are claiming benefits.

Please call to enquire!



## fun fest

### HOLIDAY CLUB



Crafts, baking, pottery, sports action, lego adventures and more!

Open 8am-6pm

Prices start from £24 & full week and sibling discounts are available

For children aged 3-12

**BOOK NOW FOR FEBRUARY**  
Mon 12th- Fri 16th

**Eton End School**

For more information please call the Slough office on: 01753 396274

To see our latest timetables and to book your children's chosen activities go to: [www.fun-fest.co.uk/etomview](http://www.fun-fest.co.uk/etomview)

# WHAT'S ON DURING FEBRUARY HALF TERM

THE CROWN  
ESTATE

Berkshire  
Buckinghamshire  
& Oxfordshire  
Wildlife Trust

## Love Bugs Family Trail



Join us this half-term at Windsor Great Park for a lovely self-led trail around our wonderful woodland and marvellous meadow, learning all about the wonders of bugs and why you should love them!



Windsor Great Park Environmental Centre  
Windsor Great Park, SL4 2BY

Mon 12th, Tues 13th & Weds 14th February

10am–2pm (last entry 1pm)

Booking necessary!

Scan here to book or visit  
[www.bbwt.org.uk/events](http://www.bbwt.org.uk/events)



You may be entitled to free or reduced cost placements if you are claiming benefits.

Please call to enquire!



## SAFE & SOUND

ART. MUSIC. SPORT. FOOD. LIFE.

An opportunity to join us at The Curve for a Half-Term day of FREE creative activities and to find out more about what's on offer in your community.

14.2.24



# ADULT COMMUNITY LEARNING COURSES

## RECRUITMENT OPEN AFTERNOON

Are you looking for a new early year's role? Do you hold a level 2 or level 3 qualification? Are you interested in working in one of our friendly, fun nurseries in our children's centres? If so, come down, have a look around and chat through the posts on offer.

### WE NEED YOU!



Wednesday 28 February,  
1-7pm, Romsey Close  
Children's Centre, SL3 8PE



Roles available range from:

- 17.5 hrs, lunch cover
- 30 hrs, 9am-3.15pm term-time
- full-time posts worked over 4 long days or 5 short days
- school hours available.

Salary range can be discussed: starts at £25,741-£27,460 inclusive of LW (starting point negotiable depending on experience).

**Room Leader roles also available**  
Full time 37 hrs worked over 4 days or term-time only worked over 5 days or 4 days, 30 hours per week. Salary - £27,912-£33,115 inclusive of LW.

**Slough**  
Borough Council

## HAVE YOU EVER WONDERED ABOUT VOLUNTEERING?

### Become a Parent Champion Volunteer

- Do you like meeting people and want to make a difference?
- Can you spare up to 5 hours per week?
- Do you have children or grandchildren and live in Slough?
- Do you know about local services such as children's centres?



T: 01753 476589  
E: [ris@slough.gov.uk](mailto:ris@slough.gov.uk)  
W: [www.sloughfamilyservices.org.uk](http://www.sloughfamilyservices.org.uk)

**Parent Champions**  
Slough

**Slough**  
Borough Council

**coram**  
Family and Childcare

**HOME START**  
Berkshire East

### "CONNECT" PARENTING WORKSHOP

For parents/carers who have children who have a diagnosis of Autism or are waiting a diagnosis

2 hours a week for 5 weeks.  
Face to face Course

- Making the best, lasting connections with your children
- Learn strategies that support positive behaviour, routines and manage challenges
- meet others

To register a place on this course, please email [office@homestartberkshireeast.org.uk](mailto:office@homestartberkshireeast.org.uk) or call 01753 572958

**NEW FOR 2024**

9.30am to 11.30am  
first session - 21st February '24  
last session - 20th March '24

Penn Road Childrens Centre  
Penn Road Slough  
SL2 1PG

## Educational Support -Online Session for Parents and Carers

Thursday 29th February 10am to 11am

Join our online session to:

Learn more about Educational support whether formal or informal (educational setting/tutoring) with an opportunity for a question and answer at the end

- Facilitated by Kate Fuller
- Qualified teacher
- School leader and autism advocate
- Current manager of the Tuition Service for Bracknell Forest Council

Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:

[Gems.4Health@nhs.net](mailto:Gems.4Health@nhs.net) 0800 999 1342

## Adult Learning

Montem Development Centre & Children's Centre

- Wellbeing through Movements**
  - ▣ Healing through self-awareness
  - ▣ Mindfulness
  - ▣ Connection
  - ▣ Self-regulation, finding balance, and creating self-acceptance
  - ▣ Explores the relationship between our physical being and our energy
- Get that Job**
  - ▣ Preparing for interview
  - ▣ Being resilience to get the job you wanted
  - ▣ Creating your CV
  - ▣ Writing Supporting Statement
  - ▣ Interview skills
- Supporting your child with English Homework**
  - ▣ Learning together
  - ▣ Helping your child to retain information
  - ▣ Building a positive attitude towards learning
  - ▣ Using creativity as a means of learning
- Cooking in Style**
  - ▣ Incorporate simple maths skills
  - ▣ Health and Safety dons and don'ts
  - ▣ The science behind slow cooking
  - ▣ Hints and tips for your slow cooker
- ESOL**
  - ▣ For learners new to the English language to begin improving their reading, writing, speaking and listening skills using a range of topics. You will be able to apply these skills at work and in the community.
- Sewing / Cutting / Macrame**
  - ▣ Learn how to use a machine / needles
  - ▣ Gain confidence
  - ▣ Create your own designs

Everyone to Excel Through Pride and Ambition



NHS

# HEALTH & WELLBEING



## My VOICE MATTERS



### TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



#### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

#### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



#### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGIB](https://bit.ly/3PzCGIB)

For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://CHILDRENSMENTALHEALTHWEEK.ORG.UK)

## My VOICE MATTERS



### CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://CHILDRENSMENTALHEALTHWEEK.ORG.UK)





# HEALTH & WELLBEING



## Make the right choice



### Treat minor issues at home

Sore throat, minor cuts and grazes, hangovers, headaches



### Frimley Healthier Together app or website

Advice for unwell children:

[frimley-healthiertogether.nhs.uk](http://frimley-healthiertogether.nhs.uk)



### See a pharmacist

For medical advice or medicines for things like coughs, colds, tummy upset, rashes, aches and pains



### Speak to your GP Practice

For a wide range of health services from persistent symptoms and ongoing conditions and examinations. They can also refer you to other NHS services.



### Slough Urgent Care Centre

Open seven days a week, from 8am – 8pm for Minor Illnesses

Call your local GP practice or 111 for an appointment.

A number of walk-in appointments available.

Located at Priors Close, Slough.

\*Booking is strongly recommended to avoid long waiting times and to ensure availability of appointment as those with urgent clinical needs will be prioritised.



### NHS 111

Not sure where to go or what to do? Visit [111.nhs.uk](http://111.nhs.uk) or call 111



### Local Minor Injuries Unit

Visit your local MIU for sprains and strains, suspected broken limbs, minor scalds and burns and head injuries



### Mental health services

for urgent help for your mental health visit [111.nhs.uk](http://111.nhs.uk) or call 111



#### Download the NHS App to:

- order repeat prescriptions
- view your health record and NHS number
- get health advice
- view and manage vaccinations, book appointments



**A&E is For serious or life threatening emergencies only**



## Oral health support interactive session

Wednesday 6th March 2024  
4 to 5pm

Phoenix Infant Academy, Slough

GEMS would like to invite children from the ages of 5 to 10 years for a fun and interactive session to help support good oral health.

Criteria:

- Children who live in, or have a GP in, East Berkshire
- And are likely to have, are waiting for an assessment, or have been diagnosed with Autism and/or ADHD.



email [Gems.4health@nhs.net](mailto:Gems.4health@nhs.net)



Supported by



HEALTH & WELLBEING SLOUGH

and

Slough Healthy Smiles



## School Nurse drop-in at Checkout Superstore

**Where:** Checkout Superstore, Farnham Road, Slough (SL2 1JD)

**When:** Every Thursday 10.00-14.00

Come along to get advice about your child or teenagers health and wellbeing:

- Healthy Eating
- Being Active
- Good Sleep
- Self-Care
- Day/Night time Wetting
- Healthy Relationships
- Emotional Wellbeing
- Dental and Oral Health

These sessions are for all parents with children aged 5-19 years of age.

**Get in touch** (Open 9am - 5pm Monday to Friday)

0800 772 3578

[Solltd.PublicHealthNursing4Slough@nhs.net](mailto:Solltd.PublicHealthNursing4Slough@nhs.net)

[www.PublicHealthNursing4Slough.co.uk](http://www.PublicHealthNursing4Slough.co.uk)



Visit our parents' website page

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Providing NHS services

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