

September Newsletter

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Hi

I am Di

Should you wish to discuss anything please do not hesitate to contact me on dchallinor@psf.wirral.sch.uk

Ms D Challinor – Family Advocate

Top Tips from the Family Advocate

At the start of a new school year and for some the start of secondary school life.

Here are a few updates on what is available in the area for families, regarding current concerns:

Poor sleep, bullying, anxiety, domestic abuse, legal advice and general support for families



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Teenage Sleep difficulties

www.teensleephub.org.uk This is a site run by the www.sleepcharity.org.uk

They have produced a comprehensive guide to good sleep and places to look for support. This is aimed at teenagers but it is important for parents to be informed about where to turn for information and support. Here are some examples of what is available

Calm is an app for guided meditation and sleep stories. www.calm.com



Young Carers

The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. They now work with thousands of parents, carers and teachers to help children and young people to look after their mental health.

They have a wealth of resources online for parents and young people, webinars and downloadable resources, below is an example.

The Parents' guide to depression is offered as a downloadable resource or an extended version is available to read as web copy an updated print version is currently under review.

Do check them out at charliewaller.org.uk

Local support for Domestic abuse



The Lighthouse Centre have launched a new programme for children affected by domestic abuse.

Lighthouse Heroes is for children aged 5-11 where the abusive relationship is over, however the child may still be having contact with the perpetrator (dad). It runs for 5 weeks during school time (same as Leapfrog did but half the number of sessions).

Referrals can be made via the Involve Northwest website at <https://involveinorthwest.org.uk/lighthouse-heroes/>

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Local support for women

(174 Law Solicitors - Tomorrow's Women Wirral)

At Tomorrow's Women, you can access a wide range of services and interventions tailored to your needs, completely confidential and free. When registering as a new member, our experienced and friendly team of Empowerment Advisors will introduce you to the Charity, show you around the centre and help you to develop an action plan specific to your needs, issues and interests.

Tomorrow's Women want to encourage women to join and attend voluntarily to learn skills, build confidence and benefit the Wirral Community.

174 Law Solicitors hold a weekly session at Tomorrow's Women on Thursday mornings from 10am to 11am. This is an opportunity to talk about family law, domestic abuse and care proceedings.

Thursday mornings 10-11am Free

Tomorrow's Women, Beckwith Street East, Birkenhead, Wirral CH41 3JE.

Please note booking is essential for all sessions listed to attend, ring 0151 647 7907 to book your slot and for information regarding our timetable.

Tomorrow's Women Contact details

Phone: 0151 647 7907

Email: admin@tomorrowswomen.org.uk

Visit the Tomorrow's Women website.

Visit the Tomorrow's Women Facebook page

Visit the Tomorrow's Women Twitter feed



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Substance misuse

It's important to recognise the signs of substance misuse, such as changes in behaviour, declining school performance, withdrawal from family and friends, and altered sleeping and eating patterns. Open communication, education about the risks, setting clear expectations and boundaries, and fostering healthy coping mechanisms are crucial in helping teenagers make informed and responsible choices.

Below are a number of support services on the internet:

- Evolve Tackling substance misuse in the community
- Response - Wirral support for 13-25 yr olds
- Frank - Honest information about drugs
- Drinkaware - Underage drinking
- Smoking and vaping in teens



Anxiety

www.childline.org.uk . Samaritans offer a free telephone service day

Anxiety UK www.anxietyuk.org.uk

Call: 03444 775 774 Text Service: 07537 416 905 support@anxietyuk.org.uk

Young Minds

Young Minds offer a range of information on their website. They also run a crisis messenger service if you are experiencing a mental health crisis text YM to 85258 www.youngminds.org.uk

Tips and guidance from Place 2 be – Parenting Smart for ideas on building in routines into daily life for all the family at home.



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Caritas provides services to children, families and vulnerable adults of all faiths and none. We work across all sections of the community and cultural backgrounds within the geographical boundaries of the Diocese of Shrewsbury.

Caritas Wirral Family Support Services has a dedicated team of experienced staff and volunteers, with excellent knowledge of local services and support networks. They work together in partnership with other charities, the voluntary sector and local authorities to provide a multi-agency approach.

STRONGER TOGETHER Community Support Group



Warm Welcome

You talk and we listen

Our community groups provide a supportive environment where members can be empowered to tackle issues faced in their daily life including loss, isolation, emotional wellbeing and family challenges

**Come and Join Us For A Cuppa, Crafts and Chat
at our
Free Drop-In Session**

Monday Mornings

9.30am—12 noon

St Joseph's Social Club
Greenbank Road,
Birkenhead, CH42 7JY

Tuesday Mornings

9.30am—12 noon

The Quiet Space,
Hoylake Parade Community Centre
Hoylake Road, Hoylake, CH47 3AG

For more information, please call Lisa or Linda on 0151 652 1281



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The services and partnerships on the Wirral include:

- Schools Family Support Service
- Parenting Support Groups / Family Groups (school and community based)
- Counselling for young people and adults
- Listening Service
- Bereavement and loss support
- Support for children and adults affected by domestic violence, substance misuse, parental mental health
- Mindfulness for children and adults
- Advice Information and appropriate links to services such as Housing/Benefits

Our team will work with people to make sure they have all the support they need, delivered in a way that best suits their situation.

We are non-judgemental and will challenge, support and provide a service that best meets the needs of the family and those in need.

Telephone:0151 652 1281

Email:info@caritasshrewsbury.org.uk

Follow us on X or previously known as TWITTER
@ Caritas Wirral

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