

# The HUB

## Newsletter



Well that went faster than we thought it would! Welcome to the first newsletter of the new school year and the last of 2022. It has been a very busy year for both the Pastoral and SEN teams.

As well as supporting our new students, year 7s have their first use of the rewards shop, they have all mostly had an 'experience' with a seagull, new friendships

have been made and hopefully most now feel settled and part of the APHS family.

We have awarded some new Pastoral badges, well done to those students. Remember these students are part of our team so they are also there to support students, so look out for the pink badge.

We hope you have a lovely Christmas and a happy New Year.

*The Hub Team.*



## We are here to help

In the Hub we have the following available to students:

- Baby wipes for that lucky bird poo
- Sanitary Wear
- Nail varnish remover
- Spare uniform which can be borrowed, washed and returned.
- Reading books and magazines

- Shoes can be borrowed when waiting for new shoes to be purchased/delivered (these are anti-bacterial sprayed between uses)
- Football/tennis balls that can be borrowed in Social Time - limited number, first come first served basis (only when field is open)
- Hair ties
- Stationary including calculators
- Equipment

## MAKING SENSE OF SEND

Free online events exclusively for parents and carers who have a child with special educational needs and/or disabilities.

Hear from speakers on a specific topic, share your views, meet the parent/carers organisations and have your questions answered by experts.

Follow 'Norfolk County Council - SEND Local Offer Team' on Eventbrite to be notified of new dates.



## We are here to help.

Norfolk County Council's Covid Winter Support scheme can help with:

- Day to day living costs including food & energy bills
- Daily essentials such as toiletries & nappies
- Food vouchers for school holidays

Find out more online or call us now  
[www.norfolk.gov.uk/covidwintersupport](http://www.norfolk.gov.uk/covidwintersupport)  
**0344 800 8020**  
 Or visit your local library for help with applying

— ❄ —  
**Contact us today**

## Support and Advice

Below are some contacts if you require any agency support or advice and details for Apps:

**Kooth** - online counselling and support [www.kooth.com](http://www.kooth.com)

**Chat Health** - NHS texting service for 11-19 year olds - 07480 635060 Opening Hours Monday - Friday: 9:00am - 5:00pm

**No More Panic** - online support - [nomorepanic.co.uk](http://nomorepanic.co.uk)

**Child Line** - 0800 1111 [childline.org.uk](http://childline.org.uk)

**Every Mind Matters** - mental health support - <https://www.nhs.uk/oneyou/every-mind-matters/>

**Matthew Project** - Free and confidential advice to anyone affected by drugs and alcohol. Young People Tel: 0800 970 4866  
Adult Tel: 01603 626123 Website: <https://www.matthewproject.org/>

**MAP** - Available Mon-Fri 10.30am until 5.30pm . Tel: 0800 074454  
website: <https://www.map.uk.net/for-young-people/youth-voice/youth-advisory-boards-yabs/>

**Nelson's Journey** - bereavement support for young people <https://nelsonsjourney.org.uk/>

**Carers Matter Norfolk** - support for Young Carers: <https://carersmatternorfolk.org.uk/>

**CAEDS** - Norfolk Child and Adolescent Eating Disorder Service. Tel: 01603 978455

**Think U Know** - online safety - <https://www.thinkuknow.co.uk/>

**CEOP's** - online safety and reporting - <https://www.ceop.police.uk/safety-centre/>

**Mind** - Mental Health Support - [mind.org.uk](http://mind.org.uk)

**Young Minds** - mental health and wellbeing support - <https://youngminds.org.uk/>

**Anxiety UK** - Anxiety support - [anxietyuk.org.uk](http://anxietyuk.org.uk)

**Hope Line** - Suicide support - <https://www.prevent-suicide.org.uk/wp-content/uploads/2019/12/Sexuality-and-Gender.pdf>

**Norfolk SEND Partnership** - support for young people and parents/carers for those with SEN needs and disabilities - <https://www.norfolksendiass.org.uk/> Tel: 01603 704070

**Relate Norfolk and Suffolk** - Adult relationship support - <https://www.relate.org.uk/norfolk-suffolk>

**Headfirst** - mental health support for young people <https://headfirstweb.co.uk/>

**Anxiety Care** - support for anxiety - [Anxietycare.org.uk](http://Anxietycare.org.uk)

**Norfolk Wellbeing Service** - [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

## 24/7 & Late Night Helplines

For young people

**Children & Young People's Health Services** **NHS**

### Top tips for Anxiety:

- Know that it's okay to feel anxious, it's a really normal feeling. If you can, tell somebody that you trust so they can support you.
- Set aside a worry time each day to think about the things that are troubling you.
- Write down 5 positive things about your day.
- Take deep calming breaths when you notice you're starting to feel anxious.

Positive thoughts "I can do this"

<p><b>YoungMinds</b></p> <p>Are you a young person in crisis?</p> <p>Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.</p> <p><b>text YM to 85258</b></p> <p><b>YOUNGMINDS</b></p>	<p><b>The Mix</b></p> <p>Do you need help now?</p> <p>Crisis messenger text service provides free, 24/7 crisis support</p> <p><b>text THEMIX to 85258</b></p> <p><b>THE MIX</b></p>	<p><b>Papyrus</b></p> <p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.</p> <p><b>Call 0800 068 4141</b></p> <p>9am - midnight every day of the year</p>
<p><b>Samaritans</b></p> <p>Whatever you're going through, you can call anytime from any phone for FREE.</p> <p><b>Call 116 123</b></p> <p><b>S</b></p>	<p><b>YOUTH INSPIRED</b></p> <p><b>calm</b></p>	<p><b>CALM</b></p> <p>A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.</p> <p><b>Call 0800 58 58 58</b></p> <p>5pm - midnight every day of the year</p>

**Anna Freud**  
National Centre for  
Children and Families

**shout**  
for support

**In crisis?  
Need support?**

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

**Text the free, anonymous crisis textline**

All texts are answered by trained volunteers,  
with support from experienced clinical specialists

**Children & Young People's  
Health Services**

**Norfolk Healthy Child Programme**

The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as:

- Toileting and bed wetting
- Eating, diet and staying active
- Development, transitions and growing up
- Emotions and behaviour
- Yearly contact if your child has additional needs
- Any other questions or worries you have?

**Call: 0300 300 0123**

**Text: 07520 631590**

**Visit: [JustoneNorfolk.nhs.uk](http://JustoneNorfolk.nhs.uk)**

**NHS**

**FACE** was set up to empower parents and help those who support children and young adults.

**contact us**  
[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

**Take a look at our website and book online**  
[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)

**FACE**  
FAMILY ADVICE • COMMUNICATION • EDUCATION

With the stresses and strains of modern life, our children and young adults have never been under so much pressure. We aim to offer advice, tips and support to parents who want to get the best out of their family relationships and need new tools to do that.



**FACE**  
FAMILY ADVICE • COMMUNICATION • EDUCATION

**£12 per session**  
**Affordable online Parenting support**

Topics relating to communication, behaviour and emotional management. Offering a range of advice and practical interventions,

**Empowering parents**  
to bring peace and harmony to their family life.

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



**Support**

**Worried about your child's SEN?**

Book a SENCO Surgery appointment to discuss your concerns.

SENCO surgeries run on Wednesdays from 4-6pm

Email Mrs Price to book an appointment  
[cprice2urr@nsix.org.uk](mailto:cprice2urr@nsix.org.uk)

**Concerned about a child?**

**Are you worried about a child's welfare and would like to discuss?**  
You can speak directly to one of our Consultant Social Workers, and alongside our early help Pathway Advisors and partners, we will make sure the child gets the right support first time

**Call our Children's Advice and Duty Service (CADS)**  
**0344 800 8021**

**Add our phone number to your contacts**

Our team is on hand from 8am-8pm (Mon-Fri)  
Out of hours: **0344 800 8020**  
If you think it is an emergency call **999**

**Norfolk County Council**

**ACTION FOR HAPPINESS**

The app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect and share ideas with like-minded

It's not the presents that make Christmas so special, it's the presence of those you love, whether they are with you in person, or spirit.

We are part of...

**WENSUM TRUST**

FOR CHILDREN, FAMILIES AND COMMUNITIES