

MARINE ACADEMY PRIMARY NEWSLETTER

December 2024



'Where stars shine brighter'

...providing an outstanding education that ensures all pupils reach their greatest potential and live by life's highest values.



Dear Parent/Carers of Marine Academy Primary pupils,

As the Christmas holidays are getting into full swing, we want to take this opportunity to extend our heartfelt gratitude to our incredible staff, who have gone above and beyond to make this festive season truly magical for our children. Their dedication to not only continuing to deliver an outstanding curriculum but also creating wonderful events for our school community has been truly inspiring.

This month has been a whirlwind of joy and celebration, with events that have brought smiles to so many faces. From the enchanting Santa Meet and Greets and the bustling Christmas Bazaar to the special craft events for our youngest learners and their families, the beautiful Carol Concerts, and Reception's delightful Nativity performances, the energy and effort poured into these occasions was remarkable. Each event was a testament to the commitment of our staff and the invaluable support of FaTMAP (Friends and Teachers of Marine Academy Primary), who worked tirelessly behind the scenes to ensure their success.

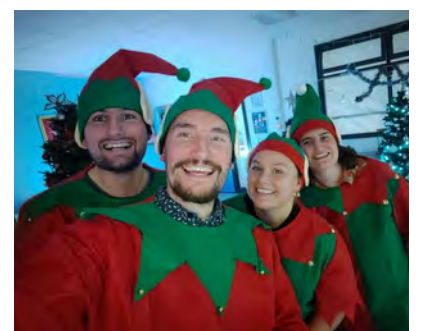
We are also thrilled to share that these festive events raised nearly £1,000 for the school. This incredible achievement would not have been possible without the generosity and support of our families. Your contributions, whether through attending, volunteering or donating, have made a significant impact, and we are deeply grateful for your involvement.

It has been wonderful to see our school community come together during this special time of year and we are truly proud of what we have accomplished together, making this festive season one to remember.

We wish you all a restful and joyous holiday season and look forward to seeing you all again on Tuesday 7th January.

Yours sincerely,

Mrs. Georgina Reid and Miss Stacey Mitchell
Headteacher and Head of School



DATES FOR YOUR Diary

Tuesday 7th January - First day of Term 3

Tuesday 28th January - Class RHR train trip

Tuesday 28th January - Year 1 trip to St Budeaux Library for a Giant Rhymetime session to celebrate their 5th birthday

Wednesday 29th January - Class RTG train trip

Friday 7th February - Times Table Rock Stars Day: This is part of the NSPCC's Number Day and children are invited to dress up as rock stars for the day. More information will be sent out closer to the date.

Friday 7th - Monday 10th February - Paris Residential

Friday 14th February - Last day of Term 3

Monday 24th February - First day of Term 4

Monday 3rd - Friday 7th March - Book Fair running in the Primary foyer

Thursday 6th March - World Book Day: children are invited to wear pyjamas or a book character costume.

Friday 21st March - Comic Relief: more information will be sent out closer to the date.

Thursday 27th March - Classes RTG and RHR Mother's Day events

Tuesday 1st April - Turtle Class Easter craft event 9-10:30am

Friday 4th April - Last day of Term 4

Tuesday 22nd April - First day of Term 5

Monday 28th April - Class RHR's Phonics in Action event for families 9-10:30am

Tuesday 29th April - Class RTG's Phonics in Action event for families 9-10:30am

Wednesday 30th April - Class 1OW's Phonics in Action event for families 9-10:30am

Thursday 1st May - Class 1SA's Phonics in Action event for families 9-10:30am

Monday 5th May - Bank Holiday: School closed

Friday 23rd May - Last day of Term 5

Tuesday 3rd June - First day of Term 6

Thursday 12th June - Classes RHR and RTG Father's Day events

Thursday 19th June - Dream Big Day: Children are invited to come to school dressed as a job role they would like to do when they're older.

Wednesday 25th - Friday 27th June - Forest and Beach Residential for Years 5 and 6

Friday 11th July - Summer Fair 2-4pm

Monday 14th July - 1:45-2:45pm 38 Things Celebration Event for children who have completed their booklets

Thursday 17th July - Last day of Term 6

YEAR GROUP NEWS

Learning and Laughter: A Month of Hard Work and Festive Cheer!

Reception

This month has been a very busy month for Reception. In our Storytelling area there is now an Oracy Corner. A daily question is recorded on a sound button where the children have had fun discussing their ideas. The children have also loved learning about the book 'The Christmas Pine' over these past few weeks. Class RHR and RTG have enjoyed making cards, Christmas decorations and even finding digraphs hidden in the snow.

Finally, the children have worked so hard learning songs and performing their Christmas nativity play 'Baarmy Bethlehem', to children and families. We are so proud of them and their performances, they have done such a wonderful job! We know that we have some true stars in the making!



Pre-School

As the year draws to a close, our Pre-School children have been continuing to explore and grow in exciting ways! Throughout December, we carried on with our learning 'What Can I Build?' and engaging in festive holiday activities that encourage problem-solving and teamwork to develop our early literacy skills through stories and songs. Our little learners are making wonderful strides! Thank you for all the parents/carers that came to support us and their child on our Christmas Craft morning- we hope you had a lovely time. We are looking forward to welcoming new children in January. We hope you have a lovely break, and we will see you in the new year. We're excited to see them embrace the joy of learning and look forward to all the growth that the new year will bring!



Nursery

This term, Turtle Class have really enjoyed their topic rhyme 'Twinkle, Twinkle Little Star'. The children have become really familiar with the shapes star and diamond from the rhyme, they have practised balancing on the shapes, they have printed with them and matched them together according to their colour.

The topic book 'You're My Little Christmas Wish' has become a firm favourite with the children and they have loved creating Gingerbread people like the ones in the book, making winter collages and creating snowflakes.

This term we have also had our Christmas craft morning and it was an absolute pleasure to welcome so many families into Turtle Class to get creative with the children. I know the children really enjoyed it and so did we. Have a wonderful and safe Christmas.



Year 1

Year 1 have had a brilliant month filled with learning and Christmas cheer! The children have made fantastic progress in their Phonics lessons, building their reading and writing skills with enthusiasm. Inspired by poems in 'First Book of the Sea', they wrote wonderful Christmas poems that showcased their creativity and growing confidence in literacy.

In Geography, the children wrapped up their topic with an exciting fieldwork activity. They followed a map of the school, using their knowledge of map symbols to find hidden clues—a fun and engaging way to put their learning into practice!

The Year 1 team were especially proud of the children's fantastic singing during the Carol Concerts, which brought festive joy to everyone. We wish all of our Year 1 families a Merry Christmas and a Happy New Year!



Year 2

This term, Year 2 explored their Geography topic, 'What a Wonderful World', writing essays on the United Kingdom, the seven continents, five oceans, and climate zones. We've been so impressed with their knowledge! In English, they were inspired by the book *Could a Penguin Ride a Bike?* to create their own non-fiction texts about penguins. In Maths, they tackled the formal column method for adding and subtracting two 2-digit numbers.

In Science, they explored 'Mini Worlds' and classified living and non-living organisms. They enjoyed investigating micro-habitats around the school. In Design Technology, they designed and stitched their own textile pouches, which they proudly took home. Thank you for your continued support this term—we can't wait to see you in the New Year!



Year 3

Year 3 have had an outstanding month, working hard across all subjects. They've fully immersed themselves in their Geography unit, 'Mountains, Volcanoes, and Earthquakes', developing their knowledge and curiosity. In Maths, they confidently wrapped up their addition and subtraction learning, demonstrating impressive skills.

English lessons focused on *Paddington Goes for Gold* by Michael Bond, inspiring the children to plan and create their own stories with great enthusiasm and creativity. This hard work was rewarded with an exciting trip to Vue Cinema to watch *Paddington in Peru*.

In RE and SMSC, the children explored the importance of celebrating differences and culture, sharing thoughtful ideas about family and traditions.

With Christmas fast approaching, they discussed its meaning and family customs, adding to the festive spirit. Merry Christmas and Happy New Year, Year 3!



Year 4

Year 4 have had a fantastic month, showing great focus and achieving excellent results. In Maths, they began their Multiplication and Division unit, working on the 3, 6, and 9 times tables and multiplying and dividing 2- and 3-digit numbers. In English, the children completed their study of the poem 'A River', by writing their own creative poems. They also crafted emotive poems about Human Migration in Geography, using data collected from surveying members of the public in the city centre.

In Science, the children explored ecosystems, learning to categorise animals and plants as producers or consumers and constructing their own food chains and webs. They tackled their end-of-term tests with focus and perseverance.

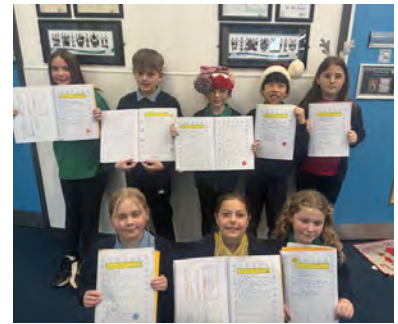
To celebrate the season, the children made Christmas decorations, sang beautifully at the Carol Concerts, and enjoyed festive lunches and parties. Happy holidays, Year 4!



Year 5

Year 5 have had an amazing month and should be incredibly proud of their accomplishments. In swimming, they showed impeccable behaviour, great progress and incredible bravery, with some even jumping from the 10m dive platform in their final session!

In English, the children applied their figurative language skills to create stunning poetry, while in Geography, they concluded their topic on Informal Settlements by writing insightful essays that showcased their knowledge. During Whole Class Reading, they finished the text, 'Children of the Benin Kingdom', linking it brilliantly to their Term 1 History learning by recalling key facts and ideas. The teachers were also proud of Year 5's beautiful singing during the Carol Concerts, which spread festive joy to all. Wishing all Year 5 families a Merry Christmas and a Happy New Year! We look forward to more great learning in 2025!



Year 6

Year 6 have had a fantastic term! In Maths, they've mastered adding, subtracting, multiplying, and dividing fractions. In English, they completed an informative piece on saving the environment. In Science, they learned how to measure different energy sources. In Geography, they wrote insightful essays on the importance of fieldwork for geographers.

In DT, they worked together to design and build a Truss Bridge, resolving challenges along the way. In Music, they explored the glockenspiel and how music makes them feel. For Whole Class Reading, they've enjoyed Street Child, linking to their Industrial Revolution studies. We've loved watching their excitement grow as Christmas approaches and we look forward to their return in the New Year, ready for the next steps in Year 6. Wishing everyone a Merry Christmas and Happy New Year!



In Other

NEWS

Look at how many brilliant donations we received for our collection for Hope for the Homeless Plymouth - The Garage Cafe. You have made a real difference to so many people who may be facing challenges this winter. Thank you!

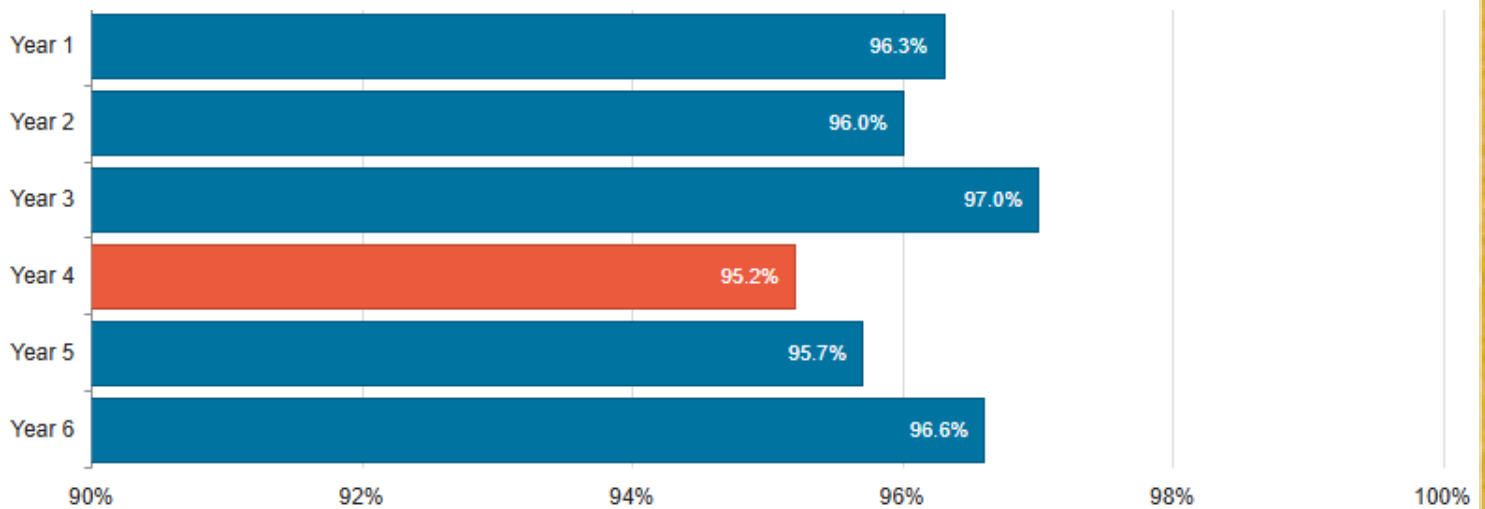


A huge thank you to Robert Mann, grandad of one of our Year 3 students, who came into school this month to share his incredible adventure of climbing Mount Kinabalu! He spoke about the challenges he faced, the amazing wildlife he encountered, and the unforgettable experiences along the way.

Our Year 3 and 4 football team excelled in the Plymouth Cluster League Final 8. After an undefeated qualifier run, they topped their group to reach the knockouts. A commanding 4-1 Quarter Final win and a dramatic penalty shootout showcased their skill and determination. Although narrowly defeated 2-1 in the final against Montpellier Primary School, their performance and sportsmanship, particularly during the shootout, made Mr. Cuzner immensely proud! Well done team!



Attendance



Well done to Year 3 for the highest attendance this month!

Please don't forget to contact the Academy every day your child is absent.

If no contact has been received and staff are unable to reach anyone, a home visit may be conducted.





Thank you

Thank you to all our families and friends who joined us for our first Santa Story Meet and Greet and Christmas Bazaar.

It was such a delight to see everyone and share the festive spirit!

A special thank you goes to #TeamMarine staff, Mr. Pearson, Mr. Stallard, and our amazing stallholders for making the event truly memorable.



Thank you to those who donated toys for the toy swap stall - it has made a big difference to people's lives.

FATMAP raised an amazing £968.55!





ONLINE SAFETY

As we approach the Christmas break, it is important to recognise ways of setting up positive online experiences for the children as they potentially start using new devices or apps. This is the time of the year where they are likely to use communication platforms more frequently.

If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: primary@marineacademy.org.uk FAO: Mr Druce.

PARENTAL CONTROLS

Games/Consoles

- Check age ratings: look at the PEGI rating of any new games. - Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with.

Follow the links to find out how to set up Parental Controls:

Xbox: <https://www.xbox.com/en-GB/family-hub>

PS5: <https://www.playstation.com/en-gb/support/account/ps5-parentalcontrols-spending-limits/>

Nintendo Switch: <https://www.nintendo.co.uk/Hardware/NintendoSwitch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings.

Furthermore, remember to check any apps your child requests to check that they are suitable for their age.

Follow the links to find out more:

iPhones/iPad: <https://support.apple.com/en-gb/105121>

Android Device: <https://support.google.com/googleplay/answer/1075738>

SAFERBYCHRISTMAS

What is it?

This December, the National Crime Agency's CEOP Education team will be posting a series of tips across X and Facebook called #SaferByChristmas. #SaferByChristmas started on 9th December 2024 and is sharing 12 days of quick, easy actions for parents/carers to protect their children online.

Each post is sharing action for the 4 to 10 year old age range and 11 to 17 year olds.

#SaferByChristmas aims to increase the protective capabilities of parents/carers, particularly at a time of year when many children and young people are being gifted new devices and when online usage increases with schools closed for the festive break.

How can you support?

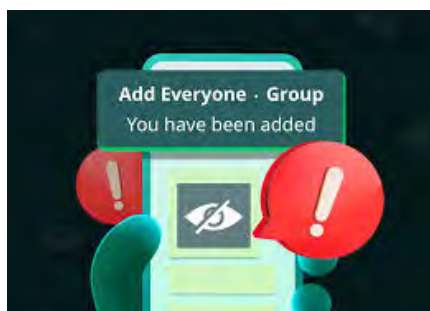
#SaferByChristmas started on 9th December 2024, with posts shared every day for 12 days.

You can access these #SaferByChristmas posts on X @CEOPEducation and Facebook facebook.com/CEOPEducation

'Add everyone' WhatsApp group

The INEQE Safeguarding group have issued an alert regarding a WhatsApp group known as 'Add Everyone.'

Find out more here: <https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsappgroup/>



What Parents & Carers Need to Know about

ROBLOX

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a "sandbox" title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.10.2022

Primary School Book Gift Guide

2024



Recommended for ages 3-5



www.booksfortopics.com/gift-guides

NEW for this Christmas



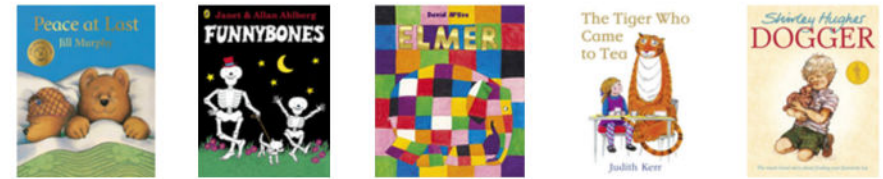
Recommended Bedtime Stories



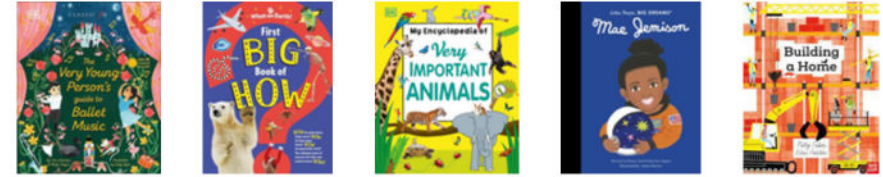
Super Fun Stories



Classic Stories



Non-Fiction Books



Award Winning Books



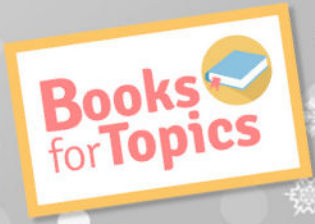
Gorgeous Gift Books



For more book lists themed by age group or topic, visit booksfortopics.com



Primary School Book Gift Guide 2024



Recommended for ages 7-9

NEW for this Christmas



Recommended Bedtime Stories



Super Fun Stories



Glorious Graphic Novels



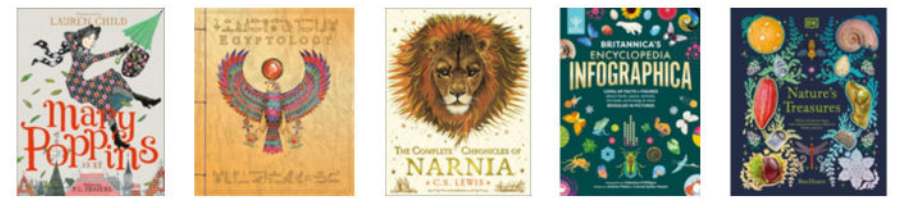
Non-Fiction Books



Award Winning Books



Gorgeous Gift Books



For more book lists themed by age group or topic, visit booksfortopics.com



Primary School Book Gift Guide

2024



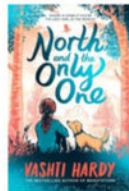
Recommended for ages 9-11



NEW for this Christmas



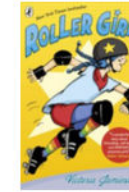
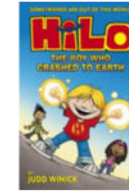
Recommended Bedtime Stories



Super Fun Stories



Glorious Graphic Novels



Non-Fiction Books



Award Winning Books



Gorgeous Gift Books





Solihull Antenatal

Free 5 Week course

Understanding your pregnancy, labour, birth and your baby

Topics covered in this course are :

- What is the Solihull Approach
- Helping you and your baby through pregnancy and birth
- Getting to know your baby in the womb
- Signs and stages of labour and birth
- Birth and beyond
- Feeding your baby
- A practical session looking at bathing a baby, holding a baby, safe sleep and much more

Please contact your local family hub to book onto these courses, the ideal time to attend this course is from 28 weeks pregnancy

Our Centres & Other Venues

The Barn Family Hub,
Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ
01752 362320
Opening times:
Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4
plymouthccwest@barnardos.org.uk

Fourwoods Family Hub,
415 Crownhill Rd, West Park, Plymouth,
PL5 2LN
01752 366795
Opening times:
Mon-Thurs 8.30-4.30 & Fri 8.30-4pm
plymouthccwest@barnardos.org.uk

Nomony Family Hub,
27 St John's Rd, Cattedown, Plymouth,
PL4 0PA
01752 261844
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4
plymouthccest@barnardos.org.uk

High View Children's Centre,
High View Primary School, Efford, PL3 6JQ
plymouthcccentral@barnardos.org.uk

Rees Well-Being & Family Hub,
Mudge Way, Plympton, Plymouth - PL7 2PS
01752 340550
Opening times: Mon-Thurs 8.30-4.30
& Fri 8.30-4
plymouthccest@barnardos.org.uk

Whiteleigh Family Hub
Four Greens Community Hub, 15 Whiteleigh Green,
Plymouth PL5 4DD
01752 875933
Opening times: Monday -Thurs 8.30-4.30 & Fri
8.30-4
plymouthccnorth@barnardos.org.uk

Sweetpeas Children's centre
Compton Church Hall, 2 Revel Road, Compton
PL3 5LF
07808 200207
plymouthcccentral@barnardos.org.uk

Plymbridge Children's centre
C/O Plymbridge Nursery, Miller Way Plymouth
PL5 3UN
01752 875933
plymouthccnorth@barnardos.org.uk

Tothill Community Centre
119 Knighton Road PL4 9DA

Plymstock, St Marys Church Hall, Church Rd
PL9 9BP

Onward House
55 Greenbank Road, PL4 8PE

St Francis of Assisi, Honicknowle, 57 Little
Dock Lane, Plymouth, Devon, PL5 2LP

Mainstone
Mainstone Social Club, Pattinson Drive, Plymouth
PL6 8RU

Southway Youth & Community Centre
Hendwell Centre, Hendwell Close, Plymouth
PL6 6TB

Church of the Holy Spirit
Cliffafoad Rd, Southway PL6 6EJ

Phoenix Centre
64 Little Dock Lane, Plymouth, PL5 3PX



Barnardo's Children's Centres (Barnardosplymouth)



Term Time Timetable Jan - March 2025



Barnardo's Plymouth Family Hubs

Citywide Winter Timetable 2025

Monday

Latch on
Rees - 1 - 2.30pm

Chatterbox
with baby weigh
Southway
Church of the Holy
Spirit, Cliffafoad Rd,
PL6 6EJ
10-11.30am

**Perinatal Mental
Health Support Group**
(Invite only)
Nomony 10-11.30am

Chatterbox
with baby weigh
Rees 1-2.30pm
Step by Step
The Barn
10 - 11.15am

PEEP (Talk Boost)
FourWoods
1.30-2.30pm

Tuesday

Latch on
High View - 10.00 - 11.30
Plymstock - 10-11.30

Chatterbox
with baby weigh and latch on
support
Plymstock - 10 - 11.30am

Step by Step
Nomony
10 - 11.15am

Bump, Baby and Me
(Baby group for pre walkers)
FourWoods - 10 - 11.30am

Free Soft Play
with Family Hub Support
Plymouth Methodist Central Hall,
Eastlake St, PL1 1BA
1.15 - 2.30pm

**Free Soft Play sessions for Dads
and little ones at JUMP**
1st Tuesday of every month
3.30-6pm

Open Youth Space
Ages 11-14
The Barn
5-6.30pm

**Y.I.P.E.E (Young Independent Proud
Parents Encouraging Each other)**
FOOD is Fun Workshops
Various Locations (check Facebook)
• Wednesday 12.30-2.30 12th
February Fourwoods Family Hub
• Wednesday 12.30-2.30 26th
February Plymbridge Children's
Centre
• Wednesday 12.30-2.30 12th March -
venue TBC
• Wednesday 12.30-2.30 26th March
- venue TBC

Wednesday

Latch on
Nomony - 1 - 2.30pm
Phoenix Centre - 1-2.30pm

Café Connect
The Barn 10-2pm

Step by Step
High View
1.30-2.45pm

Twins Group
2nd & 4th Wednesday
every month
Rees, 10-11.30am

Chatterbox
with baby weigh
St Francis of Assisi
1 - 2.30pm
Compton Church
1 - 2.30pm

Bump, Baby and Me
(Baby group for pre
walkers)
Nomony - 1 - 2.30pm

NEW

Thursday

Latch On Drop In
The Barn - 10-1130
(Runs alongside Chatterbox)
Plymbridge - 1-2.30pm

Multicultural Group for 0-
5 years old
Onward House
9.30 - 11am

Chatterbox
with baby weigh
The Barn 10-11.30am
High View - 9.30 - 11am

Baby & Toddler
Mainstone
9.30-11am

Bump, Baby & Me
(Baby group for pre
walkers)
Plymbridge - 1 - 2.30pm

**Y.I.P.P.E.E (Young Independent Proud
Parents Encouraging Each other)**
Various Locations (check Facebook)
1.15-2.45pm

PEEP
Plymstock Library
1.30-2.30pm

Step by Step
Whiteleigh
10 - 11.15am

Service Family Group
Plymstock - St Marys Church Hall
1 - 2.30pm - Term time only

PEEP
Henwell Centre, Southway
1.45-2.45pm

Dads and Dinkies
YMCA
0-7 Years
1.30-3pm
Bookable on the YMCA website.

Friday

Latch On
Fourwoods - 10-11.30am

Chatterbox
with baby weigh
Tothill Community Centre: 10 -
11.30am
Fourgreens, Whiteleigh: 10-11.30am

PEEP
Nomony
10-11am

PEEP Dads Outdoor Sessions
Rees
1.30-2.30

Open Youth Space
Ages 7-10
The Barn
3.30-5pm



For more information about
any of the events on our
timetable, scan the QR code
above...



For anyone who needs some support right now. ❤️

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - Text SHOUT to 85258
Abuse - 0808 2000 247
Refuge - 020 7395 7700

Stay safe this Christmas.



PLYMOUTH PARENT CARER VOICE

Your voice, driving
positive change for your
child



SEND FAMILY FORUM



The next SEND family Forum will be in person on the 10th January 2025. PPCV are jointly hosting a parent carer dropping in session with the Local Authority and Health. This session is being held at the Moments Cafe, opposite Poundland.

The session will run from 10am to 11.30am and be the opportunity for you, as parents and carers, to ask questions of the leaders of our SEND services.

If you have any questions, please let us know. If you are unable to attend but would like a question asked, please email Claire at Claire@plymouthpcv.co.uk. Register to attend below:

https://plymouthpcv.glueup.com/event/send-parent-carer-forum-meeting-face-to-face-121258/?pk_campaign=widge-event-list

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

NHS 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

Nhs.uk/mental-health

PAPYRUS

Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

Papyrus-uk.org

SAMARITANS

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

Samaritans.org



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

Mind.org.uk

shout
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

Giveusashout.org

CALM

Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

Thecalmzone.net

ChristmasCountdown.uk



THE AIM OF MANKIND is to provide a safe place for men to share how they are feeling without feeling judged and to support those who are struggling with their emotional and mental wellbeing.



ANDYSMANCLUB

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.

#ITSOKAYTOTALK