

8th July 2022



**Morecambe Bay
Academy**

Dear Parent/Carer,

Last week our year 10 pupils sent time on work experience, learning what life is like outside of the educational environment. Employers have since written back to us with great praise for the pupils they had working with them. Comments included:

A fantastic ambassador for MBA'

'One of the best students we have had'

'I would happily give them a job right now'

'They have such a positive attitude and great work ethic'

'She is everything one would want in an employee!'

It is to our pupils' credit that they have received such superb feedback. Well done to all of them, and to Mrs Louth for her hard work in ensuring the placements went so well.

Both Miss Davies and Miss Bates-Bryan have been into Great Wood Primary School last week to teach Year 6. The pupils greatly enjoyed the sessions and extremely positive feedback was received. The year 6 pupils have been into school this week as part of their induction to high school. All pupils received a book from us that they will read over the summer and be used in lessons on their return so that, no matter what primary they are coming from, they will all have a common experience to share in lessons. Pupils enjoyed the induction days and we look forward to welcoming them in September.

May I remind parents to talk to your children about safety when walking home. As I wrote previously, teenagers and young adults seem transfixed on their phones and with ear-pods in they cannot hear the situation around them. Please encourage your children in good awareness and safety routines, such as going home in groups where possible.

It is our production of Matilda Jr next Tuesday and Wednesday evening. Final rehearsals are in full swing and I am certainly looking forward to seeing the pupils performing next week.

Gavin Gomersall
Principal

Arrangements for the end of term

Please note that school will close after lunch (1.10pm) on Thursday 21st July for the summer holidays.

Escape2make

Local charity, Escape2Make have been in touch with details of some free holiday activities taking place in our area over the summer holidays.

Please take a look and get in touch directly with the team at E2M for further details.

We have 15 free creative courses over July & August that result in a Green Festival on August 27th.

These opportunities are free and great for those who just want to try out a new skill, make some new friends or have something interesting to put on their CV's. Here is the info:-

Escape2Make have just announced 15 FREE creative courses, that all result in a Green Festival, this summer holidays:-

- Escape2Make (E2M) are an all-inclusive charity in Lancaster & Morecambe, that offer free creative activities to help 11-18s with their wellbeing and life chances.
- The 15 free creative courses, consist of 5 workshops. Courses range from woodwork to wild cooking! There's something for everyone!
- All 15 courses contribute to a Green Festival in Lancaster on Saturday August 27th.
- It's a great way for young people to try out a new skill, make new friends and have something interesting to add to their CV or personal statement.
- Please encourage young people who you think will benefit the most to sign up via this link www.escape2make.org
- If young people need to come with a parent/carer/keyworker, E2M will provide T-shirts to help blend them with the other volunteers. 😊

FANCY ATTENDING FREE CREATIVE WORKSHOPS THIS SUMMER?

FOR ALL 11-18 YEAR-OLDS

LANCASTER & MORECAMBE AREA

GREEN FESTIVAL

- Make things, make new friends
- Join Lancaster's new exciting festival on 27th August
- Learn a new craft or hobby
- 15 to choose from including wild cookery & woodwork
- Find a skill that inspires your career
- Add experience to your CV
- HAVE LOTS OF FUN!

THE ARETI CHARITABLE TRUST | ARTS COUNCIL ENGLAND

You can find out more & sign up at www.escape2make.org

Sports Day

We will be running a series of sports days which will involve all students in Years 7, 8, 9 and 10's at some point.

The timetable is as follows:

- Year 9 Monday 11th July 2022 - athletics intra-school competition periods 1 and 2 (optional)
- Year 7 Tuesday 12th July 2022 - sports festival periods 1 and 2 (all students involved) , athletics intra-school competition periods 4 and 5 (optional)
- Year 8 Wednesday 13th July 2022 sports festival periods 1 and 2 (all students involved), athletics intra-school competition periods 4 and 5 (optional)
- Year 10 Friday 14th July 2022 intra-school competition periods 4 and 5 (optional)

For years 7 and 8, all students in that year group will take part in a sports festival. The festival will last for 2 hours and students will work in their form groups and complete a carousel of 4 short activities. Within these activities, students will be physically active and focus on teamwork, problem solving and having fun. Students must come to school in their MBA PE kit on this day and register on the Netball courts at the start of period 1.

For the optional intra-school athletics competition, all students have the option to sign up to compete in an intra-school athletics competition. This gives students the opportunity to compete in their selected athletics events against other students in their year and also try and beat the school records. Only students who have signed up for the athletics intra school competition will be able to compete in this event. Students that have signed up to compete must come to school in their MBA PE kit on the day of their competition and must register at the end of lunch on the netball courts rather than going to their normal lessons.

Students who have not signed up for the intra-school athletics competition, will attend lessons as normal. They must have appropriate equipment with them for their normal lessons. Students in Years 9 and 10 that have not signed up to the intra-school competition must be in school in full MBA school uniform.

Please can you ensure that your child has a water bottle with them and the relevant protection against the sun as they will be outdoors. If rain is forecast, a decision will be made the day before. If the sessions have to be cancelled, students will be informed and it will be a normal school day.

I regret to inform you that we will not be able to accommodate spectators.

Thank you

Mr Squires

Information for Parents



THERAPEUTIC PARENTING
Healing children from trauma

INFORMAL SUPPORT EVENINGS FOR THOSE INTERESTED IN THERAPEUTIC PARENTING

MONDAY 18TH JULY 2022
MONDAY 19TH SEPTEMBER 2022
MONDAY 21ST NOVEMBER 2022
MONDAY 16TH JANUARY 2023

The Centre @ St Thomas Church
7:30 for a 7:45 start, finished by 9pm

These evenings will include a short talk from a guest speaker and an opportunity to connect with others over drinks and cake.
No need to book, just come along.

FAMILY LIFE CENTRE



More Music

GIRLS CAN

SAT 16 & SUN 17 JULY 2022

DEVELOP ADVANCED SONGWRITING TECHNIQUES
LEARN TO WRITE IN A TEAM | EXPLORE THE DEMO PROCESS
DEVELOP CREATIVITY | DEVELOP AN UNDERSTANDING OF
PRODUCTION TERMINOLOGY | VOCAL CARE | BUILD RELATIONSHIPS

TO REGISTER YOUR FREE PLACE PLEASE EMAIL RACHEL.PARSONS@MOREMUSIC.ORG.UK

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WWW.MOREMUSIC.ORG.UK | 01524 831997 | MORE MUSIC, MORECAMBE, LA3 1QT

YOUTH MUSIC ARTS COUNCIL ENGLAND LANCASTER CITY COUNCIL Lancaster University Carlisle Music FCSC HYPER MUSIC



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Useful numbers

Lune Park Neighbourhood Centre:
01524 581280

Westgate Neighbourhood Centre:
01524 586509

Poulton Neighbourhood Centre:
01524 581281

Get advice and support



Age 0-19 (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

Text 07786 511111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm

DELIVERING EARLY HELP

Children and Family Wellbeing Service



What's on guide

Lancaster District

August 2022



www.lancashire.gov.uk

Welcome

A warm welcome to you from everyone at the Children and Family Wellbeing Service in Lancashire County Council.

Our service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.

Our staff are skilled and committed to understanding your needs and identifying with you the right support to help you achieve your goals. Key workers can work with you on an individual basis offering a more tailored and targeted response and through our community based centres and outreach programmes, outreach workers offer a range of groups and drop in services to meet a range of needs. We work in partnership with other agencies in our community based centres, to ensure we can bring together the right support for you in your local area.

Our 'What's on guide' aims to keep you as up to date as possible about what we can offer you and includes information on what specific groups and services are available at your nearest centre, in your local community.

If you need further information or support, you can contact using the information listed in the 'Key Contacts' section of this guide.

You can also contact our 'Talkzone' service which is available every day of the year from 2pm – 10pm.

Call: 0800 511111
Text: 07786 511111
Talk online: www.lancashire.gov.uk/youthzone

For those families with younger children, you can also access a lot of advice and guidance on a full range of childcare services, resources and issues from the Family Information Service. Tel: 0300 123 6712 or email lancsfis@lancashire.gov.uk

We are always pleased to hear your feedback and ideas about our service, so if you feel able to share with us, please don't hesitate to contact us. We look forward to hearing from you and thank you for using our services.

Centre details

Lune Park Neighbourhood Centre

Rylands Park
Owen Road
Lancaster
LA1 2LN
01524 581280

*Open Tuesdays, Wednesdays, and Fridays between 10am – 12 noon for Vitamin D drops.

Poulton Neighbourhood Centre

The Old Fire Station
Clark Street
Morecambe
LA4 5HT
01524 581281

*Open Mondays and Thursdays between 10am – 12 noon for Vitamin D drops.

Westgate Neighbourhood Centre

Langridge Way
Morecambe
LA4 4XF
01524 586509

*Open Wednesdays, and Thursdays between 10am – 12 noon for Vitamin D drops.

Online details

Family Safeguarding is a new Children's Social Care team working in partnership with all Children's Services – please follow on Twitter @LancFamilies

Facebook: Lancaster and Morecambe Family Zone



Programme



Monday

Poulton
Development Matters
9.30am – 10.30am

Westgate
Transitions
3pm – 4pm

Morecambe Library
Inside Out (8 – 11 years)
3.30pm – 5pm

The Sensory Room at Poulton



We have a Sensory Room available to use **free** of charge at Poulton Neighbourhood Centre.

Use of the Sensory Room is subjected to availability.

Bookings can be made between 09:00 and 17:00 Monday to Friday.

Book via 01524 581281.

Tuesday

Lune Park
Infant Massage
10am – 11am

Infant Massage
11am-12am

Chat, Play & Read
1pm – 2pm

Westgate

Infant Massage
10am – 11am

Poulton

Baby & You
10am - 11am

Morecambe Library

Young Parents to be
1pm -3pm

Inside Out (8-11 years)
3.30pm – 5pm

Online Zoom

Parents to Be
3.30pm – 4.30pm

Wednesday

Lune Park
Development Matters
10am – 11am

Colourful Footsteps
1.30– 2.30pm

Inside Out (8 -11 years)
3.30pm – 5pm

Westgate

Baby & You
1pm – 2pm

Thursday

Lune Park
Baby & You
1pm – 2pm

Healthy Relationships
1pm – 2pm

Transitions
3pm – 4pm

Westgate

Chat, Play & Read
9.30am – 10.30am

Poulton

Infant Massage
10am – 11am

Friday

Westgate
Development Matters
9.30am – 10.30am

Poulton

Transitions
11am – 12noon



Youth Programme

To take part in sessions contact named worker for more details.



Monday

EASY Youth Group for those with SEND (12-19yrs)

6.15pm – 8.30pm

A group for young people with special educational needs and disabilities. Activities include cooking, games and physical activities in a safe supportive environment. Taking place at **Morecambe Library**.

Contact Claire Armer 07717815062

Wednesday

Locality Youth Council (12 to 19yrs or up to 25 with SEND)

6.15pm – 8.30pm

A group for young people who would like to be involved in making a difference in their local community, whilst engaging in fun and enjoyable sessions. Supporting north participation, discussing local projects and issues. Taking place at **Morecambe Library**.

Contact: Charlie Bluglass 07977273886

Thursday

Thursday Youth Impact (12 to 19yrs or up to 25 with SEND)

3.30pm – 5.30pm

This is a small group for young people with issues such as social anxiety. This is a nurturing group to help build self-confidence and communication skills in social situations. Held at **Morecambe Library**.

Contact: Claire Armer 07717815062

Detached Session (12 to 19yrs or up to 25 with SEND)

6.15pm – 8.30pm

Fun and interactive activities and discussions with young people out in the communities where they live, young people will lead the focus of the work. Held in the Morecambe area.

Contact: Charlie Bluglass 07977273886

Detached Session (12 to 19yrs or up to 25 with SEND)

6.15pm – 8.30pm

Fun and interactive activities and discussions with young people out in the communities where they live, young people will lead the focus of the work. Held in the Lancaster area.

Contact: chris.mcqueen@lancashire.gov.uk

Friday

Open Youth Club (12 to 19yrs or up to 25 with SEND)

6.15pm – 8.30pm

This group is open to any young person in the local area. Safe space for young people to hang out with friends and opportunities to participate in a variety of activities. Held at **Morecambe Library**.

Contact: Charlie Bluglass 07977273886



PYRO (LGBTQ+) (13-17yrs)

Fun, informative sessions, exploring key topics and issues affecting young people who identify as LGBTQ+. Providing an opportunity to meet other young people, make friends, socialise, and support each other.

For more information regarding date/time/venue
Contact: Nicole Cobb 07887631335

About our groups and services...

Early Childhood Services (0-5)

Parents To Be

The sessions will help you to prepare for parenthood sharing some key messages such as:

- Safer sleep for your baby
- Support on feeding your baby
- How to ensure your home is safe and ready for your baby
- Support with how to care for your newborn's needs
- The importance of communication and talking to your baby and how this supports the developing brain
- Strategies for coping with a crying baby including ICON message
- Early Play
- Smoking and 'Smoke Free Homes'

Young Parents to Be

A group for parents aged 20 years and under. Antenatal care and information to help you make informed choices about birth as well as key messages about infant feeding, safer sleep, play, communication and taking care of your new baby.

Infant Massage – birth to crawling

The sessions will:

- Help you to feel the relaxing effect of giving your baby a massage
- Strengthen the bonding process
- Build your confidence in handling your baby
- Supporting your baby's development in helping their physical needs if there is any tummy trouble, problems with bowel movement or trapped wind.
- Provide opportunities to meet other parent/carers, develop networks and peer support.
- Provide information about brain development, digestion, and nurturing relationships.

Baby and You

The sessions will:

- Provide information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this.
- Provide you with opportunities to play together and encourage positive play and interaction between you and your baby. readiness.
- Bring you together with other parents to prevent you from feeling socially isolated which is often a reality for new parents.

Development Matters

The sessions provide:

- Stimulating and challenging activities across all ages from 0-5yrs based on child-initiated play both indoors and guided by the Early Years Foundation Stage Development Matters.
- Information about how to support your child's learning and development through songs and play.
- Opportunities for physical play in a safe environment.
- A safe and secure environment for your child to develop their confidence, social and emotional skills and make friends.
- The chance to meet with other families and make new relationships.

Chat, Play and Read

The sessions will:

- Provide opportunities to read and share books together, exploring the fun, rhythms and excitement of words and stories.
- Support your child's listening skills by reading aloud to them and support you to do the same.
- Encourage children to use language in their play, describing, predicating, sharing ideas, and explaining.
- Support you as a parent with ideas of how you can support your child's speech and language development.
- Help children make sense of the world around them.

The Developing Child (5-11)

Inside Out (8-11 years - Key Stage 2)

This group helps to support children who may be struggling to express and manage their emotions or are presenting anxious behaviours and low self-confidence.

In the sessions children will be able to:

- Explore wishes and feelings and understand worries
- Look at a range of strategies to help manage strong emotions
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills
- Meet new people and make new friends

Colourful Footsteps

We also provide sessions in our centres for children with physical, learning, behavioural or emotional difficulties. We offer an inclusive environment, with opportunities for learning, development, and support. Parents and carers can meet and make new friends and share experiences. There will also be information to hand about professional support so you can be signposted to other agencies, groups, and services.

Parenting and Family Support

Triple P

'Triple P' which stands for 'Positive Parenting Programme' is an evidence based parenting course. It doesn't tell you how to be a parent. It's more like a toolbox of ideas where you choose the strategies you need. It is delivered through group discussions, parent workbooks and homework.

Group Triple P

For parents of children aged 2-10 years old.

The course covers:

- Positive Parenting – using assertive discipline, having reasonable expectations, looking after yourself as a parent.
- Raising confident, competent children - showing respect for others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver and becoming independent.
- Raising resilient children- recognising and accepting feelings, expressing things appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, dealing with stressful life events.

Teen Triple P

For Parents with teenagers up to 16 years.

The course covers:

- Raising responsible teenagers – taking part in family decision making, being respectful and considerate, getting involved in family activities, developing a healthy lifestyle, being reliable, being assertive.
- Raising competent teenagers, developing self-discipline, establishing good routines, getting involved in school activities, being a good problem solver following school rules, having supportive friends

Stepping Stones Triple P

For parents who have children with a disability or other additional needs up to 12 years old.

The course covers:

- Positive parenting for children with a disability – creating a positive learning environment, using assertive discipline, having reasonable expectations, looking after yourself as a parent, adapting to having a child with a disability.
- Helping your child reach their potential - promoting your child's development by teaching them new skills and behaviours; this explores, choosing a skill to teach, breaking skills into steps, choosing rewards, deciding on where, strategies and keeping track and reviewing.

Healthy Relationships – strengthening families

All families have arguments, it is part of how we negotiate and understand each other. This is constructive and children learn from seeing how arguments are resolved. However, when arguments become frequent, intense, and poorly resolved, children suffer from being exposed to it. This course aims to work in a solution focused way, enabling and empowering you as a couple to understand your conflict and see how to resolve the issues yourselves, rather than relying on a practitioner for solutions.

The course covers:

- The effects of conflict on parents and children, and the causes of conflict
- How are existing vulnerabilities can make us more susceptible to conflict
- Constructive and destructive communication
- Thought feelings and behaviours
- The feelings wheel, problems, and issues
- Better communication expectations and reality, goal setting.

[Are you in an abusive relationship or have you been affected by domestic abuse?](#)

Freedom

The Freedom Programme is a relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship.

The sessions:

- Examine the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors.
- Help victims and survivors make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.
- Describe how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.



Contact Caroline North –

Caroline.north@lancashire.gov.uk
or call 01524 581281 or
07766367505 for more information
about the Freedom Programmes.

