GOSPEL OAK SCHOOL – E-ZINE WE 14TH MARCH 2025

The last two Fridays have been fantastic celebrations of wider school learning, or enrichment as it is often called. Last Friday's 'Culture Day' saw an amazing array of colour around school, fabulous dancing and musical entertainment at lunchtime and lots of lovely food from around the world. Today has seen a Drop-Down Day, with each year group having activities personalised to their particular stages of learning; Year 7s explored forensics in Science, Year 8s have had a wonderful day of poetry, Year 9s put 'Dictators on Trial', Year 10s were learning about managing their finances and having a mock interview, and Year 11s worked with Elevate, an external company, on revision techniques and had valuable time in options' subjects as they move every closer to their exams. As always, please take the time to discuss the days with your daughter and/or son.

Last night saw us welcome our Year 9 parents and carers into school for 'Guided Choices' with their daughter and/or son; there was a huge amount of discussion about current learning in Maths, English and Science, and all sorts of important questions and conversations about options for Years 10 and 11. We are extremely grateful to parents and carers for the time they take to discuss these options at home too; options are such big decisions, and it is important that the choices are made from a well-informed and considered position.

We hope you have a lovely weekend; do please get in touch via Gospel Oak School - Contact Us if we can help in any way.

Upcoming Dates

Thursday 20th March – Student Finance Information Evening

Friday 21st March – Year 7 Morgan Stanley Event

Tuesday 25th March – Year 8 HPV Vaccines

Wednesday 26th March – Envision Programme, Blakemore

Friday 28th March – Year 9 & Year 10 Girton College Road Show

Assembly Themes

Assembly focus this week was National Careers Week.

w/c 17/03 – International Day of Happiness

w/c 24/03 – Women's History Month

Please take the time to talk to your child about what they have learnt in Assembly.

Year Team Updates – w/e 14/03/2024

Year 7:
What an outstanding week last week with Culture day! Our year 7's went above and beyond in this, displaying respect and celebrating diversity in the year group. Students got to enjoy a performance in theatre during period 1, with poetry, music and dancing – how exciting! Attendance dropped last week, with an average of 92%, this is a concern for year 7 as the national average attendance is much higher so we need to pull together as a year 7 family to get this attendance up and maximise our students learning times so they have better outcomes in year 11! If there are any minor illnesses, your child is expected to be in school and if a child is absent, then medical evidence should be provided. Let's have a big push in ensuring that everyone is in school!

Year 8:
Last week saw a brilliant Culture Day, celebrating cultures from all around the world in our school and it was a delight to see year 8 enjoying musical, fashion and poetic performances. Attendance for the week was also 95.2% a record in the year group and school, so plenty to celebrate! Mr Johnson, Mr Marrs and Miss Smith are so proud of the year group and look forward to all the exciting things that await ahead.

Year 9:
Wow! Week 2 of this half term really was something wasn't it?! The Year 9 family finished the week with an incredible Culture Day which saw our family really come together to celebrate a range of cultures, ethnicities, beliefs and values and it really was a day to be proud of! A huge super star shout-out to the following girls who helped Miss Mistry organise the day and were a big part of the end of the day celebration in the theatre: Savannah J., Astou K. and Eleanor S. – We are super proud of you, and you looked beautiful in your cultural dress, as did everyone who made the effort on Friday! Let's see what this week brings for us and our Y9 family, remember 10/10 always!

Year 10:
An incredible week last week with the inclusion of Culture Day. It was absolutely fantastic to see students celebrating and respecting a range of cultures. A real proud day with performances, fashion, food and of course lots of dancing. Attendance is starting to pick up again but we need to keep pushing especially on our Mondays with a low 91.1%. Work Experiences

Year 11:
Thank you to all those Y11s who participated in Culture Day – you looked fantastic.
We have a lot coming up in the next few weeks so please ensure you are keeping up to date with paperwork!! We have Drayton Manor, Leavers Hoodies and Prom to look forward to.
Thank you to all of you who are attending intervention sessions after school, these are so important to your exam success. Keep working hard in lessons and you will reap the rewards in the summer!!

Sixth Form

Students have been working hard since returning from the ½ term break and Year 13 have been working on mock exams.

New York letters are now available for students to apply – please pick up a letter from 6th form if you are interested in this amazing opportunity. Closing date 14th March.

A reminder to be logging on and completing your online learning.

We are still taking applications for anyone that would like to join the Gospel Oak 6th Form.

Your sincerely,

Mr Bala
Associate Assistant Principal Post 16

Year 12 student of the week – Hasti

Year 13 student of the week – Luke M

Year12 attendance – 91.8 %

Year 13 attendance – 92% %

Events –

8th – 10th July - Year 12 work experience

Gospel Oak School
Bilston Road
Gospel Oak
Tipton
West Midlands
DY4 0BZ

T 0121 556 1351
F 0121 506 7833
W www.gospeloakschool.co.uk

To: Sixth Form Parents/Carers

14th March 2024

Our Ref: SBa.KH.3227
Your Ref:

Dear Parent/Carer,

Re: Important Information Regarding University Fee Increases

As you begin to prepare for your next steps after sixth form, we wanted to take a moment to update you on some important changes that may affect your son's/daughter's university plans, particularly concerning tuition fees.

As you may be aware, there have been recent discussions regarding the increase in university tuition fees in the UK. While the current fee cap stands at £9,250 per year for undergraduate students, these have been changed to £9,535 that is in line with inflation or other government policies. This will mean higher financial commitments for students planning to attend university in the coming years.

We understand that this news may be concerning, and we want to ensure that you are fully informed as you make decisions about your higher education. Here are some key points to consider:

Fee Increases: Tuition fees are expected to increase over the coming years, though the exact amount and timing of these increases remain subject to government policy. For those applying to university in the next year or two, it is important to factor in the potential for higher fees when budgeting for university costs.

Student Loans and Funding: Despite the fee increases, student loans will still be available to cover the cost of tuition. The cost has gone up by £267 to £8,877. The students that are wanting to live away and study in London there has been an increase of £414 to £13,762.

Alternative Funding: In addition to loans, there may be opportunities for scholarships, bursaries and grants offered by universities, charitable organisations and private companies. We encourage you to explore these opportunities early to help manage costs.

Impact on Your Decision-Making: While rising fees might influence your choice of university or course, it is important to make your decision based on the quality of education and the opportunities that each institution offers, as well as on financial considerations. The school's careers and guidance lead Mrs Wilkins is here to support you in making informed decisions about your future.

We understand that these changes may seem overwhelming, but please remember that we are here to help. If you have any questions or concerns about how the fee increases may impact your university plans, we have secured a student finance information evening on the 20th March, 4.00pm to 5.00pm, in the Theatre. A student finance specialist will be joining us to provide information on student loans, repayments and the application process. There will also be an opportunity to ask any questions.

Thank you for your attention to this important matter, we hope you can join us on the evening.

Yours sincerely,

Mr S Bala
Associate Assistant Principal Post 16

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Student Finance Information Evening – 20th March 2025, 4.00pm to 5.00pm, in the Theatre

Student _____

We will be attending the student finance evening.

Signed _____ Dated _____

Please return slip to Ms Clee

Gospel Oak School
Bilston Road
Gospel Oak
Tipton
West Midlands
DY4 0BZ

T 0121 556 1351
F 0121 506 7833
W www.gospeloakschool.co.uk

To: Key Stage 3 Parents/Carers

14th March 2025

Our Ref: AS.KH.3230

Your Ref:

Dear Parent/Carer,

Re: Upcoming Year 7,8 & 9 Assessments – 28th April to 16th May 2025

I am writing to inform you about the upcoming assessment period for your son/daughter, which will take place from Monday 28th April to Friday 16th May. These assessments are an important opportunity for your son/daughter to demonstrate their understanding of the topics covered so far, in various subjects, and to identify areas where they may need further support.

Assessments are a vital part of your son's/daughter's educational journey. They not only provide a clear picture of progress but also prepare students for future examinations by developing essential skills such as time management, critical thinking and problem-solving. Additionally, the assessment results will enable teachers to tailor their instruction to better meet the needs of your son/daughter. Each assessment will be 45-minutes in length, and your son/daughter will receive feedback in subsequent lessons.

To achieve their best results, it is essential that all students engage in regular, focused revision in the lead-up to these assessments. Revision helps consolidate knowledge, reinforce learning and build confidence in tackling a variety of questions. We recommend your son/daughter to begin revising as soon as possible to avoid last-minute stress and to establish a thorough understanding of the material. We will be ensuring revision is integrated into homework in the weeks leading to the assessments, but here are some extra effective revision strategies your son/daughter can be encouraged to use:

1. **Study timetable:** Planning revision time using a timetable to ensure all subjects are covered systematically.
2. **Flashcards:** Writing key terms, formulae or concepts on flashcards. You could support your son/daughter by periodically testing them using the flashcards.
3. **Mind maps:** Creating visual diagrams to link ideas and organise information.
4. **Online resources:** Using websites such as Sparx, Seneca Learning and BBC Bitesize to review content and test knowledge.
5. **Practice questions:** Completing past papers or sample questions for students to familiarise themselves with exam formats and identify areas for improvement.

We understand that the assessment period can be a stressful time for students. At Gospel Oak School we are committed to supporting your son's/daughter's mental wellbeing during this period. Our pastoral team is available to offer one-to-one support, and we also have specialist staff on-site to assist students who may feel anxious or overwhelmed. Please encourage your son/daughter to speak to a member of staff if they are feeling stressed, as we are here to help.

We also recommend encouraging your son/daughter to maintain a balance between revision and relaxation. Activities such as physical exercise, mindfulness and spending time with family or friends can be highly beneficial in managing stress.

Your support plays a crucial role in your son's/daughter's success. Here are some ways you can help:

- **Create a quiet, distraction-free space** for revision.
- **Encourage short, focused study sessions** with regular breaks to maintain concentration.
- **Monitor their progress** by discussing what they have revised and offering to test them on key concepts.
- **Provide positive reinforcement** to boost their confidence and motivation.
- **Check in with their emotional wellbeing** by talking to them about how they're feeling and reassuring them that doing their best is what matters most.

We understand that unforeseen circumstances can arise, and some students may not be able to attend their scheduled assessments. Please rest assured that mop-up sessions will be arranged for students who are absent during this period to ensure they do not miss out.

If you have any questions or concerns about the upcoming assessments or how to best support your son/daughter during this period, please do not hesitate to let us know by using the 'Contact Us' link on the school website.

Thank you for your continued support in helping our students succeed.

Yours faithfully,

Mr A Shergill
Assistant Principal

Gospel Oak School
TERM DATES FOR WEBSITE
Academic Year 2026/27

Autumn Term 2026

STAFF TRAINING DAY	Tuesday 1st September 2026
STAFF TRAINING DAY	Wednesday 2nd September 2026
TERM STARTS	Thursday 3rd September 2026
STAFF TRAINING DAY	Friday 23rd October 2026
HALF TERM	Monday 26th October 2026 – Friday 30th October 2026
STAFF TRAINING DAY	Friday 27th November 2026
TERM ENDS	Friday 18th December 2026

Spring Term 2027

STAFF TRAINING DAY	Monday 4th January 2027
STAFF TRAINING DAY	Tuesday 5th January 2027
TERM STARTS	Wednesday 6th January 2027
HALF TERM	Monday 15th February 2027 – Friday 19th February 2027
TERM ENDS	Thursday 25th March 2027

Summer Term 2026

TERM STARTS	Wednesday 7th April 2027
HALF TERM	Monday 31st May 2027 – Friday 4th June 2027
TERM ENDS	Friday 16th July 2027

The 2026/27 Staff Training Days are yet to be finalised and maybe subject to change.

PE Kit Donation Request

We hope this message finds you well.

Our PE department is currently looking for any spare PE kit that families may be willing to donate. If your child has outgrown their PE kit, we would be incredibly grateful for any contributions to help ensure pupils have the appropriate attire for their PE lessons.

If you have any items you would like to donate, please drop them off directly to a member of the PE department in F1 or F2.

Thank you for your continued support.

Sandwell Family Hub

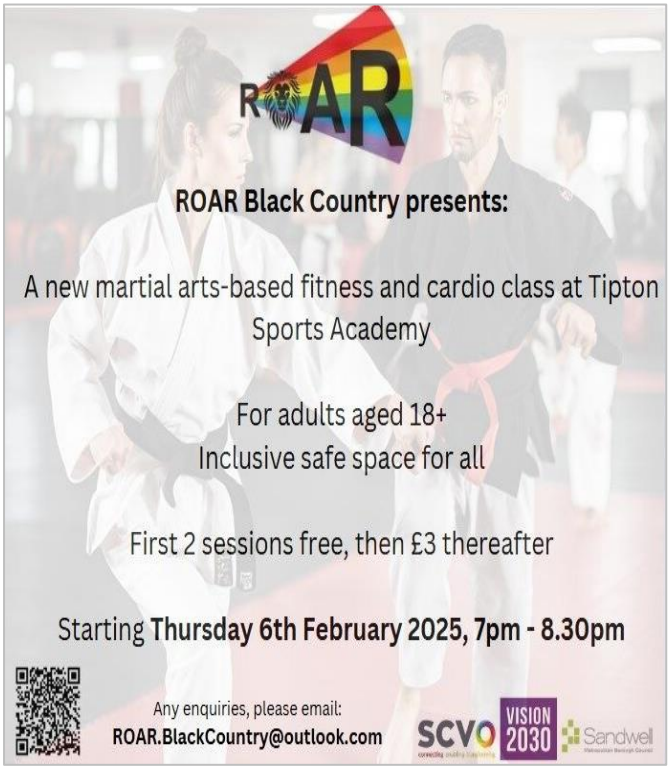
February saw the launch of Sandwell's Family Hub newsletter which provides updates straight to your email inbox; over 900 parents and families have already subscribed to this across Sandwell. Please see Family Services, Support and Help | Sandwell Family Hubs for more details.

Sandwell Family Hubs
Helping Families Thrive

Please complete the below link for your child to receive their vaccine:-

https://midlands.schoolvaccination.uk/hpv/2024/sandwell

Vaccination UK will be attending Gospel Oak School on Tuesday 25th March 2025 to administer the HPV (Human Papillomavirus Vaccine). Should you wish for your child to receive his / her vaccine then please complete the above link by midnight on Tuesday 18th March 2025. Please ensure that your son / daughter has no allergies to the vaccine and should you have any queries then please contact Vaccination UK on 0121 592 1110.



How our work has helped

Tracey helped me in being able to express my feelings more and not be ashamed of how I am feeling.
I felt listened to and this helped me come to terms with my grief.
It was easy for me to get to the location in Wolverhampton, I could ride my bike or walk rather than travel to Birmingham.

Tracey helped my son with his separation anxiety he felt very comfortable with her.
We were able to get to Oldbury, much easier than driving into Birmingham. That really helped, so that my son didn't lose time from school.

I found my wellbeing session really relaxing, it helped remove a lot of tenseness. My wellbeing therapist is such a lovely person, so friendly and encouraging.

Our values

These are the values of Edward's Trust:

Respect | Excellence | Hope | Support | Holistic

Edward's Trust recognises the diverse needs of our families and communities and seeks to offer support in an accessible and inclusive way.

We do not charge for our services to bereaved families but should you wish to make a donation to Edward's Trust, you can do so on our website or by using this QR code

37 Calthorpe Road Edgbaston, B15 1TS. 0121 454 1705
Registered Charity Number 1105370
www.edwardstrust.org.uk

bacp | BAPT

Edward's Trust

Supporting bereaved parents, children and young people in the West Midlands

Bereavement Support in the Black Country

Edward's Trust is a specialist bereavement charity based in Birmingham, providing counselling and holistic support to families in the West Midlands.

The Trust was founded by Peter and Hilary Dent in 1989 in memory of their son, Edward, who died of cancer when he was 7 years old.

Our Services

As part of our outreach support we offer:

- Advice, Information, Support and Training
- Counselling for
  - parents
  - young people
  - children (over 10 years old)
- Wellbeing Support

(Other services are available at our main Edgbaston site)

www.edwardstrust.org.uk

Registered Charity No.1105370 & Company Ltd Guarantee in England & Wales No. 3487577

Who we support in our outreach service

- Parents bereaved of their child – whatever the age or circumstance.
- Children and young people aged between 10 – 24 years who are bereaved of a parent, grandparent, significant carer, sibling or friend.

Dudley | Wolverhampton | Sandwell

More detailed criteria can be found on our website www.edwardstrust.org.uk/criteria or alternatively contact our bereavement centre. Please note other services are available at our main Edgbaston site.

How to get support

Ways to contact us:

admin@edwardstrust.org.uk
0121 454 1705
www.edwardstrust.org.uk

We will then be in touch to get more details and discuss ways in which we can support you or signpost you to other services if more appropriate.

When to get in touch

In most cases it is beneficial for a period of at least 8 weeks after the death to have elapsed before seeking counselling, play therapy or wellbeing support from Edward's Trust. However we can offer initial telephone advice and support in the early stages of bereavement.

Why our work is unique

We recognise that all grief is an individual journey and we tailor our support to meet individual needs.

We offer an holistic approach to bereavement support - we support the physical aspects of grief too, offering wellbeing therapies and support.

We are specialised - All our therapists are qualified, experienced in bereavement support and registered with their appropriate professional body.

We recognise that providing our support in the local area means travelling time to appointments is reduced. We work from a choice of locations throughout the Black Country.

STEP ON
FREE ARTS & CRAFTS
WORKSHOPS FOR ALL
IN THE COMMUNITY OF SANDWELL
MONDAYS
GREAT BARR LIBRARY 10.30-12.00
OAKHAM LIBRARY 2.00-3.30
TUESDAYS
THIMBLEMILL LIBRARY 11.00-12.30
BLEAKHOUSE LIBRARY (FAMILIES) 3.15-4.45
WEDNESDAYS
LANGLEY LIBRARY 9.45-11.15
WEST BROMWICH LIBRARY 11.00-12.30
OLDBURY LIBRARY (FAMILIES) 3.15-4.45
FRIDAYS
GREAT BRIDGE LIBRARY 10.00-12.00
BRANDHALL LIBRARY 2.00-3.30
STONE CROSS LIBRARY (FAMILIES 3.15-4.45
Come join us for fun, friendship and learn new skills in arts and crafts.
STEP ON is drop in but please check in with the venues to ensure there is space available.
Workshops take place weekly all year round (not in school holidays).
WORKING TOGETHER TO SUPPORT YOUR MENTAL HEALTH AND WELLBEING
ARTS THERAPIES UK
ARTS COUNCIL ENGLAND
Sandwell
www.artstherapiesuk.org.uk
Arts Therapies UK is a Registered Charity: 1051578

The Active Wellbeing Society
Tipton Community Cycling
Discover your local green spaces and connect with your local community in a free weekly learn to ride session and a led ride. Bikes and helmets provided - tea and coffee available after the session!
Every Tuesday, starting from 8th April:
Learn to ride sessions starts at: 10am - 11am (meet at 9:50am)
Led ride sessions start at: 11:10am - 12:15pm (meet at 11am)
Meeting at: Tipton Library, Tipton, DY4 8SR
For more information, contact Victor Bulso:
Email: victor.bulso@theaws.org
Phone: 07729658272
Website: www.theaws.co.uk
The Active Wellbeing Society
HEALTHY SANDWELL
We find the support you need
@tawsociety
@theaws
@TAWSociety
The Active Wellbeing Society
Sandwell
Metropolitan Borough Council

Life in Community CIC at St John's Tipton Church Hall

Weekly Timetable Winter 2025

Term Time Only
Jan 2025 - March 2025

Motivation Mondays Mondays 12pm - 7pm

- LIC Community Money Advice Connect Centre – Life and DEBT
- Go Play Sandwell Youth Club 3pm - 5:30pm – Go play Sandwell
- Lifeline Ladies Support Group 6pm - 7pm – Lifeline ladies
- Walk & Talk 6pm - 7pm – Walk & Talk

Tuneful Tuesdays Tuesdays 1pm - 7pm

- Lifeline Wellbeing Hub 1pm - 5pm
- Lifeline Dinner & a Singer 1pm - 5pm
- Lifeline Warm Space 5pm - 7pm

Wellbeing Wednesdays Wednesdays 11am - 4.30pm

- Lifeline Light Exercise 9:30am - 10:15pm – £2 per person – Lifeline Light Exercise
- Life Tots - Family Playgroup 10:45am - 12:15pm – £2 per family – Life Tots
- Coffee, Cake & Crumpets Well-being Session 1pm - 4pm – £2 per person – Coffee Cake & Crumpets

Don't Forget to 'Come and grab a loaf!' Every Wednesday

Focus Fridays Fridays 11am - 3pm

- Lifeline Moneywise Cooking on a budget 10:30 -12:30pm – Lifeline MoneyWise
- Lifeline Advocates Support Drop In – Lifeline Advocates
- Lifeline Community Drop in

Call or text LIFE' to 07752 659257 for further information

You can find us at:
St Johns Church Hall,
Upper Church Lane,
DY4 9ND

Supported by
WDH Sandwell – Promoting health equality
NHS – Black Country Healthcare NHS Foundation Trust
Localgiving
nationalgrid

Life in Community CIC activities from January 2025 - March 2025

Motivation Mondays

Kick start your week and seize the opportunity to either deal with any financial challenges, unemployment worries, or housing issues. We are here to help, as well as give you a safe space for your kids aged 6-12 (up to 14 for regular users). Mondays are an opportunity to access advice and guidance, a free play session for the kids and/or to talk through your issues with like-minded women or walk and talk to clear your head.

-Life and Debt, Go Play Sandwell, Lifeline Ladies Group, Walk and Talk

Tuneful Tuesdays

It is time to get musical, giving residents to access live entertainment or group activities to be enjoyed, with a light meal. In addition it is a chance to gain some valuable money and energy saving tips via our Warm Space. Come on in, meet new people, get help with your fuel tariffs and keep warm.

-Tuneful Tuesdays, Lifeline Dinner and a Singer, Lifeline Warm Space

Wellbeing Wednesdays

It is our favourite day of the WEEK! Join us for activities that assist in improving your physical wellbeing by increasing your fitness levels. If you have little ones, enjoy a family play time session. Then finally, access our wonderful residents session, where you are able to meet liked-minded people and enjoy a light meal. If you want to laugh, join us. This group will make your Wednesdays wonderful.

-Lifeline Light Exercise, LifeTots and Coffee, Cake and Crumpets

Focus Fridays

Join us for our intergenerational activities, bringing the old and young together to cook and share. If you need assistance with anything that is concerning you, please drop in or if you would like a bit of company just pop in.

-Lifeline Money wise, Lifeline Advocates and Lifeline Community Drop in

FIND US ON SOCIAL MEDIA

Facebook: LifeinComTipton
Twitter/X: @LifeinComTipton
Instagram: LifeinComTipton

WDH Sandwell – Promoting health equality
NHS – Black Country Healthcare NHS Foundation Trust

MACMILLAN CANCER SUPPORT

Cancer information and support

العربية Arabic	فارسی Farsi	Română Romanian
বাংলা Bengali	ગુજરાતી Gujarati	Русский Russian
British Sign Language	پښتو Pashto	Türkçe Turkish
繁體中文 Chinese	Język polski Polish	Українська Ukrainian
دری Dari	Português Portuguese	اردو Urdu
English	ਪੰਜਾਬੀ Punjabi	Scan QR code for online support & information in your language.

SDCA

STAY & PLAY GROUP

FREE SESSION

Age: 0–5 years old

When: Every Monday morning

Time: 10 am – 12 pm.

Where: Tipton Family Hub, Glebefield Estate, 24 Ridgeway rd, Tipton, DY4 0TB.

Who: Deaf/hard of hearing children with hearing parents
&
Hearing children with deaf or hard of hearing parents

Meet other parents while your children play.

Want more information? Contact us

Phone/Text/Facetime
07791921011

Email:
craig_pothecary@sdca.co.uk

What is HENRY?

HENRY is a UK charity working to give children a healthy and happy childhood, ensuring they thrive both now and in the future.

We offer practical tips and resources for parents and carers on our website to support positive family changes.

How can I join a programme?

Available locally

The *Healthy Families: Growing Up* programme is available in your area.

Talk to your local Family Support Service Team or health practitioner to find out more and explore if this programme is right for you.

"This was so much more and so much better than I expected. I would encourage every parent to do it."

"This was the best thing I could possibly have done to help me be a better mum."

– Parents from the Healthy Families: Growing Up Programme

Contact information

For more details or to join the programme, contact us at:

Choices_Sandwell@sandwell.gov.uk

REGISTER FOR OUR PROGRAMME TODAY

Choices

Sandwell

HENRY is a registered charity in England and Wales (No. 1102587) and a registered company (No. 6952404). © 2025 HENRY. All rights reserved.

HEALTHY FAMILIES: GROWING UP

FOR PARENTS & CARERS

Guiding families to grow happier and healthier, together

We all want what's best for our children, but it can sometimes feel overwhelming as they grow up.

The *Healthy Families: Growing Up* programme is here to offer practical support and guidance, helping you and your family adopt healthier habits.

About the programme

FREE support for a healthier family lifestyle.

The *Healthy Families: Growing Up* programme is designed for families with children aged 5–12.

This programme supports families in creating healthier routines, fostering positive family dynamics, and addressing challenges like screen time and peer pressure.

Why Join Us?

Research shows the key ingredients for a healthy family life include:

- Confidence as a parent
- Fun physical activities for all ages
- Healthy eating habits
- Positive family routines
- Enjoying life together as a family

This eight-week programme covers these essential areas to help your children—and the whole family—thrive.

Weekly sessions

Our eight weekly sessions provide tips and tools to create a healthy, supportive environment for everyone in the family:

Week 1 – What is a healthy family
Week 2 – Finding balance
Week 3 – Understanding children's behaviour
Week 4 – Setting healthy boundaries
Week 5 – Making healthy food choices
Week 6 – Enjoying family mealtimes
Week 7 – Negotiating family routines
Week 8 – Supporting your growing child

What parents say

- 97% of parents would recommend it
- 89% feel more confident as a parent

Is this for me?

This programme is perfect for families with primary school-aged children.

If you answer "yes" to any of these questions below, then the programme is for you:

- Would you like to support your child to manage screen time and peer influences?
- Are you looking for strategies to encourage your child to make healthier food choices?
- Would you like ideas for creating family routines that work for children aged 8–12?
- Do you want to feel more confident in helping your child navigate challenges as they grow?

Coping with Bereavement

As we get older, coping with the loss of a loved one can become very difficult. There is no single "right" or "wrong" way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt due to perceived failures or inability to prevent the death.

Recognising and allowing these different re actions is an important part of the healing process.

Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different, bereavement can be like a rollercoaster.
- Be careful, as accidents are more likely during periods of stress.

If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

"At the beginning all you can feel is the overwhelming sadness. As time passes, even though the sadness remains, it is alongside happy memories and memorable times spent together."

Unknown author
message from Tree of Life, Dying Matters Awareness Week 2024

For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.

If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS* on 116 123

*Available any time, day or night for confidential support.

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

0800 011 4656
0121 569 5100
www.healthysandwell.co.uk

Bereavement, Grief and Loss

Are you, or someone you know, looking for bereavement, grief or loss support?

If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.

HEALTHY SANDWELL

MBCC

SANDWELL BETTER MENTAL HEALTH
Better mental health for all

Free Local & National Bereavement Support

Bennetts Funerals - GriefChat:

www.bennettsfunerals.co.uk/bereavement-support. For an instant chat with a professional bereavement counsellor.
Monday – Friday 9am – 9pm

Black Country Support After Suicide:

Rethink Mental Health – 0800 008 6516

- 1-1 practical and emotional support across 6 personalised weekly support sessions - face to face sessions, online, telephone or WhatsApp.
- 1-1 suicide bereavement counselling for between 6-8 weekly sessions.
- Bereavement peer support groups – closed support groups with a maximum of 6 participants.

Blue Cross:

Support to cope with the loss of a pet, either through death, enforced separation or theft.
0800 096 6606
Email: plsmail@bluecross.org.uk
Live chat also available
Monday – Sunday: 8.30am – 8.30pm

CRUSE Bereavement Care:

Local branch (Smethwick): 0121 558 1798
National branch: 0808 808 1677

Dorothy Parkes Centre (Smethwick):

Loss Matters - 0121 558 2998

Kaleidoscope Plus Support Groups (West Bromwich):

Contact number - 0121 565 5605
Bereavement Group - monthly meetings on **Tuesdays, 11am-12.30pm**
Bereaved by Suicide Group - **First Tuesday of every month 6.30 pm – 8pm**

Murray Hall Community Trust:

Contact number: 0121 612 2939
Bereavement Support Group – drop-in sessions, monthly on the 3rd Friday of each month from **10am – 12pm.**
Murray Hall Community Trust, The Bridge Community Centre, St Marks Road, Tipton, DY4 0SL

National Bereavement Service:

Grief support and practical & legal administration support after someone has died.
Monday - Friday 9am-6pm,
Saturday: 10am-2pm, Sunday: CLOSED
Helpline: 0800 0246 121. Email: info@thenbs.org
Live Chat via the website

SOBS (Survivors of Bereavement by Suicide):

9am-9pm every day
National Support line: 0300 111 5065
Local support phone: 07376 303 438
The Birmingham group also run a virtual Punjabi speaking women's group.

Sue Ryder at Dorothy Parkes Centre (Smethwick):

The Grief Kind Space offers face to face informal support drop in sessions every **Monday between 10am-12pm,** at Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH.
Online support with a qualified counsellor available on www.sueryder.org/grief-support/

Silverline:

0800 470 8090 Free, confidential telephone service for older people - friendship, conversation and support 24 hours a day, **7 days a week.**

Winston's Wish:

08088 020 021 Specialist practical support and guidance to bereaved children, their families and professionals.
Monday - Friday: 8am-8pm

Support lines

Need to talk to someone?

24/7 support lines

Samaritans - 116 123
Free for anyone at anytime for any reason
Email: jo@samaritans.org

Silverline - 0800 470 8090
Free, confidential telephone service for older people - 24 hours a day, 7 days a week.

Black Country Mental Health Helpline
0800 008 6516 (24/7 Helpline)

Day/ Evening support lines

Cruse (nationwide bereavement support)
0808 808 1677
Monday, Wednesday-Friday: 9.30am-5pm;
Tuesday: 1pm-8pm; Saturday – Sunday: Closed

Grief Encounter - Grieftalk helpline
0808 802 0111
Monday - Friday: 9am-9pm

Kaleidoscope Sanctuary Hub (Primary mental health support at Hope House, West Bromwich)
0121 289 6111 or 0121 565 5605
Monday - Friday: 6pm-11pm
Saturday & Sunday: 12 (noon)-11pm

Marie Curie - Free bereavement support
0800 090 2309
Monday - Friday: 8am-6pm, Saturday: 11am-5pm

National Bereavement Service
0800 0246 121
Monday - Friday 9am-6pm,
Saturday: 10am-2pm, Sunday: CLOSED

SOBS (Survivors of Bereavement by Suicide)
0300 111 5065 everyday 9am-9pm

https://www.lichfield.anglican.org/powsandwell/

OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH

PLACE OF WELCOME

Correct as of February 2025

A Place of Welcome offers your neighbourhood a place where everyone can go for a friendly conversation and free refreshments, if and when they need it, all year round.

4 Community Trust HUB West Bromwich, Wiltshire Way, Hateley Heath, West Bromwich, B71 1JU – Mondays – Thursday 09:00 – 14:00 and Fridays 09:00 – 13:00

South Staffordshire Water Community Hub, Union Street, Wednesbury, WS10 7HD - Mondays 09:00 – 12:30

Community Transport, West Bromwich Bus Station 0 Stand D, St Michael Street, West Bromwich, B70 7AB - Monday to Friday 9:00 - 13:00 and Saturdays 9:00 – 12:00

Crafternoon, Wednesbury Sons of Rest Community Centre, Foley Street, Wednesbury, West Midlands, WS10 9HG - Mondays 12:30 - 15:30

Stone Cross Library, Beverley Road, West Bromwich, B71 2LH - Mondays 14:30 - 16:30

Hill Top Methodist Church, Wesley Community Centre, New Street, Hill Top, West Bromwich, B71 2EJ - Tuesdays 10:00 - 11:30

Hill Top Community Centre, Hill Top, West Bromwich B70 0RZ - Tuesdays 10:00 - 12:00 (includes an optional wellbeing walk)

St Mark's Parish Church, Ocker Hill Road, Tipton, DY4 0UT - Tuesdays 11:00 - 13:00

Great Bridge Community Forum, Farley Park Lodge, Whitehall Road, West Bromwich, B70 0HF - Tuesdays 12:00 - 14:00

St Mary Magdalene Church, Beaconview Road, Charlemont Farm, West Bromwich, B71 3PJ - Wednesdays 10:00 - 12:00

The Good Shepherd with St John, 4 Bromford Lane, West Bromwich, B70 7HP Wednesdays and Fridays 10:30 - 12:00

St Andrew's Church, 18 Dudley Street, West Bromwich, B70 9LR - Wednesdays 10:30 - 12:00

A place where everyone can feel safe to connect, belong and contribute!

SUPPORTED BY :

DIOCESE OF LICHFIELD

Strengthening Communities

Strengthening Communities Enabler
Carrie Blount
07377 918101
carrie.blount@lichfield.anglican.org

https://www.lichfield.anglican.org/powsandwell/

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Leabrook Methodist Church, Leabrook Road North, Wednesbury, WS10 7LY - Wednesdays 10:30 - 13:00

Bethel Christian Fellowship, Gads Lane, West Bromwich, B70 8QL - Wednesdays 11:00 - 13:00

The Gap Christian Family Centre, Hargate Lane, West Bromwich, B71 1PH - Wednesdays 11:30 - 13:00 *currently no wheelchair access

Wednesbury Baptist Church, Vicar Street, Wednesbury, WS10 9HF - Wednesdays 12:00 - 13:30

Great Barr Library, Birmingham Road, Great Barr Birmingham, B43 6NW - Thursdays 9:30 - 13:00

The Elite Church, 88 Owen Street, Tipton, DY4 8ET – Thursdays 9:30 – 11:15 and Saturdays 16:00 – 18:00

St Francis of Assisi, Parish Church, Freeman Road, Friar Park, Wednesbury, WS10 0HJ - Thursdays 10:00 - 12:00

Way 2 Wellbeing, Wednesbury Sons of Rest Community Centre, Foley Street, Wednesbury, West Midlands, WS10 9HG (by Brunswick Park) - Thursdays 10:00 - 12:00

St Matthew's Church Hall, 106 Dudley Road, Tipton, DY4 8DJ - Thursdays 10:00 - 12:30 (term time)

Wednesbury Library, Walsall Street, Wednesbury, WS10 9EH - Thursdays 11:00 - 12:30

Thursdays Time, New Road Methodist Church, Mount Street, Great Bridge, Tipton, DY4 7DE - Thursdays 14:00 - 15:30

Friar Park Millennium Community Centre, Friar Park Road, Wednesbury, WS10 0JS - Fridays 10:00 - 13:00

Jubilee Park Centre, Powis Avenue, Tipton, DY4 0RJ - Fridays 11:00 - 12:00

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Strengthening Communities

Strengthening Communities Enabler
Carrie Blount
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The Kaleidoscope Group
Creating brighter futures together
Your Space Your Way
A welcoming space for people with hoarding behaviour to meet with each other to share experiences and learn how to manage their situation.
Join us between 10:00-12:00 every month.
Refreshments will be provided.
Wednesday 8th January 2025
Wednesday 5th February 2025
Wednesday 5th March 2025
Wednesday 2nd April 2025
Wednesday 7th May 2025
Wednesday 4th June 2025
321 High Street, West Bromwich, B70 8LU
Please call 0121 565 5605 to book your place