

# Gospel Oak Weekly Newsletter

## w.e. 26<sup>h</sup> June 2026



### UPCOMING DATES

Monday 29<sup>th</sup> June - Yr 6 Parent / Carer Evening

Monday 29<sup>th</sup> June to Friday 3<sup>rd</sup> July - Year 10 Work Experience

Monday 29<sup>th</sup> June SEND Transition Day

Tuesday 30<sup>th</sup> June - SEND Transition Day

Wednesday 1<sup>st</sup> July - Primary Transition Day

Wednesday 1<sup>st</sup> July - Yr 7, 8 & 9 Reward Trips

Thursday 2<sup>nd</sup> July - Primary Transition Day

Thursday 2<sup>nd</sup> July - Yr 7, 8 & 9 Reward Trips

Thursday 2<sup>nd</sup> July - Year 11 Prom, Black Country Museum

Friday 3<sup>rd</sup> July - Yr 9 & 10 Tug of War Form Championships

Monday 6<sup>th</sup> July - Friday 10<sup>th</sup> July - Year 12 Work Experience

Monday 6<sup>th</sup> July - Performing Arts Showcase - Waseley Hills

Wednesday 8<sup>th</sup> July - Parent / Carer Forum



### ASSEMBLY THEMES

Assembly focus this week was Water Safety

29/06 - Misogyny

06/07 - Plastic Free July

Please take the time to talk to your daughter and/or son about what they have learnt in Assembly.

YEAR 7

YEAR 8

YEAR 9

YEAR 10

SIXTH FORM

LETTERS

COMMUNITY

## MESSAGE FROM MISS LANE, ASSISTANT PRINCIPAL

Thank you for another wonderful week here at Gospel Oak. Although it has been an exceptionally hot week, our students have behaved superbly and continued to demonstrate resilience and maturity, with learning remaining at the forefront throughout.

This week's assemblies focused on the important topic of water safety. Students learned about the dangers of cold water shock and the importance of remembering to FLOAT if they ever find themselves in difficulty in the water. As we continue to experience the warm weather, we hope that all of our students enjoy the sunshine safely and make sensible choices around open water.

Following our half day on Thursday and the full school closure on Friday, we hoped that all of our students and families enjoyed the extended weekend while staying safe in the sun. We look forward to welcoming everyone back on Monday for another successful week of learning.

Thank you, as always, for your continued support. We wish you all a safe and enjoyable weekend.



# YEAR TEAM UPDATES

Dear Parents and Carers,

As we approach the final weeks of the academic year, it has been wonderful to see how much our Year 7 students have grown in confidence, independence, and resilience. We are incredibly proud of their progress and are excited as they begin to look ahead to becoming Year 8 students!

## Attendance Matters

We continue to place a strong emphasis on excellent attendance. Every lesson really does count, and we encourage all students to attend school every day wherever possible.

We understand that illnesses can occur; however, we ask that students **push through minor illnesses where appropriate**. Consistent attendance ensures students do not fall behind in their learning and continue to build positive routines that will benefit them throughout their school journey.

## Homework Expectations

Homework remains a key part of our students' success. It reinforces learning from lessons and helps develop important skills such as organisation, independence, and time management.

We kindly ask parents and carers to continue supporting students in:

- Completing homework on time
- Checking tasks regularly
- Taking pride in the quality of their work

Your support at home makes a significant difference.

## Communication

To ensure that queries are handled efficiently, please direct any concerns, questions, or communications through our dedicated enquiries inbox:

[✉ year7enquiry@gospeloak.crst.org.uk](mailto:year7enquiry@gospeloak.crst.org.uk)

This helps us respond promptly and ensures your message reaches the appropriate member of the team.

## Warm Weather Reminder

With the warmer weather throughout June and July, please ensure students come to school prepared by:

- Bringing a **water bottle** to stay hydrated
- Wearing appropriate uniform for warmer conditions
- Applying **sun protection where necessary**

Staying cool and hydrated helps students remain focused and comfortable throughout the day.

## Upcoming Trips

We are very much looking forward to our **Year 7 trips on 1st and 2nd July**. These are always exciting opportunities for students to build friendships, develop confidence, and create lasting memories. We hope students are looking forward to these experiences as much as we are!

### **Looking Ahead – Nearly Year 8!**

It's hard to believe how quickly this year has gone – we are already preparing for the transition into **Year 8**. Students should feel proud of how far they have come in such a short time.

### **Welcome to Our New Year Team Lead**

**\*WE HAVE SOME AMAZING NEWS\* .....**

We are delighted to introduce **Mr White** as our new Year Team Lead. Mr White brings great enthusiasm, and positivity, and we are confident that he will be a fantastic addition to the year group. We are excited about the positive impact he will have and look forward to working with him moving forward. I hope you can share our student's excitement as **Mr White** takes the lead!

Thank you, as always, for your continued support. We are very proud of our Year 7 students and look forward to a strong finish to the year.

### **Miss Smith and the Year 7 Team**



**Dear Year 8 Students and Families,**

As we come to the end of another busy week, there are a few important messages to share.

### **Attendance**

Our attendance is still nowhere near our target of **95% every day**. This is something we all need to focus on. Being in school every day gives you the best opportunity to learn, make progress, and enjoy everything school has to offer. We need everyone to show resilience and commitment by attending school daily unless they are genuinely unwell.

### **Punctuality and Line-Ups**

We also need to address punctuality. All students should be in school and ready for line-ups by **8:25am**.

Line-ups are an important part of the school day. They provide key information, reminders, and guidance to help you prepare for lessons and make the most of your day. Arriving on time ensures you do not miss anything important.

### **Trips Next Week**

A reminder that our trips are taking place next week. Please make sure that students have everything they need for their trip and that all **consent forms have been completed and returned**.

### **Year 8 Darts Competition**

A massive well done to all of our Year 8 students who took part in the darts competition. Your enthusiasm and sportsmanship were fantastic to see. A special congratulations goes to **Harrison M**, who was crowned the winner. Well done, Harrison!

### **Homework**

We are still seeing too many students not completing their homework. If you are having any difficulties with your homework, please speak to your teacher as soon as possible so we can support you.

Please remember that if homework is not completed, students will receive a **1-hour detention**.

Thank you for your continued hard work and support. Let's finish the term strongly by improving our attendance, arriving on time, and giving our best effort every day.

**"Success is the sum of small efforts, repeated day in and day out." – Robert Collier**

**Mr Greatrex and the Year 8 Team**



As we approach the final few weeks of the academic year, we would like to take the opportunity to celebrate some of the fantastic achievements and contributions made by members of our Year 9 community.

Firstly, we would like to extend a huge thank you to Mr White for stepping in to support the Year 9 team during Mr Johnson's recent absence. Mr White has been an incredible support to both staff and students, and his willingness to help has been greatly appreciated by everyone involved. Mr Johnson has now returned to school and we are pleased to have him back with the year group. Mr White will now be returning to his own year group for the remainder of the academic year, and we would like to wish him the very best of luck. Thank you once again, Mr White, for everything you have done for Year 9.

We would also like to give a massive congratulations to our Year 9 football team, who were crowned County Cup Champions last week. This is a fantastic achievement and one that the players, coaches and families should be incredibly proud of. The team showed tremendous determination, resilience and teamwork throughout the competition and represented Gospel Oak School brilliantly. They are a great group of young gentlemen who fully deserved their success. Well done, boys!

A quick reminder we still need consent letters back for the year 9 end of year trips. We need them back by the end of this week. Any student who doesn't bring their consent letter back will be unable to go.

Attendance continues to be a key priority as we move towards the end of the year. Every lesson remains important, and we encourage all students to attend school every day unless they are genuinely too unwell to do so. Strong attendance supports academic achievement, helps students stay on track with their learning and ensures they do not miss valuable opportunities during these final weeks of the year.

Homework continues to be set through ClassCharts and students are expected to check the platform regularly. Homework is set on the following days:

- Tuesday – Maths
- Thursday – English
- Friday – Science

Students have 7 days to complete each homework task from the date it is set. Consistently completing homework remains one of the most effective ways students can support their learning and improve their future GCSE outcomes.

If you wish to contact the Year 9 team, please do so through the enquiries section of the school website or by emailing [enquiries@gospeloak.crst.org.uk](mailto:enquiries@gospeloak.crst.org.uk). Please do not contact Mr Johnson or Mr Marrs directly, as this may result in delays in your enquiry being responded to. Using the enquiries email ensures that your query is directed to the appropriate member of staff and dealt with as efficiently as possible.

With the warmer weather throughout June and July, please ensure students come to school prepared by:

Bringing a water bottle to stay hydrated

Wearing appropriate uniform for warmer conditions

Applying sun protection where necessary

Staying cool and hydrated helps students remain focused and comfortable throughout the day.

Thank you for your continued support. We are incredibly proud of the progress, achievements and positive attitude shown by Year 9 this year and look forward to finishing the academic year strongly together.

**Mr Johnson and the Year 9 Team**



Dear Year 10 Parents and Carers,

We would like to share some important updates and celebrations from across Year 10.

### **Attendance and Safeguarding**

A reminder that if your child is absent from school, parents and carers must ring in as early as possible. This is essential so that we can safeguard students effectively and account for every child. Good attendance remains very important as students continue through their GCSE courses. Thank you for your continued support in ensuring students attend school regularly, arrive on time and are ready to learn.

### **Work Experience**

Work Experience will take place during the week beginning **29th June**. This is a fantastic opportunity for our Year 10 students, and we are pleased that the majority of the year group have secured placements.

Students have received a safety briefing from **Mrs Wilkins** and should make the most of the week by showing professionalism, punctuality and a positive attitude. Staff will be contacting employers during the week to check in and ensure placements are running smoothly.

### **Year 10 Celebrations**

Well done to the Year 10 students who completed afternoon tea with **Mrs Salter**. They showed great pride and showcased their fantastic hospitality and catering skills.

A big shout-out also goes to the students who volunteered in the darts competition, with **10E** coming in strong and winning points towards Sports Day.

We would also like to congratulate the Year 10 football lads who went to **Leicester Stadium** and won the cup. This is a brilliant achievement, and we are very proud of their teamwork and determination.

### **Parents' Evening**

Please note that **Year 10 Parents' Evening will be rescheduled**. Further details, including the new date and arrangements, will be shared with parents and carers as soon as possible.

### **Contacting the Year 10 Team**

Please direct all emails for the Year 10 team to:  
year10enquiry@gospeloak.crst.org.uk

This allows both **Miss Rolls** and **Miss Dunn** to respond and ensures that all communication is kept in one place.

Thank you for your continued support.

**Miss Dunn and the Year 10 Team**



The students enjoyed a Law experience at Wolverhampton University on Monday where they were part of a mitigation plea and presented their arguments in court. The students then toured the university campus and in the afternoon were subject to seminars about Criminal Law and Tort Law.



We are still taking sixth form applications from Year 11 to join us in September 2026.

Year 12 attendance – 92.5%

Your sincerely,

**Mr Bala**  
**Director of Post 16**

Upcoming events

6th July – 10th July – Work Experience



To: All Parents/Carers

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

T 0121 556 1351  
F 0121 506 7833  
W [www.gospelookschool.co.uk](http://www.gospelookschool.co.uk)

12<sup>th</sup> June 2026

**Our Ref:** HN.KH.3602  
**Your Ref:**

Dear Parent / Carer,

**Re: Free School Meals - Could Your Family Be Eligible?**

We want to make sure that every student gets the best education and support possible. Eating a healthy meal during the school day can help young people stay focused, learn better and build healthy habits for life. The criteria for eligibility for free school meals is changing so that anyone receiving universal credit can claim. Your son, daughter or young person may be able to get free school meals if you receive certain benefits or support. By applying, you could also help the school receive extra funding through the Pupil Premium. This money can be used to provide additional support for students, such as extra teaching, tutoring, resources and after-school activities.

If you think your family may now qualify for free school meals, please contact the school. We will be happy to help you with the application process. You only need to complete the application form once. The local authority will then check your eligibility each year to make sure you still qualify.

We take your privacy seriously. Any personal information you provide will be kept safe and secure. We will pass it on to the local authority who will only use it to check whether your family is entitled to free school meals. In some cases, the information may be shared with other Council services to help identify other support and benefits that may be available to your family.

If you would like to check whether your son/daughter can receive free school meals, please complete the form attached (also available in paper form at school) and return it to the school office either in person or by email. If you would like us to help you with this, please contact us. Please note that there will be the opportunity to apply using an online form but not until *after* 1<sup>st</sup> September 2026 where claims may take longer to process.

The local authority is currently checking the eligibility of all students who are currently receiving free school meals. If you no longer qualify, they will write to you before 1<sup>st</sup> September 2026. If you have any concerns regarding this, please get in touch.

Thank you for your support.

Yours sincerely,

**Hayley Nutting**  
**Vice Principal**



First name of Child 4										Surname of Child 4									
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Date of birth (Child 4)					School Child 4 Attending														
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Please complete an additional form if your application is for more than four children.

NOW COMPLETE YOUR CONSENT AND SIGN THE DECLARATION BELOW PLEASE

### Section 4: Your Consent

√ Pleasetick

I agree that you will use the information I have provided to process my claim for free school meals to verify my initial, and ongoing, entitlement; and that you may contact other sources, such as the Department for Education (DfE) as allowed to confirm this.

Please note that where successful, your details will be passed to the applicable school.

**If you do not consent to the above we cannot proceed with your application, so please ensure that you have read and ticked the box before submitting this application form.**

The following is optional and does not have to be completed for this form to be processed.

I agree that should my initial application be refused; further checks can be automatically made so I can be asked to complete an application form if I later become entitled.

The Data Controller for the information held about you for this purpose is Sandwell Metropolitan Borough Council, Sandwell Council House, Freeth Street, Oldbury B69 3DB. Phone 0121 569 2200.

The Data Protection Officer can be contacted at the above address and through email at [DP\\_Officer@sandwell.gov.uk](mailto:DP_Officer@sandwell.gov.uk)

The information on this form, where you have given us consent to use, will ONLY be used for that purpose and for no other. Where you have not provided us with consent, the information will not be used by the council.

The information provided under consent will only be used and shared for the purposes outlined on this form. However, when a legal duty is placed upon the council then the council will consider the sharing of your information in accordance with that duty (e.g. police etc.).

At any point, you have the right to withdraw your consent by contacting the office below. For further information in relation to how the council will use your personal information, including how long it will be retained for, please see the council's full privacy notice at [www.sandwell.gov.uk/privacynotices](http://www.sandwell.gov.uk/privacynotices)

### Section 5: Your Declaration

The information I have given on this form is complete and accurate. I understand that my personal information is held securely and will be used only for local authority purposes. I agree to the local authority using this information to process my application for free school meals. I also agree to notify the local authority in writing of any change in my family's financial circumstances as set out in this form.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

In accordance with our service standards, eligible claims will be processed within five working days from receipt of completed application forms. However, if you require further information or assistance, please contact the Free School Meals Team on 0121 569 8186 or 8189.

Please return your completed form to your child's school or alternatively, post it to;  
Education Benefits, Sandwell Council House, Freeth Street, Oldbury B69 3DB

# COMMUNITY

☎ 0121 520 0234  
 🌐 [www.learnsafl.ac.uk](http://www.learnsafl.ac.uk)

**DIGITAL BASICS**  
 Jubilee Park Community Centre  
 17<sup>th</sup> June - 15<sup>th</sup> July  
 12pm - 2pm

**Free!**  
 Refreshments provided

This course is aimed at anyone who wants to live a more independent life, progress in education and in their employment prospects. The course will cover being able to use digital skills to safely use technology in the workplace.

Learn how to:

- Use Word documents
- Send emails
- Shop safely online
- Apply for jobs online

All in a friendly surrounding with our helpful tutors.

Winner of the WMCA Adult Learner Awards 2024  
 Digital Inclusion Project

West Midlands Combined Authority

safl | Independent Women's Association | matrix | @SandwellAdultEd | @learnsafl | Sandwell | Digital

SHAPING BRIGHTER FUTURES FOR TIPTON

**SUMMER EVENT**

AT GOSPEL OAK SCHOOL

**SATURDAY, JULY 18** 10:00am till 14:00pm

FREE ENTRY

EVENT HIGHLIGHTS  
 TO BE CONFIRMED....

Shaping Brighter Futures for Tipton

FOR MORE INFORMATION Email: SBFT@gospeloak.crst.org.uk

Sandwell

**SANDWELL PRIDE**

SATURDAY 11 JULY

DARTMOUTH PARK, WEST BROMWICH, B71 4AS  
 12 NOON TO 6PM  
 OPEN TO ALL RESIDENTS

- STREET FOOD ZONE
- DRAG PERFORMANCES
- PRIDE WALK
- LIVE ENTERTAINMENT
- CHILDRENS ZONE & RAVE
- PRIDE MARKET
- TRIBUTE ACTS

BE PROUD BE YOU

LOVE IS LOVE

DARTMOUTH PARK, WEST BROMWICH, B71 4AS  
 12 NOON TO 6PM  
 OPEN TO ALL RESIDENTS



## SHAPE Survey 2026 - Secondary Schools & College

Sandwell Council is conducting this research to better understand the needs of young people and to develop services that support you. You are required to answer each question, although some questions offer a 'prefer not to say' response for sensitive or personal topics.

The data collected will remain anonymous so please answer the survey questions truthfully.





## Online Families First Partnership Programme engagement sessions

Take your place and join us at one of our upcoming engagement sessions to find out more about the Families First Partnership Programme.

We will be having three online sessions:

Date	Time
Monday 22 June 2026	2.00pm – 3.00pm
Wednesday 24 June 2026	11.00am – 12.00noon
Thursday 25 June 2026	1.00pm – 2.00pm

Book HERE

The Families First Partnership Programme (FFPP) is a national initiative led by the Department for Education (DfE), which aims to transform children's services by shifting to early, preventative and family led support – helping more families thrive and stay together safely

As a partnership, we have been striving towards this for some time and made some significant progress. We are building on the support already offered through Family Hubs and working towards an even stronger multi-agency response when families need us. Over the past nine months we have been preparing for the implementation of this programme, which DfE expect to be fully in place by April 2027. We would like to invite you to join one of our upcoming online partnership engagement sessions, bringing together colleagues from across the children Family Help system of support.

The sessions will provide an opportunity to:

- Share an insight into Families First
- Understand what this means for babies, children and young people in Sandwell
- Explore what this means locally for services in Sandwell
- Hear about what we as a partnership have already achieved
- Reflect on current strengths and opportunities under Families First
- Discuss how we can work together to support children, young people and families through earlier, more joined up support
- Find out more about what is coming up and how to get involved

The sessions will be interactive and collaborative, with opportunities for discussion, sharing perspectives across organisations and to ask any questions you may have.

*Families First represents an important opportunity to strengthen partnership working. We will build on the excellent work already happening across Sandwell and continue to strengthen and improve the outcomes for babies, children and young people. Your insight, experience and voice will be invaluable as we continue to shape this work together.*

We hope you are able to join us and look forward to seeing and hearing from you.

For further information, please contact:

Angel on 07721 005248 or [angel.lakha@sandwellchildrenstrust.org](mailto:angel.lakha@sandwellchildrenstrust.org)

We are an Organisational Member of BACP.



### About Us

The Black Country Therapeutic Centre is a service dedicated to helping people access the support they need. Built from a passion for improving lives, our founder, Tommy, has over 14 years of experience in the sector. Drawing on this expertise and the knowledge gained from establishing various services, BCTC was founded. We offer four comfortable and private rooms in Wednesbury and provide support through in-person, online and telephone counselling

BCTC offers four pathways: support for **adults, children, couples, and various relationships**. We also work within organisations, especially those in Healthcare and Social Care, with a clear understanding of the issues the sector can present.

**Amy - Registered Care Manager** "It has been extremely valuable having a service that we are able to promptly refer to. We have seen a significant improvement in staff's emotional well-being, and we have had a positive decline in employee absence relating to mental health" We provide affordable sessions and offer funding when it is available.

### Our Mission

Our mission is to provide timely therapeutic interventions for those in need, bridging the gap in inequalities within the therapeutic interventions offered. The interventions are matched to the individuals' needs instead of just offering traditional talking therapy.

### Interventions and Services

- Talking Therapy
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Couples/Relationships Therapy
- Psychosexual Therapy
- Critical Incident Stress Debriefing
- Animal Assisted Therapy
- Creative Therapy, LEGO, SAND, CLAY, and ART interventions
- Hypnotherapy/Emotional Freedom Technique and Rewind Technique
- Group Therapy and Psychoeducation Groups
- Walk and Talk Therapy

Following us on Facebook

[www.blackcountrytherapeuticcentre.co.uk](http://www.blackcountrytherapeuticcentre.co.uk) [servicesblackcountrytherapeuticcentre.co.uk](https://servicesblackcountrytherapeuticcentre.co.uk)



## POST-16 SPORTS EDUCATION PROGRAMME

Oldbury United FC, York Rd, Oldbury, Rowley Regis B65 0RR

**ELITE TRAINING & COMPETITION**  
Train regularly, compete in fixtures, and develop your performance with experienced coaches.



**EDUCATION + SPORT COMBINED**  
Study towards recognised post-16 qualifications alongside your football training.



**PROGRESSION PATHWAYS**  
Semi-professional football, coaching careers, university study in sport, and industry apprenticeships.

**YOUR FUTURE IN SPORT STARTS HERE**

Scan the QR code to register your interest



[junipertraining.co.uk](http://junipertraining.co.uk) [enquiries@junipertraining.co.uk](mailto:enquiries@junipertraining.co.uk)

Study towards recognised **post-16 qualifications** while training and competing at a high level

#### Option 1:

- Year 1: NCFE Level 2 Certificate in Sport (Sport, Exercise and Fitness)
- Year 2: NCFE Level 3 Diploma in Sport & Physical Activity
- Optional Year 3 available for further progression

#### Option 2:

- Year 1: NCFE Level 3 Diploma in Sport & Physical Activity
- Year 2: NCFE Level 3 Extended Diploma in Sport & Physical
- Optional Year 3 available for further progression

#### KIT BURSARY SUPPORT

Eligible learners can receive financial help with essential sports kit:

- Kit bursary up to £200
- Football boots support up to £70

(for households with an income below £45,000)



**Train. Compete. Qualify. Progress.**



#### WORK EXPERIENCE OPPORTUNITIES

Gain hands-on experience in coaching, fitness, & sports media while building your CV.

#### GUEST SPEAKERS & INDUSTRY INSIGHT

Hear from professionals across the sports industry, including coaches, athletes, and performance experts.



[junipertraining.co.uk](http://junipertraining.co.uk) [enquiries@junipertraining.co.uk](mailto:enquiries@junipertraining.co.uk)

# FREE

## First AID CPR TRAINING



**Thursday 2 July 2026**

West Bromwich Leisure Centre,  
Moor St, West Bromwich B70 7AZ

Two sessions available:  
11am - 2pm or 5.30pm - 8.30pm

**What you will learn:**

- ✓ How to perform CPR
- ✓ How to control severe bleeding
- ✓ How to respond to choking

**Limited spaces available!**

Book your place now by scanning the QR code.




Let's make Sandwell safer, stronger, and ready to act.

















## Sandwell Deaf Community Association

**Two Important Upcoming Sessions.**  
For young people aged 8 - 17 years.



Delivered by the Children and Young People Team at SignHealth.



These sessions are for young people who are:

-  Deaf
-  Hard of Hearing
-  Deafblind
-  Hearing aids users
-  Cochlear Implant or other hearing device users

These sessions will be delivered by **Children and Young People Team SignHealth** and are a chance for you to learn about important topics, share your views, ask questions, and get practical advice in a safe and supportive environment.



**Monday 29th June**

Internet safety and harm

**Monday 6th July**

Taking care of your wellbeing





**Time:** 5:00 pm - 7:00 pm

**Location:** Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH

WE ENCOURAGE ALL ELIGIBLE YOUNG PEOPLE TO ATTEND THESE INFORMATION AND ENGAGE SESSIONS.

For more information, please contact  
Craig Potheary  
email: [craig\\_pothecary@sdca.co.uk](mailto:craig_pothecary@sdca.co.uk)  
Text / WhatsApp / FaceTime: 07791 921011

## This is ME Parent Workshops

"Understanding my behaviours as I have different needs."

For parents/carers of little/young people with Autism/ADHD or on a diagnosis pathway, where we will explore and understand your little person's behaviour. Written by Dr Melanie Bruce and Donna Summers and developed by Family Action, with support from parents and carers.

**Session One:**

- Introduction by Dr Mel Bruce
- Autism/ADHD what do we know
- Understanding your little/young person's needs

**Session Two:**

- Needs and behaviours
- Introducing the bucket model

**Session Three:**

- Effective communication

**Session Four:**

- Sensory awareness
- Routine praise and rewards

**Session Five:**


- Awareness of behaviours (keeping notes)
- Environment
- Understanding meltdowns
- Repair, reflect and restore

**Session Six:**

- This is ME plan
- Building a TIM plan

To contact us please email: [helpinghandsbc@family-action.org.uk](mailto:helpinghandsbc@family-action.org.uk)

Scan for more information 



[family-action.org.uk](http://family-action.org.uk)

Parent attending a workshop

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TIM Parent Workshop May 2025





# SAFER 6 2026

## ROAD TRAFFIC COLLISION DEMONSTRATION



See how West Midlands Fire Service responds to road traffic collisions and removes casualties from vehicles.

**TIPTON FIRE STATION**  
WEST MIDLANDS FIRE SERVICE  
Alexandra Road, Tipton DY4 7NZ

**INVITING ALL RESIDENTS**

- ✓ SEE REAL-LIFE SKILLS
- ✓ ASK QUESTIONS
- ✓ LEARN HOW TO STAY SAFE
- ✓ MAKE INFORMED CHOICES

**SATURDAY 11th JULY 2026**  
12:00

**BE SAFE. BE SMART. BE PART OF SAFER 6.**

WORKING TOGETHER FOR A SAFER SANDWELL



## Join Our Free Inclusive Dance Sessions, in Sandwell, Dudley & Across the Region!



Care-experienced young people aged 7-25

Programmes across the West Midlands





Join our fully funded, inclusive dance groups for care-experienced young people aged 7-25 in Sandwell, Dudley, Birmingham, Walsall, or across the country for anyone who might live further away.

Session Details (flexible age groups based on individual needs and convenience):

- Ages 7-12: Mondays, 5:30 - 6:30pm (Dudley DY1 1HH)
- Ages 12-25: Tuesdays, 5:00 - 6:00pm (Tipton DY4 8UH)

Young people aged 12+ can also work towards accredited Dance Leadership Qualifications.

To refer or for further information, please either use the QR code or contact:  
beth@caretodance.co.uk  
07868 897816

Care to Dance consent form





## Safe and Well Fair AT TIPTON LIBRARY

Come along to find out about local services and how to get support with:

- Physical health and wellbeing
- Mental health
- Cancer awareness and screening
- Having a healthy lifestyle
- Quitting smoking
- Community safety
- Cost of living and welfare advice

Wednesday 8 July 2026  
11am - 2pm

Tipton Library, Victoria Road, Tipton, DY4 8SR

For more information, call 0121 569 4944






## Community Canal Ride IN TIPTON

Join us to celebrate the 125th anniversary of Victoria Park with a guided canal bike ride as part of the Safer 6 campaign.

This is a great opportunity to enjoy a relaxed, led ride along the canal, meet others, and build your confidence cycling in a safe and supportive environment.

Bikes will be provided, so there's no need to bring your own.

To book your free place, call 07515 606660 or email [stephenbrown@britishcycling.org.uk](mailto:stephenbrown@britishcycling.org.uk)

Join our community canal ride:

Tuesday 7 July 2026, 9.30am - 11am

Victoria Park, Tipton, DY4 8SN






**FREE FUNDED WELLBEING PROGRAMME**

For people who have been carrying too much for too long.

**THE BELONGING RESET**

A FREE 6-WEEK WELLBEING & IDENTITY PROGRAMME

A gentle, self-guided journey to help you reconnect with yourself, build resilience and rediscover what matters most.

- COMPLETELY FREE
- SELF-PACED IN YOUR OWN TIME
- ACCESSIBLE ON PHONE, TABLET OR COMPUTER
- NO ZOOM CALLS
- NO GROUP SESSIONS
- PRACTICAL TOOLS INSPIRED BY ACT

What previous participants have said:

"This programme helped me slow down and reconnect with myself. I realised I'd been surviving for so long that I'd forgotten who I was.

"The activities were simple but powerful. For the first time in years I felt like I had permission to put myself first.

"I loved being able to complete everything in my own time. The reflections helped me understand what really matters to me.

"I feel calmer, more confident and more connected to myself than I did six weeks ago.

**YOU ARE NOT BROKEN.**  
You're just carrying too much for too long.

**APPLICATIONS ARE NOW OPEN!**

COMMENT RESET BELOW OR CLICK THE LINK TO APPLY

ONLY 20 FUNDED PLACES AVAILABLE!

Because everyone deserves a place to belong.

SUMMER COHORT STARTS: MONDAY 27<sup>TH</sup> JULY 2026

FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND

**The Belonging DOJO**

www.thebelongingdojo.co.uk

THE BELONGING DOJO

**TOGETHER TYPE 1 FROM DIABETES UK**

**TYPE 1 FAMILY DAY Midlands**

Thursday 20 August  
West Bromwich

12:30-4:30pm

YMCA West Bromwich, 38 Carters Green, B70 9LG

Join us for our Type 1 Family Day led by Young Leaders for young people aged 11-15 living with type 1 diabetes and their families. Siblings, parents & carers are all invited!

Young people can take part in activities including tote bag designing, a mini sports day, bracelet making, a lego building challenge, and a quiz! Parents & carers will take part in their own sessions.

To sign up to this event please scan the QR code or contact Adam at adam.mayze@diabetes.org.uk

In partnership with **DIABETES UK** KNOW DIABETES. FIGHT DIABETES. and **Steve Morgan FOUNDATION**

**CARE TO DANCE**

**THRIVE with Care to Dance - fully funded!**  
Trauma-Informed Dance for Children & Young People (Ages 7-25)

Thrive is a 12-month, trauma-informed dance programme that offers care-experienced and vulnerable young people opportunities to explore dance, creative expression and themselves. Through consistent, meaningful relationships and a strong sense of community, Thrive helps young people build trust, confidence and resilience over time. Alongside developing their dance skills and performing, participants work towards accredited Level 1 & 2 Dance Leadership qualifications, enhancing their communication, leadership and employability.

**Where We Are in the Midlands:**

- Stafford - Mondays
- Lichfield - Tuesdays
- Dudley - Mondays
- Sandwell - Tuesdays
- Coventry - Tuesdays
- Birmingham - Tuesdays
- Walsall - Wednesdays
- Telford - Thursdays
- Lincoln - Thursdays
- Leicester - Thursdays
- Nottinghamshire - Wednesdays

You can refer using the QR code or contact:  
beth@caretodance.co.uk  
www.caretodance.co.uk

Care to Dance consent form

**Do you experience heartburn, indigestion or acid reflux?**

The NHS and Cancer Research UK are supporting Heartburn Health, a research programme bringing together volunteers with heartburn, indigestion & acid reflux. Your taking part could be the difference in improving future care.

Scan to Sign Up

Check if you can join online at heartburnhealth.org

**Heartburn Health**

NHS Cambridge University Hospitals  
UNIVERSITY OF CAMBRIDGE