

# Somerford Primary School Community Newsletter Issue 1



## KAMSONS PHARMACY

I am writing to inform you about an important NHS initiative available at Kamsons Pharmacy that may be of great benefit to the children in your care and their families.

Through the NHS Pharmacy First Service, Kamsons Pharmacy can provide treatment for a range of minor ailments without the need for a GP appointment, offering a convenient alternative for busy families. We understand that children may sometimes feel unwell, and it can be challenging for parents to secure GP appointments or find time outside their work schedules.

The Pharmacy First Service helps by allowing pharmacists to provide consultations and, where appropriate, treatments such as antibiotics for a selection of common conditions. Common Conditions Covered: Kamsons Pharmacy is equipped to support families with treatments for the following conditions: • Sinusitis (12 years and older) • Sore Throat (5 years and older) • Earache (1-17 years) • Infected Insect Bite (1 year and older) • Impetigo (1 year and older) • Shingles (18 years and older) • Urinary Tract Infection (women 16-64 years) This service could be particularly helpful for managing earaches and impetigo, two conditions that frequently affect young children.

How It Works: Parents and carers do not need an appointment; they can simply visit any Kamsons Pharmacy at their convenience for a consultation with one of our trained pharmacists. Our team is fully equipped to assess symptoms, recommend treatment, and, if appropriate, provide medication on the spot, ensuring children get timely care and reducing the pressure on GP services.

We would greatly appreciate it if you could share this information with parents and carers. This service offers a simple, accessible way to help families manage minor health concerns, ensuring children get the care they need when they need it. Thank you for



## IMPORTANT DATES

**9th Dec - Somerford  
Primary School Christmas  
Carol Service**

**13th Dec - Save the  
Children Christmas  
Jumper Day**



We would greatly appreciate it if you could share this information with parents and carers. This service offers a simple, accessible way to help families manage minor health concerns, ensuring children get the care they need when they need it. Thank you for your support in promoting this community health service. Should you have any questions, please feel free to contact us. Warm regards, Kamsons Pharmacy

#### Christchurch Drop in Services

Citizens Advice BCP operates a number of drop in sessions across Christchurch on a weekly basis.

See below for opening times and locations:

**Water Lily Café: Monday 10am—1:30pm**

131 Barrack Rad, Christchurch, Dorset. BH23 2AW

**Somerford Arc: Thursday 10am—12pm**

20 Southey Road, Christchurch, Dorset. BH23 3EH

**Christchurch Library**

**Monday – Friday 9:30am – 12:30pm**

29 High Street, Christchurch, Dorset. BH23 3HH

See their website for more information:

<https://www.citizensadvicebcp.org.uk/get-advice/>

Or call the helpline: 08082 787939





## **Dorset & Wiltshire Fire and Rescue Service**

Following on from Storm Bert and Storm Conall the met office has now predicted a sudden drop in temperature.

To help keep yourself, your family, friends and neighbours and others safe please consider reminding yourself of the following advice:

### **Road Safety**

[Dorset & Wiltshire Fire Service | Driving in adverse conditions](#)

[Dorset & Wiltshire Fire Service | Winter driving checklist](#)

### **Home Safety**

[Dorset & Wiltshire Fire Service | Storms and power cuts](#)

[Dorset & Wiltshire Fire Service | Staying warm safely](#)

### **Water Safety**

Stay away from flooded or swollen rivers, and the coast in storm conditions

Keep dogs on leads around water

Keep children away from water and ice

If somebody (or animal) is in trouble in the water never go in the water to rescue them yourself,

Call 999 and ask for the fire and rescue service (if inland) and coastguard (if at the coast)



### **PINS parent/carers fortnightly virtual drop-in information**

Please see the below and attached information regarding the fortnightly Teams virtual drop-in that will be running for parent/carers that aren't able to attend the meetings within school or have further questions etc.

**Meeting ID: 340 589 565 071**

*Passcode: gpFMed*

this will remain the same until the end of the project.

Drop-ins will start from the **25<sup>th</sup> of November 13:30 - 14:30** on a fortnightly basis, term-time only.

Any questions, please do ask. <https://www.parentcarerstogether.org.uk/pins/>

### **Now and Beyond Festival and directory**

**Beyond** have opened up registrations for their national mental health festival for schools and colleges on 5th February 2025. Now and Beyond provides educational settings across the UK with the tools and resources to discuss mental health in their classes. You can browse and book workshops from this directory for Now and Beyond on 5th February 2025.

Find out [more here](#)

# Behaviours that Challenge Us Information Sessions



"I implemented one of the strategies the next day with great results!"

We are pleased to be able to offer Free one-off sessions for parents living in Dorset to understand more about 'Child Behaviours that Challenge us'

For parents with children between the ages of 5 and 11

The session is delivered by a Child Clinical Psychologist and an Action for Children Parenting Practitioner

**Monday 21<sup>st</sup> October 2024**

09:30am - 11:30am

Virtual session via Microsoft Teams

**Thursday 22<sup>nd</sup> May 2025**

10:00am - 12:00pm

Venue in Kinson area

**Thursday 14<sup>th</sup> November 2024**

09:30am - 11:30am

Virtual session via Microsoft Teams

**Tuesday 17<sup>th</sup> June 2025**

09:30am - 11:30am

Virtual session via Microsoft Teams

**Monday 20<sup>th</sup> January 2025**

07:00pm - 09:00pm

Virtual session via Microsoft Teams

"I found it really useful to know about why the behaviour occurs, even if you can't always change it, having the understanding makes it easier for me to cope with"

**Thursday 6<sup>th</sup> March 2025**

09:30am - 11:30am

Virtual session via Microsoft Teams

These are one-off sessions so you only need to attend one event

Places are limited and can be booked via our website: [www.actionforchildren.org.uk/dorset](http://www.actionforchildren.org.uk/dorset)





## ***An Introduction to Autism and Neurodiversity for Parents***

***Led by Kate Tuck & Joseph Liddiard***

**Linwood Training, Support & Advice**

This session will provide parents with a basic overview of how Autism and Neurodiversity may present in children and young people.

- Information about Autism and Neurodiversity including the 3 areas of difference.
- Young person input "My experiences".

***Please note that your child does not need a diagnosis to attend this session. No charge to attend. This course is open to families who live in BCP.***

Please email ; [itsa@linwood.bournemouth.sch.uk](mailto:itsa@linwood.bournemouth.sch.uk)  
for session details / availability.





**AVON REACH  
MUDEFORD**

*Residential and Nursing Care*



# Christmas Fayre

**SATURDAY 7<sup>TH</sup> DECEMBER AT 12-3PM**

Join us for our Christmas Fayre with stalls and refreshments. Father Christmas will also be popping in to say hello to the children.

**Enjoy an afternoon of festive fun for all!**

Contact us to join us on the day or to hold a stall:  
[AvonReachCustomerAdvisor@ColtenCare.co.uk](mailto:AvonReachCustomerAdvisor@ColtenCare.co.uk)  
or call **01425 272666**.

**AvonReach.co.uk**

Farm Lane, Mundeford, Christchurch, BH23 4AH

