

February 2025



SOMERFORD PRIMARY SCHOOL COMMUNITY NEWSLETTER

ISSUE 3

Welcome to our 3rd Community Newsletter ,cannot believe it is nearly half-term already!



Dear Parent / Guardian,

We are pleased to announce that **Somerford Primary School** has organised a clothes & shoe collection with Bag2School in order to raise funds for **the school**.

Bag2School is the UK's leading textile recycler and fundraiser working with schools and since its inception in 1999 it has now paid out over £48 million.

As well as raising vitally needed funds for **Somerford Primary School**, it also helps the environment by helping to divert good quality unwanted textiles away from landfill. A recent DEFRA report has shown that textile collection schemes are helping to reduce the volume of textiles discarded as municipal solid waste. However, it is a fact that as a nation we still send 350,000 tonnes of textiles to landfill every year.

By getting involved in our **Bag2School** collection, you have an opportunity to sort through your cupboards and wardrobes and donate good quality unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes (tied together please), hats, belts and handbags, (please refer to <https://bag2school.com> for full details). In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse.

If you fill the donation bag and still have more then you can use any other large bags to donate your items and don't forget to ask grandparents, friends and neighbours to have a sort out as well!

Bag2School will be collecting from **Somerford Primary School** on **28/02/2025**. Please bring your bag (or bags!) to the **Reception office** and help us have a really good collection.

Many thanks indeed for helping us with this unique fundraising opportunity.



Welcome to The Umbrella Group

We are a parent led support group, for parents of children and young adults with ASD which has been running for 11 years. We are known as The Umbrella Group, with its connotations of protection and covering a wide spectrum of behaviours which all come under the same umbrella of autism. We normally meet once a month on the 4th Saturday but meetings can be rescheduled to alternative Saturdays to accommodate speakers and avoid school holidays.

If you wish to attend or would like more information, please contact –

Email -> Debbie Muldoon-Hall debbiewestbourne@gmail.com

Mobile -> Clare Lockyer on 07450 210911

Facebook -> <https://m.facebook.com/groups/312179982770667?ref=share>

Autism Unlimited -> Shares resources and provides information to help parents to connect to other services that have the authority to advise them. <https://www.autism-unlimited.org/support/book-a-call/>

Please note the Umbrella meetings are for parents and carers only unless otherwise specified

Venue The Pool room at Portfield School, Parley Lane, Hurn, Christchurch BH23 6BP **Day** Usually 4th Saturday of the month but occasionally changes due to school holidays and Guest speakers' availability.

Time 10-1230 am approximately. Please note our meetings often over-run to give parents chance to chat with each other but parents can leave at any time for their own convenience **Cost** £1 donation for refreshments and administration.



Umbrella group meeting dates 2025



ASD support for parents and carers **10am**
-1230 Portfield School

Saturday 8th February 2025

10 -1230

'Coping compassionately with distressed behaviour in neurodivergent children and young people'. Rebecca

Husevin

PDA Society trainer, SENDiass Parent Champion,

Parent of 12 year old with PDA,

Writer and blogger www.aboylessordinary.com

Support and signposting on parent carer wellbeing for parent carers of PDAers

Nikki Jacques

Former journalist, teacher/HLTA, advocate, PDA Society Trainer, late diagnosed neurodivergent & care experienced person, parent of young adult PDAers & Not Fine In School admin Facebook & <https://notfineinschool.co.uk/>)

Stacey Freeman

Teacher, Author, consultant/advocate (Nformed Consulting), former PDA Society trainer,

Late diagnosed Neurodivergent individual and parent of Neurodivergent children www.nformedconsulting.co.uk



Saturday 22nd March 2025

1000 -1230

Understanding anxiety and strategies to manage it

Cassandra Pollitt

Principal of Cambian Wing College

Saturday 26th April 2025

Speaker and topic tba

Saturday 17th May 2025

Speaker and topic tba

Saturday 28th June 2025

speaker and topic tba

Umbrella Group Coffee Mornings



The Umbrella group also has coffee mornings on an informal basis in Christchurch for parents and carers of children and young people with ASD.

When: First Wednesday of the month unless otherwise specified
+ Some Friday mornings on a prearranged date

Time: 1030 -1230 approx

Venue: Café Arcado, 71, High St, Christchurch BH23 1AS.
arcado@thelounges.co.uk

Upcoming Umbrella coffee mornings are on Wednesdays and Fridays...

Wednesdays

5th March, 2nd April, 7th May, 4th June

For the coffee mornings, you can just turn up but you can text the coordinator if you wish. On Wednesdays we normally occupy the back table near the toilets and on Fridays the table may vary but please ask bar staff where The Umbrella group are sitting or contact Dawn Evans ...

Dawn Evans: 07834 379912 Friday Coffee mornings

There are several car parks nearby and sometimes you can park on the roads but they tend to be time restrictive.

The nearest one is Wick Lane carpark 1 Regent Way Christchurch BH23 1HT

For more information please contact Clare who is now helping Debbie to run

The Umbrella group

Mobile

07450 210911

<https://m.facebook.com/groups/312179982770667?ref=share>

The Umbrella group Christchurch and the surrounding areas

CREATIVE WAYS TO SUPPORT MENTAL HEALTH

coda
music and arts trust

CREATIVE WELLBEING

FREE ADULT PROGRAMME. NO NEED FOR REFERRAL

SOMERFORD

MONDAYS

1 - 3pm

at Somerford ARC

20 Southey Rd, Christchurch BH23 3EH



"No matter what's going on in my life, I always feel better after the session."

programme user

www.coda.org.uk
martin@coda.org.uk
01425 276161

This is a FREE service for local adults. Yes, really! We even provide the materials.

We would love to see you!

Coda uses music and the arts as tools for personal and social change, providing a place to learn, train and develop, and offering help and support through participation and creative therapy. We make a positive impact in our local community and tackle inequality by providing universal access to a broad range of artistic and creative services and by delivering innovative education and health programmes. Charity No: 1068710

Funded by

COMMUNITY FUND



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



Thursday 22nd May 2025

10:00am - 12:00pm

Venue in Kinson area

Tuesday 17th June 2025

09:30am - 11:30am

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 6th 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



FEBRUARY HALF TERM CRICKET DAY



 **17TH OF FEBRUARY**

 **AT STURFIT LEISURE CENTRE**

 **10.30AM - 2.30PM**

£12

 @DorsetCricket

 @Dorset cricket

 @Dorset cricket

FEBRUARY SKILLS SESSION



£20 PER session

**BATTING MASTERCLASS
10AM- 12PM**

**BOWLING MASTERCLASS
12.30PM - 2.30PM**

**WICKETKEEPING
MASTERCLASS 3PM - 5PM**



SIGN UP NOW

 **THURSDAY
20TH
FEBRUARY**

 **LYCHETT MANOR
SPORTS HALL, BH16
6JD**

 @Dorsetcricket

 @Dorset Cricket

 @dorsetcricket



