

January 2025

# Somerford Primary School Community Newsletter Issue 2



Happy New Year! Hope you all had a lovely Christmas and New Year, this is our first Community Newsletter of 2025 which I hope you find of interest.

**CREATIVE WAYS TO SUPPORT MENTAL HEALTH**



## 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](http://www.coda.org.uk)  
[martin@coda.org.uk](mailto: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





Set sail for adventure!

# TREASURE ISLAND

colourful. interactive. family-friendly

January 2025

Sat 4th - Christchurch

Sat 11th - Fordingbridge

Sat 25th - Brockenhurst

Sat 25th - Lymington

Tues 28th - Bournemouth

Wed 29th - Sturminster Newton

**TICKETS:** [www.treehousetheatre.com/treasureisland](http://www.treehousetheatre.com/treasureisland)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**







**Somerford ARC Community Centre**  
20 Southey Road, Christchurch, BH23 3EH

## **SEND PARENT CARER DROP-IN ADVICE AND SUPPORT**

**THURSDAY 9TH JANUARY 9.30AM-11.30AM**

**FREE COMMUNITY BREAKFAST AVAILABLE**



Providing information, advice and support to children and young people with SEND and their parent carers. We provide information, advice and support on matters relating to education, health and social care for SEND



The Early Help Team is there to ensure families receive the right amount of support at the right time. They work with many organisations, schools, and services to offer advice, information and guidance.



Empowers and supports parent/carers of children and adults from any age with any type of disability with or without a diagnosis. their vision is that all all parents should access the help they need to live a more improved and fulfilled life



**GUEST VISITOR: BCP SEND TEAM**

**ALSO ONSITE FOR FREE DROP IN ADVICE AND SUPPORT:**





# 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.

