March 2025

SAFEGUARDING UPDATE

For any of your safeguarding concerns:

If you ever have a concern about a child or adult please speak to any member of staff who will support you, alternatively you can speak with our Designated Safeguarding Lead, Mr Amies.

We have updated the safeguarding page on our website. There are some helpful links to organisations that might be able to provide support for you, should you require, with such things as bereavement, benefits, debt, legal issues and more.

For more information, visit the safeguarding section of our website:

https://www.sheringhamprimary.norfolk.sch.uk/our-school/safeguarding/

We are able to offer support with many family issues, so please do contact Mr Amies, at the school, if you would like to discuss anything that we might be able to help with.

We also have trained Domestic Violence Champions for Change in school.

If anyone would like advice or information on this very sensitive area please contact Mrs Carter or Mr Amies.

Where can I go for support?

We know that being a parent can be tough at times, and everyone needs a little help now and then. In our community, there are lots of places that can offer support, whether you need advice, a friendly chat, or extra help with things like food, finances, or wellbeing. In this newsletter, we've gathered information about the services available to you and your family. We hope this helps you find the support you need, when you need it.

SUPPORT In our Community:

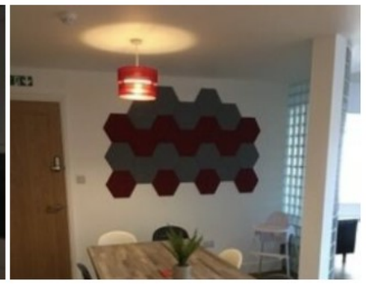
Come to Yesu – where people matter

Yesu is a ministry of Life Church which provides community based services with a special emphasis on supporting parents to support their children.

It is based in Sheringham, but also provides support to parents who live in isolated villages. These areas are rural or coastal and have many of the problems associated with isolated village and seaside locations, such as high unemployment, deprivation, social exclusion, isolation, vandalism and anti-social behaviour.

The original work of Yesu was established in July 2002 and has relaunched following major refurbishment of the building in Autumn 2023 with a special emphasis to respond to the increasing need to support parents that are struggling to meet the needs of their children some of whom have specific disadvantages ie. Single parents, economic deprivation, social isolation etc. it seeks to provide community based facilities where anyone, can come and relax, have a cup of coffee and access specialist advice and information on a range of issues.



come to yesu - where people matter

Yesu, 15 High Street, Sheringham, Norfolk, NR26 8JP
T: 01263 825516 E: rachel@yesu.co.uk

Be all that you can be…

Scan for Q&A's
or find on
NANSA Website.



Holt Support Group

Supporting Families affected by diagnosed/undiagnosed Special Educational Needs & Disabilities

at The Tree house

Charles Rd, Holt NR25 6DA

ALTERNATE WEDNESDAY'S TERM TIME ONLY

10AM-12PM

Drop in at any time for chat with other parents/carers and one of our friendly Family Support Advisors

Refreshments provided

More Info :
www.nansa.org.uk/sensational-families/

JUST ONE NORFOLK

0300 300 0123

Just One Norfolk is a fantastic website full of advice and support for families. It offers free parenting courses, helpful tips on children's health and wellbeing, and guidance on everything from sleep routines to managing big emotions. Whether you have a newborn or a teenager, Just One Norfolk has trusted information to support you at every stage. You can also speak to health professionals for advice, making it a great place to find the help you need, all in one place. Visit Just One Norfolk to explore what's on offer.

It has some free parenting course:

Norfolk Positive Behaviour Strategies	one Plus one	Pathway to Parenting
Solihull online Learning	Supporting Children's Mental Health	Webinars & online Events

Norfolk Positive Behaviour Strategies:

Positive Behaviour Strategies (PBS) is a programme for families of children with additional needs produced by our partners in Norfolk Community Health and Care and Family Action.

One Plus One:

One Plus One is a registered charity providing resources to help people build and maintain healthy relationships. Conflict in relationships is not unusual, but when it happens between parents it can be emotionally harmful to children who are involved.

Pathway to Parenting (P2P)

Pathway to Parenting (P2P) is a free antenatal course for parents to be. It helps you think about the development of your unborn baby and the first few weeks after birth.

The Solihull Approach:

The Solihull Approach 'Understanding Your Child' is a free online course available for everyone who cares for children aged 0-18 years. It's there to help you recognise emotions in yourself and your child, and helps you to see how these emotions can impact on behaviour.

Supporting Children's Mental Health:

Not all mental health issues can be prevented, but you can take steps to help keep your child as mentally healthy as possible. The video session below explores some of the potential worries children may have and looks at how these could be managed.

CRISIS

shout 85258

Text: 'SHOUT' to 85258

SAMARITANS

Tel: 116 123

Email: jo@samaritans.org

CAMPAIGN AGAINST LIVING MISERABLY CALM

Tel: 0800 58 58 58

childline
ONLINE, ON THE PHONE, ANYTIME

Tel: 0800 1111

YoungMinds Crisis Messenger

MENTAL HEALTH

mind

Telephone: 0300 123 3393

wellbeing
Helping you live your life

Telephone: 0300 123 1503

YOUNGMiNDS

Telephone: 020 7089 5050

DOMESTIC ABUSE

breaking free from domestic abuse
Leeway
Domestic Violence and Abuse Services

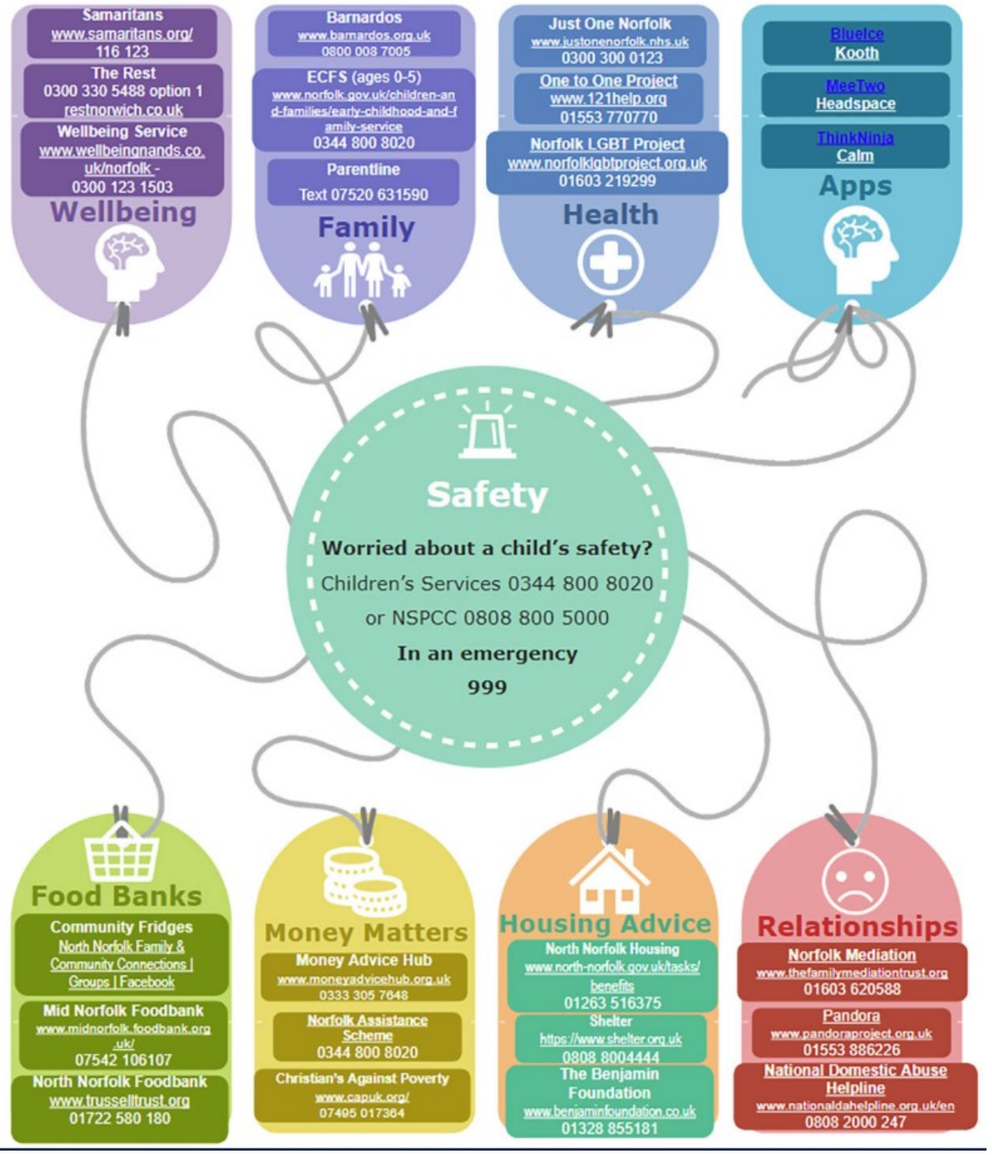
Telephone: 0300 561 0077

Email: adviceandsupport@leewaynwa.org.uk

Refuge
For women and children.
Against domestic violence.

Telephone: 0808 2000 247

nationaldahelpline.org.uk



Norfolk Assistance Scheme

The Norfolk Assistance Scheme (NAS) provides support if you are in financial hardship and cannot pay your living costs. If you are eligible we can provide emergency financial help, supply essential household goods and furniture, and put you in touch with organisations who can give advice and guidance.

www.norfolk.gov.uk

OTHER SUPPORT

Challenging Behaviours:

The Challenging Behaviour Foundation

Tel: 0300 666 0126

CLINICAL PARTNERS

Tel: 0203 761 7026

Debt:

NATIONAL DEBTLINE

Telephone: 0808 808 4000

Legal:

NORFOLK COMMUNITY LAW SERVICE

Telephone: 01603 496623

General Advice & Support:

citizens advice

Telephone: 0800 144 8848

map here for young people finding their way

Telephone: 01603 766994

Email: info@map.uk.net

ageUK

Gingerbread
Single parents, equal families

Telephone: 0207 428 5400

HOME START

Telephone: 0116 464 5490

Email: info@home-start.org.uk

Early Childhood and Family Service

Telephone: 0344 800 8020

Email: ecfs-families@actionforchildren.org.uk

Sleepeast.

Telephone: 01692 402240

Email: joybishop@sleepeast.co.uk

The Benjamin Foundation

Telephone: 01603 615670

THE SALVATION ARMY

Telephone: 01263 826059

Email: Sheringham@salvationarmy.org.uk

SEPARATED DADS

separateddads.co.uk

For any of your safeguarding concerns:

If you ever have a concern about a child or adult please speak to any member of staff who will support you, alternatively you can speak with our Designated Safeguarding Lead, Mr Amies.

We have updated the safeguarding page on our website. There are some helpful links to organisations that might be able to provide support for you, should you require, with such things as bereavement, benefits, debt, legal issues and more.

For more information, visit the safeguarding section of our website:

https://www.sheringhamprimary.norfolk.sch.uk/our-school/safeguarding/

We are able to offer support with many family issues, so please do contact Mr Amies, at the school, if you would like to discuss anything that we might be able to help with.

We also have trained Domestic Violence Champions for Change in school.

If anyone would like advice or information on this very sensitive area please contact Mrs Carter or Mr Amies.

Useful Links:

Our Safeguarding Policy

Our Anti-Bullying Policy

Our Behaviour Policy

Our Attendance Policy

Our Curriculum Policy

Our Online Safety Policy

Cooper Road, Sheringham, Norfolk NR26 8UH
T 01263 823848 | F 01263 824221 | E office@sheringhamprimary.norfolk.sch.uk
www.sheringhamprimary.norfolk.sch.uk

Sheringham Community Primary School & Nursery

@OfficeSPS