



Family Support Newsletter

(Autumn 1 2024)

Miss Kirby (Family Support Worker) can be contacted on 01473 251603 or email: t.kirby@handfordhall.omat.org.uk. Please always feel free to speak to me on the school playground too.



Miss Kirby is now working
Tuesday, Wednesday and Thursdays (until 1pm).
Please let me know if you need any help accessing any of the information in the newsletter.

After- School Club (previously Homework club)



After-school club continues to run at Eastern Angles Theatre (Gatacre Road). Children can still complete homework and access computers but there will also be a selection of creative activities for those who have finished their homework.

All sign up details can be found on their website but please ask if you need help.



After-School Club starts 10th September!

Tuesdays & Wednesdays, 3pm-5pm, term time only

Sign up: easternangles.co.uk | 01473 211498

For families and young people:



Suffolk Family Carers provide support for Young Carers in Suffolk.

What is a Young Carer? A young carer is a child or young person aged between 5 to 25 years old whose life is in some way different or restricted because they provide, or intend to provide, practical or emotional support to someone else.

The person they provide care for is often a parent, or a relative who is physically or mentally ill, frail elderly, disabled or misuses alcohol or substances. Young carers could also be supporting and caring for a disabled brother or sister.

Being a young carer can mean that sometimes it can be difficult managing all the things they feel they have to do and all the things they would like to do. This can affect young people in different ways.

If you think your child may be a young carer you can contact Suffolk Family Carers directly . You are also welcome to speak to Miss Kirby at school who can help with registering a child .

Within school we are also working closely with Suffolk Family Carers and last school year started our half termly Carers Club which we will look to resume this year. This involves a Suffolk Family carers member of staff coming to school and completing a wellbeing activity with the young carers providing an opportunity for open chat in a small group.

Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000 young carers in the UK**. (BBC 2010)
- That's about **1 in 12 secondary aged pupils**.
- There are likely to be young carers in every school and college.

*The Census identified over 200,000 young carers, but many remain hidden.



Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.
- Their rights acknowledged so that they can discuss their needs for support.

Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

The average age of a young carer

= 13

There are young carers as young as five.

A survey of 350 young carers found 48% were stressed because of their role.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 20% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But, young people can learn lots of useful skills by being a young carer.

1 in 3 young carers spend between 11–20 hours each week caring.



Information
Carers.org



Suffolk Family Carers contacts:

<http://suffolkfamilycarers.org>

01473 835477

On their website they also provide a useful webchat Service.

And please always speak to us at school too!

2nd Conestable Rainbows



Rainbows

For ages 4 to 7

Conestable.2ndrainbows@hotmail.com

Rainbows welcomes all girls to come together to laugh, learn and have fun in a creative, safe space. It's a wonderful world of adventure, week after week, just for her.



8th Ipswich Brownies



Brownies

For ages 7 to 10

Brownies is full of firsts: she can explore her creative side, get out into the great outdoors, learn how to look after herself, others and the world we live in.

brownies8thipswich@outlook.com

8th Ipswich Guides



Guides

For ages 10 to 14

ruthstrudwick@gmail.com

Guides is a fun-filled space, she'll have one big adventure with friends, learn how to be herself, explore the things she loves and do stuff she's never done before!



Free mental health virtual workshops for parents/carers:

Child and Adolescent Mental Health Parent Workshops



Norfolk and Suffolk
NHS Foundation Trust

Upcoming virtual workshops:

- Anxiety
- Big feelings
- Low mood
- Sleep
- Emotion regulation
- Eating difficulties

Book onto a free workshop here: www.nsft.uk/workshops



For parents and carers:

Free English Lessons for parents will
start **October 10th 2024**

from 1:30-3:25

running from Eastern Angles Theatre
on Gatacre Road (1
minute from school).

If you would like to register your
interest, or you think you know a
parent who may be interested please
speak or email Miss Kirby.



ICM Offers an English Course for
the Parents of the Children in the
Handford Hall Primary School,
Starting from 10 October 2024

Top Up Food Shops:

The Ipswich Churches below run pop-up shops on different days of the week seeking to help to alleviate food poverty by offering good quality food to local people at discounted prices.

£2 per bag. No referrals. All welcome.

Locations:

St Thomas The Apostle Church, IP1 5BS

St Matthew's Church Portman Road, IP1 3BP

Safe Harbour Church St Helen's Church
St Helen's St IP4 2LS

Triangle Church Dickens Rd IP2 0JW

St Mary Le Tower Tower Street IP1 3B

Follow this link for opening days and times :

<https://www.ipswichtopupshops.co.uk/>



For parents and carers:

Thank you for all your kind uniform donations both before the summer holidays and in the last week.

Your generosity means we can help other families.

We will be running a second hand stall on the 9th October in the hall (parent consultation day).