

Blakesley CE Primary School: Wellbeing and Pastoral Support

Safeguarding:

What to do if you are worried about the safety of a child. Contact the school office on 01327 860257 and ask to speak with one of our designated Safeguarding leads:

Mr. Hill head@blakesley.pdet.org.uk

Mrs Cox E.Cox@blakesley.pdet.org.uk

Contact NSPCC: 0800 800 5000

help@nspcc.org.uk

[How to Report Child Abuse Without Any Worries | NSPCC](#)

Contact MASH 0300 126 7000

If you believe a child is in immediate danger phone 101 or 999.

Family Support:

With interest rates rising and costs continuing to increase, please do get in touch with us if you are experiencing financial difficulties in these uncertain times and require support.

We are aware the cost of uniform, school shoes and trips can soon mount up.

In addition, if you are having problems with your food bills, please do get in touch with us, either through the school office or to Mr. Hill directly. Any requests for uniform or food will be treated in the strictest confidence.

Family First Magazine:

Family First Magazine is a bi-annual magazine specifically designed to improve the health of over 6,000,000 families across England, Wales & Scotland. Public Health England is working alongside major sporting governing bodies, food & drink brands, sportswear giants, local authorities, helping to combat obesity in children. The aim is simple, to get children & young adults active, playing more sport, exercising regularly & eating healthier. Family First magazine is published in June & December of each year, providing valuable information for families wanting to be active, whatever the weather.

Follow the link below to read the magazine.

https://issuu.com/sevenstarmedia/docs/ff_summer2023_digital160623

Northamptonshire Mind:

Mind in Daventry is part of the Northamptonshire Mind network, providing essential mental health support and services to Daventry and surrounding areas. They offer a range of services and support, including counselling, training and employment support as well as activities and social events that promote mental wellbeing and community involvement.

They also run a parenting group for parents that may be struggling with their mental health to connect with others in a similar situation, creating a safe space where parents feel comfortable to have those difficult conversations. Little ones are welcome to join too.

<https://www.northamptonshiremind.org.uk/>

Free things to do in Northamptonshire

Families may be interested in this website with the summer holiday coming soon. The website suggests 132 free places to visit and activities to take part in.

https://www.tripadvisor.co.uk/Attractions-g186348-Activities-zft11292-Northamptonshire_England.html

Yoga/Meditation

If interested in yoga or meditation in the local area please see the website link below for 'Yoga in the Park with Alice'. Whatever level you may be, all are welcome.

<https://www.facebook.com/AromaLoveYoga>





Compassion Courage Fellowship Thankfulness Wisdom