

LAWLEY COMMUNITY VIRTUAL NOTICEBOARD

YOUR NEWS

- RECENT EVENTS AND PROJECTS
- UPCOMING EVENTS
- YOUTH OPPORTUNITIES
- VOLUNTEERING OPPORTUNITIES
- COMMUNITY GROUPS
- FUNDING NEWS
- FUTURE OPPORTUNITIES
- COMMUNITY NEWS AND EVENTS

MONTH MAY 2024

THIS MONTH FEATURES SEND
INFO, ACTIVITIES & NEWS

HERE FOR YOU!

- RESIDENTS
- COMMUNITY GROUPS
- CHARITIES
- ORGANISATIONS
- LOCAL SERVICES
- BUSINESSES

TELL US THE OPPORTUNITIES
AND SUPPORT THAT YOU
WOULD LIKE TO SEE IN LAWLEY

WANT YOUR EVENT, PROJECT OR GROUP FEATURED?

EMAIL: LIN POWELL FROM BVT
lindseypowell@bvt.org.uk

Many thanks for all your work in our community. Please get in touch if you want to know more.

Kind regards, Lin Powell LindseyPowell@bvt.org.uk

Community Development & Partnerships Officer, Bournville Village Trust

All information is correct at the time of publishing, please check with groups and event organisers for details.

Coming Soon!



Grow Your Community



FRIDAY 10TH MAY

1.30PM-3.30PM

**LAWLEY COMMUNITY HUB,
UNIT 3 BIRCHFIELD WAY, LAWLEY,
TELFORD, SHROPSHIRE TF3 5BZ**

INCREDIBLE EDIBLE Engagement Event

*Meet Pam Warhurst CBE
Founder of Incredible Edible*



Join us to:

- ✓ Help your community grow healthy food for everyone
- ✓ Find out more about the Incredible Edible movement
- ✓ Consult with partner groups on collaborative approaches

CONTACT US

Projects starting in Lawley, Lightmoor
Village and Bournville areas.



For Lawley or Lightmoor Village email
events@bvt.org.uk

For Birmingham Areas email
communityadmin@bvt.org.uk

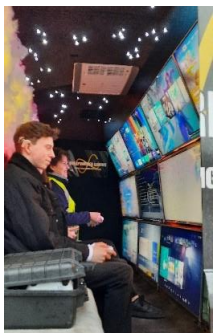


Website www.bvt.org.uk

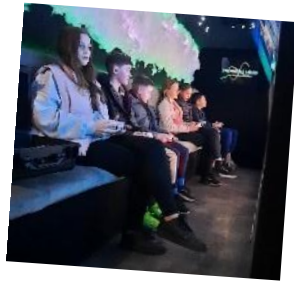
No experience needed, if you're KEEN and GREEN we need you!



Recent Events In Lawley



March - Youth Forum Overpowered Gaming Takeover



Easter Trail and Activities



Recent Events In Lawley



April – My Options Group visit to the hub for the Community Art Project



Children's Holiday Activities – Easter Holidays



Community Coffee Morning



Health Watch visited Lawley Community Hub. Join us next time to feedback on your health services.

Lawley Community Hub



Drop-in!

Coffee morning

Thursday 6 June • 10am – 12pm

Come and talk to us about your experiences with health and social care services!

@HealthwatchT_W
HealthwatchTW
01952 739540

healthwatch
Telford and Wrekin

healthwatch Telford and Wrekin



Tell us about your experiences with health and social care services in Telford and Wrekin.



We want to hear what you think about all health and social care services, such as:



• Ambulances • Care Homes

• Dentists • Pharmacies



• Hospital • Doctors

• Nurses • Opticians



• Mental Health Services

• Home Care • Maternity Services

• Sexual Health



Healthwatch is the new patient voice for people who live in Telford and Wrekin. We gather your views and give them to service providers.



We can also help you find the right people to help you with any concerns about health and social care services.



We will make sure that you are being listened to.



Contact us by using any of the following:

Twitter:
twitter.com/HealthwatchTW



Facebook:
facebook.com/healthwatchTW



Web:
www.healthwatchtelfordandwrekin.co.uk

E-mail:
info@healthwatchtelfordandwrekin.co.uk



Telephone: 01952 739540



Post:
Healthwatch Telford and Wrekin
Meeting Point House
Southwater Square
Telford
TF3 4HS

Design by Taking Part & Simply Easy Read



Lawley News



Learning to read for me was the best thing I've ever done.

I want to become something, to make an impact and to do the right thing.

We provide life-changing support to adults who want to learn to read

It's the best feeling in the world to be able to read with your kids.

My confidence has grown thanks to an amazing and patient teacher. It's really changed my life.



Learn to read
If you struggle with reading, you are not alone.

If you want to learn to read or improve your reading, WE are HERE to teach you for **FREE**.
Come **JOIN** our one-to-one Reading Scheme for adults!
Let us help you **START** your reading journey with one of our **FRIENDLY** reading coaches ☺
You can also join us as a Reading Coach or explore other volunteer roles

Contact: Claire on 07941515220 and tewreader@readeasy.org.uk

TEL FORD STEAM RAILWAY
19TH MAY 2024
EVENT

COME AND SEE THE DISPLAY OF FORD MODEL T CARS

VEHICLES FROM ACROSS THE UK ALONGSIDE OUR STANDARD GAUGE RAILWAY

THE WATERING HOLE
BESPOKE MOBILE BAR SERVING LOCALLY PRODUCED BEVERAGES

PAY ONCE RIDE ALL DAY!
TF4 2NF - CLOSE TO IRONBRIDGE
WWW.TELFORDSTEAMRAILWAY.CO.UK
ALL ATTRACTIONS SUBJECT TO AVAILABILITY

Lawley Scout Group is in Bridgnorth.

Some of our wonderful Cubs and Scouts who did a fantastic job representing Lawley Scout Group at the District St George's Day parade. Well done to those who could attend - all so well behaved. If you're interest in your child joining the Scout Group, please register your interest by visiting this link.
<https://www.onlinescoutmanager.co.uk/waiting-list/lawley-waiting-list/e3d10661-0e06-448e-903d-18c95fff69ef/apply>

NEW!
Starts 4th March 2024

LAWLEY VILLAGE LINE DANCE CLUB

ABSOLUTE BEGINNER CLASS

MONDAY NIGHT
5:45 - 6:45pm **£2**

LAWLEY COMMUNITY CENTRE ARLESTON LANE, LAWLEY, TF4 2PR
CALL/TEXT: 07504 868419 www.lawleylinedancers.uk contactus@lawleylinedancers.uk

MEET NEW PEOPLE | We would like to thank the following organisations for their support in setting up our club: **blakemore foundation**, **Bournville**, **LAWLEY AND OVERHALE**, **Persimmon** | MAKE NEW FRIENDS



Telford Community Events



Tickets for the Telford Steam Railway's popular **THE POLAR EXPRESS™ Train Ride Event** are on sale now for the 2024 season.

2024 Season Don't miss out!

THE POLAR EXPRESS Train Ride
at
TELFORD STEAM RAILWAY
5th-7th April

2024 Dates for your Diary

| | | |
|--|---|--|
| Sun 31 March & Mon 1 April Easter Specials - Free Easter egg for every child subject to availability | Sun 9 June Pacer Day | Sun 4 August Exotic Express |
| Fri 5, Sat 6, Sun 7 April Alice's Adventures to Wonderland - Meet Alice and her friends for this immersive production | Sun 16 June Father's Day Flyer - Steam footplate ride | Sat 10 August Fish and Chip Special |
| Sat 27 April Fish and Chip Special - Ride the train and enjoy a Fish and Chip meal! | Sun 23 June Classic Transport Day | Sun 18 August Creation Station Day |
| Sun 19 May Model 1 Ford Event | Sun 30 June Creation Station Day - We've teamed up with The Creation Station to provide crafting activity sessions at the railway. | Sat 24 & Sun 25 August 1940s Weekend - Join us as we celebrate all things 1940s |
| Sun 2 June Exotic Express - We've teamed up with our friends at Telford's Exotic Zoo | Sun 7 July Miniature Traction Engines | Sun 1 September Exotic Express |
| Sat 8 June Fish and Chip Special - SOLD OUT | Sun 21 July Princesses Day - Come and meet your favourite Princesses in person on our train! | Sun 8 September Rover Cars |
| | Sun 28 July Modern Railway Exhibition | Sun 29 September Anything Goes Gala |
| | | Sat 26 & Sun 27 October Halloween Trains - Join us for two days of spooky train rides and ghostly goings on at the railway! |

Alice's Adventures to Wonderland

Calling all Alices, White Rabbits, Queen of Hearts and Tweedle Twins!

Join Alice on her journey to Wonderland through a fully immersive production that takes place on the train and at our stations, with you sitting at the heart of the show!

BOOK TICKETS NOW!

telfordsteamrailway.co.uk

KIMMYJFITNESS
Fitness The Fun Way

2024 CLASS TIMETABLE
SUBJECT TO CHANGE

MON: LAWLEY VILLAGE PRIMARY ACADEMY TF4 2TB

TOTAL BODY TONE 6:15PM - 6:50PM

BOPBACK DANCE FITNESS 7PM - 8PM

TUE: ST GEORGES SPORTS & SOCIAL CLUB TF2 9LU

FITNESS PILATES 6:15PM - 7PM

CLUBBERCISE 7:05PM - 8:05PM

WED: ST GEORGES SPORTS & SOCIAL CLUB TF2 9LU

MORNING FITNESS PILATES 9:45AM - 10:30AM

THUR: LAWLEY VILLAGE PRIMARY ACADEMY TF4 2TB

FITNESS PILATES 6:15PM - 7PM

POMSQUAD FITNESS 7:05PM - 7:55PM

KEY*
RESISTANCE TRAINING

STRENGTHEN & STRETCH

CARDIO/DANCE FITNESS

AGE 16+ **BOOKING IS ESSENTIAL**
FOR MORE INFO & TO BOOK
VISIT WWW.KIMMYJFITNESS.COM

Monday Night Clubbercise

See you at 6:00pm Horsehay Village Hall

60 minutes of me time, to exercise, dance, sing and leave having had a great workout.

Everyone welcome! No matter your age or fitness levels, this class is suitable for everyone!

You can message me to book, or just turn up!

£6 for the hour, cash, bank transfer or PayPal

NEON MONDAY
@clubbercise

BEAT THE MONDAY BLUES

ADDICTED TO **GLOW!**
@clubbercise

NEW SOCIAL NETBALL LEAGUE

STARTING SUNDAY 12TH MAY

ABRAHAM DARBY SPORTS CENTRE TELFORD

INDOORS 5PM - 7PM WEEKLY

PERFECT FOR RETURNING PLAYERS EVEN IF YOU HAVEN'T PLAYED SINCE SCHOOL SIGN UP AS A INDIVIDUAL TODAY!

Fun • Friendly • Social

JOIN NOW £6 PER PLAYER PER GAME (E42 A TEAM)

WWW.YOUPLAYNETBALL.CO.UK

Community Events



Climate Action Hub Telford

Blue Bird by Caris Jackson - amazing Shropshire based artist who is leading a collage art workshop for adults at our next Sustainable Sunday event on 2nd June. Not to be missed!

TELFORD STEAM RAILWAY

Exotic Express 2nd June

TF4 2NF - CLOSE TO IRONBRIDGE
WWW.TELFORDSTEAMRAILWAY.CO.UK

Spring Fayre
Saturday 18th May
11AM-2PM
Horsehay Village Hall
Bridge Street
Telford
TF4 2MF

Lots of Fun, Entertainment and stalls
Free Entry

Lawley 5k Fun Run
7th September 2024

SCAN ME

Entry Fee £6

To book your place scan here or go to website:
<https://lawleyrunningclub.co.uk/lrc-events/lawley-5km-fun-run/>

Charity to be confirmed **Organised by:**

Lawley Community Association together with the Lawley Village Line Dance Club is excited to announce a heart-pounding fundraising event On June 30, 2024. 8 of our bravest souls will step up to the challenge of conquering the world's fastest zip line to raise funds for the Motor Neurone Disease Association (MND).

Motor Neurone Disease is a challenge that many face, and through this event and with support from the local community, we aim to raise as much money for MND as we can. Every contribution, no matter the size, is a step toward helping the MND Association in their vital work.

For more details on how you can make a difference, please visit the link below. Together, let's make this event a soaring success for a cause that truly matters.

WHAT'S ON IN LAWLEY

whatsoninlawley.com
Zip Wire Challenge | What's On In Lawley

Community Action



Transform a young person's life



Become a mentor

Are you looking for a meaningful way to give back to your community? Grandmentors Telford and Wrekin is seeking volunteers willing to empower and support young people, aged 16-24 as they transition from the care system to independent living. We provide mentors with full training and guidance, and all expenses incurred during your mentorship journey will be paid.

Criteria

- Aged 50+ (although not exclusively)
- Be open-minded, empathetic, patient and helpful
- Basic IT and communication skills
- Committed to meeting a mentee weekly for at least 6 months

Contact

07939 838671

kenneth.wu@volunteermatters.org.uk

Scan to apply



VOLUNTEERING MATTERS



Telford & Wrekin
Co-operative Council



Can you help?

Haberdashers Abraham Darby Scribes needed, please read below....

This would typically involve sitting with a pupil in their GCSE exams and reading the questions to them and writing down their responses and if requested, reading their responses back to them.

A typical pupil sits eight subjects and there are 2-3 exams per subject. The exams commence in May 2024 and end in June 2024. Exams vary in duration from 75 minutes to 180 minutes (this includes the 25% extra time allowance that most EAA pupils are entitled to). Some pupils will make full use of this time, others may not. It is sometimes the case that a pupil will sit two exams per day, one in the morning session and one in the afternoon session.

You will need to be able to write reasonably quickly and legibly. Training will be provided by the school and will take no more than one hour. It would also be beneficial for you to come into school to meet the pupil you would be working with in advance of the exams starting.

As the role involves working with children the school will need to apply for an enhanced DBS certificate on your behalf. You would need to be able to pop in and see us during school hours for approximately 15-30 minutes to complete this process.

Please contact the school for more information if you are interested....Many thanks



Lawley Village Primary Academy



The eco committee completed a litter pick at lunch time today around the perimeter of school and collected 2 bin bags full of litter! Well done eco committee, and thank you for all of your hard work 🌍



Lawley Severn Hospice 10 Year Anniversary

It's thanks to our wonderful local community and amazing supporters, volunteers and staff that this lovely shop has raised thousands of pounds over the years so we are there when it matters most.



Keen & Green



Transition Telford



THANK YOU to everyone who came out to support us on Sustainable Sunday by [Climate Action Hub Telford](#)
We gave away loads of plants and seeds

The GROW LOCAL Plant Sale is our next main event at the Park Lane Centre in Woodside. On the 25th May

Exact details to be confirmed!

<https://transitiontelford.wordpress.com/plant-sale-grow-local-2024/>

As a small charity we greatly appreciate all the time and donations people give at our events.

THANK YOU

Saturday 25th May

Grow Local Swap & Share Plant Sale
Park Lane Centre
Woodside
TF7 5QZ.

Join us at our monthly Sustainable Sundays events in 2024

at Belmont Hall, Wellington

Our events will feature:

- swap & giveaways
- recycling facilities & eco library
- vegan refreshments
- info about how to green your life

See our website for details
www.climateactionhub.org.uk

Gardening For Beginners

Peas don't like too much water.

Potatoes don't like tomatoes.

Potatoes don't like cucumbers.

Potatoes and cabbage are friends.

Do not plant beans with onions or beets.

Beans love carrots.

Beets love onion, cabbage, potatoes.

Tomatoes love carrots, peas.

Cabbage does not like radishes.

Carrots and onions do well together.

Marigolds can help repel pests.



Sustainable Sundays in 2024 Belmont Hall, Wellington, TF1 1LU

June 2nd: Eco art for adults & children

July 14th: Zero waste cooking

Aug 11th: Eco activities for kids & school uniform swap

Sept 22nd: Harvest activities

Oct 20th: Go plastic free

Nov 17th: Repair, make & mend

Dec 1st: Sustainable Christmas ideas

All our events run from 11am-3pm & include:

- Swap & Giveaway: pay-as-you-can
- Eco library books to borrow
- Terracycle recycling
- Vegan refreshments



Full details on our website:
www.climateactionhub.org.uk
Email: telfordcec@gmail.com
Follow us:



Older Residents



Let's talk...

Community Hub

Come and speak with a range of providers offering guidance on personal health, wellbeing, care requirements and more.

Every Wednesday, 10am - 1pm at Madeley Library in the Anstice

You will find a welcoming space where your needs and concerns are heard and addressed.

- Weekly services include:**
- Blood pressure checking
 - Healthy Lifestyles
 - Independent Living Centre
 - Telford Mind Social Prescribers
 - Social worker support
 - plus...regular guest services

Helping to give you the tools and knowledge necessary to make small yet impactful changes to your life



For more information about the Let's talk Live Well Community Hub and the service providers attending email charlotte@madeleytowncouncil.gov.uk or call 01952 567288



UNIQUE HOME SUPPORT

Tailored To Suit Your Needs

Would you benefit from some extra help or know a family/friend who would?

If so then we are the team for you. We run a friendly, reliable and professional service.



We offer a range of services including:

- Companionship
- Meal prep
- Shopping
- Medication reminders
- Cleaning/household chores
- Taking out to local events, shops and appointments.



We are a friendly and happy team eager to bring a smile to each person's face. We support each person to their individual needs and adapt when needed.

Get in touch with our team today and arrange a meeting.



For more information please contact

Aimee Jones - 07860223975

Sarah Bradley - 07383011748

aimee@uniquehomesupport.co.uk
sarah@uniquehomesupport.co.uk
www.uniquehomesupport.co.uk

2024 CLUN VALLEY JAZZ FEST 2/3/4 MAY SPARC THEATRE BISHOPS CASTLE

WILL BARRY - PIANO
LUKE MCCARTHY - DRUMS
WILL SACH - DOUBLE BASS
JONNY MANSFIELD - VIBRAPHONE

2 MAY JONNY MANSFIELD QUARTET

GENE CALDERAZZO - DRUMS
OLI HAYHURST - DOUBLE BASS
LIAM NOBLE - PIANO
JULIAN SIEGEL - SAXOPHONES

3 MAY JULIAN SIEGEL QUARTET

FERGUS MCCREDIE - PIANO
EMMA RAWICZ - SAXOPHONES
SHANE FORBES - DRUMS
FREDDIE GAVITA - TRUMPET
SAM QUINTANA - DOUBLE BASS
RORY INGHAM - TROMBONE

4 MAY RORY INGHAM SEXTET

FOR ALL BOOKING/PERFORMANCE INFORMATION VISIT

WWW.CLUNVALLEYJAZZ.COM



Sanctuary Supported Living

Lawley Bank Court

Poetry morning

Friday 3rd May 2024
At 11am

Lin a local poet that has published a children poem book called childish poems for childish peoples will be joining Lawley Bank Court poetry group to share her book of poems with you all.

For all those that are young at heart



www.sanctuary-supported-living.co.uk



Loads to do in the community with Forum 50+. Find them online and search near you!

[Forum 50+ - Connecting the over 50s in Telford & Wrekin \(forum50plus.org.uk\)](http://Forum50+ - Connecting the over 50s in Telford & Wrekin (forum50plus.org.uk))

Shropshire Community

SHREWSBURY COLOUR RUN LingenDavies
4th MAY 2024 **5k**

REGISTRATION COSTS
ADULTS £23
CHILDREN £8.50 (12 and under)

Family tickets available, see website for details.

Help us make a positive difference lives affected by cancer in our community.

4TH MAY 2024
SANSAW ESTATE, HADNALL, NR SHREWSBURY

JOIN US FOR OUR 2024 COLOUR RUN
Described as the happiest 5K in Shropshire.

THE IMPORTANT BITS!

- It would be great if adults could raise £50 and children £25 but we realise this may not be possible for everyone, so however much you are able to raise is appreciated. You can raise funds from asking people to sponsor you, holding a bake sale or dress down day, or any fundraising idea you can think of!
- Anyone can participate.
- To sign up fill out a registration form which you will find at lingendavies.co.uk/event/colourrun2024

COLOUR RUN PACKS
Packs include:
T-shirt
Sunglasses

01743 492396 lingendavies.co.uk
Lingen Davies Cancer Fund CIO Registered Charity Number 1160922

You can register here:
<https://www.magicvoices.co.uk/taster>

Or contact us via the Magic Voices website.

Thanks lovely Telford people! 🎵🎵🎵🎵🎵🎵🎵🎵🎵🎵



Shrewsbury Museum and Art Gallery



The World of Peter Rabbit - Story Time Trail
Opens This Saturday!

Immerse yourself in the world of Peter Rabbit in our new Story Time Trail exhibition. 'Little bunnies' will be able to crawl under the garden gate, hide in a watering can and see their reflection in a mirror pool, just like Peter Rabbit! With photo opportunities and activities to take part in along the way.

Advanced booking recommended.
Recommended duration in the Peter Rabbit Story Time Trail - 1 hour
£6.00* per child

Book Here: <https://orlo.uk/HOCrH>
suitable for ages 6 and under. (Under 6 months, free)

With special thanks to the Friends of Shrewsbury Museum.
#peterrabbit #theworldofpeterrabbit #storytimetrail #peterrabbitshrewsbury

Kids in Museums Peter Rabbit Original Shrewsbury Shropshire Council My Shrewsbury magazine

SM&AG
27 APR - 30 JUN

THE TALE OF PETER RABBIT

STORYTIME TRAIL
Immerse yourself in the world of Peter Rabbit in our new Story Time Trail exhibition! Little bunnies will be able to crawl under the garden gate, hide in a watering can and see their reflection in a mirror pool, just like Peter Rabbit! With photo opportunities and activities to take part in along the way.

10.00am - 4.00pm £8.00 per child, suitable for ages 6 and under.
Booking: www.shropshiremuseums.org.uk/visit/

BIJOUX EVENTS
UPCOMING EVENTS
2024

| | | |
|---|---|---|
| APRIL 18 6PM TILL 9PM Alternative Market Cock Hotel / Wellington, TF7 2DL | APRIL 26 - 28 Artisan Square Telford Centre / TF3 4BX | MAY 4 10AM TILL 2PM Coff & Small Business Fair Castle Hall / Bridgnorth, WV16 6AB |
| JUN 20 6PM TILL 9PM Alternative Market Cock Hotel / Wellington, TF7 2DL | JUL 18 6PM TILL 9PM Alternative Market Cock Hotel / Wellington, TF7 2DL | AUG 10 10AM TILL 2PM Summer Fair Castle Hall / Bridgnorth, WV16 6AB |
| OCT 17 6PM TILL 9PM Alternative Market Cock Hotel / Wellington, TF7 2DL | OCT 26 10AM TILL 2PM Halloween/Summer Fair Castle Hall / Bridgnorth, WV16 6AB | NOV 14 6PM TILL 9PM Alternative Christmas Market Cock Hotel / Wellington, TF7 2DL |
| NOV 25 - 23 Telford Christmas Market Southwaver Square - Telford, TF1 4ET | DEC 7 10AM TILL 2PM Christmas Fair Castle Hall / Bridgnorth, WV16 6AB | |

visit www.bijoux-events.co.uk to apply for a stall

Youth Opportunities

Looking for a new hobby? We are a friendly dance school based in Lawley Village Telford for students aged 3+ offering a range of styles

Taking on new students from next week
Wednesday 1st May

Wanna see what we do? Come along to our show this Saturday at Telford priory school 6pm

For More information about classes or to get tickets visit JodieWellingsDance



OPEN SESSIONS

24/25 Season Midland Junior Premier League

U11s | U12s | U14s
U15s | U16s | U18s

Register your interest now

For general questions, please email ncpathway@gmail.com



Scan to register

Tolkien Way, Wellington, Telford, TF1 2GF

ACCREDITED CLUB
FOOTBALL FEDERATION



@NCUnitedFC



nc.united.fc



ncutdfc.co.uk



etac solutions

Proud sponsors of NC United FC

TELFORD HORNETS GIRLS RUGBY ARE RECRUITING!!!

**Summer Training
Starting
Wednesday 26th July
6:00pm - 7:30pm
All Abilities Welcome**

WHERE: Hinkshay Road
Telford Hornets RFU, TF4 3NZ

For all girls welcome aged 11 (Year 7) to 18

Please Contact: s.j.hill28@gmail.com

Telford & Wrekin Council

BUGLIFE VOLUNTEERING SESSIONS 🐞 🦋

Would you like to make a positive difference to our nature reserves and help create new wildlife habitats?

Or take a closer look at the nature on your doorstep? 🦋

There are lots of opportunities coming up to volunteer across the borough:

Dawley Town Park
🕒 31 May (2pm-4pm) – Butterfly identification training event at Langley Fields

Help protect the habitats of the endangered Dingy Skipper butterfly and other pollinating insects in our borough.

If you'd like to help, please secure you place at these events by email: Emily.hughes@buglife.org.uk

Youth Opportunities



PROM Pop-Up

Pre-loved Ball Gowns & Suits
Drop-in and choose your free Prom outfit between 3:30-8pm:

- 4 April ~ Brookside Central
- 11 April ~ Dawley Town Hall
- 18 April ~ Ketley Community Centre
- 25 April ~ Jubilee House, Madeley
- 29 April ~ The Wakes, Oakengates
- 2 May ~ Sambrook Centre, Stirchley
- 9 May ~ The Hub, Newport
- 23 May ~ Arleston Community Centre
- 30 May ~ Turreff Hall, Donnington

We are also taking donations of ball gowns, suits, shoes & bags to support this event, please ring 01952 567 280

TELFORD'S MULTI-AWARD WINNING CHEERLEADING & DANCE ACADEMY CHEER ATHLETICS

EMPOWERING CHILDREN & YOUNG PEOPLE SINCE 2011

REGISTER YOUR INTEREST NOW FOR OUR MAY 2024 - MAY 2025 SEASON

BEGINNERS WELCOME AGES 3-ADULT

#thebestofthebest
"If you're looking for a fun & safe place for your child to build their confidence, leadership skills & teamwork then look no further than CA Telford!"
@JuniataBarnes @JuniataBarnes @JuniataBarnes
"It's like a family and I've made so many new friends!"
@JuniataBarnes

TELFORD & WREKIN INTERFAITH COUNCIL SENIOR DROP IN

Year 9+

GAMES, SPORTS, CRAFTS, COOKING, TABLE TENNIS & MUCH MORE!

A WARM SPACE TO CHAT AND HANG OUT WITH FRIENDS, TAKE PART IN NEW ACTIVITIES, GAMES AND TRIPS. HAVE YOUR SAY ON SHAPING ACTIVITIES FOR YOUNG PEOPLE IN THE AREA...

EVERY MONDAY
7.15PM - 8.45PM

@19 NEW STREET, WELLINGTON, TELFORD, TF1 1LU

FREE ENTRY



TELFORD & WREKIN INTERFAITH COUNCIL

Scan this QR code to complete our membership & consent form



For more info please contact Becca Lewis: 07741 885017 or email becca@sya.org.uk

TELFORD & WREKIN INTERFAITH COUNCIL JUNIOR YOUTH CLUB

MONDAYS 5.30PM - 7.00PM
@ 19 NEW ST, WELLINGTON, TELFORD, TF1 1LU

PROGRAMME APRIL & MAY 2024

School Years 6, 7 & 8 (age 10+)

- 8th April - Make Your Own Stress Ball, Design A Journal & Scrumptious Smoothies
- 15th April - Shrinkies, Trivia Quiz & Tasty Loaded Nachos
- 22nd April - Diamond Art Keyrings, Card & Board Games & Toast & Jam with a Cuppa
- 29th April - Jewellery Making, Bingo & Allergen Free Rocky Road
- 6th May - CLOSED FOR BANK HOLIDAY
- 13th May - Walk to Bowring Park for Outside Games & Scavenger Hunt
- 20th May - Pom-Pom Making, Design A Tile & Allergen Free Choc Chip Cookies

TABLE TENNIS, POOL, TABLE FOOTBALL PLUS MUCH MORE ALSO AVAILABLE AT EVERY SESSION

FREE ENTRY



TELFORD & WREKIN INTERFAITH COUNCIL

Scan this QR code to complete our membership & consent form



For more info please contact Becca Lewis on 07741 885017 or email becca@sya.org.uk

Youth Activities



NEWPORT SHROPSHIRE CYCLING CLUB

CYCLE COACHING FOR KIDS

For riders who have progressed from stabilisers/balance bikes, what better way to improve further than join us at Newport CC Bike Club?

There's lots of fun cycling exercises to develop your skills, led by British Cycling qualified coaches in all kinds of disciplines! From road riding to cyclocross, there will always be something to learn!

And all you need is a bike, a helmet, and a drink!



Saturday mornings
March to early November.

Group 1 (Beginners)
And Group 2: 09:15
Group 3 (Advanced): 10:15



£3, Members £2 (Membership £5).

Burton Borough School
Audley Ave, Newport,
Shropshire TF10 7DS



For more information contact:
Phone
0845 287 1809
Email
coaching@newportshropshirecc.org.uk
Facebook: Newport CC Bike Club
@newportcyclingclubyouthacademy



A British Cycling Go-ride Accredited Club. (All sessions are led by British Cycling coaches who are DBS checked and First Aid trained).





#RISEAGAIN

Telford & Wrekin
Cooperative Council

Protect, care and invest
to create a better borough

No booking needed, just turn up!

AFC TELFORD UNITED KICKS

YOUTH CLUBS

| LOCATION | DAY | TIME | AGE GROUPS |
|------------------------------|----------|------------------------------|-----------------------------|
| Madeley 3G | Monday | 4:30pm - 5:30pm | 12+ |
| Stirchley 3G | Thursday | 5:00-6:00pm 6:00-7:00pm | Under 12s |
| Oakengates 3G | Thursday | 5:00-6:00pm | 12+ |
| Dawley 3G | Friday | 5:00-6:00pm | 12+ |
| AFC Telford United Goal Zone | Friday | 5:00-6:00pm | 12+ |
| Lightmoor & Horsehay MUGA | Friday | 6:00-7:00pm & 7:00-8:00pm | 6-7pm U12 7-8pm 12 to 16 |
| Lawley Primary Academy | Friday | 6:30pm - 7:30pm | 12+ |

AFC TELFORD UNITED FOUNDATION

Safer & Stronger Communities



TRY RUGBY AT OUR LOVE RUGBY CAMP!

Try Rugby with us

England Rugby



Ages: Girls aged 9 to 18
Date: 19th May 2024
Time: 11:00 to 12:30
Location: Telford Hornets RFC
Hinkshay Road, Dawley, Telford, TF4 3NZ
Contact: Neil Thomas
hornetschair@gmail.com














PLAYERS WANTED

UNDER 14 GIRLS

GIRLS IN YEAR 8 & 9 IN SEPTEMBER

MESSAGE US: 07510 661453




Youth Activities



RANDLAY COLTS BLUES UNDER 8'S

New Players Wanted

SEEKING PLAYERS WHO ARE LOOKING FOR A NEW CHALLENGE AND ARE CURRENTLY IN SCHOOL YEAR 3 READY FOR THE 2024/25 SEASON

Come and join a great group of kids looking to make an impact at 7v7

For more information please contact Paul Shenton on 07792 366971

KITS SUPPLIED **REGULAR TRAINING**

TELFORD HORNETS UNDER 12'S

TRAINING

EVERY TUESDAY 6-7PM

THRFC
HINKSHAY ROAD
TF4 3NZ

Call 07875002446 or just pop along!

WILDCATS GIRLS FOOTBALL

The perfect way for girls from 4-11 years old to fall in love with football!

Wildcats is for girls who want to give football a go for the very first time or want to play with other girls their own age.

All you need are trainers, shin pads, a drink and a smile!

IDSALL SCHOOL - TF11 8PD
WEDNESDAY 6:00-7:00PM
£3 A SESSION

FOR MORE INFO CONTACT THE PAGE OR ON 07779950403

WREKIN GOLF CLUB

COME AND JOIN OUR NEW JUNIOR GOLF DEVELOPMENT PROGRAMME STARTS SUNDAY 12 TH MAY

| | |
|--|---|
| <p>WREKIN RAMBLERS - AGES 5-11</p> <p>Fun group activities to develop putting, chipping, pitching and full swing skills. Opportunities to learn golf rules and course management and etiquette. Skills challenges and mini competitions</p> <ul style="list-style-type: none"> ✓ A PROGRAM FOR THOSE BRAND NEW TO GOLF ✓ 4.30 pm - 6pm - 12 sessions ✓ Cost is £36 which includes free junior membership ✓ Equipment and balls provided ✓ Suits both boys & girls ✓ Access to the clubhouse for buying refreshments and socialising | <p>WREKIN DEVELOPMENT - AGES 7-11</p> <p>Skill development around putting chipping pitching and full swings. Course management and registration for our GolfSixes Club Squad which play in local junior league</p> <ul style="list-style-type: none"> ✓ A PROGRAM FOR THOSE STARTING TO WORK TOWARD GAINING A HANDICAP ✓ 8 pm - 7.30pm - 12 sessions ✓ Cost is £36 which includes free junior membership ✓ Suits both boys & girls ✓ Access to the clubhouse for buying refreshments and socialising ✓ Development programme, club competitions on the main course |
|--|---|

Run by PGA Qualified Coaches supported by Community Golf Instructors and Golf Activators
We are a SafeGolf Accredited Club. To register a place please contact the Golf Reception
Limited places available

EMAIL: golfreception@wrekingolfclub.co.uk CONTACT US: 01952 244032 ext.1

Wrekin Golf Club, Golf Links Lane, Wellington TF6 5BX

CROSSBAR ACADEMY

Friday 12th April - Friday 24th May
7 Weeks, Summer Term 1

Friday 7th June - Friday 19th July
7 Weeks, Summer Term 2

5:00pm-5:45pm
4 years - 7 years (Reception - Year 2)

6:00-6:45pm
8 years - 11 years (Year 3 - Year 6)

£5 per session!

Old Park Primary School, 30 Astorford, Malinslee

Limited spaces available! Please email luka@thecrossbargroup.co.uk to book your FREE taster session!

Learning Opportunities



Digital Telford

Delivered by **School of Coding & AI**

Ready to learn new skills? Join us now on our courses

In collaboration with Telford & Wrekin council and funded by UKSPF, we are here to support you into employment, education or training for FREE!

COURSES

- Essential Digital Skills
- Digital Skills for Life
- Digital Entrepreneurship
- Digital Money Skills
- Introduction to Coding **Online**
- Introduction to Digital Marketing & Web Development **Online**

*full day courses, one every two weeks

FREE TABLET

First 20 sign-ups get a FREE tablet!

AM I ELIGIBLE?

TELFORD AND WREKIN
If you are 16-24, not in employment, education or training living in Telford and Wrekin

Join now
www.theworkcollege.com
01902 509 209

Logos: UK Government, Leveling Up, Digital Telford, Invest Telford, Skills for Life, Skills for Life Multiplier

Learn Telford

Another opportunity for non-native English speakers to practice/improve their English speaking skills for FREE. 🙌🙌
'Speaking English - Essential for everyday life in UK'

- ✓ Tuesday, 23rd April 2024, 12:45-14:45pm, 1st Priorslee and St Georges Scout Club
- ✓ Thursday, 6th June 2024, 9:30-11:30am, **The Wakes**, Oakengates
- ✓ Tuesday, 11th June 2024, 12:45-14:45pm, 1st Priorslee and St Georges Scout Club

To register, please ring 📞 01952 388888 or visit:
<https://learntelford.ac.uk/CourseSearch?keyw ord=Speaking+english>
#englishhasasecondlanguage #ESOL #SkillsForLife #Multiply #ItAllStartsWithSkills

learn telford
Adult learning starts here

GET CONFIDENT WITH MATHS

FREE course

Start Date: Wednesday, 1st May 2024
End date: Wednesday, 12th June 2024
Time: 9.30-11.30am
Duration: 6 weeks
location: Donnington Community Hub, TF2 7RB

Join this **FREE** course to discover how numbers are all around us in everyday life. Have fun and learn at the same time playing darts, dominos, cards, dice and board games. If you are currently on a maths course, or thinking about joining one, this course can help boost your confidence levels, learn helpful maths calculation tips, tricks and techniques.

Eligibility: Adults aged 19+

To register, please call **07866 619328** or visit www.learntelford.ac.uk or scan the QR code

Logos: Telford & Wrekin Cooperative Council, Skills for Life, Multiply, UK Government, Ofsted Good Provider

learn telford
Adult learning starts here

Funded by UK Government

SKILLS FOR LIFE MULTIPLY

Mini Herb Garden

FREE COURSE

Date: Tuesday, 14.05.2024
Time: 9.15am-12.15pm
Duration: 1 Day
Location: Dawley Social Club, TF4 2AG

Make your own mini container herb garden on this **FREE** one day course. Discover practical tips for caring for your plants, the benefits of herbs and recipe suggestions for using them. This course is supported by Multiply, the Government funded Skills for Life strategy, and will help you develop numeracy skills involved in mixing compost, spacing plants and choosing suitable sized containers.

Eligibility: Adults aged 19+.

To register, please ring/text **07528 979376** or visit www.learntelford.ac.uk

scan to register

Logos: Telford & Wrekin Cooperative Council, Skills for Life, Multiply, UK Government, Ofsted Good Provider

Armed Forces



Cosford Air Show 2024

Viewing Field - BBQ, Bar, Inflatables, DJ Platform, Ice Cream and more!

Sunday 9th June



MOD Donnington Community Centre

*Little Munchkins *



Little Munchkins stay and play is on tomorrow 24th April 😊

This week we are going to Run Upbeat Music and Movement from 10 till 10.45 with a snack after and then onto stay and play at 11 till 11.45 all welcome

Lots of fun activities for all to get involved 😊

£1 per child for snacks and tea /coffee for adults

Please remember ID for the Guard Room

TALENT IN THE RANKS

Artist Development Programme

We are looking for 20 aspiring artists from the Armed Forces community, to take part in a new **FREE** artist development programme working in collaboration with the National Memorial Arboretum and the Royal British Legion.

Are you a songwriter, poet, singer, or musician looking for an opportunity to develop your practice and share your skills? Or, are you looking to learn a new skill to develop your confidence and support your wellbeing?

Whether you have previous experience or not, there is something for everyone.

Working with National Memorial Arboretum Associate Artists, the Award-Winning Black Voices, and Arboretum Poet in Residence Dan Simpson, participants will be guided through their own creative process and journey.

We want to create a space for people who are serving or have served, their families, dependents and carers to recall or write songs that share some insight into their lives and experiences. We will support you to create new arrangements that will frame your stories and also work with you to present and record the songs at the famous Grosvenor Road Studios Birmingham. The songs will be shared in live performance during Armed Forces weekend (29-30 June) at the Arboretum, and participants will have their work professionally recorded as a keepsake, building on their legacy.

We want to work towards a performance that is inclusive and presents different textures - acoustic/capella, guitar with solo voice, group songs (duets, trios or quartets) - co-creating/joint composition, instrumentals and spoken word accompanied by magic/film.

We would also like to create a finale piece for all participants to perform together with Black Voices and/or Dan Simpson.

To commit to the project you must be available for all of the following sessions held at the National Memorial Arboretum and one recording session at Grosvenor Road Studios.

Funding will be available for travel and accommodation (if required).

- Sunday 14 April
- Sunday 19 May
- Sunday 26 May
- Sunday 9 June Grosvenor Road Studios
- Friday 28 June
- Saturday 29 June / Sunday 30 June

Performance at the National Memorial Arboretum

NATIONAL MEMORIAL ARBORETUM | ROYAL BRITISH LEGION

Charity No. 1043952 | Charity No. 219279

To register your interest please email education@thenma.org.uk with the title ARTIST DEVELOPMENT PROGRAMME and a few words about you and why you would like to be involved. Please include a contact number so that our team can arrange a call back.

FREE SESSIONS

COME AND MAKE SOME NOISE

UPBEAT

Music and movement sessions for 0-5 year olds

Upbeat is coming to...
Donnington Barracks, Venning Barracks
Free sessions start on
Wednesday 10th April (after Stay and Play 10-11am) 11 - 11.45 am

make-some-noise.com
[makesomenoisewm](https://www.facebook.com/makesomenoisewm)

ARMED FORCES COVENANT | MAKE SOME NOISE

Get a blanket out, some wooden spoons and a tea towel and enjoy the fun, for FREE...

What is Upbeat?

Upbeat is specially designed for Pre-schoolers aged 0-5 years old and their families. These sessions bring music and movement together in a fun way!

The sessions are fun and informal, exploring voices, music making, movement and creating positive relationships. Led by professional Make Some Noise Creative Practitioners working in partnership with AWS.

We are delighted to be bringing Upbeat to Donnington Barracks - Venning Barracks, Building Vg (AWS Building), TF2 8LF

Come and join us (booking essential as we need to register you name on the front gate!)

[How to book to join a session.](#)

Sessions are FREE!



Please contact Sian Makin on 07966734979 or email sian.makin105@mod.gov.uk

Scan the QR to register your details.

When is it being delivered?

Every week on a Wednesday during term time. Stay and Play sessions will be followed by Upbeat. Upbeat sessions are 45 mins of fun music and movement.

We are able to provide these sessions for free with the generosity of The Armed Forces Covenant Grant - supporting families across the world. Make Some Noise has signed up to the Covenant to ensure we can provide fun activities for our families.

UPBEAT



Parish Council News



SUMMER FUN

15 JUNE 2024
11AM TILL 2PM
CARPENTER CENTRE, OVERDALE

FREE BOUNCY CASTLE
FREE INFLATABLE CARNIVAL GAMES
FREE BALLOON MODELLER
FREE FACE PAINTING
FREE TABLE FOOTBALL
FREE AIR HOCKEY
AND LOTS MORE...

LAWLEY AND OVERDALE
PARISH COUNCIL

Llandudno
Coach Trip

Pride in our
Community
2024-2025

LAWLEY AND OVERDALE
PARISH COUNCIL

TRIP DATE: 22 AUGUST 2024

The Parish Council Community Grant Fund is now open for 2024-2025.

The fund is designed to help local groups support, entertain and educate residents of the Parish.

Application are welcome from both new and existing groups.

For further details or to discuss how you can set up a new group please email clerk@lawleyoverdale.org.uk



AN ESSENTIAL PART OF THE COMMUNITY

COMMUNITY GRANT FUND

SEND & Support



SENDIASS BITE SIZE SESSIONS



Come and join in one of our sessions to build your knowledge and understanding of the special educational needs processes in early years, schools & post 16

DATES:

THURSDAY 2ND MAY
10AM-12PM
(HAZELDINE HOUSE)

TUESDAY 11TH JUNE
5.30PM-7PM
(MS TEAMS)

THURSDAY 27TH JUNE
10AM-12PM
(HAZELDINE HOUSE)

WEDNESDAY 10TH JULY
10AM-12PM
(HAZELDINE HOUSE)

TO FIND OUT MORE INFORMATION & TO BOOK A PLACE

PLEASE CALL

01952 457176

OR EMAIL
INFO@IASS.ORG.UK

THE SESSION WILL COVER THE FOLLOWING:

GRADUATED REPOSE -ASSESS, PLAN, DO, REVIEW

SCHOOL SEND OFFER

LOCAL OFFER

THERE WILL BE AN OPPORTUNITY FOR YOU TO ASK ANY QUESTIONS



Short Breaks

Market Place Event

Wednesday 5th June 2024



Telford & Wrekin's Children with Disabilities Team are inviting you to come along and find out what services and activities are available in Telford for you and your child. There will be representatives from:

- Telford & Wrekin Council's Leisure Services,
- Parents Opening Doors (PODS) Charity and PODS Parent Carer Forum,
- My Options Young People's Services,
- Telford & Wrekin's Council for Voluntary Services,
- Telford & Wrekin Council's Community Services,
- Community based activity providers, such as sports, arts and youth clubs,
- Information, Advice and Support Services, and many, many more!

11-7pm

Telford and Wrekin CVS, Suite 12 & 15, Hazeldine House, Central Telford, Telford, TF3 4JL
For directions, please visit www.telfordandwrekin-cvs.org.uk. There is a multi-storey car park opposite the building and drivers must pay when returning to their car. The room is on the second floor but there is a lift available for those that need it. The building has an accessible toilet.



Protect, care and invest to create a better borough



IASS Telford & Wrekin



Elevate Youth for our 14-24 year olds 😊

This is a joint event with Telford Children's Autism Hub.

Please get in touch for more information



elevate youth!

ARE YOU AGED BETWEEN 14 AND 24 YEARS OF AGE?

DO YOU HAVE THOUGHTS, EXPERIENCES, AND IDEAS ON HOW THE SEND/AUTISM SERVICES CAN BE IMPROVED TO ENSURE THAT THE VOICES OF YOUNG PEOPLE ARE HEARD?

30th May
11th July
22nd August
10th October
21st November
5.30pm - 7.00pm

Join us in our next meet-up and have a say in making a positive impact!

OTHER ACTIVITIES WILL BE ON OFFER

FREE Snacks and Drinks!!!



Shropshire Community Health NHS Trust



Here 4 Parents

Helping you support your child's Emotional Health and Wellbeing

Confidential support from the Emotional Health and Wellbeing Public Health School Nurse, for Parents/Carers of children aged 5 - 19

Monday's 9:00 am to 2:00 pm

At

Sutton Hill Medical Practice (Child Health Clinic at rear of building), Maythorne Close, Telford TF7 4DH

Please call 0333 358 3328 to make a face-to-face appointment

Online appointments also available



Improving Lives In Our Communities

SEND Focus




How have we helped?

We continue to support at appeal and tribunal.

We have supported school coffee mornings to include themes such as the graduated approach

We are going into the community giving our families the information and support the need

399 Calls/email contacts in our service in January-March 2024

The Team

- Julie - Children Services Manager
- Michelle - Caseworker
- Maria - Caseworker
- Anna - Team Assistant







SENDIASS COMMUNICATION UPDATE

Service Update:
If you would like to refer into our Advice Line for information, advice and support, please contact us just once and if you are concerned having not heard from us within 10 working days, please get back in contact. We are working hard to get back to everyone as soon as possible and appreciate your patience.

If your query relates to a SENDIST appeal, please let us know and we will contact you as soon as possible.

Please visit the SENDIASS website for a great range of resource and information
<https://www.telfordsendiass.org.uk>
<https://www.ipsea.org.uk>
<https://www.ipsea.org.uk/Pages/Category/get-support>

Email us: Info@iass.org.uk
 Call us: 01952 457 176







SENDIASS - SPRING BULLETIN

Where have we been?



Anna attended a SEND INFO event at Grange Park with Julie from the Childrens Autims Hub



Michelle out and about supporting our parent/carers



Maria working with our Elevate Group



Our Manager Julie(left) in Telford Town Centre for Autism Awareness Week




Where are we going/What are we doing?

- Information Appointments at Hazeldine house Tuesday 23rd April. 11am-1pm
- Elevate Youth! 25th April 5.30-7.30pm
- Post 16 event Wellington Methodist Church 15th April 4pm-6.30pm
- Dawley Christian Centre Stay & Play Tuesday 14th May 9-11.30am
- Randlay Community Centre Information Drop in. 6th June 9-11.30
- Wellington Library Information Drop in. Thursday 23rd May, 1.30am-2pm

Contact us on info@iass.org.uk for more information

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively effect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



Staying Safe



CSEO OFFICER HOME SECURITY EVENT

- Date: Friday 17th May 2024
- Time: 9.30am till 11.30am
- Location: Tea, Toast & Talk, Carpenter Centre, Oak Road, Overdale, Telford, TF3 5BT



Crime Prevention Advice available – Come and Sign up to our Free Newsletter to find out what's going on in your Area, receive Alerts & notifications of Events like this in future directly to your Mobile, Tablet and Computer. Once completed, get equipped with SmartWater to mark your valuables – Free of Charge

All provided & will take a few minutes – I promise.

Contact Me :-
South Telford :-
Paul.brittain@westmercia.police.uk
cseotelford@westmercia.police.uk

CSEO OFFICER HOME SECURITY EVENT

- Date: Tuesday 14th May 2024
- Time: 9.30am till 11.30am
- Location: Lawley & Overdale Parish Council, Leonard Smith House, Unit 2 West Centre Way, Lawley, TF3 5HT



Crime Prevention Advice available – Come and Sign up to our Free Newsletter to find out what's going on in your Area, receive Alerts & notifications of Events like this in future directly to your Mobile, Tablet and Computer. Once completed, get equipped with SmartWater to mark your valuables – Free of Charge

All provided & will take a few minutes – I promise.

Contact Me :-
South Telford :-
Paul.brittain@westmercia.police.uk
cseotelford@westmercia.police.uk

Seen something? Say something

Report concerns about child sexual exploitation at

SaySomethingTelford.co.uk

Caught over the drink drive limit?

You risk losing your licence, your job and six months in prison.

THINK! #OpLimit

WEST MERCIA POLICE

#OpLimit caught prison drink drive lose your licence lose your job limit prison #OpLimit

OFF-ROAD BIKES REPORT IT. STOP IT.

01952 388 800

Opspree@westmercia.police.uk

West Mercia POLICE, Shropshire Fire and Rescue Service, The Wrekin Housing Group, Bournville, Bromford.

Skips Safety Net Keeping children safe online

A Parent's Guide to Safety and Privacy Settings

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has an effect to what happens offline and what happens offline has an effect to what happens online.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssafety.com Tel: +44 121 227 1941

Developed in partnership with Home Office, National Crime Agency, Police and Crime Commissioner

Skips www.skipssafetynet.org

Health & Wellbeing



9 in 10 people survive bowel cancer if diagnosed at the earliest stage

Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.



Telford & Wrekin Council



Do you provide care or support to a relative, partner, child or friend who needs help because of their illness, frailty, disability, a mental health problem? If the answer is yes, then you are a carer.

We've put together a guide full of useful information and advice to help you care for someone else and yourself. Download your copy now > <https://orlo.uk/wRsxh>

Carers WELLBEING GUIDE

ADVICE AND GUIDANCE FOR CARERS
HELP AND SUPPORT
HEALTH / FINANCE
WELLBEING / SAFETY



NHS
The Shrewsbury and Telford Hospital
NHS Trust

If you are aged 11-17 please join our

YOUTH GROUP

to help develop our new children's ward



Where:

Royal Shrewsbury Hospital
SERII building (directions will be provided by email)

When:

18th May 2024 | 11.30am - 13.00pm



Help us develop the new Childrens Ward at the Royal Shrewsbury Hospital

Your voice matters

To join us contact: 01743 492256
sath.engagement@nhs.net

(if you are under 14, please ask a parent or guardian to contact us).

NHS
The Shrewsbury and Telford Hospital
NHS Trust

HELP US CREATE OUR NEW CHILDREN'S WARD

ARE YOU AGED 7-11?

JOIN OUR GROUP TO PLAN THE NEW CHILDREN'S WARD AT THE ROYAL SHREWSBURY HOSPITAL

WHERE: ROYAL SHREWSBURY HOSPITAL, SERII BUILDING (DIRECTIONS WILL BE PROVIDED BY EMAIL)

WHEN: SATURDAY 18TH MAY 0930AM - 11AM

Please ask a parent/guardian to contact the hospital engagement team:
01743 492256 or email: sath.engagement@nhs.net

Early Years & Families



DAD SQUAD



LET'S PLAY! COME AND MEET LIKE-MINDED DADS AT JUNGLELAND. ENJOY SOME TIME WITH THE KIDS!
(cost of entry covered by Home-Start)
WE'LL BE MEETING AT 11.45AM ON:

MONDAY 15TH APRIL
MONDAY 20TH MAY
MONDAY 17TH JUNE
MONDAY 15TH JULY

Join our WhatsApp group! Stay connected with other Dads.

Call us on **01952 872280** for more information!



Tuesdays

10am

Coalbrookdale and Ironbridge Community Centre



Curious Little Bears



Rhythm Time - Wolverhampton, Stourbridge, Bridgnorth & Telford



👉 Did you know? Your baby's brain doubles in volume in the first year! 🧠
👉 It's never too early to invest in their future. 🌈 At Rhythm Time, we stimulate all the senses, creating a melody-filled journey from day one! 🎵☀️

Book now at www.rhythmtime.net/wolverhampton-stourbridge-kidderminster

#EarlyLearning #RhythmTimeMagic 🎵🌈🎶

Toddler and Me

Exploring the world toddler style



COME ALONG TO TODDLER AND ME - THURSDAY'S 9:30-10:15am

Explore the world of movement, music, singing and sensory play with your little one.



BOOK YOUR SPACE TODAY!
www.toddlerandme.net




Early Years & Families



WE OFFER A BREAKFAST, FULL DAY, MORNING OR AFTERNOON SESSIONS

PUDDLEDUCKS PRE-SCHOOL



A LOCAL PRE-SCHOOL BASED IN THE HEART OF TELFORD WITHIN LAWLEY, SHROPSHIRE

**Puddleducks Under Fives Ltd,
Lawley Community Centre, Arleston Lane, Lawley, Telford, TF4 2PR**

01952 872090 or 07376551493
www.puddleduckstelford.co.uk



MESSY PLAY

VENUE: THE SILVER THREAD HALL TELFORD.

DAY: WEDNESDAY

TIMES: 0-18 MONTHS 1:30 - 2:15
18 MONTHS - 3 YEARS 2:45 - 3:30

Email: chaoscreatorstelford@gmail.com
Facebook: Chaos Creators Telford

Early Years



CLASS SCHEDULE

| | | |
|---|--|---|
| <p>Monday</p> <p>Wombourne - Civic Centre (WV5 9HA) Wallaston - Methodist Church (DY8 3RU)</p> | <p>Tuesday</p> <p>Penn - St Bartholomew's Church (WV4 5JB) Bridgnorth - Castle Hall (WV16 4AB)</p> | <p>Wednesday</p> <p>Tettenhall - Albert Lawn Tennis Club (WV6 9NA) Apley Playbarn - Apley Farm Shop (TF11 9EF)</p> |
| <p>Thursday</p> <p>Lawley - St John's Church Hall (TF4 2PD)</p> | <p>Friday</p> <p>Oakengates - Wombridge Parish Centre (TF2 6HT) Baggeridge - Country Park (DY3 4HB) Perton - Civic Centre (WV6 7PD)</p> | <p>Saturday</p> <p>Wombourne - St. Bernadette's Church Hall (WV5 9HW)</p> |

Our classes are aimed to help Child development, have fun and make new friends!
Our Mini and Me classes will take place twice a week at just £3.50 each!!
WEDNESDAYS 9.45 - 10.30am
FRIDAYS 9.30 - 10.15am
AGES 6 months - pre school age!
Unit 42, Ketley Business Park, Telford, TF1 5JD
Follow the link below to sign up to our waiting list and to be the first to receive information:
<https://form.jotform.com/240663318981058>
We look forward to creating memories soon!




Early Years & Families



COMMUNITY FUND



Telford and Wrekin FAMILY HUBS
Right help at the right time






Families in Telford

Tuesdays
We will be holding both baby groups together
9.30-10.45
Hub on the Hill, Sutton Hill

Thursdays
Tums and tinies
From pregnancy until babies are on the move 9.30-10.45
Rise and Shine
When babies are starting to move up until they are confident walkers
11.15-12.30
Park Lane, Woodside



Under 1 Drop in & Play

Term time only
Wednesdays 12.00-13.30
Dawley Christian Centre

Professionally run sessions for those under 12 months and their grown ups.
Sensory play, gross motor activities and lots of fun.
Those looking for antenatal support are also very welcome.



Telford and Wrekin FAMILY HUBS
Right help at the right time



MINI ATHLETICS



Priorslee and St Georges Scout Hut



Fridays

9:30am - Teenies
10:30am - Didees
11:30am - Littles

Book now!

Telford



The Shining Stars group takes place at the **Carpenter Family Centre** in Overdale every Tuesday (terms time only), from 10:00am to 11:30am.



The group provides a range of play activities for children aged 0 - 5 years of age who have additional need and is eligible for families prior to, during or after diagnosis.

Children must be supervised and children without an additional need are also welcome to attend.

For more information please email shiningstars2017@hotmail.com



New classes!! This time at Big Street Little Feet

Little Explorers

EVERY MONDAY AND WEDNESDAY
9:30AM-11:00AM AND 1:30PM-3:00PM

Under the Sea

Babies 0-6 months £1.00

Babies 7-12 months £2.50

Adults £3.00





Little Explorers

BBY SENSORY

Coming soon

Stay Informed

Follow us!

If you'd like to keep up to date with information about community activities, events or service information you can by:

Signing up to our bi-monthly online newsletter:

<https://www.bvt.org.uk/publications/register-for-online-newsletter/>

Visiting our website:

www.bvtlawleyvillage.org.uk

Following us on social media:

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

https://twitter.com/BVT_Lawley



Would you like us to share details of your events, groups and activities?

Email: lindseypowell@bvt.org.uk

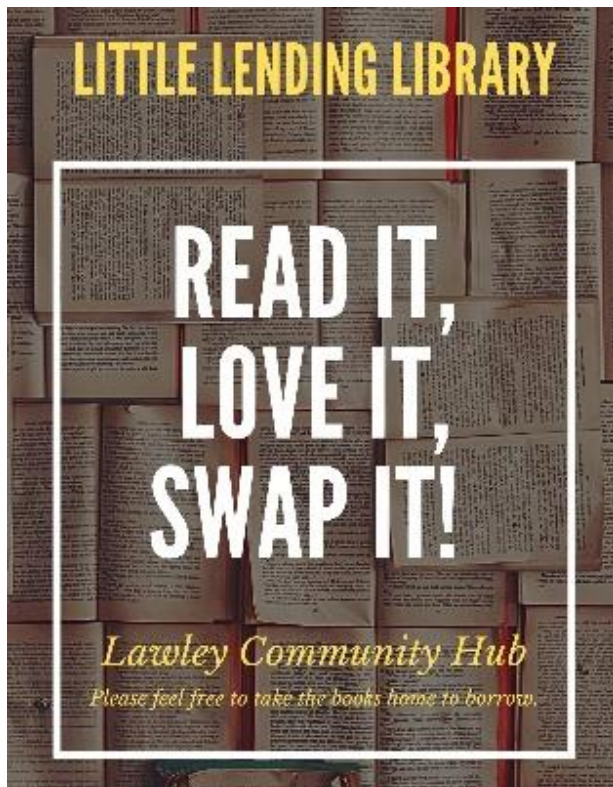


JOIN IN & VOLUNTEER WITH US!

Looking for a way to help the local community?

Join our volunteer network now!

Email: Lawleystewardship@bvt.org.uk



Visit Lawley Community Hub to find out about using this space for community activities. Drop in to hear more about local events, activities and opportunities.

**Lawley Community
Hub, Unit 3 Birchfield
Way, Lawley Square,
Telford, TF3 5BZ**