



# Inclusion Newsletter

## Summer Term 2023

In this term's newsletter, we have included different services you may like to access over the six week holidays.

We hope you all have a fabulous Summer break and we look forward to seeing you again in September.

## Beam - Wellington

Beam is a BeeU drop-in service where you can discuss current difficulties with mental health practitioners who will be able to offer support and advice to the young person and/or their parents.

Support is normally offered in group sessions, but due to Covid-19 these sessions can also be accessed by telephone and video call, and in some cases they can offer a Face-to-Face by appointment.

They offer support with:

- Emotional regulation
- Low mood
- Anxiety
- Anger management
- Boosting self esteem

You can request support online via their registration system:

[www.childrenssociety.org.uk/beamshropshire](http://www.childrenssociety.org.uk/beamshropshire)

Scroll down the page, click 'register with us' and complete the online form. If more support is required from those already registered with the service then a shortened form will ask for basic details via the same link.

## WHAT DOES BEAM LOOK LIKE?

9 Market Square, Wellington, Telford



PEGS are a fantastic parent support group for parents who are experiencing child to parent abuse. You can complete a self-referral form on the website where you will then be contacted with the ways PEGS can support you.

## Email contact

**Please note: The below email addresses will NOT be monitored over the summer holidays. If you need urgent help or support, please contact Family Connect on 01952385385.**

For any Emotional Health and Wellbeing concerns: [ehwb@stgeorgesschool.org.uk](mailto:ehwb@stgeorgesschool.org.uk)

For any Special Educational Need/Disability concerns: [sendco@stgeorgesschool.org.uk](mailto:sendco@stgeorgesschool.org.uk)

**kooth**  
Free online counselling support for young people!  
Discover everything Kooth has to offer

FREE COUNSELLING  
DISCUSSION BOARDS  
KOOH MAGAZINE  
HELP ARTICLES  
JOURNAL  
SELF-HELP TOOLS

Sign up for free at [Kooth.com](http://Kooth.com)

Kooth is an online mental wellbeing community for young people who are aged 11-18. They offer free, anonymous, safe online wellbeing support.

You can logon via the web-site at [www.kooth.com](http://www.kooth.com)

Telford & Wrekin Cooperative Council  
Protect, care and invest to create a better borough

**SUMMER Holiday Activities**  
Monday 24 July to Sunday 3 September  
**2023**

KIDS FOR A £1

tw LEISURE  
RICOH imagine. change.

If you need any support with the topics on the right, get in touch with Family Connect (01952385385) who can provide you with advice and support.

Telford and Wrekin have so many different activities on offer over the summer with some only costing £1!  
Click on this link to view the brochure:  
[Summer Holidays 2023 activity brochure](#)



Information Advice and Support Service  
**SENDIASS**  
TELFORD & WREKIN

AGES 0-25

**TALKING SEND SUMMER FAMILY Session**

REFRESHMENTS  
ARTS AND CRAFTS

26TH JULY & 30TH AUGUST  
10.AM-12PM

COME ALONG AND MEET THE SENDIASS TEAM

TELFORD AND WREKIN CVS,  
SUITE 12 & 15 HAZELDINE HOUSE,  
CENTRAL SQUARE, TELFORD CENTRE,  
TF34JL

Book your place: SENDIASS  
info@iass.org.uk  
01952457176

DO YOU HAVE ANY QUESTIONS RELATING TO:  
Transition  
Graduated Approach  
Educational Health and Care Plan  
Early Years  
Post 16  
SEN Support

SEND  
Local Offer

CVS  
Telford and Wrekin

Shropshire Community Health NHS Trust

Healthy Child Programme 0-19  
Public Health Nursing  
Telford & Wrekin

**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