



Dear Parents and Carers,



Parking

I know I bring this up in almost every newsletter, but it really is a serious concern for us all, and keeping our children safe is our utmost priority. Unsafe and inconsiderate parking remains a problem outside the school, and I sincerely hope that we never have to witness anyone being injured as a result of this. Please, please can you consider our children's safety and our neighbours when you drop your children off or pick them up.

We have contacted our local councillors and the police regarding this, and we have also again requested a visit from the CCTV mobile enforcement vehicle to patrol the area.

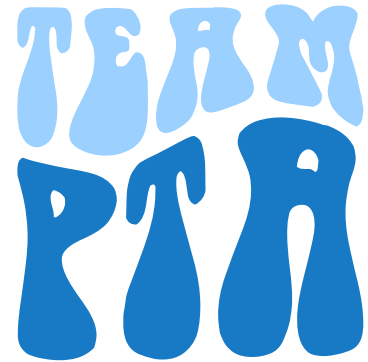
We are also awaiting further information on the School Street implementation, which has so far passed through the informal consultation stage, and is being brought to the committee and when we have this we will share it with you all.



PTA

The Christmas fayre was a great success, and the children enjoyed singing, the various tombolas and the games. The total raised will be shared after the Christmas break.

We have started to award the children for reading effort, and a few lucky, hardworking children have chosen a book from our new vending machine. Thank you again to our wonderful PTA for enabling the children to have this opportunity.



Charity

Thank you for your generous donations to the Poppy Appeal – we raised £187.77 and we know that the Royal British Legion are very grateful for the donations that are received.

We all enjoyed our annual Christmas Dinner, and we raised £221 for Action for AT – this amount was doubled to £442, as we paid the money in quickly through 'biggive', who double donations at this time of year. Thank you to all of you for your generosity.

Also our kind and caring Year 6 children have raised £106.56 for the Coeliac Society, an organisation that supports many of our own children in school.



Enrichment

It has been such a joy to witness the wonderful performances by Years R, 1 and 2, and then today the annual Song for Christmas, where each class in Key Stage 2 performed a Christmas song to the school. There was also an interesting ad-hoc performance by the staff – I am sure your children will tell you how this went!



Safeguarding

Please find attached some information to support families over the Christmas period, which can be a challenging time for some families.

Just a reminder to Parents/Carers, in and around the school premises, to be mindful of not using inappropriate language around the children.

Instagram

Dont forget if you would like to be added to the school Instagram account, you need to follow @cliffewoodsps. You will then need to email your username, child's name and class to socialmedia@cliffewoods.medway.sch.uk (even if you have previously done so)



Finally

I would like to thank a parent, who you have probably seen, for giving up her valuable time to tidy up the gardens around the school, her hard work is greatly appreciated.

I know that Mr Muggridge has shared the news that I will be retiring from my role at Cliffe Woods at the end of this academic year, after thirty years of involvement with the school. This will be a huge wrench for me, and I am so grateful for the lovely comments that I have received from our school community. I can assure you all that I will continue to give my all to the school for my remaining time here, and hope to be able to visit regularly after my retirement.

I would like to wish you all a Merry Christmas and a peaceful New Year.

Yours sincerely

A handwritten signature in grey ink that reads "Mrs K Connolly".

Mrs K Connolly
Head of School



Dates for the Diary

Please take a careful look at the following dates, all of which can be found on the Events Calendar on the school website, and make a note of any that may affect your child.

Date	Event
Friday 20th December	Last Day of Term - Finish 2.00pm
Tuesday 7th January	Term 3 Starts
Friday 10th January	Panto - Beauty & The Beast
Tuesday 14th January	Parent Consultations
Wednesday 15th January	Recruitment Fair - 5.30pm
Thursday 16th January	Parent Consultations
Tuesday 21st January	PTA Meeting
Thursday 23rd January	Tiger Class Assembly - 2.30pm
Friday 24th January	Young Voices at the O2
Tuesday 28th January	Gosling Class Stay and Play - 2.30pm
	HMD Event
Wednesdasy 29th January	Puggles Class Stay and Play - 2.30pm
Thursday 30th January	Springbok Class Assembly - 2.30pm

Have Your Say Meetings:

Tuesday 4th February at 2.30pm

Monday 23rd June at 2.30pm





Small Steps is a service providing support and advice for families in Medway whose children are either pre or post assessment of Autism and or ADHD. They offer support pre diagnosis so families can get the right advice and direction from the beginning. They work closely with Health professionals, education settings and the local authority to enhance what is available to families. The Service offers information workshops, specialised parenting groups, and can provide parents with a Project Worker or a Volunteer Befriender who will support 1:1, Positive Behaviour Support, advice clinics, autism and ADHD specific parent awareness courses.

Top 10 tips would be to make Christmas as special as possible:

1. **Create a plan**

Print off a calendar (see below) before Christmas so your child can see clearly what is happening. You may want to use visual aids which could include photographs of extended family members that you will be seeing over the festive period.

2. **Prep your extended family**

Talk to family members ahead of time. Discuss your child's specific needs, and gently but firmly tell them what your plans are. Be sure to let them know that this will make the whole experience better for everyone.

3. **Use Social Stories**

The internet has lots of social stories that you can use speak to your child about what might happen in certain situations, they offer much needed structure and can help reduce your child's anxiety if they know what to expect over Christmas.

[Christmas Social Story – Little Puddins](#)

[Holiday Social Stories & Visual Questions – The Autism Helper](#)

[Christmas Sensory Survival Kit \(ck.page\)](#)

<https://www.andnextcomesl.com/2019/11/christmas-social-stories.html>

4. **Know your child's sensory triggers**

The extra lights, smells and tastes can cause overwhelm for children with sensory processing difficulties. Give some thought to decorations, and perhaps leave at least one room in the house that doesn't have any decorations.

5. **Presents**

The excitement of surprise gifts can be very overwhelming so perhaps let your family and friends know what your child's interests are or maybe provide a wish list. You may want to wrap in clear paper if your child has anxiety opening gifts, that way they can see what is inside. Do not pressure your child to open gifts in front of others, they may have anxiety about what to say. There's no need to open everything at once, you could spread the gift giving over several days.

6. **Food**

If your child has specific eating habits and is likely reject Christmas dinner you could perhaps try to include unfamiliar Christmas food **into meals during the lead up to Christmas Day. Alternatively, if their favourite dinner is chicken nuggets, why not let them eat that – it is Christmas after all!**



7. **Involve your child**

Ask your child what they would like at Christmas and give them some control over what happens, perhaps they could make place cards so that your child knows ahead of time where everyone will be sitting at the dinner table.

8. **Quiet Space**

Identify a quiet area that your child can go to if they feel overwhelmed they may need to sit quietly in a room on their own or they may need some time outdoors to run, jump or twirl.

9. **Be realistic**

Christmas is a time that is often filled with family traditions, so you might want to re-evaluate whether the trip to see the Christmas lights is possible for the whole family.

10. **Relax!**

Christmas can be stressful but your child may respond to your stress levels so staying calm and low key will help your child to regulate their own emotions. Remember, there are no rules, you can make your Christmas what you need it to be to meet the needs of your family. The most important thing is that you enjoy it!



DECEMBER 2024

Thursday

Friday

Saturday

Sunday

Monday

Christmas
Eve

Christmas
Day


Boxing
Day

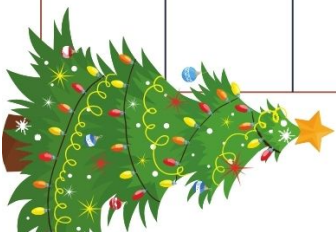




DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Health and wellbeing is really important.

It is vital that we are all looking after our bodies and minds to keep us fit and healthy.

There are loads of support services across Medway and Swale for children and young people, and this isn't even close to being all of them!

Scan the QR code on the back page to view all of this information online, and be able to click through onto each of these service's websites.



YOUNGMINDS
Kooth
togetherall
every mind matters
KENT YOUTH HEALTH
THE MIX
withyou
YOUTH TOGETHER HERE
CHUMS
CALM HARRIS
ALUMINA
GOOD MENTAL HEALTH MATTERS
MOOD SPARK
ChatHealth
Olee
METRO
BeYou PROJECT
Mind North Kent
Medway Serving You
Kent Resilience Hub

If you are looking for social or creative outdoor and indoor activities in your local area, you should check out the **Everyday Active** website. It has loads of different types of children and young people's clubs and events, you're sure to find something that you'll enjoy. Check out their website at <https://www.everydayactivekent.org.uk/>

To find out more about Healthwatch Medway, visit www.healthwatchmedway.com or, scan the QR code to take you straight there.



- X @HWMedway
- Instagram @healthwatchmedway
- Facebook @healthwmedway

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Christmas 2024 Opening Hours for

Children and Young People's
Mental Health Support
across Medway and Swale



Find all types of mental health support services inside.

If you're looking for mental health and wellbeing support over Christmas but not sure what is available, look no further!

In this handy hand-out, we have made a list of services across Medway and Swale that are open over the festive period.

Crisis Lines

- **Shout** - Shout is the UK's first and only free confidential 24/7 text messaging service. **In an emergency, text 'SHOUT' to 85258.**
- **The Mix** - the Mix is the UK's leading support service for young people under 25. If you are experiencing a crisis, you can text **'THEMIX' to 85258**. The Crisis Messenger Text service is available 24/7 throughout the year, including Christmas Day, Boxing Day, and New Year's.
- **Samaritans** - Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call the freephone on **116 123**.
- **CALM** - CALM's helpline is open 5pm - midnight every day, including through the festive period. Their helpline staff are there to help you explore how you're feeling. Call on their freephone: **0800 585858**.
- **Release The Pressure Helpline** - Don't suffer in silence: **Call 0800 107 0160 or text the word 'KENT' to 85258**. The helpline is open 24 hours a day, 365 days a year. You can also send them a webchat by clicking on the purple webchat box on the right hand side of your screen. <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/release-the-pressure-helpline-kent/>



If you are having an urgent mental health crisis, call 111 and select option 2 to speak to a specially-trained mental health practitioner.

If you think there is a risk to your life, or the life of someone else, please do not call 111. Dial 999 instead.

FEELING STRESSED?

FEELING DOWN?

Why not reach out to one of these services and let off some steam?

If you want, let's take a second to chill and be mindful. Take a breath.

Below is a mindful colouring exercise. Feel free to complete this whenever you like, and remember to take some space and give yourself a break.

You're amazing and you're doing so well!

Take this as a reminder that it is okay to reach out for help, no matter what you're going through. Everyone needs help sometimes!



Online Support

- **Side by Side** - is a supportive online community for anyone experiencing a mental health problem. You can access the community any time, including on Christmas Day and other bank holidays. Side by Side is moderated daily from 8am to midnight. <https://sidebyside.mind.org.uk/>
- **Shout** - Shout's online chat is open 24/7, even throughout the festive period, and on Christmas day. You can visit their website at <https://giveusashout.org/>.
- **Kooth** - is an online service for young people aged 10-25. Once you log in, you'll see lots of different support options and an online chat to speak to a member of Kooth's team. Go to <https://www.kooth.com/home>.
- **24th December 12pm - 8pm**
- **25th December 4pm - 8pm**
- **26th December 12pm - 8pm**
- **31st December 12pm - 8pm**
- **1st January 4pm - 8pm**

Support Apps

What's better than support at your fingertips? For quick access to self-help over the festive period, try these apps.

- **Calm Harm** - to help resist or manage the urge to self-harm.
- **Stay Alive** - a pocket suicide prevention resource.
- **MoodTools** - designed to combat depression and alleviate negative moods.
- **My Bubble** - build your mental health support bubble.

Face-to-face Services

- **North Kent Mind** - North Kent Mind are holding a 'Christmas Drop In' session in Chatham on the 30th of December. Check out their website for more details: <https://northkentmind.co.uk/2024/11/28/wellbeing-services-christmas-drop-ins/>

MEGAN CIC

Phone: 01634 402077 Address: 33 Magpie Hall Road, Chatham, ME4 5NE

Mobile: 07838 298591 Email: enquiries@megancic.org.uk

Offering Peer Support Groups face to face and online using Zoom.

Also run the Medway and DGS User Voice Project.

The office will be closed from 20th December to re-open on 6th January with first group back 6th January.

We would like to wish you all a safe and enjoyable Christmas and we look forward to working with you in the New Year!

**Take care,
From the team at
MEGAN CIC**



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Christmas Support in Medway 2024/25

Feeling lonely?

Feeling stressed?

Feeling depressed or anxious?

Need someone to talk to?

Spending Christmas Day alone?

Going hungry over Christmas?

Look inside for local services and support available over the Christmas period

For further information, please contact us on:

Tel: 01634 402077

Email: enquiries@megancic.org.uk

Website: www.megancic.org.uk

Facebook: MEGAN CIC

Twitter: @MeganCic

Instagram: [megan_cic](https://www.instagram.com/megan_cic)

Crisis Support

Medway Safe Haven

Phone: 07850 901151 or 07808 795036 Email: medway.mhm@nhs.net

Website: mhm.org.uk/kent-safe-havens

Address: The Portacabin opposite Urgent Treatment Centre at Medway Maritime Hospital, Windmill Road, Gillingham ME7 5NY

Christmas Open Hours: from 12pm-midnight every day (including weekends and bank holidays).

Gillingham Safe Haven

Phone: 01634 962022 Email: info@sunlighttrust.org.uk

Address: 105 Richmond Road, Gillingham, Kent ME7 1LX

Christmas Open Hours: from 6pm-11pm every day (including weekends and bank holidays).

Safe Havens offer mental health support for anyone aged 16+ in the Kent area. They provide information and emotional support for individuals who are in crisis or feel they are heading towards a crisis situation.

Samaritans

Phone: 116 123 Website: www.samaritans.org

Email: jo@samaritans.org

Free to call, available 24 hours a day and will not show up on your phone bill.

Release the Pressure

Helpline: 0800 107 0160 Text: Medway to 85258

Website: www.releasethepressure.uk

If you are in distress, you can get immediate support from trained staff 24 hours a day.

NHS Direct

Phone: 111 (Option 2 for mental health support) Website: www.nhs.uk

Help, advice and reassurance, 24 hours a day, 365 days a year for any health concerns. 111 when it's less urgent than 999.

Caring Hands

Phone: 01634 409768 Website: caringhands.org

Address: 15a-16 New Road Avenue, Chatham, Kent ME4 6BA

Open 25th December 12-2pm for a Christmas Meal—no booking necessary.

Closed 23rd December—3rd January

Medway Street Angels

Phone: 07564 829189

Address: Clover Street Car Park at 7pm

Soup kitchen on Wednesdays, Thursdays and Saturdays

Serving home cooked meals and hot drinks. Guests can request clothing items and also give out monthly toiletry packages and non-perishable food.

One Big Family

Email: info@helpingthehomeless.org.uk Phone: 07865 928 174

Soup Kitchens on Sundays at 6.30pm at the bottom of Meeting House Lane - fresh home cooked food and food parcels available.

Soup kitchen will be open on 24th and 31st as normal.

Severe Weather Emergency Protocol (SWEP)

Phone: 01634 333600 Freephone: 0808 164 1444 before 5pm

Comes into place on any evening that the night time temperature is predicted to be below freezing. Emergency overnight accommodation can be found for anyone with no where to sleep.

21st Century Flooring

Xmas Day Meal @ The Vines United Reform Church

Offering a free meal on Christmas day for anyone otherwise alone. Please contact Grace on 07870 636 451 for more information and to get booked on. Transport can be arranged for those unable to get there. And a delivery of food can be arranged if needed.

River Recovery Service

Phone: 01634 471700

Address: 95-97 High Street, Chatham, Kent ME4 4DL

Support for those affected by substance and/or alcohol abuse.

Christmas Opening Hours:

24th Dec—TBC

Closed on 25th and 26th Dec

Normal hours on 27th, 28th, 29th, Dec

Closed 1st Jan and resuming normal hours from 2nd Jan

Medway Foodbank

Phone: 01634 757057 Email: info@medway.foodbank.org.uk

Website: www.medway.foodbank.org.uk/

Office Open: - Tuesday - Thursday 9.30am-3.30pm
- Friday 9.30am-1.30pm

Warehouse Open: - Tuesday and Wednesday 9.30am-3.30pm
- Thursday 9.30am-1pm

For information relating to which centres are available over the festive period, please make contact with Foodbank direct or follow their Social Media

Gillingham Street Angels

Phone: 07437 657982. Facebook: The Street Angels

Foodbank: 43 Skinner Street, Gillingham. ME7 1LG.

Offering food parcels, blankets, duvets, warm clothing and other essential living items.

Normal opening hours: Monday – Friday 9am-1pm.

Closed Christmas Eve, Christmas Day, Boxing Day, New Years Eve and New Years Day.

Warm welcome spaces - website to help you find a warm space

Website: www.warmwelcome.uk/find-a-space

Rethink Medway Peer Support Group

Email: medwaygroup@rethink.org

The group meet on the second Monday of every month from 1pm until 3pm.

KMPT—Medway Community Mental Health Team (CMHT)

Phone: 0300 303 3189

If you are receiving care and treatment from KMPT, you can contact CMHT for mental health help, support or advice.

NELFT—Single Point of Access (Children & Young People)

Phone: 0300 123 4496

If you need to speak to someone to find the most appropriate support for a young person, you can contact the Single Point of Access.

Medway Talking Therapies

Phone: 0300 0293000 Email: medway@insighthealthcare.org

Offer talking therapies to support with a range of issues including low mood, depression, anxiety, panic, trauma, bereavement and loss, etc. You can self refer by telephone or via the website.

Live Well Kent and Medway

Phone: 0800 567 7699 Email: info@livewellkent.org.uk

Website: www.livewellkent.org.uk

Provides free mental health support for people aged 17+ including support with employment, housing, peer support, carers support, etc.

Rethink Sahayak—Asian Mental Health Helpline

Phone: 0808 800 2073 Email: sahayak@rethink.org

Offers caring, non judgemental and empathetic support for mental health and domestic abuse issues. It is free and confidential. You can speak to advisers in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or in English on:

- Mondays & Wednesdays from 4pm-7pm
- Tuesdays and Thursdays from 12pm-3pm

North Kent Mind

Phone: 01322 291380 Website: www.northkentmind.co.uk

Offer a range of wellbeing services and resources for people who are going through a difficult time or struggling emotionally.

Carers First

Phone: 0300 3031555

Website: www.carersfirst.org.uk

Providing information, support, guidance and emotional support for those caring for somebody. Providing online, in person support and walking groups.

Carers First will be closed over the Christmas period from lunchtime on 24th December to reopen on 2nd January 2024—visit the website for information.

Medway 5 Carers Group

Phone 07885 617699 or 0739 287017

Email: medway5carersgroup@hotmail.com

A nonprofit self-help group providing support for all who care for someone with mental ill health. They hold informal round the table discussions, inviting guest speakers relating to KMPT services and also have an understanding on all aspects of being a carer in the Medway and Swale community.

All Saints Community Project

Phone: 01634 845419

Address: Magpie Café, 33 Magpie Hall Road, Chatham, ME4 5NE

Magpie Community Café is open 10am-2pm Monday to Friday. The Café will close on Monday 18th Dec at 1pm and re-open Tuesday 2nd Jan 2024.

Nucleus Arts

Phone: 01634 812108

The Nucleus Social is a free magazine full of artistic challenges, puzzles, quizzes, artist interviews, family fun and more. Contact Nucleus Arts if you would like a copy.

All Saints Good Neighbourhood Project

Address: St Pauls with All Saints Church, Magpie Hall Road, Chatham, ME4 5NE

'Warm and Fed' sessions held on 1st and 3rd Wednesday of each month from 12.20-13.30pm providing a warm space together, free soup and children's corner with toys, etc.

Medway Puzzles

Phone: 07506 114 611 Website: www.medwaypuzzles.com

Social Media: www.facebook.com/groups/1066770040584597

Run activities for families & adults with Autism and other disabilities. Visit the website to sign up to their Blog and closed Facebook group to chat with other families, seek advice and see what activities they are running. Puzzles also leads the way in disability sport with football, pool, darts, snooker and therapy swimming club.

Healthwatch Medway

Phone: 0800 136656 (Freephone)

Enquiries: enquiries@healthwatchmedway.com

Online Form: www.healthwatchmedway.com and click on 'Tell your story' in the top right corner

If you need support to find the right health or social care service for you, call Healthwatch Medway. They're also on hand to hear your experience of any health or social care service and will use your feedback to help improve services for other people.

The Information and Signposting Service will be closed from 24th December to 2nd January inclusive. We will respond to you as soon as we can on our return.

Joy App

Website: services.thejoyapp.com

Visit the Joy Marketplace and search your postcode area to see what support and activities are available near you.

Medway Voluntary Action

Phone: 01634 812850

Website: www.mva.org.uk

Providing opportunities for individuals to be engaged in communities, live well and make the most of every opportunity in Medway. Helping people find volunteering opportunities, co-ordinating befriending support and more.