



Family support at Merstone is here to provide support, advice and signposting for families on various issues and services.

We offer a friendly and confidential environment where you can ask questions and receive support on any matter that is important to you.

We provide individual or group sessions including:

- Coffee morning with the opportunity to meet other parents/carers
- Workshops with guest speakers including speech + language therapy, school nursing team, community learning disability nursing team, short break providers and other agencies
- Individual family support meetings
- Assistance with filling in forms
- Signposting to external agencies
- A listening ear.

Merstone School Family Support Team



Beverley Sharpe
Senior Family Support worker



Rebecca Jennings
Family Support Worker



Merstone School family support coffee mornings



Makaton Coffee morning

Monday 26th February - 9.30am -11.30am

Children's Learning Disability Nurses coffee mornings.

Moonstones - Wednesday 17th January 9.15am to 11.15am

Ruby department - Wednesday 7th February 9.15am to 11.15am

Sapphire department - Wednesday 21st February 9.15am to 11.15am

Emerald department- Wednesday 13th March 9.15am to 11.15am

Topaz - Wednesday 10th April 9.15am to 11.15am

Diamonds department - Wednesday 24th April 9.15am to 11.15am



OakStone
Parent & Friends Association

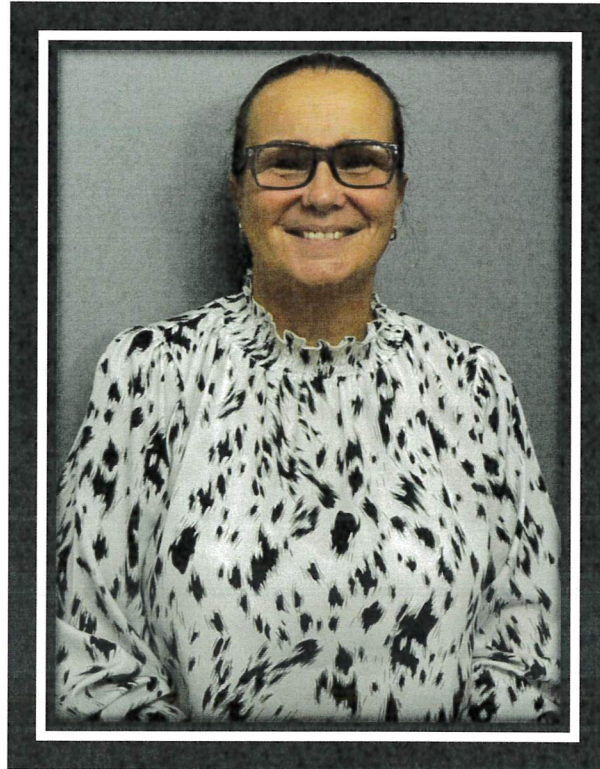


Oakstone PFA meeting

Tuesday 20th February - 9.15am to 11am



Senior Family support worker Learning Mentor



My name is Beverley Sharpe and I am a family support worker and Learning mentor at Merstone School. I have worked at Merstone for 38 years and have lots of experience in working with families and pupils. I would like to give everyone the opportunity to meet with me for an informal chat. You can contact me on class Dojo or by text or phone on 07810528092. I think it would be good to meet with you all so you know who I am if you need any support.

Looking forward to having some chats with you all.



Family support worker and learning support assistant

Hello, my name is Becky Jennings, and I am here to provide support and assistance to you and your family. As your family support worker my role is to offer guidance, resources, and a listening ear. I am excited to be working with you.

I have worked at Merstone school for 2 years and have years of experience working in different childcare and adult settings and have worked with all ages and all abilities.

Any questions or an informal chat please contact me on Dojo or call me on 07747 202246



Help is available if you have found yourself in financial difficulties or a crisis situation.
Foodbank vouchers can be issued when necessary.



If you are in financial crisis, please call the **FREE Helpline 0808 2082138** (open Monday to Friday, 9am-5pm) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank. Translators and Relay UK

Please ask the adviser if you need a translator, this will be provided via Language Line. If you can't hear or speak on the phone you can use Relay UK. <https://www.relayuk.bt.com/>



Our expert team of advisors can help you with your debts by identifying priority debts, maximising your income and talking to creditors.

We also provide advice on the court process and around the welfare benefits appeal process. If you find yourself in need of advice around debt, welfare benefits and managing your money, our money advice service provides free, independent and confidential advice. We will help to assess your priorities, take action to resolve immediate financial difficulties and support with money management and budgeting skills. If you require support in an alternative language, please let us know and we will do our best to accommodate your request.

Tel: 0121 250 0765

Email: money.advice@bsettlement.org.uk

Visit our website for more information

Web: northsolihull.foodbank.org.uk

Email: info@northsolihull.foodbank.org.uk

Tel: 07902030134

North Solihull Sports Centre



**EVERYONE
CAN SWIM**

DISABILITY SWIMMING
AT NORTH SOLIHULL SPORTS CENTRE

Learning to swim is a key life skill for anyone. These sessions are for people with disabilities, or long term medical or health conditions looking to build their water confidence. All ages are welcome.

Lessons every Wednesday at 2pm, and every Sunday at 3pm.
Children under 5 swim for free.

Book today on the app, at reception, or call 01217 703822

£1.20 a session

Register your child at the sports centre

Proof of Child's disability needed



Disabled Persons Concessionary Travel Pass

- Is your child over 5 years of age?
- Do they have a learning disability?
- Do they have an EHCP?
- Do they claim Disability Living allowance or Personal Independence Payments?

If so they may be entitled to a FREE travel pass.

If you are interested in getting your child a free travel pass contact Merstone School Family Support Team.

Beverley Sharpe 07810528092

Rebecca Jennings 07810528092