



# Merstone Family Support Newsletter

May 2026



Welcome to the May edition of the Merstone Family Support Newsletter. This will provide useful information for families.



For cost of living information and sources of help with food, money and essentials, energy and fuel, staying safe and well, getting online, carers, business, finding work or to find out how you can help visit [Here2Help \(solihull.gov.uk\)](https://www.solihull.gov.uk/Here2Help).



Our school hairdresser Alex  
is in school on  
Wednesday 6<sup>th</sup> May 2026  
If you would like your child  
to have their haircut contact  
Becky on 07747 220246 or message on class dojo.



Early May bank holiday  
Monday 4<sup>th</sup> May 2026





## Benefits of 1 to 1 sessions

Lesson is completely tailored to the child. Ensuring every activity is appropriate and reasonable. Lesson pace is revolved around the child's natural learning progression. More attention to child, with break downs of the stroke allowing understanding easier and fun. One to one lessons are a fantastic opportunity for any age or ability level. Your child will receive undivided attention to focus on their particular needs.

**Call 07498 502225**

Unit 42 Coleshill Industrial Estate  
Roman Way  
Coleshill  
Birmingham  
B46 1JT

[www.laurasswimmingacademy.co.uk](http://www.laurasswimmingacademy.co.uk)

This has been recommended by one of our families whose son has 1:1 swimming lessons at Laura's swimming academy and is doing amazing.





## Boys Autism Group

Run by Ordinary Magic, this group is to connect and help support autistic boys in making new friends and to inspire boys with experiencing new hobbies - supporting their needs throughout a course of fun and exciting weekly projects.

Please email [michelle@ordinarymagic.co.uk](mailto:michelle@ordinarymagic.co.uk) to ask any questions about the group.



**Places Available**



**£0.00**



**04 May 2026**



**4:00 pm - 5:45 pm**



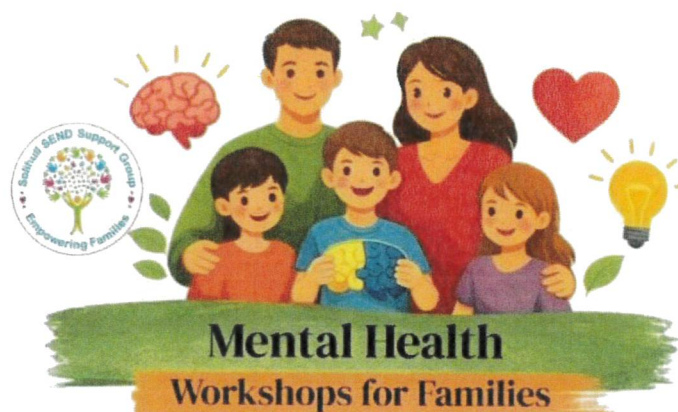
**1hr 45min**



**Elmwood Family Hub**



**37 Burton's Way, Smith's Wood, Solihull, B360UG**



## Supporting Mental Wellbeing in Children and Young People

### Workshop Details

#### Self harm and Suicidal Thoughts



Date: 27<sup>th</sup> March



Time: 11am-12.30pm



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Eating Disorders and ARFID



Date: 12<sup>th</sup> May



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Dyspraxia and Mental Health



Date: 19th May



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### Anxiety and Depression



Date: 16<sup>th</sup> June



Time: 9.30am-11am



Location: Riverside Family Hub  
289 Bosworth Drive, B37 5DP

#### OCD and Mental Health



Date: 10<sup>th</sup> July



Time: 9.30am-11am



Location: Elmwood Family Hub  
37 Burtons Way, B36 0UG

Delivered by:



**For Parents & Carers • Families of Children with SEND • No Diagnosis Needed**

**To book:**



[www.solihullsendsupportgroup.co.uk](http://www.solihullsendsupportgroup.co.uk)

We are asking for a voluntary contribution towards these workshops – please see how to donate via the website event booking

# **You're Not Alone Women's support drop in**

**NO APPOINTMENT NEEDED - JUST COME ALONG**

**FREE - CONFIDENTIAL - FRIENDLY  
SUPPORT**

**RIVERSIDE FAMILY HUB  
FIRST TUESDAY OF EVERY MONTH.**

**9AM-1PM**

**289, BOSWORTH DRIVE, B37 5DP**

**ELMWOOD FAMILY HUB  
LAST MONDAY OF EVERY MONTH**

**9AM-1PM**

**37 BURTONS WAY, B36 0UG**

**JUST TURN UP - WE ARE HERE TO SUPPORT**

# PILLOWCASES

Wanted!



NEW OR USED – EVERY CASE HELPS!

YOUR  
DONATION  
makes a  
big difference



## PILLOWCASES HELP US:

- ♥ Line enclosures and hides
- ♥ Provide clean, soft surfaces
- ♥ Keep our reptiles comfortable and stress-free



Clean pillowcases  
make happy homes!



Your donation helps us rescue, rehabilitate  
and rehome reptiles in need.

Thank you! ♥





# SCHOOL COUNCIL PRESENTS... NON-UNIFORM DAY!



Friday 23<sup>rd</sup> May 2026

To take part,  
please donate  
one of the following:

- ★ A toothbrush
- ★ Children's toothpaste
- ★ Shower gel
- ★ Shampoo
- ★ Or £1



Wear your own  
clothes to school in  
return for a donation  
of toiletries for  
The Children's  
Storehouse to provide  
for families in need.

Children's Storehouse  
**Jubilee**  
CHURCH  
Clothed with Dignity

Organised by the School Council

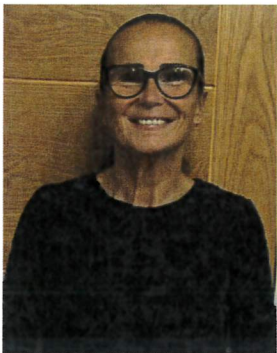


# School's Closed!



Monday 25<sup>th</sup> May 2026  
to  
Friday 29<sup>th</sup> May 2026

Merstone Family support team



Beverley Sharpe 07810528092

Rebecca Jennings 07747202246

