

## Headteacher message



December has arrived! The end of term is fast approaching, Thank you to all parents/carers who attended parents evenings, I hope you were pleased with your child's progress and have an idea of how best to support your child at home. If you were unable to meet with your child's class teacher, please ensure that you make arrangements as soon as possible to have your review meeting.

### Packed lunches

Packed lunches should not contain the following:

- Sweets
- Fizzy drinks
- Chocolate
- Nuts
- Glass containers



For ideas on healthy packed lunches please visit:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

We advise parents/carers to try to avoid including foods containing nuts to support children and adults who may have nut allergies.

### Under 16s collecting children

Our policy at Bond is that all children (nursery to year 4) should be collected by a responsible person 16 years or older. We are having an increasing number of under 16s collecting younger children from school. This is not the safest arrangement. Please ensure that you have made suitable and safe arrangements for your child to be collected by a person over 16 years old. We will contact you if an under 16 arrives to collect your child.

## Attendance Stars

### Classes with the best attendance this week:

**Poppy: 96.7%**

**Protea : 96.1%**

**Whole school attendance: 92.3%**

**Remember our whole school target is 96%!**

**Please read our attendance newsletter**



## Dates for diary

### Wednesday 6th December

Year 3 trip to Deen City Farm

### Thursday 7th December

Year 3 trip to Kew Gardens

### Friday 8th December

Year 6 Kings College Science Display workshop

### Friday 15th December

Christmas dinner & Christmas jumper day

### Tuesday 19th December

KS1 performance to parents 9:30am and 2pm  
KS2 Christmas parties

### Wednesday 20th December

KS1 Christmas parties  
Last day for nursery children

### Thursday 21st December

School closes at 1:30pm  
Stay and Play nursery (new parents) 10am –12pm

### Monday 8th January 2024

School reopens to children 8:50am



# WELLBEING

**NHS** South West London and St George's Mental Health NHS Trust

**Eventbrite**  **Uplift** Merton

## NHS MERTON TALKING THERAPIES (AKA MERTON UPLIFT) NOVEMBER/DECEMBER WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: [MertonWellbeing@swlstg.nhs.uk](mailto:MertonWellbeing@swlstg.nhs.uk) | Book direct on Eventbrite: Merton Uplift events. All workshops are FREE of charge and available for those aged 18+ and a Merton resident or registered with a Merton GP

### WELLBEING

**WELLBEING FOR NEW PARENTS**  
TUESDAY 7TH NOVEMBER | 11.00-12.30 | ONLINE

**RELAXATION AND MINDFUL WALK**  
WEDNESDAY 8TH NOVEMBER | 11.00-12.00 | MORDEN HALL PARK

**WELLBEING FOR CARERS**  
MONDAY 13TH NOVEMBER | 14.00-15.30 | ONLINE

**LIVING WELL WITH PAIN**  
FRIDAY 24TH NOVEMBER | 12.15-13.45 | WIMBLEDON LIBRARY

**MANAGING ANGER**  
MONDAY 27TH NOVEMBER | 12.00-13.30 | ONLINE

**LIFTING YOUR MOOD**  
WEDNESDAY 29TH NOVEMBER | 11.30-13.00 | WIMBLEDON LIBRARY

**COPING WITH STRESS**  
TUESDAY 5TH DECEMBER | 14.00-15.30 | WILSON WELLBEING CENTRE

**RELAXATION AND MINDFUL WALK**  
WEDNESDAY 13TH DECEMBER | 11.00-12.00 | MORDEN HALL PARK



### EMPLOYMENT

**WORK, STRESS & BURNOUT**  
TUESDAY 14TH NOVEMBER | 17.30-19.00 | ONLINE

**GETTING BACK TO WORK**  
THURSDAYS 16TH & 23RD NOVEMBER | 11.00-12.30 | ONLINE

**STAYING WELL AT WORK**  
TUESDAYS 28TH NOVEMBER & 5TH DECEMBER | 17.30-19.00 | ONLINE

### RECOVERY COLLEGE

**MANAGING SLEEP**  
FRIDAYS 3RD & 10TH NOVEMBER | 11.00-12.30 | ONLINE

**ANXIETY & COPING STRATEGIES**  
FRIDAY 8TH DECEMBER | 10.30-12.00 | ONLINE

      

MindSpace NHS-Merton Uplift @MertonUplift @mertonuplift @mertonuplift merton-uplift-wellbeing 02035135888

## Cost of Living

Cost of living event is on Saturday 9<sup>th</sup> December 2023 at Mitcham Library from 10:30am - 1.30pm  
(no catch just have to be a Merton resident) just come to the library and give name and postcode and they will be given a £10 shopping voucher (not sure on shop this time could be Asda)



## Support for Parents & Carers

### Free workshops for parents and carers

Support from Off the Record is primarily for young people; however, from time to time we offer support to parents or carers in the form of groups or workshops. The work we do with young people is completely separate and confidential.

We are currently running group sessions to help parents and carers become better informed and offer appropriate support to young people who are struggling with self-harm and struggling with getting to school.

Sessions are a non-judgemental and supportive space to help us look at coping strategies and ways to support yourself and your young person.

Upcoming workshop:

**Self Harm Support for Parents/Carers: 5th & 12th December, 6.30pm**

can sign up directly through the link: <https://www.talkofftherecord.org/sutton/support-for-parents-carers/>



# WELLBEING



mertonwellbeing@swlstg.nhs.uk



## December Wellbeing News

Welcome to December's edition of  
NHS Merton Talking Therapies Wellbeing News

### Wellbeing

For the lead up to Christmas, we will be posting winter and festive themed **self-care** tips to encourage everyone to stay well and look after themselves this winter. Keep an eye out for these tips in our **advent calendar** as we count down to Christmas across all of our social media pages on Facebook, Twitter and Instagram!

### Employment

The employment team will be hosting a stall at the '**Disability Confident Jobs Fair**' at **Mitcham Library** on **Wednesday 6th December**. Please come and say hello and find out more about the help and support they offer to help people find work and to successfully manage when in employment.

### Our Partners

**Home Start Merton** support parents and children through challenging times from pre-birth and up to age 5. Their friendly **Little Stars** group is Wednesdays in on Wednesdays 11am – 1pm in North Mitcham and the **Little Steps** group is on Thursdays 11am – 1pm in Wimbledon (both term-time only). Groups provide social activities, peer support and seek to reduce isolation. For more info or to discuss a referral please contact;  
adminehomestartmerton.org  
Tel: 020 8646 6044

### Community & Partners

On November 15th we had the pleasure of visiting the **Merton Goans Senior Citizens** group at **South Wimbledon Community Centre** and deliver our "Managing anger and irritability" wellbeing workshop. The enthusiastic group welcomed our team members warmly and gave insightful reflections throughout. We look forward to strengthening our partnership!



Picture from our visit to SWCC



Our Chief Executive, Vanessa Ford greeted the attendees

In honour of **Carers Rights Day** on November 23rd, **South West London and St. George's Involvement team** organised a **Carers' Workshop** at Everyday Church in Wimbledon. Our wellbeing team participated in the talks about the future **Carers Strategy** in the Community Transformation plan and shared thoughts with carers and services around South West London about how the support provided to carers can be improved. Merton Talking Therapies are pleased to work in partnership with Carers Support Merton who offer quality support to local carers.

Congratulations to our partners **Focus 4 1** who have been awarded: **Most Innovative Mental Health User Led Organisation – Europe** in the Healthcare & Pharmaceutical Awards 2023, hosted by Global Health & Pharma. Well done on this fantastic achievement for a second year in a row!

### UPCOMING DECEMBER WORKSHOPS

- **Coping with stress (Wilson Wellbeing Centre) Tues 5th December**
- **Anxiety and Coping strategies (online) Fri 8th December**
- **Relaxation & Mindful Walking (Morden Hall Park) Weds 13th December**

**Look out for our busy January and February schedule –published on Eventbrite from 11th December!**

Scan the QR code or  
visit our Eventbrite page: Merton Uplift.



Follow us on  
[Facebook](#), [Instagram](#),  
[Twitter](#) & [NextDoor](#)

December 2023

@MertonUplift  
  

Written by Sarah, Harriet, Carys,  
and Stamatia



**Talk Autism is a forum for parents and carers  
of children, young people and adults with autism**

**Next event**

Monday 11 December 2023, 11.30am – 1.30pm

**Location**

In-person at the Chaucer Centre, Canterbury Road, Morden SM4 6PX

**Festive social lunch event  
for  
Talk Autism members (parents and carers)**

Join us for a festive buffet lunch and refreshments  
and meet other parents and carers of people autism

Meet the Merton Mencap team and find out about our  
charity's services and activities

The session is appropriate for parents and carers of children, young people  
or adults with autism.

Booking is essential for catering purposes. Book your place by contacting  
Maria Solari:



# COMMUNITY

A festive poster for Mitcham's Winter Weekend. The background is dark blue with white snowflakes, green holly leaves, and red and white striped candy canes. A red ice skate is in the top left and bottom right. The text is centered and reads: MITCHAM'S WINTER WEEKEND, Mitcham Fair Green and Market Square, THURSDAY 7 DECEMBER 3-8pm, FRIDAY 8 DECEMBER 3-8pm, SATURDAY 9 DECEMBER 12-8pm, SUNDAY 10 DECEMBER 11-4pm, Event includes: Ice rink • Live music, Christmas makers market, Food • Plus more!, Scan QR code for more details.

**MITCHAM'S**

# **WINTER WEEKEND**

**Mitcham Fair Green and Market Square**

**THURSDAY 7 DECEMBER 3-8pm**  
**FRIDAY 8 DECEMBER 3-8pm**  
**SATURDAY 9 DECEMBER 12-8pm**  
**SUNDAY 10 DECEMBER 11-4pm**

**Event includes:**  
Ice rink • Live music  
Christmas makers market  
Food • Plus more!

**Scan QR code for more details**

**Towards  
Employment**

