



Aston Fields Middle School

Striving for Excellence: Learning for Life

February 2025

Dear Parents/Carers,

Early Help Support

As we are approaching the end of this half term, we wanted to remind you of the many different forms of early help that are available both in school and in the local community.

Community Support

Attached to this letter are a range of leaflets containing information about different forms of support available within Bromsgrove and the local area. This includes free coffee and breakfast events, warm spaces, restaurants and cafes offering reduced prices for children to eat during February half term, and free and fun social groups for all of the family. Please see the leaflets for further information.

Catshill Foodbank

Catshill Foodbank continues to provide fantastic support to families across Bromsgrove and more information can be found via the following link:

<https://www.catshillbaptist.org.uk/cbc-foodbank-2/>

Should you need support from the Catshill Foodbank, please contact Aston Fields Middle School via our office@astonfields.worcs.sch.uk email address and we will make a referral to the foodbank on your behalf.

Free School Meals

With the cost of living continuing to have an impact on households all across the country, we felt it would be appropriate to remind you of the Government's Free School Meals scheme.

You may be eligible for free school meals if you receive one or more of the following:

- Income support
- Income-based Jobseekers Allowance
- Support under part 6 of the Immigration and Asylum Act, 1999
- Child Tax Credit, and your annual income is less than £16,190
- Guaranteed Pension Credit
- Income-based Employment and Support Allowance
- Working Tax Credit run-on
- Universal Credit, and your annual household income is £7,400 per annum (£616 per month) or less after tax, and not including any benefits

/continued over



ACE School of
CHARACTER

Headteacher: Mrs A. Hales BSc (Hons), PGCE, NPQH
Deputy Headteacher: Mrs J. Birrell BSc (Hons), QTS, SLE
Deputy Headteacher: Mr G. Hall BA (Hons), PGCE, NPQSL, SLE
Drummond Road, Bromsgrove, B60 2ET

Email: office@astonfields.worcs.sch.uk Website: www.astonfields.worcs.sch.uk Tel: 01527 876026

In order to apply, please visit the Worcestershire County Council website via the link below:
https://www.worcestershire.gov.uk/info/20062/schools/684/applying_for_free_school_meals
Should you have any queries, you can contact the Free School Meals Team by telephone on 01905 845280 or by emailing FreeSchoolMeals@worcschildrenfirst.org.uk

Spare uniform donations

Finally, we always welcome donations of school uniform so that we can continue to offer support to families within school. To ensure we have a wide range of school uniform items available, we are requesting donations of any good condition school uniform items that you no longer need/use. In particular, we would welcome donations of PE hoodies, PE long-sleeve tops, PE jogging bottoms and leggings and school trousers.

We appreciate that school uniform can be very expensive and we would like to thank you for your donations to the school. This has made a real difference to many families and shows what a supportive community we have through our parents and carers at Aston Fields Middle School.

If you have any questions, please do not hesitate to contact us via the school office.

Many thanks for your continued support.

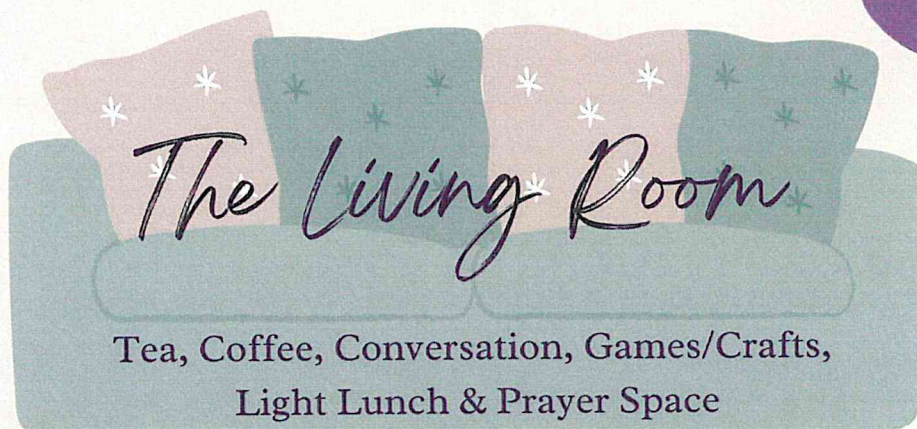
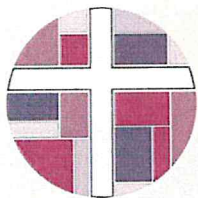
Yours sincerely,



Mr J Brooks
Associate Assistant Headteacher



Mrs H Mynott
Assistant Headteacher



Weekly on a Thursday at Bromsgrove Baptist Church

10am - 2pm

Incorporating 'Coffee Pot' every third week

Come and Go as you please!

Free to attend. Donations are welcome

Bromsgrove Baptist Church, New Road, Bromsgrove, B60 2JD

For more information call 01527 877190 or email admin@bromsgrove-baptists.org.uk

Catshill Together

Keeping our Community
Warm and Connected

Monday

**Catshill Baptist
Renew Wellbeing**
10am - 12:30pm -
Drop in activities and refreshments

Catshill Library
10am Bounce and Rhyme
CVH Catshill Knit and Natter
Every other Monday 1pm - 3pm

Tuesday

Christ Church
10am til 12pm Private Prayer
Catshill Connect @ ChristChurch
1st and 3rd Tuesday - Refreshments,
Chat, Occasional Speaker

Welcome Hall - Coffee Morning
10:30 - 11:30pm
Explorers (reception to year 2
3:30pm - 5pm

Catshill Library
After School Art Club
Evening Readers Club until 7pm

Wednesday

Catshill Baptist Food Bank
10:30am til 12:30pm
Call or email if in need
07754567800
foodbank@catshillfoodbank.org.uk

Welcome Hall - Babies and Toddlers
1:30pm to 3pm

Kids Connect (Years 3 to 7)
7pm to 8:15pm

Thursday

Catshill Baptist Time Out
11am - 1pm
A group for fun, faith,
food and fellowship call 07484141219

CVH - Catshill Health Hub
2pm to 4pm
Exercise, Social, Information

Catshill Games Hub @ CVH
Every other Thursday
4:30pm to 6:30pm (Age 8 to 16)

Friday

Catshill Methodist Church Coffee Shop
9am till 12pm Term Time
10am til 12pm Holidays
Soup and Toast (Donation)
12pm - 1:30pm

CVH - Catshill Knit and Natter
12pm - 2pm

Welcome Hall
Rooted (Years 8 to 13)
7:15pm to 8:45pm

Saturday

Christ Church Craft Group
1st Saturday 2pm til 3:30pm
at Littleheath Garden Centre

Catshill Methodist Church - Coffee Shop
10am til 12pm

Catshill Baptist - Refresh Coffee Morning
1st saturday 10am til 12pm

Catshill Library
Morning, lego, Story, Craft or Board Games

See reverse for Catshill's
Autumn / Winter Events



UK Government

Help for
Households

Cost of Living Advice and Support

Are you concerned about the rise in cost of living?

To find out about what support and advice is available for food, energy, and other essentials, please visit:

[worcestershire.gov.uk/costofliving](https://www.worcestershire.gov.uk/costofliving)

[worcestershire.gov.uk/householdsupportfund](https://www.worcestershire.gov.uk/householdsupportfund)

[worcestershireadvicenetwork.org.uk](https://www.worcestershireadvicenetwork.org.uk)

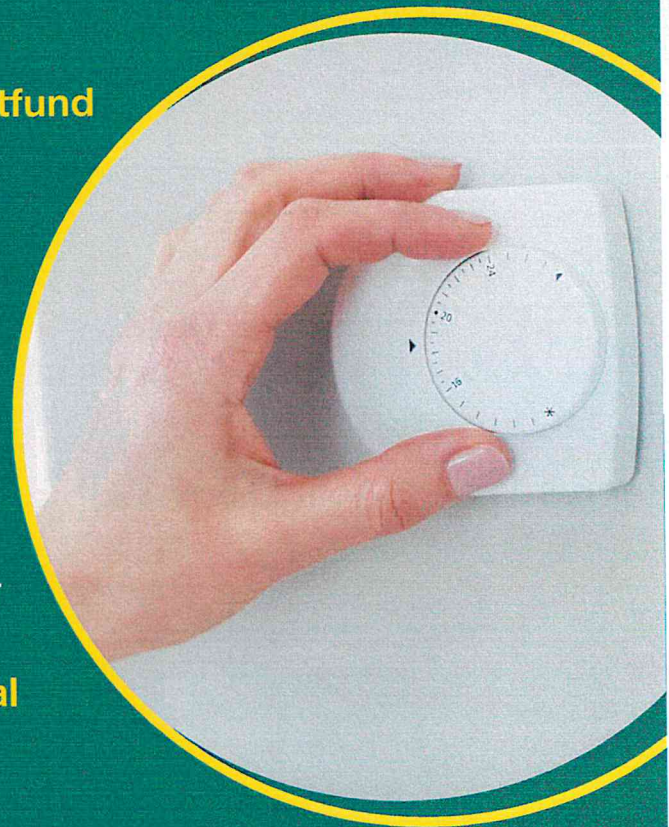
actonenergy.org.uk/worcestershire

For national cost of living support and advice, please visit:

helpforhouseholds.campaign.gov.uk

For additional support call our Adult Front Door team on **01905 768 053** (Mon-Thur 8:30am – 5:00pm & Friday 8:30 -4:30pm) or complete an online referral at:

www.worcestershire.gov.uk/AdultReferral



Scan to
find out more

FREE COFFEE / BREAKFAST AND AFTERNOON TEA EVENTS



This project aims to empower women in Bromsgrove and Redditch through a series of morning events.

- **Build Community:** Connect women and share experiences.
- **Raise Awareness:** Highlight local support organisations.
- **Promote Well-being:** Offer self-care and relaxation.
- **Conduct Research:** Gather input through relaxed survey participation.

Redditch dates and times

Thursday 30th January 2025

10am - 2pm

Batchley Centre, 47 Prospect Hill,
Redditch, B97 4BS

Monday 3rd February 2025

10am - 11.30am

Home Start, Community House,
103 Easemore Rd,
Redditch, B98 8EY

Tuesday 11th February 2025

12.30pm - 2.30pm

The Old Needle Works Foundation,
A hub of wellbeing.
Britten St, Redditch,
B97 6HD

Thursday 13th February 2025

12pm - 2pm

Sandycroft Centre,
West Ave, Smallwood,
Redditch, B98 7DH

Bromsgrove dates and times

Wednesday 12th February 2025

10.30am - 12.30pm

The Pod, 13 Humphrey Ave,
Charford, Bromsgrove, B60 3JB

Monday 17th February 2025

10am - 12pm

Destination Zone Bromsgrove,
Destination Highstreet Limited,
132A High St, Bromsgrove, B61 8ES
(Open to children accompanied by parents)

For further enquires please contact Javina
Greene, Lead Researcher - c/o The Bromsgrove
and Redditch Community Safety Team.

Email Address: J61060@my.acm.ac.uk or
Javina.Greene@icloud.com

For more info about the background to the
project please contact communitysafety@bromsgroveandredditch.gov.uk

Free support to help you stop smoking

Over 80% of cigarette smoke is invisible. Quitting is the best thing you can do to protect you and your family.

Available to mums, dads, carers, in fact anyone living with a child under the age of 19 in Worcestershire.

Quit and stay on track with:

- Free Nicotine Replacement Therapy (NRT)
- Rechargeable vapes (for anyone over age of 18)
- 1:1 support or family sessions with a trained advisor

Scan QR code for more information:



Smoke Free Homes Service

www.startingwellworcs.nhs.uk/smoke-free-homes



PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025



moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

Working Together ...for you.

At times life can be a little tough, for whatever reason. But advice & support is available. Search 'working together' on the Councils' websites. Here's a summary.

Please
share with
neighbours,
friends &
family.

Act On Energy

Freephone 0800 988 2881
actonenergy.org.uk

Age UK Bromsgrove, Redditch & Wyre Forest

01527 570490 • ageuk.org.uk/brwf
enquiries@ageukbrwf.org.uk

bdht

0800 0850 160 • contactus@bdht.co.uk

Bromsgrove and Redditch Network (BARN)

01527 60282 • office@barn.org.uk

Bromsgrove District Council

01527 881288
bromsgrove.gov.uk



Bromsgrove
District Council
www.bromsgrove.gov.uk

 **Redditch**
Borough Council
Working together for our communities

Citizens Advice Bromsgrove & Redditch

0808 278 7890 • cabr.org.uk

Bromsgrove & Redditch Family Hubs

Brom: 01527 835775 Redd: 01527 61360
www.worcestershire.gov.uk/familyhub

Libraries

01905 822722 • worcestershire.gov.uk/libraries

NewStarts

01527 882410 / 0121 679 2072
newstarts.org.uk

Redditch Borough Council

01527 64252 • redditchbc.gov.uk

Worcestershire Adult Front Door

01905 768053
worcestershire.gov.uk/costofliving

Need mental health support?

Worcestershire Safe Haven 01905 600 400
(6pm - 1am, last calls 12:20am)

Samaritans 116 123 (free, 24/7, 365 days)

Call **NHS 111** & select 'Mental Health' option



Free and fun social group at Bromsgrove RFC

Wednesdays 2pm to 4pm

Bromsgrove Rugby Football Club B60 3DH

Your new Healthy Worcestershire service at the Bromsgrove RFC Finstall Rd, Finstall B60 3DH, will run weekly from the **29th of January** on **Wednesdays** between **2pm to 4pm**. Covering a range of free activities and topics such as:

- Improving strength and balance
- Supporting your mental wellbeing
- Social activities and games
- Improving overall wellbeing

Call or email for more information and book, or turn up on the day.

01905 928185 / 0800 772 0307

HealthyWorcestershire.org.uk

Healthy.Worcestershire@nhs.net

What happens when you come along for the first time?

When you arrive

Introduction to the session and group, as well as some time to fill in the necessary forms to get you registered.

30-minutes of physical activity

Low to medium intensity exercise that helps to improve your mobility, strength and balance. Don't worry if you're new to exercise, anything can be adapted to suit your needs. Equally, if you want to work a bit harder you can do that too!

30-minute topic discussion

Time to have a group discussion about ways to improve your health and wellbeing. This will include advice and guidance on things like budget-friendly nutritious cooking, healthy habits, mental and emotional wellbeing. As well as information on how to keep yourself safe from things like doorstep crime. Each week there will be a different focus. You can help shape this by talking to the session leader.

30-minutes for socialising

This is time to have some fun with the group. There are activities on offer like bingo and arts and crafts or you can stay for a drink and a chat with others in the group.

You're free to come along to any part of the session. Whether you want to get a bit of exercise, learn about how to be healthier and safer, or just get to know other people.

We hope to see you there!

01905 928185 / 0800 772 0307

HealthyWorcestershire.org.uk

Healthy.Worcestershire@nhs.net