

HAVE FABULOUS SUMMER!

First day back is Thursday 3rd September

Price Rises in September

From 3rd September school dinners will cost £3.00 per meal. Nursery charges will increase to £5.00 per hour.

Cricket Hero - Well done Koa!

Koa made his debut for Acton Scott Village Cricket Club last Sunday (men's side), making 8 runs with the bat and bowling 4 overs.



Parent Debt Zero Tolerance

From September, if your child's School Money account has an unpaid debt of more than 4 weeks, your child will not be able to attend school clubs or extra-curricular trips. This may also affect school dinner availability.

School Money accounts must be kept in credit.

The new school messaging number +44 7860 032 673

Please update your contacts as we will no longer receive messages sent to the old number. Thank you.

Reminder: no afterschool clubs first week of term.

31.08.26 Dinner menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
am	Bank Holiday	PD Day	PD Day		Whole School PE
pm	Bank Holiday	PD Day	PD Day		Whole School Music
Club	Bank Holiday	PD Day	PD Day	No Club	No Club

DIARYdates ... Due to unforeseen circumstances, dates may change from time to time.

Tues 1 st & Weds 2 nd Sept	PD Days	Tuesday 20 th October	Y6 Group 2 Bikeability
Thursday 3 rd Sept	1 st Day of Autumn Term	Mon 26 th - Fri 30 th Oct	Half Term
Wednesday 16 th Sept	Immunisation Day	Thursday 10 th December	Panto 'Aladdin'
Wed 16 th - Fri 18 th Sept	Y6 Arthog Residential	Friday 18 th December	Last Day of Term
Monday 19 th October	Y6 Group 1 Bikeability	Monday 4 th January	PD Day

MentalHealthWELLBEING:

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Sports Day 2026 Some photos sent in ...



Swimming at Ludlow Leisure Centre 2026

Starting on Thursday 24th September for children in Classes 2 and 3.

If you haven't already done so, please switch to the new 'Eduspot' app as the 'teachers2parents' app will be obsolete over the summer.

Mappa Mundi

If you have time this summer go and see the Mappa Mundi - kids go free!



Summer Reading Competition 2026

Mrs Burns is organising a sponsored read for the children in C2 and C3 over the summer holidays. For C1, a reading photo competition - who can read in the funniest place? Sponsor forms and further info will be sent home next week. There will be prizes for the winners!

William, Franky, Ross, Ava, Lexa and Emma

A very fond farewell to our Y6s. You have all been amazing and we wish you all the luck in the world on your next adventure!



DON'T FORGET ... EVEN IN SEPTEMBER!

Everyday things to remember:

- waterproof coat
- sun hat
- sunscreen
- water bottle



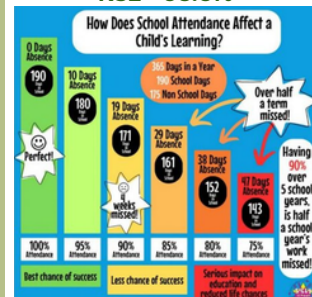
ATTENDANCEmatters

Attendance since start of the Autumn Term 2025:

Whole school - 95.3%

Early Years & KS1 - 97.5%

KS2 - 93.5%



ParentGUIDES

This fortnight's issue guide features: **SKIN BETTING**

FRIENDSgroup

The Friends of Clunbury School are an amazing group of parents and carers who raise much needed funds for our school. The money raised is spent on equipment and activities that enrich school life.

FREEschoolMEALS

If you think your family may be eligible for free school meals, please apply asap. Successful applications may be given Pupil Premium funding, funding that can be used to purchase school uniform or pay for school trips. Please apply at:

Free School Meals



The Clunbury Vision
'Teach children how they should live, and they will remember it all their lives.'
Proverbs 22:6 The Good News Bible

Our Values

Trust and Truth, Joy and Happiness, Love and Respect, Thankfulness, Friendship and Family, Perseverance and Resilience



Diocese of Hereford
Proclaiming Christ • Growing Disciples

SAMARITANS

ChildLine
0800 1111





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

SKIN BETTING

WHAT ARE THE RISKS?

'Skin betting' is the term used when players gamble using virtual in-game items, such as weapon 'skins' or character cosmetics. Although these items appear purely decorative, some can hold significant real-world value. Research suggests that children as young as 13 have engaged in this type of betting, often on sites with limited age checks or safeguards, blurring the line between gaming and gambling.

UNREGULATED PLATFORMS

Skin gambling typically takes place on third-party websites that are not licensed or regulated. These platforms often lack age verification, making them easily accessible to children. By linking their gaming accounts, users can deposit skins, place bets, and withdraw winnings as cash or higher-value items – often without adults being aware these activities are happening.

REAL-WORLD VALUE

Skins may look like simple cosmetic upgrades to in-game items and characters, but some are worth hundreds or even thousands of pounds. They can be traded or sold on online marketplaces, meaning they function much like real money. When young people bet with skins, they are risking items of genuine financial value, even if no physical cash is exchanged directly.

INFLUENCER PROMOTION

Some gaming influencers and streamers have promoted skin betting sites in their content. This can make the behaviour appear normal or even desirable, potentially encouraging younger audiences to engage in these activities without fully understanding the risks involved.

SOCIAL STATUS PRESSURE

In games such as Counter Strike: Global Offensive (CS:GO) and Fortnite, rare skins can act as status symbols. Young players may feel the pressure to own high-value items to fit in with peers. This can lead them to take risks – such as using gambling sites – to obtain desirable skins, similar to how branded goods can influence behaviour offline.

LIMITED OVERSIGHT

Skin betting can take place both in-game and on external websites that parents and educators may not be familiar with. Because skin betting does not always resemble traditional gambling, it can go unnoticed until significant losses have occurred, in both items or money.

GATEWAY BEHAVIOURS

Skin betting mirrors many aspects of traditional gambling, including chance-based outcomes, reward systems and excitement. Early exposure to these mechanics can normalise betting behaviours before children and young people even reach legal gambling age. Research indicates that this may increase the likelihood of developing unhealthy habits later, particularly if early wins create a false sense of control or skill.

Advice for Parents & Educators

UNDERSTAND IN-GAME ITEMS

Familiarise yourself with the games young people are playing and learn whether they include tradable or sellable items. Titles like CS:GO and Rust are known for skin marketplaces, but similar systems are increasingly common across games.



LOOK FOR WARNING SIGNS

Be alert to changes in behaviour, such as secrecy around gaming, a strong focus on acquiring specific skins, or a sudden loss of in-game items. These could indicate involvement in skin gambling and provide an opportunity to start a conversation about it.



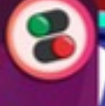
DISCUSS VALUE AND RISK

Help children and young people understand that cosmetic items like skins can carry real-world value. Explain that losing them through betting is comparable to losing money, therefore reinforcing the connection between in-game actions and real financial consequences.



USE CONTROLS AND SAFEGUARDS

Make use of parental controls and platform settings to restrict trading, purchases, and access to external websites. Where possible, disable marketplace features on games and monitor young people's account activity to reduce the risk of unauthorised transactions.



Meet Our Expert

Nathan David is Head of Foundation and Programme Lead for Exports Coaching at the University Campus of Exports.

Bubba Goedert is a Senior Lecturer and Head of Events at the University Campus of Exports, as well as President and Co-Founder of the Videogames and Exports Foundation.



#WakeUpWednesday

The National College

See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.07.2025



Autumn Term 2026 School Dinner Menu

Week 1 menu commencing: Monday 31st August 2026

Dinners cost £2.50 each and will be charged to your child’s School Money account. Please pay for your child’s school dinners promptly on a weekly basis and not let accounts go into arrears. Children in Reception, Year 1, Year 2 and children in receipt of Pupil Premium will not be charged for school dinners.

		Monday	Tuesday	Wednesday	Thursday	Friday
1	Main	Beefy Yorkshire Pudding	Hot Dogs	Roast Chicken with Stuffing	Chicken Tikka	Cheese & Tomato Pizza
	Veg	Mashed potatoes & mixed vegetables	Wedges & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice, weetcorm & green beans	Chips, peas & baked beans
	Pudding	Chocolate Malt Brownie	Vanilla Iced Sponge	Forest Fruit Jelly	Coconut & Jam Sponge	Apricot Flapjack
2	Main	Italian Pork Meatballs	Sausage roll	Roast beef & Yorkshires	Breaded Chicken with Katsu Sauce	Fish Fingers
	Veg	Pasta & mixed vegetables	Wedges & farmhouse veg	Mashed potatoes, broccoli, carrots & gravy	Rice, sweetcorn & green beans	Chips, peas & baked beans
	Pudding	Raspberry & Apple Crunch	Lemon Iced Sponge	Raspberry Jelly	Sticky, Toffee Pudding	Carrot & Orange Cake
3	Main	Beef Bolognese Pasta Bake	Toad in the Hole	Roast chicken & stuffing	Sweet & Sour Chicken Meatballs	Cheese & Tomato Pizza
	Veg	Pasta & mixed vegetables	Mashed potatoes & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice, sweetcorn & green beans	Chips, peas & baked beans
	Pudding	Cherry Crunch	Cornflake Crunchie	Peach Shortbread	Toffee Banana Flapjack	Chocolate Shortbread

Help raise money for school when you’re shopping, it’s so easy ...



MY SCHOOL FUND

In association with



Over

£800k

raised for schools and parents so far!



Raise **FREE** donations for

Friends of Clunbury School

every time you shop online

Search for us on: easyfundraising.org.uk

8,000+ online retailers will give us a free donation when you shop with them at no extra cost to you





8,000+ online retailers

Download the easyfundraising App



Excellent



3,945 reviews on 

Clunbury C E Primary School Uniform



Official School
Uniform
Supplier



Order Online

Fast order turnaround

Scan the QR code to shop your uniform directly

www.schooltrends.co.uk

Staff Vacancies



Order before **July 21st** and get 15% off with
code: **FRESH26**

Trusted Quality School Approved Great Value

GIRLS TOUCH RUGBY!

FUN, FRIENDLY & FULL OF ENERGY!

LADIES ALSO WELCOME!

WHAT TO EXPECT

- ✓ MAKE NEW FRIENDS
- ✓ STAY ACTIVE
- ✓ LEARN NEW SKILLS
- ✓ HAVE A GREAT TIME!

JOIN US!
FRIENDLY & IDEAL FOR NEW PLAYERS

FOR AGES **8+**

EVERY WEDNESDAY 6PM - 7PM
LUDLOW RUGBY CLUB

LUDLOW RUGBY CLUB
MINI & JUNIORS

The SWORD in the STONE

A magical adventure for the whole family

Walcot Hall, Lydbury North
Tuesday 18th August 2026 . 4.00pm
Workshop: 2.30pm in The Ballroom

Book now:
cambridgetouringproductions.co.uk

Bring a low-backed chair or rug. In the event of bad weather, the performance will take place in The Ballroom.

South Shropshire Gymnastics Club

GYMNASTICS SUMMER HOLIDAY CLUBS

EVERYONE WELCOME

GAMES

SESSIONS

Monday 20th & 27th July & Monday 3rd & 10th August

Preschool (Age 3-5) 10:00-11:00 £7.30

Half Day (Age 6+) 9:30-12:30 £19.50

Full Day (Age 6+) 9:00-15:00 £35
(full day includes lunch & crafts at The Squirrel!)

www.ssgymnasticclub.com

15% discount on multiple bookings and introducing a friend.
See our website for more details and to sign up!
*prices are subject to Spond transaction fees

Please contact Laura (southshropsgymclub@gmail.com) if you have any questions

Join us for
SONGS & RHYMES

with

SAL TONGE

BISHOP'S CASTLE LIBRARY

**Tuesday 25th
August**

**RHYTHMS, RHYMES,
SINGING & MUSIC**

£2 PER CHILD

**LIMITED AVAILABILITY,
BOOKING ESSENTIAL**



BOOK YOUR SPACE AT THE LIBRARY DESK,
ENTERPRISE HOUSE OR BY CALLING
01588 638215



READ to the BEAT

**MUSICAL
LEGO
CHALLENGE**

**AT BISHOP'S CASTLE LIBRARY
SAT. 18TH – SAT. 25TH JULY**
DURING LIBRARY OPENING HOURS

**CAN YOU BUILD SOMETHING MUSICAL? –
INSTRUMENTS, A STAGE, YOUR FAVOURITE POPSTAR?!**

PRIZE FOR EVERYONE TAKING PART

FREE TO ATTEND

**Shropshire
Libraries**
Learn imagine discover

Friends
of Bishop's Castle Library

**SUMMER
READING
CHALLENGE**

SAMBA
DRUMMING WORKSHOPS
At Bishop's Castle Library
Tuesday 28th July

**10 am for ages 4 – 6 years
11 am for 7 years and up.**
£2 per child

Limited spaces, Booking essential
Book your space at the library desk,
Enterprise House or by calling 01588 638215

Sparc
THEATRE

Based on the books by
ERIC CARLE

**only
adults
need
tickets**

THE VERY HUNGRY CATERPILLAR
and other stories



Including: The Very Quiet Cricket, The Mixed Up Chameleon,
I See A Song & Papa, Please Get The Moon For Me

Animated film followed by crafty making session
Thursday 23 July 10.45-12.45

Ideas, Guidance and all materials with plenty of freedom to create.

Under 8's must be accompanied by a willing helper

Accompanying adults please book a free place

(so we can make sure there's enough seating for the film)

Children £3.50 or 2 FOR £6.00

www.sparctheatre.co.uk



Sparc Theatre, Brampton Rd, Bishop's Castle SY9 5AY 01588 638038



Summer Holidays

AT BISHOP'S CASTLE LIBRARY

July 18th Summer Reading Challenge begins
Musical Lego Challenge launches

July 27th Rhymetime
Songs and rhymes for Under 5's

July 28th Samba Drumming Workshop
10am & 11am £2 Booking essential

Aug 4th Exotic Zoo
12pm £4 Booking essential

Aug 10th Rhymetime
Songs & Rhymes for Under 5's

Aug 14th Story & Craft session - Mr Big
10am - 12pm - free to attend

Aug 18th Junk Model instruments
Free to attend

Aug 21st Family fun Morning
Soft play and refreshments

Aug 25th Stories & Songs with Sal Tonge
10.30 - 11.30am £2 Booking essential

Come and visit us, we'd love to see you!



Summer Holidays

AT SPARC THEATRE

July 19th 2pm - Film: Arco
"The best animated film of the year"

July 21st 2pm - Film: Kangaroo
"Inspired by incredible true story"

July 23rd 10:45 to 12:45 - The Very Hungry Caterpillar (Film and crafts)

Aug 7th Pop Up Parkour
Coached and free drop in sessions

Aug 11th 2 to 4pm Creative Kids Workshop
Free Drop In All ages

Aug 29th 11am to 3pm - Lantern Workshop
Free @ The Church Barn

Why not enter the Handicraft and Produce show at Michaelmas Fair:

Enquiries to Mike Plunkett
01588 630018
Completed entry forms with fees to: Town Hall, Drovers Travel, Enterprise House, or Mike Plunkett, 1 The Ridge

Come and visit us, we'd love to see you!



LANTERN WORKSHOP

THE CHURCH BARN
11 AM - 3pm SAT. 29th AUG.

FREE

EVERYONE WELCOME, ALL EQUIPMENT SUPPLIED.
CHILDREN MUST BE SUPERVISED BY A WILLING HELPER

JOIN THE MICHAELMAS LANTERN PROCESSION
SAT 5TH SEPT. 8^{PM} MEET AT THE CHURCH

MICHAELMAS FAIR SAT 5TH SEPT 2020



SpArC THEATRE

CREATIVE KIDS WORKSHOP

WE WILL BE CREATING ART WORK FOR A WINDOW DISPLAY FOR BISHOP'S CASTLE IS OPEN

START AT 2-4PM
TUE 11 AUG

FREE - DROP-IN
CHILDREN MUST BE ACCOMPANIED

ALL AGES

AT SPARC BISHOP'S CASTLE
INFO: LIZ@SPARCTHEATRE.CO.UK



Tuesday 21 July 2pm

FILMS @ SpArC Bishop's Castle 
Accessible Afternoon Film All Tickets £4
 All welcome, cabaret seating, No Steps, hearing loop,
 Carers free with paying entrant.

FREE Dial-a-Ride Bus From Bishops Castle & Lydbury North 01588 638 350

Usual refreshments plus tea /coffee & biscuits £1

To Book: Box Office at Enterprise House or
 01588 638038 – www.sparctheatre.co.uk

SpArC Theatre, Brampton Rd, Bishops Castle SY9 5AY

Supported by Friends of Bishops Castle Community, Care Home and Hospital.



Hotshots Netball club

Our under 11 squads are looking for
 more players in September!
 Priority given to yr 5 & 6

All abilities Welcome



U11: Year 4/5/6:
 Ludlow College
 Thursdays 5:30 - 6:30pm
 Email:
join.hotshots@outlook.com

September 2026- April 2027

Made with PosterMyWall.com

THE BIG LISTEN HAVE YOUR SAY

SUMMER CRAFT EVENT

Join us for lots of fun free activities for all ages

Wednesday 5th August
2pm until 4pm

Helena Lane Community Centre,
20 Hamlet Road, Ludlow, SY8 2NP

 shropshire.gov.uk/early-help



POP UP PARKOUR

FRIDAY 7 AUGUST
COACHED SESSIONS 10AM, 11AM 2PM 2.45PM
BOOK A PLACE £6 **AGE 7+**
FREE DROP-IN SESSIONS 12-1PM 3-3.45PM
ALL WELCOME - YOUNG PEOPLE MUST BE ACCOMPANIED FOR THE FREE SESSIONS

EXPERIENCE EXCITEMENT OF PARKOUR & FREERUNNING.
 USING A VARIETY OF PURPOSE-BUILT EQUIPMENT AND OBSTACLES, IT OFFERS YOUNG PEOPLE
 A UNIQUE OPPORTUNITY TO EXPLORE PARKOUR MOVEMENT TECHNIQUES THROUGH
 JUMPS, VAULTS, ROLLS, AND SLIDES
 WITH PROFESSIONAL COACHES IN HIGH ENERGY SESSIONS

SUPPORTED BY THE DYLAN PRICE FOUNDATION

SPARCTHEATRE.CO.UK 01588 638038
SPARC, BRAMPTON ROAD, BISHOP'S CASTLE SY9 5AY



CBA FESTIVAL OF ARCHAEOLOGY

Dig into History

Hands-On Family Fun at Clun Castle
Saturday 25th July, 10am - 3pm



free event

Roll up Your Sleeves for a Day of Discovery!

- Stone Craft challenge — Try shaping stone like a medieval mason
- Mini-Dig Sandpit — Unearth replica finds in our archaeology play-pit
- Hands-On Conservation — Learn how we protect ancient archaeology
- Guided Castle Walk — Explore hidden stories in the ruins

Activities suitable for ages 6+, young people under 16 must be accompanied by an adult.

Meet at Clun Bridge Car Park, SY7 8JP.
Just turn up at 10am, no need to book. Please wear suitable footwear and clothing. If staying for the day a packed lunch is advised.

Please contact Gary Ashby (English Heritage) on 07436 056994 or email: Gary.Ashby1@english-heritage.org.uk for more information
If you have any particular access needs which we may be able to accommodate better by understanding, please let us know.



ludlow assemblyrooms

SUMMER EVENTS AT LAR



FILMS

Happy Feet (PG)
Toy Story 5 (PG)
Minions & Monsters (PG)
WALL-E (U)
The Greatest Showman (PG)

HISTORY

Mammoths & Ludlow Art Collection
Tue 25 Aug, 10am & Wed 26 Aug, 10am
Venue: Shropshire Museums Collections Centre @ Ludlow Library

THEATRE

Jack and the Beanstalk (Sort Of)
Sat 8 Aug, 11am & 2pm
Super Great Kids Storytelling with Jason Buck Sat 29 Aug, 11am

WORKSHOPS

Summer Reading Challenge
Footnotes Tue 28 Jul, 11am
Robotics Tue 18 Aug, 11am
Sing It Tue 25 Aug, 11am



More information and booking:
ludlowassemblyrooms.co.uk
Box Office: 01584 878 141



Holiday And Food



Shrewsbury
The Croud Meadow, SY2 6ST
July & August 2026
08:30 - 15:30

Ludlow
Bromfield Rd Ludlow, SY8 2BN
July & August 2026
08:30 - 15:00

For children aged 5-11 and in receipt of free school meals, the HAF programme is a way to gain access to fun activities and food during the school holidays.

01743 289177 opt 6
admin@foundationstfc.co.uk
foundationstfc.co.uk/fun

Scan the QR code or visit our website to book.



CRICKET SHROPSHIRE & Bishops Castle CC

SUMMER CAMP 2026

Thursday 20th & Friday 21st August

FREE
10am - 3pm
Age 5-11 years

Delivered by ECB Qualified Coaches



Scan Me to Apply



For more info contact: vanessa.russell@cricketshropshire.co.uk or info@cricketshropshire.co.uk

YOUTH HUB

YOUTH HUB

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YOUTH HUB BISHOP'S CASTLE

St Johns Bishops Castle, Church Lane, SY9 5AF
Every Friday during term time
3.15-5pm



- Hot chocolate and milkshakes
- Games and crafts
- Chat and chill
- Pizza
- Pool

For School Years 7-11

YEAR 6
now invited
to come and try out
before September!!

Youth Pioneer
Nick.Gurney@hereford.anglican.org

Local webpage at: ridgewaychurch.wordpress.com/youth-hub
& more at: www.hereford.anglican.org/ministry/youth-hubs

PAPERBACK

"Thoroughly
entertaining!
Exactly what live theatre
should be about!"

THE RAILWAY CHILDREN

A new adaptation by Charis McRoberts



Purchase Tickets at:
strettonfestival.org.uk

Tue 4 Aug, 2026
2.30pm
Acton Scott Hall

Adults £14 | Age 4-16 £7 | Under 4s Free
1hr 20 mins. Ideal for 7yrs+



More info at:
paperbacktheatre.com



CHURCH STRETTON
ARTS FESTIVAL

2026

A scandalous secret. An endless golden summer. A beast they call the Green Dragon. Bobbie, Peter and Phyllis have been swept off to the English countryside by their mother, who is suddenly much too busy to play their games.

Left to explore their new home, it is not long before they feel the pull of the railway at the bottom of their garden. As they follow the tracks to the local station, a whole world opens up to them, full of charming characters, romance, peril and questions that need answering.

Why is mum always on the phone?
Why is the 08.11 always late?
And where has dad gone anyway?



Fresh from their celebrated 2025 tour of *Wind in the Willows* and *The Wizard of Oz*, Paperback Theatre returns with a brand new, enchanting production of E. Nesbitt's classic book 'The Railway Children', adapted by Charis McRoberts.



"A fresh, young company, with wit, imagination and unshakeable confidence.
Their shows are hilarious and touching in equal measure."

UK Health Security Agency

MENINGITIS + SEPTICAEMIA

Meningitis now

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet, and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, dizziness
- severe weakness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pain and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple "bruised" or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth, groin, and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

Be a Hero!

Know the signs of type 1 diabetes.

4Ts

Thirsty
Being constantly thirsty and not being able to quench it.

Thinner
Losing weight without trying to, or looking thinner than usual.

Toilet
Going for a wee more regularly, especially overnight.

Tired
Feeling incredibly tired, lethargic and having no energy.

Other symptoms associated with high glucose levels to look out for:

Blurred Vision

Fruity Smelling Breath

Thrush

Cuts and grazes that are not healing.

Type 1 diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented.

Know the signs and symptoms of type 1 diabetes and you could help save a life!

DigiBete

www.digibete.org

NHS

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

T OILET

T HIRSTY

T IRED

T HINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.

Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

© Diabetes UK 2022. Product code: 102036EINT

THE COM

ANYONE CAN JOIN THE CHAT...

WHAT IT IS

Community 'Com' Networks are online groups involved in child sexual abuse, cybercrime and offline violence. However, not all cases involve all three.

The majority of those involved are children under the age of 18.

Perpetrators may target children who are discussing topics online such as mental health disorders, neurodiversity or self-harm but they are active on virtually all social media and online gaming platforms. Discord and Telegram are particularly popular.

The communities share extreme material which may include:

- Child sexual abuse
- Violence and gore
- Animal abuse or torture
- Misogynistic and 'incel' beliefs
- Extreme/violent pornography
- Racist and occultist materials
- Hacking tools and exploits

HOW TO GET SUPPORT

Any concerns should be reported to one of the following for safeguarding and diversion support; reference 'Operation Driftglen':

- Local police forces call '101' (non-emergency)
- School safeguarding lead (DSL)
- Local social services
- Crimestoppers 0800 555 111 (anonymous)
- Cyber Prevent/NCA/NCSC and or CT Prevent

INDICATIONS OF CONCERN

The following behaviours are indicators that a young person may be involved in an abusive relationship with a Com group:

- Self-harm (cutting letters/symbols is of particular note)
- Numbers, letters, symbols written in blood on walls
- Interest in extreme themes
- Disengaging in education
- Obsession with new online friends
- Unexplained injuries to pets or siblings
- Unexplained money or gifts

CYBER CHOICES

KNOW THEIR DIGITAL WORLD

Education and awareness is key to our intervention work. There is no age limit to who we support.

WHO ARE WE?

The Cyber Prevent Team delivers the national Cyber Choices Programme, helping young people make safe, responsible, and legal choices online. Through education on cyber law, including the Computer Misuse Act, we support informed decision-making and raise awareness of the consequences of cyber crime.

We also encourage positive cyber opportunities by promoting skills development, training, and future education and career pathways, helping to prevent young people from being involved in cyber criminality.

WHAT DO WE DO?

This programme is aimed at individuals who are at risk of, or on the cusp of, committing cyber-dependent crimes.

Cyber dependant crimes are offences that can only be committed with technology:

- Hacking
- Cheating/Modding online games
- Breaking IT rules
- DDoS or DoS - tools to impair systems and services
- Unauthorised access to computers, phones, networks, and devices

FOR MORE INFORMATION:

Sign up to our webinar on the 28th July 2026

Visit our website



OR



Bytesize News

A bright young teenager who had a keen and developing interest in IT, but was unaware of how to keep themselves safe online, was successfully encouraged to explore new opportunities in Computer Science.

Teachers at a secondary school were becoming increasingly concerned about a pupil who said they could hack into the school network. The student required close supervision when using laptops, yet despite this, they still attempted to download alternative browsers.

When asked if they knew that their actions could install viruses or malware, they revealed they practiced their technical skills at home on their own computer, Raspberry Pi and mobile phone, before trying them at school.

To support and guide the student, the Cyber Choices Prevent team met with them and began discussing multiple topics, such as online safety and the Computer Misuse Act.



The student engaged well with the Cyber Choices Prevent Team. They proceeded to meet a further two times to talk about the ethical use of technology, and the student completed online packages to reinforce their learning.

Due to the student's passion for IT, the Cyber Choices Team introduced them to websites and courses to develop their skills in ethical hacking. As a result, the student wishes to undertake a GCSE in Computer Science.

The school are pleased the risk and threat of illegal cyber activity by the student has been reduced, and the student has a promising future with new studies.



Make sure your child has an ASTHMA ACTION PLAN

Children with an asthma action plan are four times less likely to have to go to hospital for their asthma.



Make sure you know HOW TO USE AN INHALER

Getting the inhaler technique right with a spacer or facemask is one of the most important things you can do to help your child stay well.



ATTEND YOUR CHILD'S ASTHMA REVIEW

Scheduling an asthma review once a year (and after every attack) can help children and young people manage their symptoms.



CONSIDER AIR POLLUTION AND ITS IMPACT

Air pollution can trigger asthma, but knowing the triggers can help children and young people to manage their condition.



Protect our children!

Parents and guardians: Our kids are now most commonly abused online, via their mobile phones and games consoles. Do you know how to keep your kids safe?

Learn more about the dangers of kids being online and how you can keep them safe. Join our free one hour online parent awareness session to give yourself a head start in an ever changing digital world.

Scan the QR code to find out more about our awareness training and to sign up to one of our free sessions or go to www.westmercia.police.uk/exploitworkshops



Worried about your child's health? Think 'Pharmacy First'

You can now get treatment for a variety of common conditions and minor illnesses from your local community pharmacy.

Your pharmacy can help with:

- Earache (ages 1-17)
- Infected insect bites (from age 1)
- Impetigo (from age 1)
- Sore throat (from age 5)
- Hay fever (all ages)
- Conjunctivitis (all ages)

If you don't know whether a pharmacist can help with what you need, give them a call first or just pop in.

If you get a prescription through your pharmacy, you'll never pay more than if you had seen your GP.

SPRING TERM SEND MEET & CHAT FAMILY DROP-IN

Hosted by Shropshire Early Help



Do you care for a child or young person with Special Educational Needs and Disabilities (SEND)?

These sessions are open to anyone supporting a child with SEND — whether you're a parent carer, family member, or professional.

Come along to ask questions, get practical advice, and connect with professionals who understand your journey

Speak with experts in:

- EHCPs
- School support
- Health and wellbeing
- Social care
- Mental health
- Navigating SEND challenges

Each session will have different professionals available, so come along, have a chat, and find the help you need.



LUDLOW - HELENA LANE COMMUNITY CENTRE

Tuesday 20th January 2026
12:30pm-14:30pm

Helena Lane Community Centre, 20 Hamlet Rd, Ludlow, SY8 2NP

SHREWSBURY THE LANTERN

Thursday 19th February 2026
10:00am-12:00pm

The Lantern, Meadow Farm drive, Shrewsbury, SY1 4NG

MARKET DRAYTON RAVEN HOUSE

Tuesday 24th March 2026
13:00pm-15:00pm

Raven House, 129 Cheshire Street, Market Drayton TF9 3AH



HAVE YOUR SAY!
Scan the QR code to suggest topics and activities for future drop-in sessions.

20 is plenty!

Children who read for 20 minutes a day will...

Improve focus and concentration

Have a world of imagination and creativity opened to them

Have stronger writing skills

Improve and strengthen memory

Be exposed to 1.8 million words a year

Develop a love for learning

Learn how to develop empathy

Improve critical thinking skills

Have reduced stress levels

Have a broad vocabulary

Improve test results

Improve communication skills

Have better general knowledge

Silly School Education



Understanding Your Child

0 – 5 years

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Your child's early years are full of change and transition, such as starting nursery or school and moving into the next phase of development. In our weekly sessions we will explore ways how you can support your child through these transitions and other tricky moments. Join us and other parents and carers to share simple ideas that can make life calmer and more positive.

Upcoming Session

- starts Monday 21st September, 12.30–2.30pm at The Lantern, Shrewsbury, SY1 4NG

the group meets once a week over 10 weeks, excl. half terms and bank holidays with the last session being on Monday 30th November 2026.

What We'll Talk About

- Transition periods in your family's life
- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)



Understanding Your Child

From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 21st September 2026 from 9.15 to 11.15am at Brown Clee Primary School, Bridgnorth (WV16 6SS)
- 21st September 2026 from 9.00 to 11.00am at St Giles Primary School, Shrewsbury (SY2 5NL)
- 22nd September 2026 from 12.45pm to 2.45pm at Sundorne Infants School, Shrewsbury (SY1 4QN)
- 23rd September 2026 from 9.15 to 11.15am at Coleham Primary, Shrewsbury (SY3 7EN)
- 23rd September 2026 from 1.15 to 3.15pm at St Laurence Primary School, Ludlow (SY8 1TP)
- 24th September 2026 from 1.00 to 3.00pm at Bishops Castle Primary School (SY9 5PA)
- 25th September 2026 from 12.30 to 2.30pm Online via MS Teams

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?

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[Becoming Togetherness - Togetherness](#)



Free Sleep Tight Groups

"It's been eye opening to see how many different things can affect children's sleep. I have learnt so much and now have new ideas to try out."

"I feel more confident in bedtime routines, and less alone in the fact my child struggles with sleep"

Join our friendly, relaxed group!

We all know how important a good night's sleep is for your child's growth and development. When children sleep well, it helps them do better at school, react more quickly, build stronger memories, and learn and solve problems more effectively. It can also help them stay healthier, feel less irritable and manage their behaviour more positively.

There are many different factors that can affect your child's sleep, and it can sometimes feel hard to know where to start. Join us to learn more, share experiences, and pick up helpful tips to support your child in getting the rest they need.

Upcoming Sessions

- Starts 24th September, 9.30 to 11.30, 5 weekly sessions, virtually via MSTEams
- Starts 9th November 2026, 9.30 to 11.30am, 5 weekly sessions, virtually via MSTEams

The SEND group is suitable for parents/carers of children who have special educational needs and disabilities, no formal diagnosis is needed to attend the group

What We'll Talk About

- Benefits of good sleep for our health and emotional wellbeing
- Sleep and bedtime routines for the whole family
- Sleep diaries
- Nutrition and food and their impact on healthy sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm
Fri, 9.30am - 3.30pm

No judgment, just support. For **all** Shropshire families, including those whose children have special educational needs and/or disabilities (SEND)

