

# St Faith's Church of England Infant and Nursery School

## Parent and Carer Wellbeing Newsletter: Autumn 2025



Hello there! Welcome to our Wellbeing Newsletter. We want to help to signpost you to different types of support that is available, in order to care for the health and wellbeing of yourselves and your children.

Some of the support available is in school but we will also signpost you to external agencies and websites. We do hope that it is useful for you. If you do access some of the external support, we'd love to hear from you – and find out how useful it is, so that we can encourage others to access it.

Thank you so much!

### MRS SIMPSON

Mrs Simpson is our wonderful Nurture Lead in School. If you hear the children talk about the Treehouse that is where you will find Mrs Simpson! If you would like to have a snapshot of the work that Mrs Simpson does, have a look at our website.

<https://www.st-faiths.lincs.sch.uk/nurture-and-wellbeing/>

If you think that you or your child would benefit from some time with Mrs Simpson, do contact us! Thank you!

#### Local NHS urgent mental health helpline for Lincoln:

Lincolnshire Partnership NHS  
Foundation Trust

[0800 001 4331](tel:08000014331)

Help is available 24 hours a day, 7 days a week.

If you call, you'll speak to a professional in your local NHS mental health service.

They can discuss your current mental health needs and provide access to further support if needed.

Calls to NHS urgent mental health helplines are free.



#### Handle With Care

If your child is experiencing difficulty at home, we would like to provide additional support in school. We understand that details are not always shared with school, and that is absolutely fine.

If your child is coming to school after a difficult night, morning or weekend, please email Mrs Simpson, our Nurture Lead at [gemma.simpson@st-faiths.lincs.sch.uk](mailto:gemma.simpson@st-faiths.lincs.sch.uk) with the message 'Handle with Care' and your child's first name. This will then be passed onto the class teacher(s).

We don't need any more information, if you are unable to provide it. Nothing else will be said or asked, but we will know that your child may need extra time, help, patience, and a lot of love during the day.

If you do require additional support as a family, at this time or anytime, please ask. Always.

We are a family at St Faith's and we are here for you all.  
Thank you.

## Lincoln Community Grocery

<https://communitygrocery.org.uk/lincoln/>

They to provide a bridge between food banks and supermarkets, helping keep families fed so that no-one goes hungry. With stores across the UK open to anyone who is finding it tough to put food on the table, it's simple to sign up.

To become a member at one of the Community Groceries, all you need to do is visit your nearest store and let one of their team know it's your first time. They will then get you a form to fill in and explain all about how the groceries work.

All you need to do is bring £5 for your annual membership fee\*, and a couple of shopping bags to put your groceries in and then start shopping. It's as simple as that!

There are different sized shops available from £5, with each item in store being worth a certain number of points.

- Small shop: £5 (12 point shop)
- Medium shop: £7.50 (18 point shop)
- Large shop: £10 (24 point shop)
- Extra-large shop: £12.50 (30 point shop)

Being a Community Grocery member means you can shop in store multiple times each week, helping you save on your shopping budget. They have stores across the country, and your membership can be used in them all.

A typical shop can include:



Bakery  
item



Fresh  
fruit or veg



Canned or  
boxed  
shelf items



Non-food  
item



Freezer  
items



Chilled  
items

Members can also access cookery classes, debt advice, life skills, employment clubs and Mental wellbeing support.

Beaumont Manor,  
Beaumont Fee,  
Lincoln,  
LN1 1UL  
Mon – Fri: 9:30am – 4:30pm



[01522 265511](tel:01522265511)



[Community Grocery Lincoln](https://www.facebook.com/CommunityGroceryLincoln)



[@communitygrocerylincoln](https://www.instagram.com/communitygrocerylincoln)



[lincoln@communitygrocery.org.uk](mailto:lincoln@communitygrocery.org.uk)



As well as affordable food shopping members are invited to attend free courses offered by the partner church (also available to non-members).

## SUMO – Stop Understand and Move On

### **Top tips and tools to help children develop greater resilience, understand themselves and embrace wellbeing.**

We will be running this course again for parents, this academic year. It was a huge hit when we ran it previously. Our first date has been sent home.

Feedback from previous sessions

*'I have really enjoyed it. I came with negative thinking but after the 1<sup>st</sup> session completely changed my mind. Definitely recommend'*

*'I really enjoyed the course. It wasn't what I expected, and I gained a lot from it'*

*'This has been a fantastic experience and very informative. It has also been reassuring to see other parents having the same challenges and that there are ways of overcoming'*



## Healthy Minds

### Programme Overview

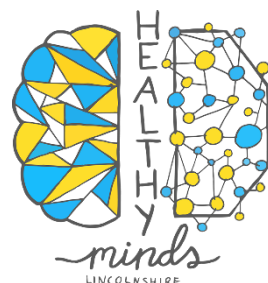
Healthy Minds aims to promote the importance of good Mental Health, in order for children and young people to reach their full potential, within education and life in general. We are helping to educate children and young people on their thoughts, feelings and emotions, with the aim of creating healthy minds for healthy futures.

Together we can make a difference and encourage: POSITIVE thoughts, POSITIVE words, POSITIVE actions.

### What We Offer

Our programme includes some of the following:

- Practical activities
- Discussions
- Breathing techniques
- Super Brain yoga technique
- Movement to music
- Short guided meditation - by Les Flitcroft, Director for the Institute of Pranic Healing UK & Ireland
- Reflection



<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/healthy-minds-lincolnshire>