



# Head's Weekly Newsletter

## Week 39



### Message from the Headteacher

Mrs Ania Hildrey, Headteacher, [headteacher@abbotsleaschool.co.uk](mailto:headteacher@abbotsleaschool.co.uk)

Dear Students, Families, Colleagues and Friends

Welcome to today's issue of the Head's Weekly Newsletter.

As we end this year's operation today (with the last few days of the year marked as a Transition Week), I want to reflect on today's Abbot's Lea School Annual Awards 2022.

We have nearly 300 students, age 3-19 here with us, at Abbot's Lea School and so, it has become necessary to split out assemblies and celebrations into key stage events, to allow us meaningful engagement and to avoid overwhelming crowds.

Despite this measure – the room for each of the three sessions (KS4 and 5, KS1 and 2, and KS3) were all full!

Huge congratulations to all of our students on their achievements and successes this year and well done to the nominees and the winners. We have really enjoyed watching you grow this year and we are so proud of you all! Most touching was the joy of the nominees and the winners, as well as the warm congratulations from the peers - what a wonderful student body we have! They are a real credit to their families and the teams that support them in school.

Speaking of the families: We are grateful to all of the families and friends of ALS who joined us this morning for the celebrations - overall, we had nearly one hundred visitors join in! AMAZING!!!

Lastly, as we end this year's operation today, I want to thank all of the staff of ALS - whether working directly with the students or working for them by ensuring that the school is a wonderful place to learn and work.

Next week, we operate our Transition Week and the students will be grouped in their next year's classes.

The week will finish at 1pm on Friday, 15 July 2022 and we kindly ask all families to ensure that the students are collected – by the families or the transport providers – at that time.

Wishing you all a very good weekend,

With kindest regards

Mrs A Hildrey  
Headteacher

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# Key Diary Dates

## School Year Calendar

Term Dates for School Year 2021-22 (current academic year) – [Term dates 2021-22](#)

Term Dates for School Year 2022-23 (next academic year) – [Term dates 2022-23](#)



**Students' school day**  
**9:00am - 3:00pm**

## Key Diary Dates for Term 6

Date	Activity	Who is involved	Comments/Actions
Monday 11 July - Friday 15 July	Transition Week  NO FRIDAY COFFEE MORNING  <b>Friday 15 July – school term ends at 1pm for all students</b>	All students on roll of ALS in September 2022	Students will be learning this week in the next year's class groups with the next year's teams of staff.  Full school uniform is required for this week for all student groups, including those joining ALS in September.

# Students of the Week

## Students of the Week

Class	Student	Reason
<b>Early Years and Key Stage 1</b>		
Ireland	Troy	For his amazing behaviour on our trip to Hale Park!
<b>Key Stage 2</b>		
Portugal	Louie	For producing such high quality work in his maths lessons.
France	Lotte	For always being there to help her friends
Spain	Alex	For working really hard during Maths and producing excellent work!
Italy	Logan	For having an incredible week all round.
Peru	Stephen	For being a kind friend offering support to other students during a Maths game in class this week! Well done Stephen!
<b>Key Stage 3</b>		
Mozambique	William	For working really hard this week and making a great effort to become more involved with class - well done Will!
Madagascar	Anthony	For always following our Golden Rules 100% of the time and always being a kind, caring and thoughtful member of Abbots Lea School.
USA	Andrew	For being engaged and asking questions!
Brazil	Jacob	For coping well with transition and being here every day. Well done.
Kenya	Alex	For taking a great interest in the artefacts at the museum and reading the information with it.
Cape Verde	Brandon	For being courageous and overcoming new fears. Well Done!
Seychelles	Ryan	For reflecting on his days well and remaining regulated during and after his vaccination.
Botswana	Jake	For always being kind and sensible and making others smile.
<b>Key Stage 4</b>		
Australia	Liam	For his lovely manners, attitude and his excellent example for others.
Samoa	Nicholas	For finishing his MVP course, and always making a conscious effort to support his peers and be a positive influence.
New Zealand	Ashley	For winning the KS4 nomination for his fantastic poem and playing the guitar.
Papua New Guinea	Mason	For always trying his best in all lessons.
<b>Key Stage 5</b>		
Malawi	Jack	For participating in all his lesson.
Christmas Island	Mai	For calmly taking all her exams this week.
Fiji	Dominik	For being positive in class every day.
<b>Nurture Provision</b>		
Wales	Ansel	For always coming into school with a smile.
Canada	Leighton	For completing KS3 and all the best for KS4.
Tasmania	Abbie	For making excellent choices when visiting Chester Zoo.

# Next Week's Menu

## Next Week's Menu



## Primary Lunch Menu



Week Commencing 11/07/22

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza served with Wedges and Beans	Chef Choice	Homemade Chicken Tikka Curry served with Basmati Rice and Mango Chutney	Fish Fingers or Fish Cake served with Chips and Mushy Peas	End Of Year Buffet
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Chef Choice	Vegetable Stir Fry	Mini Cheese Omelette	Chef Choice
<b>Homemade Soup</b>	Chef Choice	Chef Choice	Broccoli and Cheddar	Chef Choice	Chef Choice
<b>Starchy Food</b> Various bread choices available	Pizza Base	Chef Choice	Mash	Potatoes	Chips
<b>Vegetables</b> Salad Bar with Hummus	Tomatoes	Chef Choice	Green Beans	Spring Onions	Chef Choice
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad  Fresh Fruit	Chef Choice  Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream  Yoghurts	Homemade Apple Crumble served with Custard  Fresh Fruit	Mixed Cupcakes  Mixed Flavour Yoghurts

### Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

GOOD FOOD CULTURE

Please, inform the school about any known allergies or dietary requirements for your child. You can do that by sharing information with the class team or by calling the school office. Thank you

# Class News

## Early Years and Key Stage 1

<p>Ireland Class</p> <p>Teacher: Miss Hattersley</p>	<p>Ireland Class have enjoyed going on the mini bus to the park this week! They had fun on the swings, slide and zip line with their friends and saw lots of airplanes low in the sky as we were next to Liverpool Airport! Ireland Class have loved using the trikes and bikes this week as well as completing their last judo session for the year! The boys have enjoyed getting creative and using their imagination to use junk modelling materials to make their own creations and share them with staff and friends in class. The boys are also excited for transition week to go into their new classes! They are looking forward to meeting their new teachers and making new friends! We will miss all the boys who are moving out of Ireland Class but we will see them around school and will always say hello! Good luck boys!</p>
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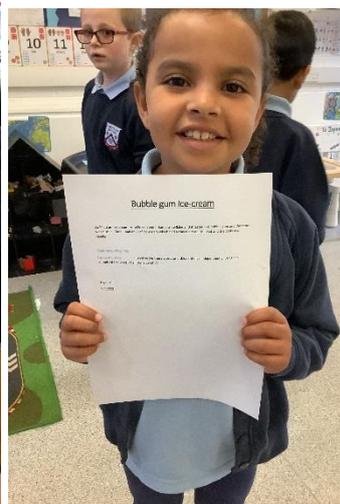


# Class News

## Key Stage 2

Portugal Class  Teacher: Miss Gibney	This week in maths Portugal class learnt about how to identify lines of symmetry and draw lines of symmetry on 2D shapes. In English pupils planned a newspaper article about their trip to Chester Zoo including the 5 Ws. In DT pupils made their very own juggling balls using socks, tie-dye and rice. In PE pupils played some games and completed an obstacle course which they really enjoyed.
France Class  Teacher: Miss Last	We have all enjoyed our last week in France Class. In Maths, we finished working on our multiplication and division topic, making equal groups by sharing. In English, we finished our poetry topic, each taking turns to read poems from Rumble in the Jungle. In Geography, we looked at the seasons. Today we looked at summer and wrote a postcard to our friends describing a place we visited during the summer. We also enjoyed a visit from our therapy dog, Marley and we enjoyed teaching him tricks. We have had a great year in France Class and enjoyed every minute. We hope you all enjoy your new classes.
Spain Class  Teacher: Miss Ledward	Spain class have had a fantastic week! As it is our last week in Spain class we have enjoyed lots of sensory and outdoor learning to celebrate what an excellent year it has been! Spain class have really enjoyed Life Skills lessons this term and learning the roles and skills you need to fulfil different jobs and careers! It has been an absolute pleasure working with you all this year Spain Class and watching you all progress and flourish! We wish you all the luck in your new classes and will miss you so much! Enjoy transition next week and we hope you have the best summer break!
Italy Class  Teacher: Mrs Cooney	Italy have had a fun filled final week together with lots of different craft and sensory activities. We read the Very Hungry Caterpillar and made our own junk model caterpillars! In Food Technology we made rice krispie cakes. Students made their own sensory bags with fabulous smelling ingredients and added lots of sparkles and squishy things! We loved using lots of different musical instruments, including learning some chords on the ukulele! On Friday, we enjoyed a celebration and party about our time in Italy class and we're all looking forward to transition week.
Peru Class  Teacher: Miss Laird	Peru have had a great last week together. We have spent time reviewing our favourite moments of the year - there were lots to choose from! We talked about our hopes and aims for next year. Some of us are really looking forward to Transition Week and meeting our new Class Teams and friends, some of us are feeling a little anxious about this but have been supported all week and enjoyed visiting our new classes throughout the week. On Friday, we enjoyed a lovely last day together and had a class party. Thank you for all your hard work this year Peru Class, we have loved every moment and wish you all the best for next year! Enjoy Transition Week and have a lovely summer holidays.

# Class News



For more information on your child's progress, contact the class team directly. Our Key Stage Leaders and Mrs Tobin can tell you more about our curriculum, with all subject maps available on our website ([access here](#)).

# Class News

## Key Stage 3

Mozambique Class Teacher: Mr Hodgson	We've had an enjoyable last week in class. We have spent lots of time reflecting on our year and how much progress we have made. We would like to wish all the students of Mozambique all the very best in their new classes from next week!
Madagascar Class Teacher: Miss Jennings	This week we have enjoyed sharing our weekend news with our friends. We have also enjoyed creating our favourite characters and things out of clay and painting them. We have created some lovely self-portraits as well engaging in pupil led kahoot quizzes. On our last day, we enjoyed walking to Calderstones Park and playing on the play area. We are feeling very excited as well as a bit nervous to be starting our new classes next week. We look forward to meeting our new teachers and students in our class, ready for next year.
USA Class Teacher: Mrs Suku	USA have been extremely creative this week, designing and making phone cases in Design Technology, visiting the Walker Art Gallery and Museum and spending time looking at their own art projects they have created during the school year.
Brazil Class Teacher: Mrs Rodway	Well done to Brazil class for a fantastic year! You have all worked so hard and made fantastic progress. As a class team we are tremendously proud of each and every one of you. We have really enjoyed teaching you and watching you grow. Good luck in your new classes, we will miss you all. Have a lovely summer from Mrs Rodway, Miss Unsworth, Mrs Edge, Miss Beresford and Mr Clarke.
Kenya Class Teacher: Miss McClintock	Kenya class have had a good week. On Monday we walked to Tesco and bought items for an end of term party! We have had a day out at the Walker Art Gallery and the World Museum, looking at the Tudors and exploring the space, dinosaurs and the aquarium floors. We have finished off our phone cases, learning new sewing skills and design. As part of our Life Skills lesson, we made our own healthy sandwiches.
Cape Verde Class Teacher: Mr Hatton	This week in Cape Verde we have finished off our outstanding work in Maths focusing on angles. Students can name the different types of angles and recognise acute, obtuse and a right angle. In English we recreated Dragons' Den and created our own products. We created our own adverts and pitched our ideas using persuasive language to try and sell our products to another class. We celebrated on Friday, our last day at Cape Verde with a party, engaging in social games and Just Dance. It has been a pleasure to have spent the year with Cape Verde class, as all students have worked extremely hard and we wish them the best of luck in their new classes. Have a fantastic weekend and enjoy transition week in your new classes making more memories. From the Cape Verde staff team - Mr Hatton, Miss Lewtas and Mr Williams.
Seychelles Class Teacher: Miss Joyce	This week Seychelles have completed the following activities: For English, we have looked at creating our own play scripts and acting out characters. In Maths, the students have identified different angles. In Science, the pupils have completed an end of unit quiz on eating and digestion. And finally, the class had the opportunity to visit the Walker Art

# Class News

	Gallery and The World Museum and had a lovely time. As always well done Seychelles for all your hard work!
Botswana Class Teacher: Miss Caveney	This week has been a very busy week in Botswana class. We have planned and carried out fun interactive science experiments with Cape Verde class in the outdoor learning area. These were really fun activities that showcased how much progress we have made in Science this year. All of the children were able to plan and set up the experiment safely and then make a hypothesis and test their theories. We were then able to discuss and record our results. As well as our hard work in Science we have been continually progressing in our other subjects. We have worked hard to understand angles and properties of shapes in Maths and explored the features of televised advertisements in English. Botswana class have produced some fantastic work, well done everyone! As well as all of our hard work this week, we have also been preparing for transition week and celebrating our time together. I would like to take this opportunity to say what a pleasure it has been to teach Botswana Class this year and how proud we are of you all. I know you will all continue to shine in your new classes. Well done and good luck from Miss Caveney and the Botswana Class Team!



# Class News

## Key Stage 4

Australia Class Teacher: Mr Lyons	Class Australia 2022 enjoyed their last week together. Students worked hard on putting their final touches to their assessments. Some of our Year 11 students sat some exams and were exemplary in their efforts. In Food Technology we made vegetable skewers with halloumi. In PE we enjoyed our last session with LFC. The students enjoyed preparing for transition week and are looking forward to a new adventure!
Samoa Class Teacher: Miss Gibney	The last week in Samoa class has been a fun yet emotional one! As our students prepare to move on to their new classes in transition week they have been finishing off school work from this year and consolidating the information we have learnt using memory recall boxes. We finished our Science booklets to receive our qualifications. We also finished our class book "Skellig" and discussed our opinions. Friday was a day of celebration, with an amazing end of year assembly and awards ceremony. We also had a Samoa picnic in the forest school and talked about all of our favourite memories from this year. Some of our students also completed resit exams - well done for your great perseverance and hard work. Miss Macdonald, Miss McKenna and Miss Gibney would like to say a huge thank you to all the amazing students in Samoa class, you have all made this year one to remember and we have appreciated all your hard work, funny jokes and kind hearts. Good luck in your new classes and we can't wait to see how you progress throughout the rest of your time in Abbot's Lea School!
New Zealand Class Teacher: Mr Spillane	This week we have finished examining the story of The Boy in the Striped Pyjamas. We discussed the injustices and wrongs of the past and the importance of treating others without prejudice. Some of our students have finished their exam resits so we congratulated them for their efforts and hard work. We have been introduced to the game of petanque (or boules) and enjoyed playing it. We have also been helping and talking with each other to help reduce our anxieties ahead of our transition to next September's classes.
Papua New Guinea Class Teacher: Mrs Wong	This week PNG has had a wonderful week. We had our English, Maths and ICT resit exams. Those students who came back to take their exams have given their absolute best. It was wonderful to see our leavers again and to find out what they are up to and plans for the summer. In English, we wrote film reviews based on our favourite film. We also recapped on letter format and practised writing letters. In Maths, we practised on basic arithmetic skills. In Food Technology, we made halloumi kebab sticks. We were able to form a production line involving all students to help with a steady flow. We mimicked how a catering establishment would prepare food in a production line. We were able to work as a team in a busy environment without feeling stress or pressure. We ultimately enjoyed the cooking procedure and the food. We also did some Kahoot quizzes which involved team work and good communication. In the morning settling task we challenged ourselves with Wordle, Worldle, Globle and Numberle. On Friday, we said goodbye to our classmates and our class team. We look forward to our transition week next week in our new classes!

# Class News

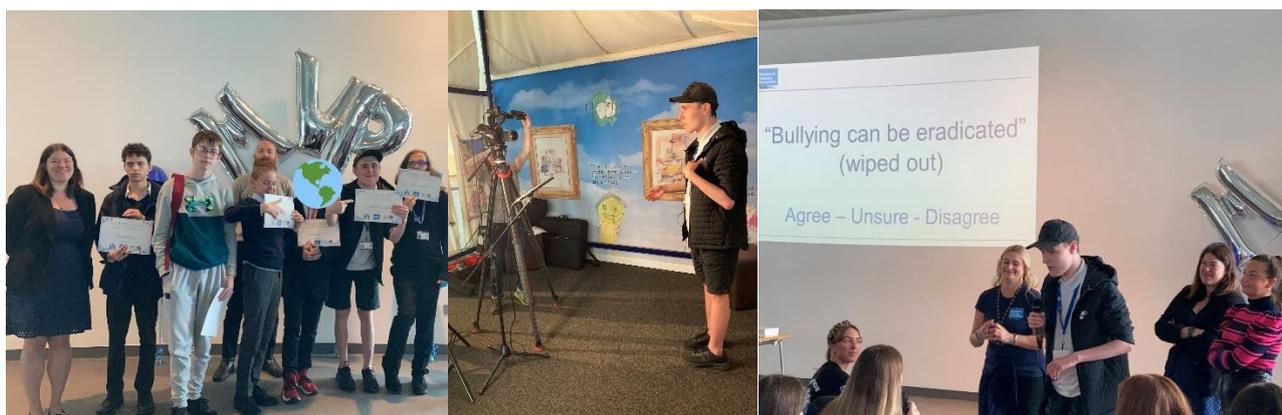


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# Class News

## Key Stage 5

Malawi Class Teacher: Mr Mason	Pupils have done exceptionally well in their exam resits and have engaged brilliantly in lessons this week. Well done Malawi Class!
Christmas Island Class Teacher: Mr Griffiths	A quieter classroom with the leavers gone but still a busy one in Christmas Island. Fun has been had in our English lessons with challenges based on knowing and understanding various sayings, idioms and collective nouns. In Maths It was good to see the students start off with a basic mental calculation challenge game and then up the ante to increase the difficulty and complexity. Food Technology was a big hit with a hot grill plate being used to produce chicken kebabs with onion, pepper and mushrooms. Delicious! Surprising was the amount of spicy sauce applied by some students without breaking a sweat. It was a well presented, tasty, easy to cook, healthy meal - a sure fire hit! Well done to all the students who have undertaken resits this week. Your conduct, calmness and acceptance of the challenge is a huge credit to you.
Fiji Class Teacher: Miss Ham	Fiji has had an amazing penultimate week for this school year. In Food Technology, we made some scrumptious chicken kebabs - something you can't ever go wrong with! For Life Skills, we learnt how to budget when buying a flat with £2000. Some of the students got really creative within the limitations! We continued reading Mr. Stink this week with a determination to finish it by the end of the term. Our Art students have been learning various cartoon art styles which has helped enhance their creativity. The biggest highlight was some students going to their MVP graduation in the Liverpool Museum, receiving their certificates from the Merseyside Police and Crime Commissioner, which was a gigantic honour! We are excited to meet our new classes next week before summer holidays, so we wish all our students the absolute best!



# Class News

## Nurture Provision

<p>Wales Class</p> <p>Teacher: Mrs Leyland</p>	<p>What a week we have had for our final week in Wales class. The boys have enjoyed playing outdoors, indulging in sensory play inside, making potions, reading, dancing and singing. We've absolutely loved this year together and it has been so wonderful to see all the boys progress and learn excellent self-regulation techniques. We hope they all love transition week and settle into their new classes. We will miss them so much but we will see them around school! From Mrs Leyland, Miss Metcalf, Miss Lea, Miss Biggins and Mr Manley</p>
<p>Canada Class</p> <p>Teacher: Mr Roach</p>	<p>Canada class have been embracing their final week. All students were extremely excited for our trip to Chester Zoo. The students visited the monkeys, butterflies, lions, elephants, penguins and rhinos. Canada class' favourite activity is our Food Technology lessons; this week we looked at making sausage rolls, vanilla biscuits and designing our own pizza. The theme of this week involved us looking at both Ramadan and Eid where we used tissue paper and card to make a sun catcher. An obstacle course was set up in the hall for the students as part of our PE lesson this helped the students to work on hand eye coordination, foot eye coordination and locomotor movements. The class has continued to read the David Walliams book Mr Stink and completed activities related to this. Another part of our English lesson was to write a recount of a short video that was played in the class. We would just like to thank all the students for being a part of Canada for the 2021/22 academic year and want to wish you all the best for the future.</p>
<p>Tasmania Class</p> <p>Teacher: Mr Terry</p>	<p>Well done to all the students in Tasmania for another excellent year. It has been a pleasure to have supported you and to have shared many wonderful experiences during our time as a class. All the adults who have supported you are extremely proud of your achievements and wish you every success in Key Stage 5. Thank you for all your efforts, hard work and for being a truly wonderful class to teach. Best wishes for the future; Mr Terry, Miss O'Callaghan, Mrs Grant, Miss Wilson, Mr Kearns, Mr Makin, Mr Vormawah, Mrs Bielska, Miss Roberts, Miss King, Miss Jonas and Miss Foulkes.</p>



# Class News



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## Summer Fair – 2 July 2022

Dear Families,

I would like to say a huge thank you for the part you played in making Saturday's Summer Fair such a success. Whether you were able to attend in person, or helped in some way before the day, it is hugely appreciated.

As staff, we met on site early on Saturday morning to make sure that everything was prepared and set up well. We were so lucky that so many staff, governors and associates of the school were able to join us and happy to do so.

The stalls were ready, we had said our prayers to the weather gods and so we opened our gates. And wow – how many families we welcomed! We welcomed current families, prospective families and families of previous students. I was on the chocolate tombola stall and people gave generously. In fact – they gave generously everywhere. It was absolutely delightful to see students in a different context and to meet so many families that I hadn't met before. Thank you to those of you who took the time to talk to me and share your experiences of the school.

On a personal note, it was also the first time (due to lockdown) that my own family got to see my place of work and my son couldn't believe that we had a trim trail, playground AND soft play. He actually said to me on the way home – I wish my school had those things. It reminded me of just how far we have come, even in the time since I joined (the day before Lockdown 2020!) and I know the school had travelled a long way up until that point too.

People enjoyed the light room, climbing wall, forest area... I could go on. However, this wasn't an exercise in showing off facilities (as much as they were appreciated); this was an attempt to bring a community together, and I certainly felt that Saturday achieved that. I really felt part of something that is far bigger than any one person or group of people. Abbot's Lea School to me has "that feel." It is something that can't be easily described or easily produced, but there was an absolute buzz in the air on Saturday – I hope some of you experienced that too.

I'm already looking forward to next year and I know the staff are already talking about how we will learn from this year's Fair to tweak next year's one.

Please enjoy the following pages of photos of some of the amazing activities we had on site!

Warmest wishes for the coming week,

Mrs E Tobin

Deputy Headteacher

# Staff News



# Staff News

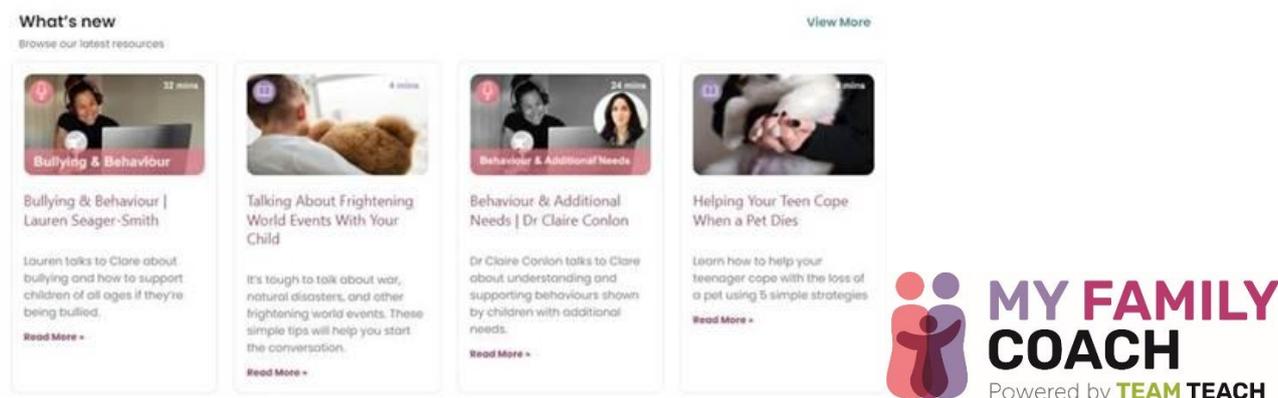


# Useful Information and Resources

In this section, you will find information on services that are available to you across the city over the next few months. There are links that you can click on which will take you to lots of different places of support and services for our parents across the city. Remember to check online at [Liverpool Early Help Directory](#) for regular updates and new programmes from a wide range of council and partner services.

## MyFamilyCoach.com

We know it can be hard sometimes to understand children's behaviour and find the best ways to support them as they grow up. If you need support, are looking for advice, or have a parenting question, you'll find everything you need at [MyFamilyCoach.com](#).



The screenshot shows the 'What's new' section of the My Family Coach website. It features four resource cards, each with a thumbnail image, a title, a subtitle, a brief description, and a 'Read More' link. The cards are:

- Bullying & Behaviour** | Lauren Seager-Smith: Lauren talks to Claire about bullying and how to support children of all ages if they're being bullied.
- Talking About Frightening World Events With Your Child**: It's tough to talk about war, natural disasters, and other frightening world events. These simple tips will help you start the conversation.
- Behaviour & Additional Needs** | Dr Claire Conlon: Dr Claire Conlon talks to Clare about understanding and supporting behaviours shown by children with additional needs.
- Helping Your Teen Cope When a Pet Dies**: Learn how to help your teenager cope with the loss of a pet using 5 simple strategies.

To the right of the cards is the My Family Coach logo, which consists of a stylized figure of a person holding a child, and the text 'MY FAMILY COACH Powered by TEAM TEACH'.

My Family Coach is a free, easy to sign up to website produced by experts in child behaviour, parenting, and education. They have over 20 years of experience working with schools to understand children's behaviour. Their training is used in 5,000 settings, training over 100,000 individuals each year.

The website is full of resources on popular parenting topics, such as screen time, bullying, and mental wellbeing. They have a wide range of blog posts, podcast episodes, and videos available, along with bookable 1:1 coaching, courses, and classes.

## Summer HAF Programme from Liverpool City Council

The Summer HAF programme starts on the 20<sup>th</sup> July and there are lots of great activities happening over the school holidays. Children and young people will be able to access hundreds of activities throughout the summer holidays including specific provision available for children with SEND or additional needs, at **no cost to you**. There's a great range of activities across the city including **boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, a make up course, trips out** and much more! Every day there will be a meal available for every child that attends. For full details, please click [here](#).

# Useful Information and Resources

## YPAS Mental Health Crisis Drop In Centres

### CRISIS DROP-IN'S

**Across 3 Community Hubs**

**YPAS North Hub**  
Croxdale Road West  
L14 8YA

Monday: 9am -8pm  
Tuesday: 9am - 8pm  
Wednesday: 9am - 8pm  
Thursday: 9am - 8pm

**YPAS Central Hub**  
36 Bolton Street  
L3 5LX

Monday: 9am -8pm  
Tuesday: 9am - 8pm  
Wednesday: 9am - 8pm  
Thursday: 9am - 8pm  
Friday: 9am - 8pm  
Saturday: 1pm - 6pm

**YPAS South Hub**  
Lyndene Road  
L25 1NG

Monday: 9am -8pm  
Tuesday: 9am - 8pm  
Wednesday: 9am - 8pm  
Thursday: 9am - 8pm

  
Liverpool CAMHS  
Young Person's Advisory Service

Please see our website for the latest times

### CRISIS DROP-IN'S

**Across 3 Community Hubs**

  
YPAS North Hub  
Croxdale Road West,  
L14 8YA

  
YPAS Central Hub  
36 Bolton Street,  
L3 5LX

  
YPAS South Hub  
Lyndene Road,  
L25 1NG

*We can support you through times of crisis*

- STRUGGLING WITH YOUR MENTAL HEALTH?
- YOU OR YOUR CHILD ARE IN A CRISIS?
- FEELING LONELY & ISOLATED?
- NEED A LISTENING EAR?
- NEED A SAFE SPACE?

  
Liverpool CAMHS  
Young Person's Advisory Service

Please see our website for the latest times

## Adolescent to Parent Violence and Abuse Resource Booklet

The booklet has been designed by Liverpool City Council and other organisations across the region to support families experiencing this serious issue. The booklet can be accessed on our website [here](#).

## Charlie Waller Trust Mental Health Charity Webinars

The Charlie Waller Trust is a registered charity that helps young people to understand their own mental health, to equip them to support themselves and those around them, and to empower them to talk more openly about the subject.

They are running a series of live webinars for families and educators. The webinars are free to attend and are all presented by their mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing.

Book the free webinars [here](#)

## Liverpool CAMHS Training

Liverpool CAMHS provide online bite-size training sessions on a variety of topics, from attachment, child worry, young carers, eating disorders and the relationship between social media and mental health.

All sessions can be booked on their website [here](#).

# Useful Information and Resources

## **ADDvanced Solutions Community Network**

The team at ADDvanced Solutions Community Network continue to support the families living with Neurodevelopmental conditions in Liverpool pre, during and post-diagnosis.

### **What's available?**

A weekly programme of Virtual Community Network Groups and webinar Learning Workshops for parents and carers of children and young people living with neurodevelopmental conditions pre, during and post-diagnosis and also to the professionals who support them while we are unable to deliver our face-to-face delivery.

You can see their calendar of activities for Liverpool parents [here](#) and also find information on the services [here](#).

## **Family Activity Sheets for Online Safety from ThinkuKnow**

ThinkUKnow has a new platform available for 11-18 year olds with resources about online safety, healthy relationships and consent: [https://www.thinkuknow.co.uk/11\\_18/](https://www.thinkuknow.co.uk/11_18/)

ThinkuKnow also have resources available to families to start conversations about online safety using their [family activity sheets](#) and [#AskTheAwkward](#) links