

South Hub Parent Newsletter

October edition

How to stay safe on Bonfire Night.

Whether you're going to your first ever fireworks display or you've been to loads before, it can be a really exciting experience and to have a great time it's even more important you stay safe at the same time.

So if you're using sparklers or standing near a big bonfire, make sure you're following all the safety advice from the organisers and be supervised by an adult when you do.

Follow these golden rules:

- 1) Stand well back from fireworks and bonfires.
- 2) Never touch fireworks. Only an adult who knows what they're doing should light them.
- 3) Always try to attend an organised event. Accidents can happen, so it's always best to let the professionals do it.
- 4) Always wear gloves when using sparklers and hold them at arms length - when its finished put them in a bucket of sand or water.
- 5) HAVE FUN and enjoy yourself!

For more information please visit:

<https://www.wmfs.net/safety/fireworks/>



West Midlands Fire Service



As Autumn takes hold, there are now only a couple of weeks until the clocks go back, and we celebrate Hallowe'en and Diwali. So now is the perfect time to check out tips for the safe use of candles:

<https://www.wmfs.net/safety/candle-safety/>

We know that many of you will also be thinking about how to heat your home in an affordable way. That's why we've created a dedicated page on our website about how to do so safely – with some information for people who might be finding the bills a struggle

<https://www.wmfs.net/safety/cost-of-living-stay-fire-safe/>



USEFUL CONTACTS

Supporting mental health in young people

Young minds A-Z guide provides help and advice to help your child with their feelings and behaviour, as well as mental health conditions and life events.

<https://www.youngminds.org.uk/parent/>

Forward Thinking Birmingham is a modern mental health service offering support, care and treatment for 0-25's through one organisation, making it easier to access the right support at the right time.

<https://forwardthinkingbirmingham.nhs.uk/>

Important numbers

Concerned about a child: 0121 303 1888

Birmingham Women's aid: 0808 800 0028 <https://bswaid.org/>

Homelessness: 0121 303 7410

School admissions and pupil placements: 0121 303 1888

Gambling support: 03004564293 <https://aquarius.org.uk/our-services/adult-services/gambling/>

Drugs and alcohol support: 0121 227 5890
<https://www.changegrowlive.org/drug-alcohol-service-birmingham/south>

https://www.birmingham.gov.uk/info/20208/contact_us/229/useful_telephone_numbers/



Supporting families in:

- ERDINGTON
- PERRY COMMON
- PYPE HAYES
- STOCKLAND GREEN
- CASTLE VALE
- GRAVELLY HILL
- KINGSTANDING



Help for all families in Birmingham



Food
& Energy



Youth
Support



Domestic
Abuse



Emergency
Funding



Money &
Debt Advice



Data & IT



Under 5's
Support



School Uniforms
& Clothing



Parenting



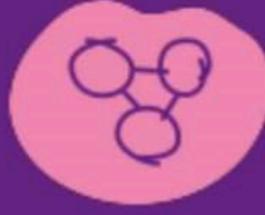
Special Needs
& Disabilities



Bereavement



Housing



Sexual
Health



Mental
Health



Play

To reach our service:

Phone: 0121 748 8199 (9am - 5pm)

Email: erdingtonfamilies@compass-support.org.uk



: Erdington Families



: Erdington Families



: ErdingtonFam

Follow us for to stay up to date!

OR Fill in a
Family
Connect Form
with this QR
code:



Birmingham
Children's Partnership





MORRISONS

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

COCONUT TREE

One child (under 10) eats free every day
Monday 21st Oct- Sunday 3rd Nov 2024

SAINSBURYS CAFES

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

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

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

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an 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)

PRETO

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

YO! SUSHI

Monday 14th October - Friday 1st November
2024 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

PIZZA HUT

Free Kids buffet Monday 14th Oct - Tuesday 5th Nov daily until 3pm with code **SPOOKY**

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

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

TABLE TABLE

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

PAUSA CAFE @ DUNELM

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.