

INCLUSION NEWSLETTER

St. Mary of the Angels



Cheshire West
Family Hubs

Family hubs are welcoming, non-judgmental spaces that support families with children and young people from conception to age 19 (or up to 25 for those with SEND).

They bring together council, health, and community services to help families access the right support at the right time, both in physical locations and online. Families can access early education, parenting support, healthcare, children and family services, community connections, and information and referrals in one place.

Ellesmere Port - Stanlaw Abbey Children's Centre and Portside Children's Centre

when you have the WINTER BLUES

- PRACTICE YOGA
- MAKE SOME ART
- SEEK OUT SUNLIGHT
- PLAN SOMETHING
- CONSIDER MEDICATION
- ASK FOR HELP
- TRY A LIGHT BOX
- VENTURE OUTDOORS
- STICK TO A SCHEDULE

SEND PARENTS

DROP-IN SESSIONS

Koala North West is a charity supporting families. They offer advice and help on parenting, health, early learning, and SEND. In Chester, their Thriving Families service provides one-to-one support for parents and carers on parenting, family relationships, confidence and wellbeing.

Their poster provides details about weekly SEND parent drop-in sessions for advice and peer support.

FREE RESOURCES PROVIDED TO SUPPORT YOUR CHILD

SEND PRACTITIONER ATTENDING FOR ADVICE AND TO PROVIDE RESOURCES

FRIENDLY FACES AND A WELCOMING ATMOSPHERE

LITTLE ONES WELCOME!

ELLESmere Port
EVERY TERM TIME
TUESDAY
09:30AM - 11:00 AM
THE OAKS COMMUNITY
PRIMARY SCHOOL,
ROCHESTER DR,
ELLESmere Port, CH65
9EX

CHESTER
EVERY TERM TIME
FRIDAY
9:30AM - 11AM
VICTORIA CHILDREN'S
CENTRE, CHEYNEY RD,
CHESTER CH1 4BR



Blue Monday is 19th January 2026

Blue Monday can be a reminder to focus on selfcare, connect with loved ones, and find positivity. Many organizations use it to raise awareness about mental health and promote kindness.

Click on the links below for some mood boosting tips

[Mental Health Foundation](#)

[Mind](#)

[Samaritans](#)

Inclusion Coffee Morning

Monday 9th February
8.45am - 10.00am

Join our SENDCo & Learning Mentor for a cuppa, cake and chat.

Topic: Speech & Language

We will have a visiting Speech & Language Therapist here to discuss ways you can support your children



You're Invited!
Join us for our Inclusion Coffee Morning on Monday 9th February at 8:45 with a guest speaker from Speech and Language Therapy (SALT).
No booking is needed. We look forward to seeing you.



HOT NEWS

Scan or click the QR codes to explore and book the range of workshops available from HealthBox.

[Understanding grief](#)



[Relationship with food](#)

