

January 2025

Dear Parent/Carer,

Live Well Trafalgar Thursday 23rd January 3.30pm – 5.30pm

It is with great pleasure that I invite you to Trafalgar School for the Live Well Trafalgar Evening on Thursday 23rd January from 3.30pm – 5.30pm. You will be warmly welcomed into our school canteen for light refreshments along with friendly and supportive advice relating to the cost of living, health and education. No appointments are necessary, and no question is too small.

Accessing advice relating to physical and mental health, well-being services and the cost of living can be difficult, so we have arranged to bring a range of services to you. This event is free for every member of our Trafalgar community and you will have the opportunity to receive support or advice for any member of your household.

There will be a clothes rail available for parents and carers to donate second hand uniform. If items are donated, parents are welcome to take any preloved items for their child.

You are welcome to receive advice or have a friendly conversation with the following services:

A Cost-of-Living Support Officer, Advice Portsmouth and HIVE Portsmouth

Lynn is a Cost-of-Living Support officer, who has a wealth of knowledge and experience supporting families in Portsmouth with all aspects of daily living.

HIVE Portsmouth is the city's official community hub. HIVE Portsmouth can help put you in touch with groups and organisations that can offer support. They also provide support with accessing second hand uniform and they are able to share information about how to access local food banks and pantries.

Advice Portsmouth offer a range of free services that can help you from debt management to social housing.

Play Youth Service, HAF Fun Pompey, Motiv8

Play Youth Service provide information about the adventure playgrounds, PCC youth service and other youth activity in the city, including HAF Fun Pompey who provide enriching activities during the Easter, Summer and Christmas holidays.

Motiv8 support young people and their families in the community providing a safe space so that young people feel inspired to reach their full potential.

SEND Butterflies

A community group supporting parents/carers of individuals with Special Educational Needs and Disabilities. The group is run by volunteers who have lived with and experienced the challenges faced with those who have additional needs and offer a variety of support services as well as activities.

Positive Mind, Kooth and The Mental Health Support Team

The Mental Health Support Team will be happy to provide advice regarding your child's mental well-being and how to access further support.

These services will be available to provide information about how to access support for physical and mental health and well-being.

If you or a loved one are going through a hard time, it's important to know that you're not alone. There are lots of services that offer free and confidential advice and support. Positive Mind and Kooth will be available to answer questions about how to access support.

Members of Trafalgar School's Inclusion leadership team will be available for an education drop in. Please feel free to bring questions or pop in for a friendly chat.

We are truly looking forward to welcoming you.

Yours sincerely,

Mrs C Seal
Director of Inclusion