

The B Group, Young Carers and Service Children



The B Group is a support group aimed at those children affected by bereavement. We realise, perhaps more than ever, that children are affected in many ways by bereavement and at very different times throughout their experience. The group offers support and companionship to those who wish to come along. It is, more often than not, a time to quietly socialise, to share the weekly events, to mention achievements and also to share any worries. By introducing the bereaved children within school to each other they are able to gain support from their peers as well as the adults facilitating the group. The sessions give the children the opportunity to find space and time to relax and to access someone who will listen and understand the challenges they may be feeling and facing.

In time, we hope to be able to share fond memories of those loved ones we have lost but we recognise that time is important- there is no 'right' way to grieve and we each react in our own way. Having the support and the space to talk things through can make all the difference.

The group is for all ages and we already have regular attendees from year 7 through to post-16 young people. The dimension this brings to the group is incredibly heart warming; our post-16 young people advise and support the younger students in such a mature and calm fashion. It is important for all to witness such kindness and to feel safe to disclose their feelings.

If you think you know someone who would benefit from coming along, do get in touch; we meet every Wednesday at 11am in E2.

Mrs Granville.

And, as always with Mrs Granville, there is cake.



<https://www.cruse.org.uk/>

<https://jeremiahsjourney.org.uk/>

<https://www.winstonswish.org/>

Young Carers

The WE CARE is a support group for our Young Carers who care for someone living within their household. A young carer is a young person who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances. This includes looking after siblings, parents and grandparents. Should a parent be the main carer for a grandparent, this also makes the student a young carer.

We offer the opportunity to meet every Thursday at 1:30pm in P2 which is located within the post-16 block. We usually discuss the week, play games, eat lunch together and plan how we can support young carers further by planning treats and activities. We also plan fundraising activities to support our young carers and students who have been affected by bereavement. There are no strings attached so do encourage your child to come along even if it just a warm room in which to enjoy their lunch.

There is also support available for Young Carers outside of school hours and during the holidays through the following charities and agencies:

<https://www.plymouth.gov.uk/adultsandchildrensocialcare/adultcareandhealth/caringotherpeople/helpyoungcarers>

<https://www.friendsandfamilies.org.uk/>

<https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

https://www.childrensociety.org.uk/what-we-do/our-work/supporting-young-carers?gclid=EAIaIQobChMIwfPm3laO9AIVxu3tCh2YvQeWEAAYAAEgLWr_D_BwE

<https://www.plymouthonlinedirectory.com/plymouthlocaloffer/supportforyoungcarers/time4u>

If you would like to support our students within the WE CARE and B group further you can do so by donating via parent pay. All monies raised will go towards supporting our young people and their needs.

Mrs Koehler-Lewis.



"One day you'll look back and realise how hard it was, and just how well you did."

Service Families

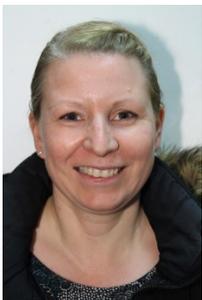
Our **Military Kids Club** is aimed at military children within all year groups of our school. We are awaiting our confirmation from the Royal British Legion that Coombe Dean have joined the Military Kids Club Heroes network. The website below explains what this is:

<https://www.britishlegion.org.uk/get-support/local-community-connections/mkc-heroes>

To start with, a drop in group has been set up weekly on a Thursday at 11am in A10. This is for military children to come along and gain some support if needed- it is an opportunity to speak to other children who may have parents who are away or about other issues that Military Families can face.

We hope that the group will evolve into a place where the activities available are chosen by the young people who attend.

Mrs Lloyd.



"Sometimes," said the boy, "I feel I haven't achieved anything."



"You've been a friend" said the horse, "which is a magnificent thing"