

IDSALL NEWS .... Edition 82

27 November 2026

Calendar

- Mon 30th Nov : Shifnal Litter Pic
- Wed 2nd Dec : Vegan Aid
- Mon 7th Dec : Kenya 2028 Expedition Meeting
- Thu 10th Dec : Christmas Jumper Day
- Thu 10th Dec : Year 11 Parents Evening
- Tue 15th Dec : Whole School Christmas Lunch
- Mon 21st Dec to Fri 1st Jan : Christmas Holidays
- Mon 4th Jan : Back to School

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Calendar & Events

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Michelle King - Headteacher



Dear Parents, Carers and Students

It has been another busy week at Idsall, with lots happening across the school and plenty to be proud of. What continues to stand out is the strong sense of community and the ambition our staff have for every young person.

We want every student at Idsall to feel known, to feel that they belong and to have a pathway through school that enables them to succeed. Much of our work this week has focused on strengthening the experience of students at different stages of their Idsall journey, while continuing to develop the opportunities and support available to them.

For Year 11, the weeks are moving quickly and our focus is very much on making every week count. Targeted intervention continues on Monday, Tuesday and Wednesday from 3.30–4.25pm, providing additional subject support as students prepare for their final examinations. We also want Year 11 to enjoy and celebrate their final year with us, our message remains simple: attend well, work hard, make positive choices and finish your Idsall journey strongly.

Our Year 12 students have been busy with their mock examinations this week. Mocks are never the easiest of weeks, but they are an important part of the Sixth Form journey and give students a valuable opportunity to see how far they have come and where their next steps lie. Well done to everyone for the mature and purposeful way you have approached them.

I am also particularly excited about the next stage of our plans for The Gateway, our inclusive provision for students who sometimes need a different pathway to access learning successfully. We are looking at how we can develop this into an inspiring outdoor learning and regulation environment that gives students further opportunities to learn, engage and succeed. We have submitted our funding bid, so let's hope we are successful. It would be wonderful to see these plans become a reality for our students.

Our commitment to inclusion continues much more widely across school. We know there is always more to do, particularly in ensuring that the experience our students receive is consistently strong in every classroom. School improvement is about recognising what is working, being honest about what still needs to improve and then doing something about it.

As we head towards December, I would ask families to continue supporting us with the simple things that make such a difference every day: excellent attendance, punctuality, correct uniform, the right equipment and being ready to learn.

Thank you, as always, for your continued support of Idsall and, most importantly, of our young people. I hope you all have a lovely weekend.

Year 7 News



ISLA COMPETES AT NATIONAL GYMNASTICS FINALS

Over the weekend Isla, year 7, proudly represented the West Midlands at a national gymnastics competition in Guildford, competing against the top 84 gymnasts at her level from across the UK.

Isla delivered an excellent performance throughout the competition, achieving an impressive 11th place overall. She also secured 9th place on beam and an outstanding 3rd place on floor, demonstrating her skill, dedication and determination.

Competing at this level is a fantastic achievement and provided Isla with valuable experience against some of the country's strongest gymnasts.

Congratulations to Isla on her success. We look forward to hearing about her future achievements.



THEA IMPRESSES AT NATIONAL CROSS COUNTRY EVENT

We have received another fantastic update about Thea's running success.

Competing against a field of 102 athletes, Thea gave absolutely everything in a highly competitive race and produced an outstanding performance to finish 7th overall.

The competition was particularly strong, with tough opposition from across the country, making this result even more impressive. To top it off, Thea was the first Shropshire girl home, a remarkable achievement that reflects her hard work, determination and dedication to her sport.

We are incredibly proud of Thea and all that she continues to achieve. Well done, Thea!



YEAR 7 CHRISTMAS TUTOR CHALLENGE

The year 7 Christmas Challenge is now well underway! We have shoe boxes, lots of variety of food, sweets and chocolates and of course baked beans arriving!

So if you want to get involved and help a tutor group the final deadline for completion of their challenge is **11th December 2026** *(below is the list of what each tutor group is doing)*.

May the best tutor group win - whilst helping others in need have a better Christmas!

YEAR 7 CHRISTMAS CHALLENGE	
7AWI	Collecting various food items
7AFO	Collecting Christmas "extras" to make a Christmas dinner more special
7AFI	Shoe box gift collections
7SLL	Collecting various food items
7DBR	Collecting large sweet tubs and crackers
7HBE	Collecting baked bean tins to see if they can have enough to make a Christmas tree
7JHO	Shoe box gift collections
7WCR	A reverse advent calendar and competition to guess the amount of sweets in the tub

Year 9 News



KENYA 2028 - NOW OPEN TO YEAR 9!

We are delighted to announce that, as a school, we have secured additional places on the Kenya Scuba Expedition 2028, meaning we can now open this exciting opportunity to Year 9 students.

If you are interested in finding out more about the expedition, please see the information published under "Other Idsall News" below. This includes further details about the trip and instructions on how to register your interest.

We encourage students and families to take a look and consider this fantastic opportunity to be part of an unforgettable experience.

Year 11 News



JESSIE QUALIFIES FOR THE STARS CHAMPION OF CHAMPIONS

Year 11 student Jessie travelled to Aintree International Equestrian Centre after qualifing for the prestigious Stars Champion of Champions Competition.

After spending the morning watching the other classes, Jessie and her horse, River, took on an exceptionally challenging Working Hunter course. Jessie rode with determination and confidence, while River performed superbly throughout the competition.

Although Jessie and River were unfortunately eliminated, they both gave their very best and represented themselves brilliantly. Reaching this stage of the competition is a significant achievement in itself, and the experience gained from competing at such a high level will be invaluable for future qualifications.

Well done to Jessie and River on their hard work, dedication and accomplishment. We look forward to seeing what they achieve next time.


STARS
CHAMPION
of
CHAMPIONS
FINALIST
2026



Sixth Form News

OUTSTANDING ARTWORK AT EXHIBITION

Congratulations to Teodora Munteanu, whose outstanding artwork was selected for inclusion in the prestigious Arts Society Shrewsbury Year 13 Competition and Exhibition.

Teodora attended the exhibition, speeches and presentation ceremony over the weekend, where her beautiful painting was proudly displayed alongside the work of other talented young artists. Having her work chosen for this exhibition is a fantastic accomplishment and a testament to her creativity, dedication and artistic skill.

We are incredibly proud of Teodora's success and look forward to seeing her continue to develop her talents in the future.

Congratulations, Teodora!



SIXTH FORM TUTORING IS BACK!

Following the success of last year's programme, our Year 12 students will once again be supporting younger students with Maths and English. Last year, the programme not only helped students make progress, but also built fantastic relationships across year groups.

This year is particularly special, as some of our new Year 12 tutors received tutoring themselves when they were in Year 11. Having benefited from the programme, they now have the opportunity to give back and support the next group of students to succeed.

Sixth Form Tutor Opportunity – In school Tutors

Support Year 11 GCSE Students in Maths & English

Are you a Sixth Form student studying **Maths or English** and looking to gain valuable experience while earning some extra money?

We are offering an exciting opportunity for committed and enthusiastic Sixth Form students to become in-school tutors, supporting Year 11 students preparing for their GCSEs in either Maths or English.

Role Details:

- **Position**: Internal Maths or English Tutor (GCSE Support)
- **Eligibility**:
  - Must be currently studying **A-Level Maths or English**
  - Must have achieved at least a **Grade 6 at GCSE** in the subject you wish to tutor
- **Commitment**: 2 periods per week (during your study periods or agreed times)
- **Pay**: **£10 per hour**
- **Start Date**: To be confirmed

Why Apply?

- Gain valuable **experience in education and mentoring**
- Enhance your **UCAS applications** and CV
- Make a real difference in the academic journey of Year 11 students
- Develop your **communication, leadership, and organisational skills**

How to Apply:

If you're interested, please submit a maximum of 500 words expression of interest for the role to Mrs Thorpe.







Successful Sixth Form Open Evening Showcases Opportunities for Future Students

On Thursday 19th November, we were delighted to welcome a large number of prospective Sixth Form students and their families to our Sixth Form Open Evening. The event was extremely well attended and provided visitors with an excellent opportunity to explore our facilities, meet staff and students, and learn more about the wide range of opportunities available within our Sixth Form.

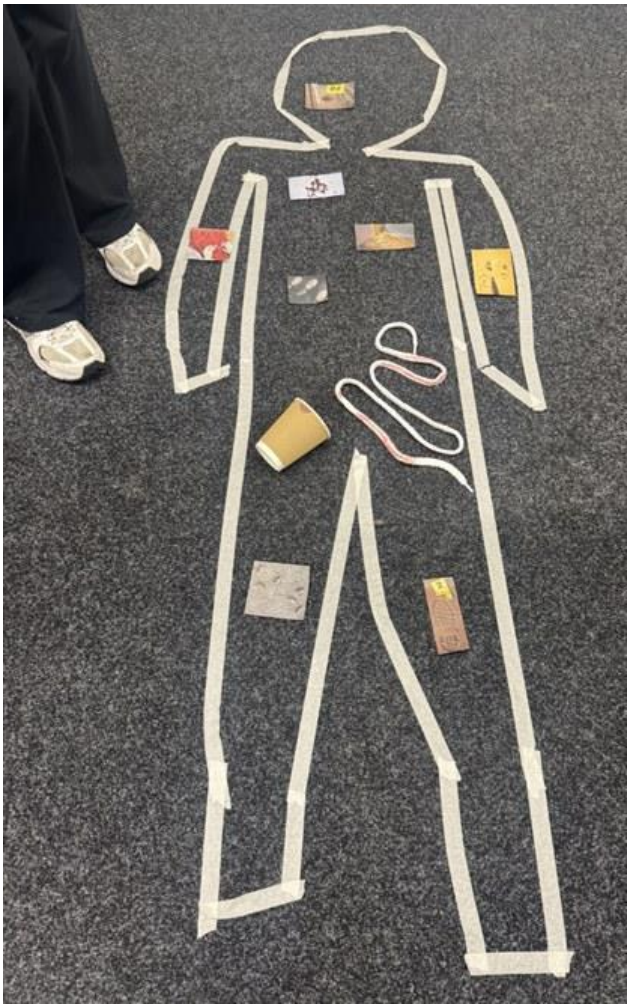
Our current Sixth Form students were fantastic ambassadors throughout the evening, supporting departments, sharing their experiences and leading guided tours for visitors. Their enthusiasm, confidence and willingness to help played a key role in making the event such a success.

There were a number of engaging activities taking place across the school. In Chemistry, visitors observed a titration demonstration and in Biology were able to take part in microscope investigations, providing an insight into the practical work undertaken by students. In Physics, staff and students demonstrated wave motion using a wave machine made from jelly babies, bringing scientific concepts to life in a fun and memorable way. Visitors to Art enjoyed watching students demonstrate their creative skills, while Computing challenged guests with an interactive lollipop challenge. In Criminology, visitors were encouraged to analyse a crime scene to identify different forms of physical evidence. Across all subject areas, staff and students were on hand to answer questions, discuss courses and provide valuable advice and guidance to current Year 11 students as they begin to consider their post-16 options.

Once again, we would like to thank everyone who attended and helped make the evening such a positive experience. If you were unable to attend the Open Evening, the Sixth Form team would be delighted to arrange a personal tour and answer any questions you may have. Please contact us to arrange a visit at

Applications for September 2027 entry are now open via our website. Simply scan the QR code to apply today and take the next step towards joining our thriving Sixth Form community.


Idsall Sixth Form Centre



OTHER IDSALL NEWS

* Remembering Mr Jon Chrimes

31 March 1957 – 30 October 2026

It is with great sadness that we reflect on the passing of former colleague and friend, Mr Jon Chrimes, who died on 30 October 2026, and whos funeral was held this week.

Jon dedicated more than 30 years of service to our school as a highly respected Biology teacher and an inspirational member of the Science Department. However, his contribution extended far beyond the classroom. For around 25 years as Head of Sixth Form, Jon played a central role in developing the Sixth Form experience that students continue to enjoy today.

Many of the traditions that have become synonymous with Sixth Form life were either created or championed by Jon. From cherished Christmas celebrations and the famous Gnome Quiz to the much-loved "I Did It" Award, his influence helped create a community built upon belonging, resilience and achievement. His vision, enthusiasm and unwavering commitment to students helped shape the culture of the Sixth Form and ensured that generations of young people felt supported, challenged and valued.

Jon was a fantastically entertaining man whose presence could light up a room. His heart dissections on school open evenings are still remembered fondly by those within the science department who worked with him. Jon possessed a unique ability to engage students and colleagues alike, combining humour, wisdom and genuine care in everything he did. As a leader, he commanded enormous respect, not through title alone, but through his integrity, compassion and unwavering belief in those around him.

Few members of staff can claim to have had such a profound and lasting impact on a school community. Thousands of former students will remember Jon for the encouragement he gave, the confidence he inspired and the opportunities he created. His legacy lives on in the traditions he established, the values he championed and the countless lives he influenced throughout his career.

To honour Jon's remarkable contribution, the school is proud to be relaunching the Sixth Form "I Did It" Award as the Jon Chrimes "I Did It" Award. This recognition feels especially fitting, as Jon was one of the award's greatest supporters. Presented annually to a student who has overcome significant obstacles and demonstrated outstanding resilience during their Sixth Form journey, the award reflects everything Jon believed in. He was passionate about recognising those who persevered through adversity, encouraging students to fulfil their potential regardless of the challenges they faced.

As we remember Jon, we celebrate a life devoted to education, service and the success of young people. His contribution to our school was extraordinary, and while he will be greatly missed, his influence will continue to be felt for many years to come.

Our thoughts are with Jon's family, friends, former colleagues and the many students whose lives he touched.

Thank you, Jon. Your legacy lives on.



* Idsall Pupils Support Local Foodback Christmas Appeal

Many families rely on the support of local foodbanks, particularly during the festive season when household budgets can be stretched. In the lead-up to Christmas, a group of compassionate Idsall pupils gave up their time to help ensure that members of our community received much-needed support and seasonal cheer.

Pupils from Idsall School recently spent time volunteering in the local community, helping to pack Christmas hampers for Shifnal Help Foodbank. Working alongside foodbank volunteers, students received shopping lists for festive treats, and then packed hampers that will be distributed to families across the area in time for Christmas.

Pupils worked enthusiastically throughout the session, demonstrating teamwork, kindness, and a genuine commitment to supporting others. The experience provided students with a valuable opportunity to give something back to the local community while gaining a greater understanding of the challenges some families face. Their hard work and positive attitude were praised by foodbank volunteers, who expressed their gratitude for the extra support during one of the busiest periods of the year.

At Idsall, we are incredibly proud of the way our pupils continue to embody our school values through acts of service and community involvement. Their willingness to help others reflects the caring and compassionate spirit that exists throughout our school.

A huge thank you goes to all the pupils who volunteered their time, as well as to the staff and community volunteers who helped make the event possible. Together, their efforts will make a meaningful difference to local families this Christmas.

Well done to everyone involved for demonstrating the true spirit of the season and helping to spread goodwill throughout our community.















* Creative Writing Competition



Imagine something suddenly disappears, then explore what happens next!

FROM ONE IDEA TO 100 WORDS:

WHAT'S GONE? A person, a memory, electricity, freedom, or something nobody expected.

WHAT CHANGES? Who notices? Who is affected? What happens next?

HOW DOES IT END? A discovery, a consequence, a twist, or something left unresolved

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What to do ...

- Check out the website below for all the information on this fantastic chance to do some creative writing - the link is below! You only have to write 100 words and can win prizes for yourself and the school.
- Write or type your creative writing story.
- Add you name and age.

- How to submit your entry :
  - Print your work and hand it to Ms Donohue (usually found in BA5) or
  - Type your entry directly into the online portal or
  - Email your entry to www.youngwriters.co.uk/comp/entercompetitions@youngwriters.co.uk

Gone | Free KS3 & KS4 Creative Writing Competition | Young Writers

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CLOSING DATE : FRIDAY 4TH DECEMBER!

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* Why Attendance Matters

Better academic achievement

Students who attend school regularly are more likely to keep up with lessons, understand new topics, and achieve higher grades. Missing lessons can create gaps in knowledge that become harder to catch up on over time.

Improved confidence and wellbeing

Regular attendance helps students build positive relationships with teachers and friends. Feeling connected to school can improve confidence, happiness, and emotional wellbeing.

Development of important life skills

Attending school consistently teaches responsibility, time management, commitment, and resilience. These skills are valuable in further education and future employment.

Greater future opportunities

Good attendance is linked to better examination results, higher chances of progressing to college or university, and improved employment prospects.

Sense of belonging

Being present for lessons, assemblies, clubs, trips, and other activities helps students feel part of the school community and make the most of their educational experience.





* Disneyland 2027

We have had a couple of students drop out of the Disneyland 2027 trip. If your student wishes to attend please contact cathy.leverington@ids.mmat.co.uk.

Final payment is due by the **6th January, 2027.**

For those studnets attending please make sure you have your passports and GHIC cards or have sent for them. Please remember the GHIC card is free of charge - please follow the link : [Applying for healthcare cover abroad (GHIC and EHIC) - NHS (www.nhs.uk)]



* Kenya 2028 Expedition

With students signed up to the expedition team already commencing their fundraising as the festive season approaches, we are excited to announce we have secured additional places and are able to extend the opportunity to join the **Kenya Scuba Expedition 2028** to our current Year 9 students.

Year 9 students will discover more during an assembly in early December, and we will be hosting a second Parents' Presentation Evening, open to all students and families who are interested in learning about this opportunity on **Monday 7th December** at **6pm** in the **Lecture Theatre**. If you are in Years 10, 11 or 12 and did not join the expedition in October but now wish to consider doing so, you are welcome to attend this meeting too.

If you have already secured your place on the Kenya expedition team, there is no need to attend this presentation.

Should you be interested in attending the Parents' Presentation Evening, please register your interest using the QR in the image below.

We look forward to welcoming lots of families and sharing more about this exciting opportunity!



Idsall School– Kenya Scuba Expedition – Summer 2028

Come along to our Parents Presentation to find out more: Year 9,10,11 & 12 students

Monday 7th December at 6pm in the Lecture Theatre

Don't forget to scan the QR code to register your attendance

Register

Your School code:
19110



Idsall School
Kenya Scuba Expedition 2028

Dear Parent/Carer,

COMING SOON - AN EXCITING OPPORTUNITY FOR YOUR CHILD

We are very excited to announce that we are partnering with Camps International again to offer students the opportunity to go on a life-changing, 4-week expedition to Kenya, during the summer of 2028. Students will work on a variety of meaningful and sustainable projects as well as undertaking the personal adventure challenge of a PADI Open Water Scuba Diving Course.

SAVE THE DATE TO COME ALONG AND FIND OUT MORE:

Monday 7th December at 6pm in the Lecture Theatre

During our Parents Presentation you and your child will be able to hear more about Camps, the expedition and fundraising, as well as how to join the team.

In the meantime, to get an insight into the expedition, you can see photos from previous teams on the Camps Instagram page: https://www.instagram.com/campsint/

As students are encouraged to raise the funds for this expedition themselves, why not get started straight away with some helpful tips and advice:
https://www.campsinternational.com/fundraising-for-your-expedition/

We look forward to letting you know more about the expedition soon.

Kindest regards,

Idsall School

CAMP KENYA





* Litter Pick Opportunity

Students are invited to sign up for the Litter Pick with Ms Martin, which will take place between 11:30am and 1:30pm on Monday 30th November.

This is a great opportunity to help keep our school environment clean and make a positive contribution to the school community.

If you would like to take part, please sign up with Ms Martin.



* Idsall Youth Council

Students from years 7, 8 , 9, 10 and 12 are invited to sign up to join the Idsall Youth Council on Tuesday 1st December. The idea of the council is to get students views on **how to improve the local area**.

If this is something you are seriously interested in, please speak to Ms Martin!

* From the PE Department



SCHOOLROX 2026 - Final Total!

SchoolRox Challenge closed on Monday at 10pm after their 36 hour campaign came to an end.

The PE department, led by Mrs Thompson, did a fantastic job, having gone over and above running the challenges for the whole school to participate in - and the students have really taken to the challenges and enjoyed themselves!

We raised £1,391 (£2,782 when doubled) towards the cause!

Please see below the email from Hope House with their final total which is outstanding.

Thank you to everyone for their efforts and support! What a difference this will make.

I wanted to share some fantastic news with you following our Quality Moments Matter campaign and, most importantly, to say a HUGE thank you everyone at Idsall for taking part in SchoolRox!

At 10pm on Monday, our 36-hour campaign came to an end, and thanks to the incredible generosity of our supporters, we didn't just reach our £500,000 target – we smashed it, raising an amazing **£677,534!**

We are so grateful to you for taking the time and putting in the effort to organise your SchoolRox challenge and encourage the pupils and staff to get involved. We know that arranging school fundraising activities takes time and enthusiasm, and your support really does mean so much to us.

The really exciting part is that every £ raised through your SchoolRox challenge was doubled thanks to our wonderful match funders! This meant that all the hard work and fundraising efforts of your pupils and staff went twice as far, helping us reach our target and beyond.

Please also pass on our heartfelt thanks to everyone who took part and to all those who generously donated. We hope the pupils feel incredibly proud of what they've achieved – they've helped make a real difference!

The money raised will help us create precious memories, special moments, giggles and smiles for the children and families supported by Hope House Children's Hospices throughout 2027.

This year has been a challenging one for many, with the rising cost of living, so to achieve such an incredible total is something we are particularly proud of. It's thanks to wonderful supporters like you that we can continue making every moment matter.

Thank you again for being such a fantastic supporter of Hope House. We really couldn't do it without you!

With heartfelt thanks,

Dawn



An Evening of Netball

A fantastic evening of netball at Idsall!

Our Year 7, 8, 9 and 10 teams welcomed Ab Dab School for a mid-season friendly tournament tonight. Despite the chilly conditions, our girls gave it their all, showing brilliant teamwork, determination and skill on court! 👏

A huge shoutout to our sixth formers, Edwina, Lily-May and Lexie, for their fantastic support with umpiring and coaching. Your contribution is greatly appreciated! 💚

It was wonderful to see so much enjoyment, confidence and development across all our teams.

Want to be part of Idsall Netball? 🏐 Come along to our Tuesday Session 6 training or speak to a member of the PE team to find out more.

Everyone is welcome!








GK

* Safeguarding



Parent Signposting

catch 22 Home | Catch22 Catch22 Delivers services that build resilience and aspiration in people of all ages and within communities across the UK.	galop GALOP Galop - the LGBT+ anti-abuse charity National Helpline for LGBT+ Victims and Survivors of Abuse and Violence **0800 999 5428** | Email **help@galop.org.uk**
FamilyConnect Organisations Information - Family Connect For parents in Telford and Wrekin 01952 385385 Parents and carers Information - Family Connect	SCP Shropshire Safeguarding Community Partnership For parents in Shropshire Getting help with care and support needs — Shropshire Safeguarding Community Partnership
YOUNGMINDS Parent Mental Health Support "We can support you, whilst you're supporting your children."	Stepping Stones – For Shropshire residents with an allocated Social Worker Shropshire Council Stepping Stones Parents | Shropshire Council

mind The Mental Health Charity Information and support	BARNARDO'S Changing childhoods. Changing lives. We're here to help children and young people feel safer, happier, healthier, and more hopeful. Family Space: Support with being a parent or carer | Barnardo's
PEGS Parental Education Growth Support Child to parent abuse | Parental Education Growth Support (PEGS) PEGS (Parental Education Growth Support) is a social enterprise dedicated to supporting parents, carers, and guardians who are experiencing Child to Parent Abuse (CPA), including cases involving adult children. CPA can include physical, verbal, economic, digital, coercive, or sexual abuse, and PEGS focuses on helping parents cope with these challenges while providing practical and emotional support.	Telford STaRS Telford Stars - Telford Stars Supporting those affected by drug and alcohol misuse in Telford and Wrekin. We provide a free, confidential and easy to access service for anyone needing support for their alcohol or drug use living in Telford and Wrekin

FORWARD Forward UK - FORWARD (Foundation of Women's Health Research and Development) is the African women-led women's rights organisation working to end violence against women and girls. Get Help | FORWARD	AXIS Supporting Survivors At Axis we understand how difficult it is for survivors to make that difficult courageous decision to seek help. With appropriate help you will overcome your traumatic past / present. Axis Counselling Axis Counselling
actionaid ActionAid UK | Charity working with women and girls living in poverty ActionAid is an international charity that works with women and girls living in poverty.	The Freedom Programme The Freedom Programme. Learn about domestic violence and abuse
Shropshire Universal Autism Service (KIDS) Kids Disabled children say we can Shropshire Universal Autism Support Service - Kids	withyou Advice and Information | WithYou If you are concerned about your own drinking, drug use or mental health – or someone elses – then having access to reliable information is vital

Modern Slavery and exploitation helpline: 08000 121 700 Provides a helpline and online form to get help, report a suspicion or seek advice. unseen **Modern Slavery Helpline** **File a report**	Shropshire Council Young carers | Shropshire Council At Shropshire Young Carers, we're here to offer understanding, reassurance, and support. We believe that no young person should feel that they have to cope alone.
STOP THE TRAFFIK Preventing human trafficking before it happens **STOP THE TRAFFIK | People shouldn't be bought and sold** **Report an incident | STOP THE TRAFFIK**	ivison trust Ivison Trust (CCE and CSE Parent support, was PACE) Ivison Trust - We support families affected by child exploitation.
Nacoa Support for children and families living with alcohol and drug abuse. Nacoa: Helping everyone affected by their parent's drinking - Nacoa 0800 3583456 Helpline@nacoa.org.uk	SPACE Stop & Prevent Adolescent Criminal Exploitation SPACE | Primary Mission | Awareness & Education | CCE & Countylines (Help and guidance for parents of exploited children & County Lines)

CEOP A National Crime Agency command Advice if you are worried someone is being sexually abused online CEOP Safety Centre	MCF Marie Collins Foundation Supporting recovery from technology-assisted child sexual abuse I am a parent or carer | How We Can Help | Marie Collins Foundation
Child Bereavement UK REBUILDING LIVES TOGETHER At Child Bereavement UK we support grieving children and young people, and parents bereaved of a child, to find hope and rebuild their lives. https://www.childbereavementuk.org/	 Report Remove | Childline
RSPCA. Pet Bereavement Toolkit - RSPCA - rspca.org.uk Losing a pet feels like losing a family member – yet many feel their grief is often overlooked. This toolkit offers support, expert guidance, and real-life stories to help you navigate the pain of pet loss and honour the bond you shared.	THE HOLLY PROJECT Home - The Holly Project | Support for Child Sexual Exploitation victims and survivors in Telford The Holly Project is a free, independent support service for the survivors of Child Sexual Exploitation (CSE) and their families, run by CSE Survivors.

FRANK Honest information about drugs | FRANK Honest and useful advice for parents and guardians You probably can't stop your child from coming into some contact with drugs and alcohol, but by staying as informed as possible, you can help them make the right choices when they do. Advice for parents & carers | FRANK	PODS CHARITY "TOGETHER WE CAN MAKE A DIFFERENCE" PODS is a peer lead charity who work with and involve families who have children and young adults with an additional need or disability. Home - Together We Can Make a Difference
BRAVE MIND. Brave Mind is a charity that uses sport to support young people's mental health. Brave MindAt	Autism Central Free online coaching sessions for anyone supporting autistic people in England One-to-one | Autism Central

Shropshire Public Health Warning

We have been made aware of concerns regarding the illicit supply of prescription-only medication within the West Mercia area, including zopiclone, pregabalin and tapentadol.

We are sharing this information to support partner awareness and encourage continued dialogue with communities and individuals who may be at risk. Prescription medicines obtained outside of legitimate healthcare settings can carry significant risks, including overdose.

We would encourage partners to continue raising awareness of the risks associated with non-prescribed medication use and to signpost individuals to appropriate support where concerns are identified. **Please see the attached poster for further information and harm reduction advice.**

If you have any intelligence that may be relevant, please share it with **Shropshire's DrugAlerts inbox:** drugalerts@shropshire.gov.uk



'Prescription drugs' alert

There have been reports of dangerous prescription drugs (including zopiclone, tapentadol and pregabalin) that may be circulating across Shropshire

Tablets and capsules which have not been prescribed or obtained from a registered pharmacy may contain substances other than described, and carry a high risk of unpredictable effects which may lead to overdose.

Ways of using which carry less risk

- **Take one drug at a time,** as mixing with other drugs or alcohol, even at low amounts, can be very dangerous
- Strength can vary between batches, so even if you take the drug regularly, start with a small amount and wait before your next dose – **start low, go slow.**
- **Stopping some drugs suddenly can lead to withdrawal complications.** If you're dependent on a prescription drug, WithYou can help you cut down as safely and comfortably as possible

Signs of overdose include

- Problems with breathing or heart
- Uncontrolled eye movements
- Altered mental state, confusion, dizziness
- Muscle weakness / lack of coordination
- Slurred speech
- Extreme drowsiness
- Loss of consciousness / coma / seizures

Getting help

If you or someone you know wants online advice and help:

Access our confidential webchat at **wearewithyou.org.uk**

Call the Shropshire Recovery Partnership on **01743 294 700**

If you think someone has overdosed – or if someone passes out or falls asleep and you can't wake them up – put them in the recovery position, administer naloxone if you have it, and get help fast by calling 999. Tell emergency services what you know.

Drugs bought illicitly can contain a mixture of substances, including opioids. Naloxone reverses the effects of opioid drugs, so if you suspect someone has overdosed, **it's always best to administer naloxone**. If someone hasn't overdosed on opioids, naloxone won't harm them.

withyou wearewithyou.org.uk

We Are With You. A registered charity in England (1001957) and Scotland (SC040009), and a private company incorporated in England & Wales with company number 02580377.

* What's On In The Local Area

[redacted]

RAF Family Support



New Autism Hub

A4U is delighted to announce our new Community Drop-Ins as part of our new Autism Community Engagement Support Contract with Shropshire Council. We will be delivering monthly drop-in sessions across Shropshire, providing autistic people with opportunities to access information, guidance and support within their local communities. Our drop-ins will take place in: 📍 Shrewsbury 📍 Market Drayton 📍 Whitchurch 📍 Ellesmere 📍 Oswestry 📍 Church Stretton 📍 Shifnal 📍 Bridgnorth 📍 Ludlow

You can show up to a drop in with no appointment but if you would like a private 1:1 appointment please complete an online referral. https://a4u.org.uk/refer/

If you are unable to attend a drop-in, don't worry. We will also be providing 1:1 community-based support, helping autistic people to: ✅ Better understand themselves and their autistic identity ✅ Explore how autism affects their everyday lives ✅ Develop practical coping strategies ✅ Identify and request reasonable adjustments ✅ Access and engage with other services and opportunities within their communities

In addition, we will be delivering webinars and podcasts throughout 2027, providing even more opportunities to access information, advice and practical autism support from wherever you are. Please keep an eye on our website for upcoming events, resources, podcasts and new ways to access support.



Contact Us

IDSALL SCHOOL

"Great oaks from little acorns grow"

Part of MARCHES ACADEMY TRUST

E Glandibus Quercus

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Our values :

