

# KEEPING SAFE NEWSLETTER 2 DECEMBER 2023

OSBORNE PRIMARY SCHOOL

## SUPPORT FOR DOMESTIC ABUSE

If you need advice or support around Domestic Abuse, there are a number of services who can help. Support is available throughout the Christmas period.

**Solihull Women's Aid** - <https://bswaid.org/> Available every day between 9:15am- 5:15 pm. Call: 0808 800 0028. Email: [info@bswaid.org](mailto:info@bswaid.org)

**Men's Advice Line**- [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadvice.org.uk\)](https://mensadvice.org.uk/) Telephone/webchat emotional support, practical advice and information for men. Mon- Fri 9am-5pm. Call: 0808 801 0327.

**Anawim- Anawim - Birmingham's Centre for Women** - They can help with lots of different concerns including mental health, finances, legal advice etc

**National Domestic Abuse Helpline** -Text "NCDV" to 60777 and we'll call you back or [Domestic Violence & Abuse · Emergency Injunction Service \(ncdv.org.uk\)](https://www.ncdv.org.uk/)

## USEFUL CONTACTS

### Domestic Abuse

Women's Aid: 0808 800 0028

<https://bswaid.org>

### Gambling Support

0300 456 4293

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

### Drugs & Alcohol Support

0121 227 5890

[www.changegrowlive.org/drug-and-alcohol-service-birmingham](https://www.changegrowlive.org/drug-and-alcohol-service-birmingham)

### Early Help For Families

0121 748 8199

<https://www.compass-support.org.uk/our-services/early-help-compass-support/>

# PLACES TO EAT OVER CHRISTMAS



## PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS HALF TERM 2023

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### BEEFEATER & BREWERS FAYRE

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

### ASDA

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

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### THE REAL GREEK

Free Kids Meal for every £10 spent by an adult from Friday 22nd December 2023 until Sunday 7th January 2024.

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' buy any adult meal (Via App)

### HUNGRY HORSE

Kids eat for £1 on Mondays

### IKEA

Kids get a meal from 95p daily from 11am

### SAINSBURYS CAFES

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

### GORDON RAMSEY RESTAURANTS

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

### 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

### PRETO

Kids up to age 10 eat free all day on weekends and from 4pm weekdays with paying adults at Preto in Half Terms

### PAUSA CAFE @ DUNELM

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

### TABLE TABLE

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

### FUTURE INNS

Under 5s eat for free with any adult meal.

### NOT ANNOUNCED...

M&S, Tesco, YO! Sushi & Bills



# FOOD BANK SUPPORT

Over Christmas, most foodbanks have different opening hours. Please visit the links below to find out how and where to get help:

[Getting help over Christmas - The Trussell Trust](#)

[Foodbanks | Birmingham City Council](#)



the  
trussell  
trust

Stop UK Hunger

## PAUSE CHRISTMAS OPENING INFORMATION

**Pause!**  
**MERRY CHRISTMAS**

The festive season can be a challenging time, but support is available from Pause!  
Pause is open for drop-in until the 23rd of December,  
Then re opens for drop in from the 27th to the 31st  
Back to normal service hours from the 2nd January 2024.

Check out the webpage to register and for our drop-in, dates, times and location  
<https://forwardthinkingbirmingham.nhs.uk/pause>

ForwardThinking Birmingham

The Children's Society

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