



COVERED IN THIS MONTH'S NEWSLETTER:

Meeting Recordings

Dates for your diary

What's out there: Social Media, TV & News

Update from National Partners:

- Resilience Framework
- British Heart Foundation Classroom RevivR
- New Sextortion Video from Kent Police
- Artificial Intelligence
- National Child Measurement Programme 2022-2023 Results
- Eat Them to Defeat Them - Registration Open
- Adverse Childhood Experiences Handbook
- Multi-Agency Working Report
- Supporting People with Dyslexia
- Mental Health Research Opportunities
- Online Safety
- XL Bully Ban
- Mental Health Statistics
- New Contraception Resources

Update from Local Partners:

- New localised ASB resources from Harmony
- Safe + Sound Reminder for KS2
- Health Literacy - follow up to webinar
- Ditch the Blade - new podcast
- #Lightthenightstaffs

Resources to support key dates/themes:

- 8-14 Jan National Obesity Awareness Week
- 15 Jan Brew Monday
- Winter Safety and Wellbeing Advice

...& PSHE Series - New packs launched

- Forced Marriage and Honour Based Abuse
- Diet and Nutrition

Training Opportunities

MEETING RECORDINGS:

We have our own YouTube channel and all our recordings from our events can now be found on our website from last academic year.

[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

Here are the links to the latest recordings from November:

[Improving Health Literacy](#)

[Using Non-specialists to deliver PSHE](#)

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 1st February 2024 4-5pm - [CPD in PSHE](#)
- 12th March 2024 4-5pm - [Ensuring PSHE is inclusive](#)
- 15th May 2024 4-5pm [TBC](#)
- 11th July 2024 4-5pm - [Planning a PSHE Curriculum](#)

Bitesize Practice Development Sessions:

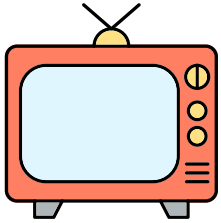
- 5th December 2023 4-5pm - [Modern Slavery](#)



WHAT'S OUT THERE...

Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



We've seen the return of I'm a Celebrity on ITV in recent weeks and discussions have taken place around various themes including; grief, gender roles, culture and diversity.

Dr Who returned to our screens for the 60th anniversary, where the first episode explored themes around gender identity and pronouns.



We shared a special edition of the PSHE Digest around the Israel-Hamas conflict.

COP28 - The United Nations climate change conference will take place in Dubai from 30 November - 12 December 2023. Newsround share information about Climate Change here.

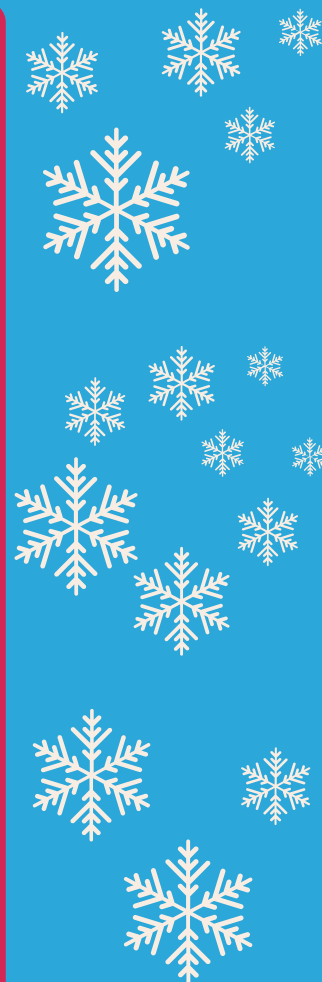
CHRISTMAS & NEW YEAR

I want to take this opportunity to thank colleagues and partners for supporting the PSHE Education Service in 2023, we are working on an End of Year 2 Impact Report which will be shared in the New Year however here are some highlights of the year:

- Launch of the PSHE Education service website - www.pshestaffs.com with over 350 users signed up to the resource library
- Supporting the creation of resources for commissioned services; USAH and Harmony ASB
- 10 Practice Development webinars led by partners to share key information about topics including; Vaping, Mental Health, Improving Health Literacy and FGM Awareness
- Being invited to speak at the Staffordshire Education Safeguarding conference and lead the Staffordshire Safeguarding Children's Board Children & Young People's event

Please note that the SCVYS Office will be closed between Christmas and New Year to enable to whole team to take some time off over the Christmas period. The next PSHE Newsletter will land in your inbox on 12th January.

Wishing you a very Merry Christmas and a Happy New Year!



UPDATE FROM NATIONAL PARTNERS

RESILIENCE FRAMEWORK

The Merseyside Youth Association's [Resilience Framework](#) is a tool designed to help a child or young person (working with a trusted adult), school or family to review their own resilience and set out a plan of action that aims to improve resilience levels by making practical changes to their day-to-day lives, building resilience brick-by-brick.

The tool explores key components of resilience including basics, belonging, learning, coping, core self and noble truths. You can sign up [here](#) or access as a guest.

BRITISH HEART FOUNDATION'S CLASSROOM REVIVR

Teach CPR in your school with Classroom RevivR

The PSHE Association have awarded their Quality Mark to [Classroom RevivR](#), a new training tool and lesson pack from British Heart Foundation to help KS3-4 pupils learn lifesaving skills in CPR and defibrillation in the classroom.

Cardiac arrests can happen to anyone, anywhere, at any age. And if they happen out of hospital in the UK, the survival rate is less than 1 in 10. Classroom RevivR helps give pupils the skills and confidence they need to step in when someone's life is at risk.

The resource is free and requires no specialist equipment - just a digital device and something to compress on. Once registered, you can use British Heart Foundation's online portal to access the interactive CPR training tool and download the free lesson plan and other supportive resources saving you time, money, and lives.

NEW "SEXTORTION" VIDEO

Kent Police have produced a new [video](#) to help people to understand the issues of "sextortion" and raise awareness of how easy it is for young people to be affected by this. Sextortion' is a form of blackmail. It involves threatening to publish sexual information, photos or videos about someone. It is a form of criminal sexual exploitation.

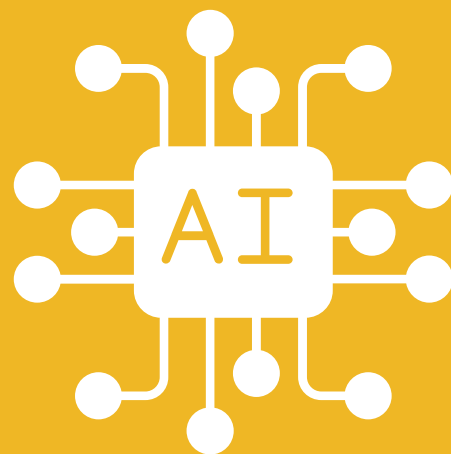
ARTIFICIAL INTELLIGENCE

South West Grid for Learning (SWGfL) has worked with the South East Regional Organised Crime Unit (SEROCU) to produce three, free lesson plans, all about artificial intelligence (AI). The lesson plans are available for Key Stages 2-4 (7-16 years old) and covers a variety of areas surrounding AI that are applicable to each age group.

It is important that educators understand how to introduce this topic into discussions and utilise activities that create awareness amongst children and young people around how AI is impacting established behaviours and technology.

These lesson plans have been uploaded to our Resource Library under Online Safety.

They have also created an Artificial Intelligence hub to guide professionals through various elements of AI. There's articles and guidance around how it can support, as well as awareness of its current limitations so people can enjoy the benefits of AI safely.

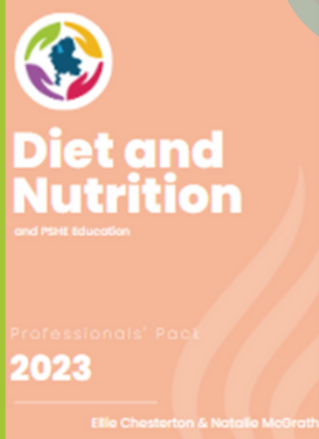


NATIONAL CHILD MEASUREMENT PROGRAMME RESULTS FOR 2022-2023

The percentage of reception year children who have excess weight in England in 2022/2023 was 21.31%, (22.30% for Staffordshire) compared to 22.24% (24.9% in Staffordshire) in 2021-2022.

The percentage of children in Year 6 who had excess weight in England in 2022-2023 was 36.57% (37.50% in Staffordshire) compared to 37.76% (37.80% in Staffordshire) in 2021-2022.

In Staffordshire the MPFT's team can come to your school to not only carry out the National Child Measurement Programme but also support your PSHE curriculum with a workshop devised to help educate children about The Eatwell Guide and possible food swaps. To book your session for this academic year please contact the team.



We have published the next in our ... & PSHE series this one focuses on Diet and Nutrition and provides professionals with information to help them to meet the learning outcomes, including local statistics, details around diet and nutrition and where to find more information to help them deliver sessions on this topic with confidence.

Click the image to access the pack or find it in our Resource Library under Diet and Nutrition.

EAT THEM TO DEFEAT THEM

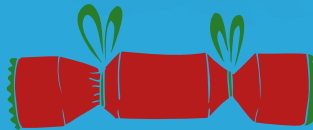


REGISTER NOW

Eat Them to Defeat Them is set to return in February 2023 for Primary and Special Schools. Early registration is now open, as they expect to be oversubscribed, priority will be given to those schools that register earlier - so make sure you register your interest.

Now in its fifth year, Eat Them to Defeat Them have evaluation data which confirms that repeated involvement in the campaign leads to increased vegetable consumption over the long term.

53% of parents with children involved in the schools' programme reported an increase in the volume and variety of vegetables consumed. With 29% of children eating less than one portion of vegetables per day, these results are an important step in improving children's diets and the health of our nation.



ADVERSE CHILDHOOD EXPERIENCES

Public Health Wales has created a handbook to support professionals with tackling adverse childhood experiences (ACEs) and developing trauma-informed systems.

The handbook sets out strategies and information on preventing and responding to ACEs, including child maltreatment and other stressful experiences within the first 18 years of life, such as exposure to family violence or substance abuse by parents or carers.

The handbook states that the provision of education and life skills (PSHE) can build resilience in children and adolescents through making them aware of potentially harmful situations, building knowledge about how to protect themselves, and developing skills that help them deal with stress, negative emotions, behaviours, and conflict.

MULTI-AGENCY WORKING

OFSTED has published a report looking at the multi-agency response to children and families needing support in England, with a focus on targeted early help.

The report describes findings from five joint targeted area inspections and evaluates work across children's social care, health services, schools and the police. Findings include: resource pressures make prioritising early help hard; there is a need for a child-centred approach within early help; and information-sharing needs to be improved.

Staffordshire's Early Help Strategy aims to establish a common understanding of early help and help ensure everyone can see how their contribution can make a difference to the lives of children, young people and families living in Staffordshire.

Requests for support from the Early Help Team should be made via Staffordshire Childrens Advice and Support Service. Support can also be found through the local Family Hubs.

Consent from the family should be obtained prior to a request for support being made.



SUPPORTING PEOPLE WITH DYSLEXIA

Structural Learning have produced a poster to help support children and young people with Dyslexia that some colleagues may find useful to [download](#). They also have a [guide for teachers](#).

It is vital that PSHE education is accessible to all children and young people and this means planning and differentiating resources to support all learning.

Utilising oracy is a great way to support children and young people with Dyslexia and those without, as it provides opportunities for them to articulate their ideas.



MENTAL HEALTH RESEARCH OPPORTUNITIES



Researchers at UCL are asking schools to help find 11-18 years to take part in a study to help improve future mental health interventions.

They are looking for any school with students aged 11-18 years that run an intervention focused on improving some aspect of psychological wellbeing or mental health. Find out more about what's involved and the benefits of being involved [here](#).

The More Good Days at School study will look at how schools can help pupils to be happy and healthy no matter what they've experienced in the past. Recruitment has now expanded to include mainstream secondary schools across England. [Find out more](#) about the benefits of the study and how to take part.

ONLINE SAFETY

The UK Safer Internet Centre has created [online safety resources](#) to support educators with teaching about online safety ahead of Safer Internet Day on 6th February 2024. The resources include lesson plans and activities to help keep children safe online.

The resources are for 3-7 years old, 7-11 years old, 11-14 years old and 14-18 years, including activities designed for those with Special Educational Needs and Disabilities (SEND) and Additional Learning Needs (ALN). There is also a letter for parents and carers about [Safer Internet Day](#).



The theme is Inspiring change? Making a difference, managing influence and navigating change online.

XL BULLY BAN

The Government has added the XL Bully breed type to the list of dogs banned under the Dangerous Dogs Act 1991 in England and Wales. From 31 December 2023, breeding, selling, exchanging, advertising, rehoming, gifting, abandoning, and allowing an XL Bully dog to stray will be illegal, and these dogs must be muzzled and on a lead in public. From 1 February 2024 it will be a criminal offence to own an XL Bully in England and Wales unless the owner has a Certificate of Exemption.

Defra has published further information about how to prepare for the ban which will be updated regularly, and they will continue engagement with stakeholders.

The Dogs Trust provide free PSHE sessions both as an external provider workshop for 7-11 years, but in some circumstances may be able to also offer a workshop for 5-7 years old and also provide resources for professionals to deliver themselves to 3-18 years old.

MENTAL HEALTH STATISTICS

NHS Digital has published a report into the prevalence of mental health needs in children and young people.

- In 2023 about 1 in 5 children and young people aged 8 to 25 years old had a mental health problem.
- Education features heavily, as the survey explored absence, feeling about schools and mental health support at school.
- The data showed the links between financial pressures and poor mental health - children with a mental health problem were more than twice as likely to be living in a household that was behind on paying bills or struggling to keep their homes warm.
- Just over 1 in 2 (54.8%) of 17-25 years old reported being worried about the impact of climate change.

Last month we shared lots of information and resources about mental health including contact details for the local Mental Health Support Teams, Pan-Staffordshire Mental Health Lead Network meetings and the launch of the mental health hub from Healthy Schools to support a whole school approach to mental health and wellbeing.

NEW CONTRACEPTION RESOURCES

You Before Two have been awarded the PSHE Association's Quality Mark for their "Contraceptive Choices" lesson pack, suitable for Key Stage 4 (14-16 years old).

These lessons help professionals to address the sexual health and relationships aspects of the statutory guidance and can support wider learning around these topics.

Watch the trailer and download the lessons here - you will also find the lesson packs in our Resource Library - under Contraception. Please note there is a cost of £150 to purchase the lesson packs - for schools with a high rate of FSM a discount may be available. .

UPDATE FROM LOCAL PARTNERS

Harmony EDUCATION PACKAGE

ASB AND MEDIATION SERVICE
Commissioned by the Staffordshire PFCC

We have been working with Harmony as the commissioned Anti Social Behaviour support service for Staffordshire and Stoke-on-Trent, to produce an education package for KS1 and KS5.

These sessions compliment resources developed for KS2 and KS3 through Safer Streets 4 funding from the Home Office and aims to create a safe and inclusive Staffordshire by reducing anti-social behaviour and having pride in our communities.

Click on the links below to access the lesson plans which contain supporting resources, and links to accompanying slide show presentations:

[KS1 - Communities](#)

KS2 - Safer Streets 4 - Zane's Story Comic Book, lesson plan & Animation - available in Resource Library - Communities

KS3 - Safer Streets 4 - Youth ASB Short Film & supporting workshops - COMING SOON

[KS5 - Pro-Social Behaviour](#)

**SAFE +
SOUND**



Staffordshire
Fire and Rescue Service
preventing • protecting • responding

A reminder to all KS2 settings that Safe + Sound is back available as a face to face event at your local fire station for your Year 5 and 6 students as well as the virtual offer that is live every Wednesday at 10am during term time.

The virtual sessions provide short knowledge-based videos from subject matter experts which can then be discussed in the classroom to explore the themes further.

You can access all the Virtual Safe and Sound programmes [here](#).

To find out more information, including what dates Safe + Sound will be visiting your local fire station for you to book your children onto please email the team [here](#). Please note sessions have been running in the County since the start of the academic year so they may have already taken place in your locality.

HEALTH LITERACY

Following our webinar on Improving Health Literacy, Liz Gardener from Staffordshire Libraries has kindly shared some resources that she thought might be useful.

www.learnmyway.com This is free for individuals to register on. It includes a great Health section which covers basic skills like how to register for a GP, make health appointments etc. It's a very useful confidence-builder for young people around these practical skills.

<http://healthliteracy.geodata.uk/> This is where you can check what Health Literacy levels are like in your local area. It only covers adult populations, not young people or children.

Websites for Young People:

- [The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk) The best place to start.
- [CAMHS Resources](#) lots of links to really useful webpages providing information and support for young people and their mental health
- <https://patient.info/> UK site for patient information, written and reviewed by healthcare professionals.
- <https://www.choiceandmedication.org/south-staffs/> MPFT's leaflets about mental health conditions, treatments and medication.
- www.easyhealth.org.uk Easy read information from NHS Trusts - ideal for people who prefer pictures to words
- <https://www.mind.org.uk/information-support/for-children-and-young-people/>
www.youngminds.org.uk Mind offer a huge amount of mental health information and have a dedicated 'Young Minds' page too
- [Health For Teens](#) Health advice specifically aimed at teenagers

Apps for Young People:

- [CAMHS Resources](#) Apps specifically to support young people and their mental health
- [ORCHA health apps](#) Graded range of health apps

Resources:

- [Behind the headlines](#) debunking the heart health stories that are making the news.
- [Symptom Checker, Health Information and Medicines Guide | Patient](#) Easy to use guide to checking your symptoms
- [Health Literacy and Mental Health School Toolkits - Health Education England-South](#) Toolkits providing information on health literacy and Mental Health for young people
- [Health Literacy for Schools and Young People - Royal Berkshire NHS](#) Quick easy to follow guide to health literacy



#DITCH
THE
BLADE

There has been an increase in local coverage of knife crime recently, as partners work together to promote the Ditch the Blade campaign.

A new podcast featuring Staffordshire Police's Violence Reduction Team, Catch22 and Stoke-on-Trent's Youth Offending Service is now available for anyone to listen to.

The podcast explores the educational and operational work happening across the partnership across the county to tackle knife crime.



Staffordshire Samaritans and Staffordshire County Council are working together to tell people they are not alone during their darkest hours this Christmas.

Friday 22nd December is the longest night of the year, with the sun setting shortly after 4pm.

They are using the date to remind anyone in need that the Samaritans will be there for them, including over Christmas and the New Year.

They are asking individuals, organisations and businesses across Staffordshire to join us by shining a light in their window and posting it on social media with the following message:

"Anyone can contact Samaritans FREE any time from any phone on 116 123, even from a mobile without credit. #LightTheNightStaffs"

A limited number of posters and free green LED tealights will be available to collect at Staffordshire Libraries from Monday 4th December 2023. Members of the public can visit their nearest library and ask about the Longest Night project and request a green light.

Note: There is a limited number of tea lights and these will be distributed on a first come, first served basis.

If your organisation wants to join in illuminating Staffordshire green on 21st December 2023 please email Sarah Tunnicliffe to discuss.



RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

NATIONAL OBESITY AWARENESS WEEK - 8-14 JAN

Childhood obesity and excess weight are significant health issues for children and their families. There can be serious implications for a child's physical and mental health, which can continue into adulthood. The Office for Health Improvement & Disparities state that the number of children with an unhealthy and potentially dangerous weight is a national public health concern.

[Eat Like A Champ](#) is a free healthy eating education programme aimed at primary school children aged 9-10 years - Year 5 (sign up required) to tackle the growing issue of poor nutrition and obesity amongst children through six specially tailored lessons about healthy eating.

STEM Learning have a [range of lesson plans](#) that link to the science curriculum for KS3/4 around junk food and the science between a balanced diet and health.

BREW MONDAY - 15 JAN

The third Monday in January is sometimes referred to as 'the most difficult day of the year' so on [Brew Monday](#), Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about. If you want to host a Brew Monday event, there are some [downloadable activities and materials](#) to support you.

It's thought the winter blues, or [seasonal affective disorder \(SAD\)](#), affects around 2 million people in the UK and more than 12 million people across northern Europe, this includes children and young people.

[Young Minds](#) have [13 lessons](#) (6 for KS1 and 7 for KS2 using Beano comics to explore Understanding our emotions, Being brave and becoming resilient, Managing difficult emotions, Understanding stress, Understanding change, Responsible use of mobile phones (upper KS2 only) and Release your resilience.

The Public Health England "[Self-care - KS3 and KS4 form time activities](#)" support young people to explore a range of self-care strategies, including connecting with others, being physically active and learning something new.

WINTER SAFETY & WELLBEING

Winter Water Safety

The autumn and winter months can bring rain and mud to paths and walkways around water, making surfaces very slippery. As the temperature drops further, there are some important potential hazards to be aware of. All year round the shock of the cold water can really take your breath away and cause your muscles to cramp, making it very difficult for you to stay afloat. The Royal Lifesaving Society UK provide [information about Winter Water Safety](#) which includes what to do if you or someone else falls through ice.

Cost of living support

If you're struggling financially or concerned about the future, getting help early can make a big difference.

Staffordshire Fire & Rescue have listed some websites that can provide information, advice, and support to help you manage cost of living pressures.

- [Help for Households](#) - The gov.uk website contains information on the help available for households.
- [Here to Help](#) - Staffordshire County Council have launched a 'Here to Help' campaign. Their website contains advice and support on topics such as money and debt, energy bills, food and essentials, staying warm and staying well.
- [Partnership organisations](#) - Details of the help and advice available on topics such as bills, debts and food costs.

Warm spaces

Some local fire stations are providing a warm space this winter for the local community to come and enjoy companionship, conversation, activities and hot drinks.

- Burton Community Fire Station, DE14 3SU. Every Friday, 1:30pm - 3pm
- Chase Terrace Fire Station, WS7 1AQ. Every Tuesday, 12:30pm - 2:30pm
- Longton Community Fire Station, ST3 1NS. Every Wednesday, 2pm - 4pm from 11 January

Click [here](#) for the [Warm Welcome Campaign map](#) which allows you to search for Warm Welcome Spaces near you by entering your postcode.



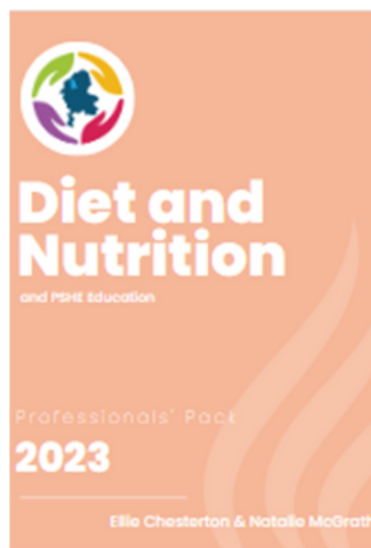
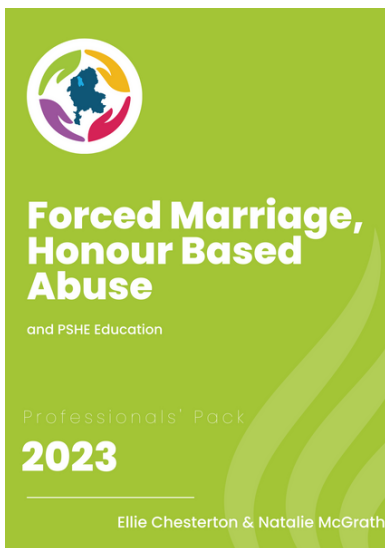


PSHE Education

STOKE-ON-TRENT & STAFFORDSHIRE

The ... & PSHE series is a localised series of professional guides to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting & statistics. Each month, we will share any newly created packs in the newsletter. All editions that have been previously shared are housed in the [Resource Library](#) on the website. Topics are prioritised by monitoring requests for support, information and intelligence from working with partners and needs in the local context.

This month, the following packs have been launched and uploaded to the website:



Click on the pack picture to access.

Where able, we utilise subject matter experts to support with content, local relevance, signposting and support.

Our Best Practice Guides are also available on the [website](#).

These documents contain information to help, advise and guide education providers in implementing best practice principles of PSHE education development and delivery in their own settings.

TRAINING OPPORTUNITIES

Whilst we always try and source resources and training at no cost, we recognise that some organisations do have a small budget to support their PSHE delivery. Here are some upcoming training opportunities available both for free and a cost, both locally and nationally. Click on links for bookings and further information.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
HATE CRIME	19TH DECEMBER 10-11.30AM	USAH	FREE	THIS FREE WEBINAR PROVIDES AN OVERVIEW OF HATE CRIME AND THE SUPPORT AVAILABLE WITHIN STOKE-ON-TRENT AND STAFFORDSHIRE
LEADING PSHE	17TH JANUARY 4-6PM	CHAMELEON PDE	FREE	TWILIGHT WEBINAR THAT EXPLORES SOME OF THE ESSENTIAL ASPECTS OF PSHE LEADERSHIP. TOPICS TO BE ADDRESSED INCLUDE PARENTS AND CARERS, BARRIERS TO STAFF ENGAGEMENT, INSPECTION, ASSESSMENT ETC.
DOMESTIC ABUSE	21ST FEBRUARY 9.30AM-1PM	NEW ERA	FREE	THIS SESSION EXPLORES THE IMPACT OF DOMESTIC ABUSE ON CHILDREN AND YOUNG PEOPLE.

E-LEARNING COURSES

TOPIC	PROVIDER	COST	OVERVIEW
LEADING PSHE	NATIONAL COLLEGE	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
RSE	BROOK LEARN	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	NSPCC	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
SEXUALISED BEHAVIOUR	NSPCC	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK

NEXT MONTH...

Resources & Materials for:

- 1-29: Feb LGBT History Month
- 1 Feb: Time to Talk Day
- 5-11 Feb: Children's Mental Health Week
- 6 Feb: Safer Internet Day
- 6 Feb: International Day of Zero Tolerance to FGM
- 9 Feb: World Toothache Day
- 17 Feb: Random Acts of Kindness Day

WANT TO SHARE A RESOURCE,
IDEA OR INFORMATION ABOUT
YOUR SERVICE?
LET ME KNOW AND I CAN
INCLUDE IN UPCOMING
EDITIONS

Q: WHY CAN'T CHRISTMAS TREES SEW?
A: BECAUSE THEY LOSE THEIR NEEDLES!



“The PSHE digest is exceptional, and we use resources with groups and schools.”

Feedback from a youth organisation
as part of SCVYS Voluntary Sector Census Report

We love hearing how the PSHE Education Service is supporting you, your setting and the children and young people you work with. Please let us know if you have used any of our resources, information in the digest in your own practice so we can share with others.



If you would like to share any feedback or request specific support, advice or guidance please contact us directly:

natalie@staffscvys.org.uk

