

Due to reduced staffing numbers, we'll only be opening the Info Shop in Lambpit Street on Mondays, Wednesdays and Fridays between 3pm and 5.30pm. This is so we can provide the sexual advice service to young people under 25.

We'll also be limiting entry to no more than 10 people at a time, and changing the waiting area layout.

Outside of these hours, young people can still speak to a youth worker over the phone for information and advice by calling the following numbers between 12pm and 3pm.

- Mondays – 07585 103649
- Tuesdays – 07584 440126
- Wednesdays – 07585 103631
- Thursdays – 07976 660531
- Fridays – 07800 688823

Young people can also email infoshop@wrexham.gov.uk and check www.youngwrexham.co.uk for regular updates.

Young Wrexham can also be found on [Twitter](#) and [Facebook](#).

Useful phone numbers for pupils.....



Outside In Counselling – 07800689039
Outside_in@wrexham.gov.uk

In2change drug and alcohol team – 07800999071
In2change@wrexham.gov.uk

Inspire hospital youth work – 07800688904
inspire@wrexahm.gov.uk

Free Sanitary Products

Please can you ensure that additional sanitary products are given to pupils during the Easter break or any potential school closures. This will ensure that pupils who are not able to access schools for products will have an ample supply of free period products during any school holidays/closures





Wake up with Hoola Nation

A good way to start your day

Every weekday morning at 8am

No equipment needed.

Suitable for all abilities.

Completely FREE.

Simply join “Hoola Nation” on Facebook:

<https://www.facebook.com/hoolanation>

(like the page and join us for a live video every morning at 8am)

Together, we'll get through this.

If you'd like to get in touch email Sasha:
sasha@hoolanation.co.uk

Teacher Mental Health Support

Sophie Gorst CAMHS is able to provide mental health support to school teachers/heads on the below contact.

Mobile: 07799342049 (Please contact me on this main number where you can leave an answerphone message) Direct line: 01978 725885 Twitter: @BcuhbR



Don't forget ALL staff have access to Carefirst.....

How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call 0800 174319 and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online.

Online Services –

- The Care first **Lifestyle** website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires and online counselling in real-time.
- The Care first **Zest** website is an online personal and interactive Wellbeing portal which helps you identify which areas of your Wellbeing may need some focus and gives you all the tools, information and support you need to make positive changes. This unique health management resource helps you enhance your Wellbeing and lead a healthier lifestyle.

What do I use the service for? Care first is designed to help you with a wide range of work, family and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and well-being, let your EAP support you on the issues that affect all of us at some point in our lives. Topics include, but are not limited to:

- Work-life balance
- Relationships
- Childcare information
- Health and well-being
- Debt
- Disability and illness
- Careers
- Bereavement and loss
- Stress
- Elder care information
- Life events
- Immigration
- Anxiety and depression
- Family issues
- Bullying and harassment
- Education
- Consumer rights
- Workplace pressure

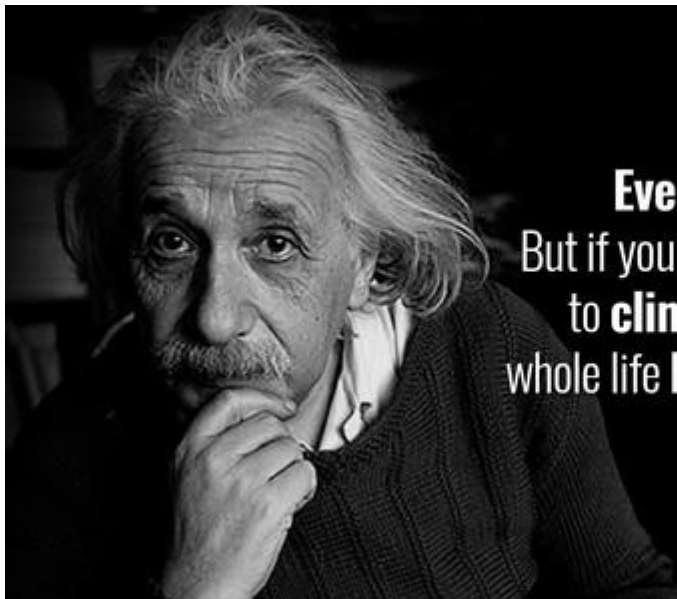
Is it confidential? Your organisation does not know who uses our service unless the individual personally chooses to tell someone about his or her contact with Care first. We do provide statistics to your organisation to show how many employees use the service and the broad types of issues that employees raise with us, for example;

'relationship breakdown at home' or 'bullying and harassment in the workplace', so no information is ever passed on which could potentially identify you.

And finally.....



Pandas don't have particular
sleeping spots; they simply fall
asleep wherever they happen to be.



Everybody is a genius.
But if you judge a **fish** by its ability
to **climb** a tree, it will live its
whole life **believing** that it is stupid.

- Albert Einstein

Goalcast