#### **LMS Matters**

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 02

Date: 20.09.24

Parogress progress



#### **EYFS/KSI**

## Frogs & Sticklebacks

who achieved

100%

KS2 Brambles

who achieved

99.7%



Please remember the school does not endorse any clubs or events advertised in this newsletter. It is a parent's / carer's responsibility to ensure they check the suitability of anything they attend.

#### Dear Parents and Carers

Today we were supporting one of our chosen charities by taking part in **JEANS FOR GENES DAY**. I started the week sharing the stories of some children in the UK who have different types of genetic disorders and how all the money we raised today will go towards helping them. I believe that by sharing the stories of those different to ourselves, be that looks, religion or the colour of our skin, we can learn to be even more tolerant. Tolerant because we can understand more and knowledge is power. Thank you for your support.

**DOODLE** are running their **BACK TO SCHOOL** competition starting today! To take part, children need to work in the green zone (achieve their target number of stars) for 14 consecutive days from Friday 20th September until **MIDNIGHT** on Thursday 3rd October. After 7th October, they will count up the % of pupils in each class who were in the green zone during this time. The class with the highest % of pupils in the green zone in each programme will **WIN** a bundle of games, each worth £75! - let's get it!

Our **NEW BEHAVIOUR CURRICULUM** which the children and staff know as **LMS SUCCESS** is being embedded every single day. Don't forget to look further on to see this week's parental information section about it.

**MR BOURKE** is planning to run a **SELF DEFENCE CLASS** for the school community. It will cover some simple and effective techniques to support you if, heaven forbid, you may need to use them. This will be open to school staff, parents/carers and the local community. The cost will be £10 with £5 going to the school fund and £5 going to the Judo club. If you would be interested in this and would like further details, please pop your name and contact details into the school office ASAP.

The **OPAL DONATION STATION** has been well used this week and we are truly grateful for this, but please don't stop! We are going to need lots of things and replacements too when they wear out. Please see the list further on to see what we are after. Please also don't forget we are on the lookout for **SCAFFOLDING BOARDS** as well.

Unfortunately this week we have had some near misses with people **CYCLING** into school and not being aware of their surroundings. We have had children and parents knocked into. Although we love you cycling, we must keep everyone safe. Don't forget to use your bell to warn others you are there.

Chris tell us he runs a music school for kids and teens and they teach them how to play the drums, guitar, bass, keyboards and vocals. It's a really fun way to get children engaged in music and play an instrument. They run a session every Monday-Thursday and Saturday during term time at Great Linford, Bletchley and Aspley Guise. They have groups for ages 7-11 and ages 12-18. They tell us their tutors are all DBS enhanced and they have safeguarding policies in place. They are currently giving kids and teens a free taster session so they can go along and see what they do. Here is their website <a href="https://mk.therockproject.com/">https://mk.therockproject.com/</a>.

**AGEUK** Milton Keynes are celebrating International Older People's Day on 1st October 2024 at 1:00pm at Middleton Hall, Centre MK. They are thrilled to confirm Ben Heyworth, Director of Arts for Health MK, as their keynote speaker. He will share his valuable insights on the "Joy of Older Life," offering a thought-provoking and uplifting perspective on the positive aspects of ageing. In addition to the main event, they are hosting an Art Exhibition from 27th September to 1st October, which will showcase artwork created by local children. Please use the link below to reserve your **free** tickets, which will help them to manage seating arrangements. The event is open to the community.

https://www.ticketsource.co.uk/ageukmiltonkeynes/international-older-people-day/e-aelxxb

We are on the lookout for our next **SCHOOL BUSINESS MANAGER**. If you or someone you know may be interested, please find details at <a href="https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/jobs-schools-and-settings">https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/jobs-schools-and-settings</a>.

Well done to Ruby who completed the **MINI-MOO** for Willen Hospice last weekend, raising over £200 for them! If you wish to donate to this charity close to our hearts, you can at: <a href="https://donate.willen-hospice.org.uk/pf/allison-neal">https://donate.willen-hospice.org.uk/pf/allison-neal</a>

We hope the children enjoyed **DONUT DAY** and a huge thank you for **PALMS** for arranging this.

Have a great weekend.

Mr Gray



School Term and Bank Holiday Dates 2024 / 2025

Term	Open morning of:	Close at the end of afternoon session of:
Autumn Term 2024	Thursday 5 September 2024	Friday 25 October 2024
	Monday 4 November 2024	Friday 20 December 2024
Spring Term 2025	Tuesday 7 January 2025	Friday 14 February 2025
	Monday 24 February 2025	Thursday 3 April 2025
Summer Term 2025	Tuesday 22 April 2025	Friday 23 May 2025
	Monday 2 June 2025	Tuesday 22 July 2025

Training days agreed to date: (on these days children do not come to school but staff do)

Tuesday 3 September 2024 / Wednesday 4 September 2024 / Monday 6 January 2025 / Friday 4 April 2025 / Wednesday 23 July 2025

Good Friday: Friday 18 April 2025

Easter Monday: Monday 21 April 2025

May Day: Monday 5 May 2025

#### Autumn Term 2024

Friday 20 September Jeans for Genes Day
Friday 27 September MacMillan Coffee Morning
Thursday 3 October EYFS Maths Workshop (3.15-4.15)

Friday 4 October PALMS Non-Uniform Day
w/c Monday 7 October Year 6 Mock SATs

Wednesday 9 October EYFS Drawing Club Workshop (3.15-4.15)

Thursday 10 October World Mental Health Day
Thursday 10 October Year 3 Holdenby House

Thursday 10 October PALMS Discos (KS1 5.30-6.30pm / KS2 6.45-7.45pm)

Thursday 17 October Year 4 Learning Fair

Thursday 17 October EYFS Phonics Workshop (5.30-6.30pm)

w/c Monday 21 October Parent Consultations
Thursday 24 October Individual School Photos

Monday 28 - Friday 1 November Half Term
Thursday 7 November Bags2School

Friday 8 November Year 4 Fitzwilliam Museum

w/c Monday 11 November Anti-Bullying Week
Monday 11 November World Science Day

Thursday 14 November Year 6 MK Discovery Centre

Friday 15 November Children in Need Friday 15 November Year 1 MK Museum

Friday 29 November PALMS Launch: Design a Decoration competition

Friday 6 December PALMS Christmas Fair

Monday 9 December Year 1/2 Carol Concert (9.15-9.45am)
Tuesday 10 December Year 1/2 Carol Concert (2.15-2.45pm)

Thursday 12 December Christmas Jumper Day

Thursday 12 December EYFS Christmas Performance (1.30-2.30pm)

Friday 13 December PALMS Festive Friday
Friday 13 December Year 6 Learning Fair
Monday 16 December PALMS Christmas Dash

Tuesday 17 December EYFS/KS1 Awards Assembly (9.10-10.10am)
Tuesday 17 December Year 3/4 Awards Assembly (2.15.3.15pm)
Wednesday 18 December Year 5/6 Awards Assembly (9.10-10.10am)

Thursday 19 December Party Day
Friday 20 December Last day of term
Monday 6 January INSET Day

Stay & Play Sessions - (9.00 - 10.30am)		
Wednesday 25 September	Superheroes	
Wednesday 9 October	Pirates	
Wednesday 23 October	Autumn	
Wednesday 6 November	Fireworks	
Wednesday 20 November	Space	
Wednesday 4 December	People Who Help	
	Us	
Wednesday 18 December	Christmas	

#### **LMS Safeguarding**

- 1. How many children (under-18s) are there in England? 12.5 million
- 2. In 2023, how many children in England are the subject of a child protection plan? 51,000 (slightly down on 2022)
- 3. In 2023, how many children in England are identified as a child in need? 403,000 (slightly down on 2022)

The number of children in need is higher than in 2020, which (mostly) pre-dates the COVID-19 pandemic in England. However, the number of children on protection plans, referrals and completed assessments is lower.

Source: Children in need: <a href="https://explore-education-">https://explore-education-</a> statistics.service.gov.uk/find-statistics/characteristics-of-children-in-need

Source: Main findings, children's social care in England 2023: <a href="https://www.gov.uk/government/statistics/childrens-social-care-data-in-england-2023/main-findings-childrens-social-care-in-england-2023">https://www.gov.uk/government/statistics/childrens-social-care-in-england-2023</a>: <a href="https://www.gov.uk/government/statistics/childrens-social-care-data-in-england-2023/main-findings-childrens-social-care-in-england-2023">https://www.gov.uk/government/statistics/childrens-social-care-data-in-england-2023/main-findings-childrens-social-care-in-england-2023</a>

#### **LMS Well-being**

Where you place your attention determines where you focus your energy and actions. So, if you want more positive experiences and outcomes in life, start intentionally practicing more positive thoughts.

One of the simplest ways to do this? Keep a daily gratitude journal. Spend five minutes before bed each night writing down three things you're grateful for. Regularly engaging with positive thoughts in this way will make you more attuned to the good things in your life, which works wonders for your well-being. And re-reading your entries when you need a boost can be a marvellous tonic.

"Positive thinking is a valuable tool that can help you overcome obstacles, deal with pain, and reach new goals." — Amy Morin

Can you think of an example or situation where that might not be true?".

When we negatively interpret an experience, it's often because of an underlying core belief we hold. When you recognise this in someone, encouraging them to find a relevant example that doesn't conform to their belief allows you to stretch and ultimately break it before helping them replace it with a more favourable notion.

# Congratulations to our Top Doodlers...

Lok H for her 50 day maths streak;
Awadhya S for his 100 day English streak;
Alexander G, Ivy A, Oliver B & Wayne T for
their 365 maths streaks and Ivy A for her
365 English streak.

Well done!

doodle 📏 🧸



#### Long Meadow Legends

**Tadpoles** - Rihanna for settling in to class with such confidence—we are very #proud of her growing resilience.

Minnows - Sophia for always making the grown ups smile & being kind and supportive to all her friends.

Pondskaters - Milena for always giving 100% in her learning & thinking of others.

Sticklebacks - Kyan for amazing resilience, managing his distractions & focusing on his learning.

Newts - Falag for super independent learning this week.

Frogs - Ross for outstanding contributions in maths.

Bracken - Mikayla for her enthusiasm in all of her learning.

Hogweed - Summer for making a super start to year 3 & joining in with lots of group activities.

Foxgloves - Jessica for working really hard in English & maths.

Hawthorn – Lacey for coming up with super ideas in her adventure story writing and using fabulous vocabulary.

Ferns - Joey for an outstanding School Council presentation.

Thistles – Jessica W for being such a kind & supportive partner during swimming lessons.

**Brambles** – Thomas for demonstrating a wonderfully mature & supportive attitude when helping his peers in maths.

Teasels - Lydia for excellent engagement in all lessons.

#### Sports Person of the Week

Matheus F for showing excellent running style & explaining how our bodies move differently at different speeds.



- Say 'Good morning/ afternoon' to adults
- Respect others right to learn
- Follow adult instructions
- Aiming to be the very best you can be
- STAR

#### **HAVE MANNERS**

- Say 'Please' and 'Thank you'
- Hold doors open for people
- Talk kindly to each other
- Respect school property by looking after it
- Use a calm and polite tone of voice
- Value differences

#### **BE SAFE**

- Sitting sensibly in the classroom
- 'Walking tall' through corridors
- Playing games that do not become too physical





- Know that I will be greeted at the door by my teacher or an adult from my class
- Know that I greet staff with a smile and a 'good morning'
- Know that I hang my coat up, put my lunchbox on the trolley and my water bottle on the side
- Know that once I have entered the classroom, I do not leave again unless I have asked a member of staff
- Know that I sit down in my seat as soon as I have entered the classroom and begin my Early Morning Work

#### **Lunchtime**

- Know that I 'Walk tall' when walking to the hall.
- Know that I collect my food and sit down straight away or sit in my year group with my packed lunch.
- Know that I should use a normal talking volume when in the hall or classroom. I should not be raising my voice.
- Know that I should use a knife and fork correctly.
- Know that I use good manners by saying 'Please' and 'Thank you'
   when someone gives me my food or a drink.
- Know that I should not leave my seat once I have sat down.
- Know that once I have finished, I put my hand up,I clear any rubbish from my table and empty any left over food into the correct bin..
- Know that I 'Walk tall' when walking from the dining hall to the playground.

## Apply online from 1 September 2024 to 15 January 2025

You must apply by 15 January 2025 or you will have limited choice

## Starting school for the first time in September 2025?

For children born between 1 September 2020 and 31 August 2021

Find out more at:

Starting primary or junior/middle school in September 2025 Milton Keynes City Council (milton-keynes.gov.uk) To access support with making an application, face to face drop-in sessions are available at Milton Keynes City Council Civic Building on the following dates between

11.30am - 3.30pm

- 18 September
- 23 October
- 25 September
- 30 October
- 2 October
- 20 November
- 9 October
- 8 January 2025
- 16 October
- 15 January

1.00pm - 4.00pm on the dates below

- 27 November
- 11 December
- 4 December

Apply here



Milton Keynes City Council

AND STREET, Associate OFFICE

#### Maximise your chance of getting a preferred reception class place

#### Apply on time

- The closing date is 15 January 2025
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your oreferences
- Notifications of the places offered will be made un-16 April 2025 (unless your application is late)

#### Apply online

- You can only apply on the at Citizen Portal - Sign in (milton-keynes.gov.uk) between 1 September 2024 and 15 January 2025
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 16 April 2025 to view the school that has been allocated

#### Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences.
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then the order of preference is important, so ensure you list the schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences. It does not need to be your first preference.
- A Guide for Parents and Carers is available on our website for further guidance

#### Choose wisely

- Ensure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked.
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Give considered on to your secondary achool liaison group, is your preferred achool linked to the secondary school within your area?
- Don't assume your child will get priority just because they attend a nursery duss attached to your preferred school
- Consider how you will access your school place

Admissions information for all schools is available on our website.

Starting primary or Junior/middle school in September 2025 | Milton Keynes City Council (milton-keynes.gov.uk)

#### Apply online from 1 September 2024 to 31 October 2024

You must apply by 31 October 2024 or you will have limited choice

## Moving up to secondary school in September 2025

As your child is now in Year 6 it is time for you to apply for a secondary school place for September 2025.

You can apply online and find out more information on the council's website at

Starting secondary/upper school in September 2025 | Milton Keynes City Council (miltonkeynes.gov.uk)

Please read carefully the Guide for Parents and Carers on our website. To help you understand the likelihood of securing a place at one of your preferred schools, you should make particular note of the 'key facts' section for each school which tells you the cut off point for places offered last year.

Make sure you read the oversubscription criteria for each school that you want to apply for as many schools are oversubscribed each year.

Details of open events for all secondary schools in Milton Keynes are also included in the guide.

Parents and carers can express a preference for four schools.

If you pay your council tax to Milton Keynes Council, apply on our website. If you pay your council tax to another local authority you must apply through that local authority even if you want to apply for a Milton Keynes school.

To access support with making an application, face to face drop-in sessions are available at Milton Keynes City Council Civic Building on the following dates between

11.30am - 3.30pm

- 18 September
- 25 September
- 2 October
- 9 October
- 16 October
- 16 October
- 23 October
- 30 October
- 20 November
- 8 January 2025
- er 15 January

1.00pm - 4.00pm on the dates below

- 27 November
- 11 December
- 4 December

Apply here



Milton Keynes
City Council

M19522 August 2024

#### Find out more at:

Starting secondary/upper school in September 2025 Milton Keynes City Council (milton-keynes.gov.uk)

#### Maximise your chance of getting your preferred secondary school place

#### Apply on time

- The closing date is 31 October 2024
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your preferences
- Notifications of the places allocated will be made on 3 March 2025 (unless your application is late)

#### Apply online

- You can only apply online at Citizen Portal - Sign in (milton-keynes.gov.uk) up until midnight on 31 October 2024
- You will be able to view, update, and submit your application throughout the application window
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 3 March 2025 to view the school that has been allocated

#### Use all four preferences

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- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then
  the order of preference is important, so ensure you list the
  schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences, it does not need to be your first preference.

#### Choose wisely

- Make sure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Don't assume your child will get priority just because they attend a primary school within the area of the secondary school
- Consider how you will access your school place.

Admissions information for all schools is available on our website.

Starting secondary/upper school in September 2025 | Milton Keynes City Council (milton-keynes.gov.uk)

Fabricated loose parts e.g.

Astro turf off-cuts

Boards, old cabinet doors, panels

Bread, milk, bottle and grocery crates

Briefcases

Buggies, pushchairs

Cable drums

Carpet samples/squares

Fabrics – all shapes and sizes

Foam pipe covers and noodles

Guttering

Hoses

Keyboards

Metal pots, pans, trays etc, especially catering sizes

Nets: fishing, cargo, football

Office removal crates Tea Crates

Old clothes, jackets, overalls, hats, bags

Old household appliances, hoovers, fax machines, microwaves etc

One-ton dumpy bags

**Pallets** 

**Phones** 

Piping, gas, water and drainage

Planks – decking

Plastic road barriers

Small wheely bins

Steering wheels

Suitcases

Tarps

**Traffic Cones** 

Tubes of all kinds

Wooden block and off-cuts Carpenters, builders





#### And Natural loose parts such as:

Branches and sticks

Fruit trees

**Grass Plants** 

Leaves

Logs

Mud

Pea gravel

Peat

**Pinecones** 

Play bark/woodchip

Sand (washed dredged not 'sharp')

Sea pebbles

**Shells** 

Varied aggregates, slate, flint, clay

Wood off-cuts

If you have or can hep with any of these, please put them in the **OPAL DONATION STATION** in the main foyer, or speak to the school office.



### Look Up – Look Out

#### Don't become a victim of a street robbery

- Be aware of your surroundings and who is around you LOOK UP not at your phone and LOOK OUT
- Keep valuables such as mobile phones, watches and cash out of sight, and remove headphones or ear pods
- Plan how you are getting home and the route you are taking
- Click on the link for further information: <u>How to</u> <u>protect yourself from street robbery | Thames Valley</u> Police







#### Student & Child Travel 2024-25

Dear Parents and Guardians,

Now that the time is fast approaching for all year 6 pupils to move up to secondary school, we understand that for some pupils this will mean taking a bus to school for the first time, so Arriva would like to take this opportunity to inform you of the options we have available to support you in getting your child to their new school safely.

Arriva's Child & Student Saver tickets not only provide your child with reduced priced bus travel costs on their journeys to-and-from school, but they can also use their ticket to travel at evenings, weekends and throughout all school term holidays.

You can spread the cost of your child's saver tickets over affordable monthly payments using our easy-to-use direct debit system. It's simple to apply, and there's no setup fee or minimum contract required, which means you can cancel your direct debit and stop your ticket at any time should your circumstances change.

To arrange your Direct Debit and for further information please scan the QR code or follow the link below:



#### www.arrivabus.co.uk/monthlytickets

Child Saver tickets are valid for pupils up to and including year 11.

Student Saver tickets are available for anyone aged 16+ in full time education.

To ensure you get your tickets in time for the start of the new academic year, you can register for this ticket now but set your payments to commence after the summer. Once we have received your first payment, your ticket will be sent to you, and you won't need to worry about your child paying for tickets on the bus. You can choose to receive the ticket by post or download the Arriva UK bus app onto the ticket holders' phone and we can send an m-ticket to their app instead.

For travel Information including local maps and timetables

www.arrivabus.co.uk

For further info, please email:

Studenttickets.ams@arriva.co.uk

Never lose your ticket again Choose to have your ticket on your mobile phone with the Arriva UK Bus App.



### MK Food Bank

14 Burners Lane, Kiln Farm, Milton Keynes, MK11 3HB office@mkfoodbank.org.uk 01908 322 800







#### **Most Needed Items!**

**Tinned Meat** 

Tinned Fish

**Tinned Pulses** 

Tinned Fruit

**Tinned Tomatoes** 

Long Life UHT Milk

Juice or Squash

Spreads - Jams, Peanut Butter

Tea / Coffee / Hot Chocolate

**Tinned Pasta** 

**Tinned Veg** 

Pasta Sauce

Dried Rice – 500g or 1kg packets

Rice Pudding / Custard

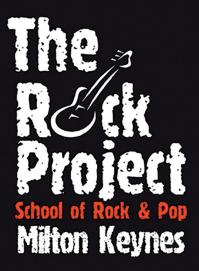
Cereal / Mini Cereal

**Biscuits** 

Instant Mash



Helping those in crisis in Milton Keynes







- LESSONS IN: GUITAR, BASS, DRUMS, VOCALS AND KEYBOARDS
- SESSIONS RUN AFTER SCHOOL AND ON WEEKENDS
- PLAY IN A BAND EVERY WEEK!

FOR AGES 7 - 11 & 12 - 18

## SESSIONS IN MK AND ASPLEY GUISE

## FREE TASTER SESSION!

ALL TUTORS ARE DBS CHECKED



## MK.THEROCKPROJECT.COM

EMAIL: MK@THEROCKPROJECT.COM TEL: 07816 669659

## My child has anxious thoughts and feelings which are leading to school avoidance. What can parents and carers do?

This workshop for parents/carers will be led by the Educational Psychology Service. It aims to support parents and carers of school-age children and young people whose experience of anxious thoughts and feelings is leading to school avoidance. These difficulties are often referred to as Emotionally Based School Avoidance (EBSA).

#### During this session, we will cover the following:

- Helping your child with their fears and worries
- The impact on parents/carers and the importance of self-care
- Working with your child's school to create an action plan of support

#### The workshop will be available to join on the following dates:

- Thursday 30th November 13:00 14:30
- Wednesday 31st January 10:30 12:00
- Wednesday 5th June 10:30 12:00

You will only need to attend one date as the same workshop is repeated over the three dates. All workshops will be delivered via Microsoft Teams.

To book your place email us on SENDsupport@milton-keynes.gov.uk stating that you would like to attend the EBSA parent and carer workshop. An invite will be sent to your email address in the week leading up to the workshop.





#### Mobile Top Up Shop

#### **EVERY FRIDAY!**

10 - 11.30AM

MKCC Car Park, Strudwick Drive,
Oldbrook, MK6 2TG

Call our Helpline for details: 0300 303 4933





#### Mobile Top Up Shop

**Every Thursday!** 

10:00 - 11:30am

Sir Herbert Leon Academy Car Park, Fern Grove, Bletchley,

MK23HQ

Call our Helpline for details: 0300 303 4933



#### Mobile Top Up Shop

**Every Thursday!!** 

13:00 - 14:30pm

Rowans Family Centre Car Park, Fullers Slade, MK11 2BD

Call our Helpline for details: 0300 303 4933





Free, confidential, impartial debt advice...

- Struggling to pay bills?
- Under pressure from creditors?
- Paying the minimum balance on your credit cards?

### WE CAN HELP!



0300 123 5198



office@mkmoneylifeline.org.uk



www.mkmoneylifeline.org.uk

Working in association with:

cma

Freedom from debt Hope for the future Community Money Advice



Supported and funded by:









Tel: 0300 123 5198 / 01908 550630 • office@mkmoneylifeline.org.uk • www.mkmoneylifeline.org.uk
Authorised and regulated by the Financial Conduct Authority No. 618802 • MK Money Lifeline is a company limited
by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001

### Westcroft

## COMMUNITY ARDER

## Shenley Brook End & Tattenhoe Parish Council

**Fridays** 10am - 1pm

Westcroft Pavilion Cranborne Avenue Milton Keynes MK44GB

#### What is a community larder?

#### A membership programme that provides:

- Access to surplus food
- Local business discounts
- Little larder club
- Access to other services and support
- Meet new people in a friendly environment

#### Who can join?

food waste and save money. It is not means tested.

#### Where does the food come from?

Anyone who wants to prevent A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

One Off £10 Joining Fee



INDIVIDUAL MEMBERSHIP P/WEEK

FAMILY MEMBERSHIP

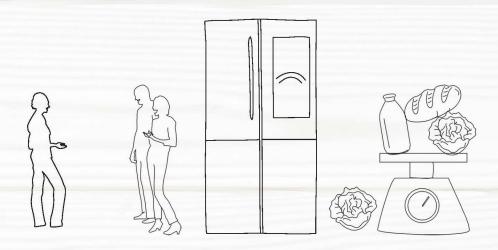
An **individual membership** provides up to 10 items of food per week, plus a selection of fruit and vegetables. (family membership is double that)

Want free food and a bunch of other benefits?

Sign up today! www.sofea.uk.com







#### WESTCROFT

## COMMUNITY FRIDGE

A simple solution to wasting less through the sharing of good-quality food.

Tuesdays 2pm – 4pm
Westcroft Pavilion
Cranbourne Avenue
Westcroft
MK4 4GB

For more details, call Karen on 07891 818 259 / 01908 521538 or email karen.wheeler@shenleybrookend-pc.gov.uk