

Defford-cum-Besford CE Newsletter

Friday 19th September 2025

It has been a very busy but very enjoyable start to term. The children have got stuck into their learning in the classrooms and we have some wonderful extra-curricular activities that have started. Thank you again for the warm welcome I have received, it is a real privilege to be part of such a great community.

It was great to join the Friends Association's first meeting of the year, and they have some great events lined up for the children this term, (See below for the dates).

Have a great weekend,

Mr Hanson

Harvest Festival



The school will be having its annual harvest festival service in church on Friday 3rd October at 2pm. This will replace the family assembly in school on that day. Each class will contribute a small performance in the church.

Parents are welcome to attend. Please be aware that the church is small and there may only be standing room for spectators.

A healthy lunchbox



For children not having hot dinners, a healthy lunchbox is essential to ensure they have the right food inside them to grow and have enough energy for a busy afternoon's learning.

Follow [this link](#) for lots of lunchbox recipes and examples.

Ash Class

Ash have planted some ash tree seeds on the day they moved into the new classroom, ready for spring growth.

Also, this week, they have taken on the roles of journalists, working for the New York Times to interview people who witnessed Philippe Petit's walk across a tight rope between the twin towers.

The New York Times.

Interviewer: NYT Journalist (J)
Interviewee: Office Worker
Date: 7th August 1974
Location: NYT office

J: When did you first see the incident?

OW: I was just coming out of the subway. I noticed everyone gasping and saying "look up there"! I looked up and I saw was really shocked. I was scared he might fall off.



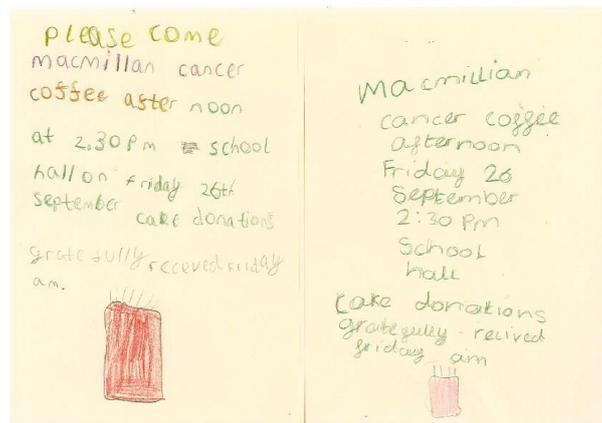


Willow Class

Mindfulness, messy play and cricket ...

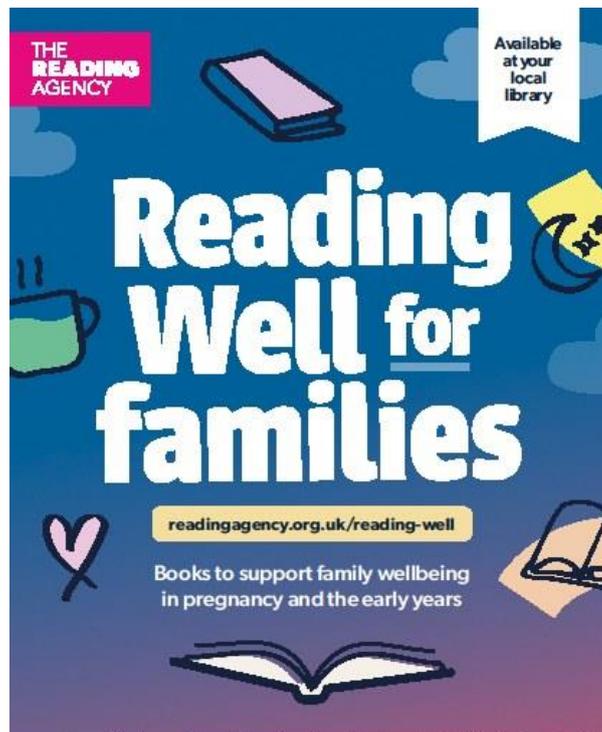


Macmillan Coffee Afternoon



1 - This will take place on Friday 26th September at 2:30pm and will replace our regular 'family worship'.

Reading Well for Families



Reading Well for families recommends reading to support parents and carers to look after their wellbeing in pregnancy and the early years from conception to aged two. The books provide information on wellbeing, mental health and coping with loss.

The books are for parents and carers during pregnancy and the early years.

- ✓ Tried and tested by parents and carers
- ✓ Recommended by health professionals



Reading Well is delivered by The Reading Agency, a UK charity with a mission to empower people of all ages to read.

For more information visit readingagency.org.uk/reading-well/families

How can books help?

These books have been chosen by parents and health professionals. They provide information and support on looking after your wellbeing in pregnancy and the early years. You can read these books on your own or talk about them with someone you trust.

They are free to borrow from your local library. You may have been recommended a Reading Well book by your GP, midwife, health visitor or another professional. The books can be used alongside other support and care.

The library

Look for the Reading Well for families books in your local library – they're free to borrow. It's easy and free to join your local library if you are not already a member. A member of library staff can help you join. Once you have a library card you can borrow books, including eBooks and audiobooks.

Your local library also provides information and activities for families including Bookstart Baby Packs, Bounce and Rhyme activities, and information about local services. To find out more speak to your local library team.

Other Reading Well booklists

As well as Reading Well for families, you might find Reading Well for mental health helpful. This collection includes recommended books for common mental health conditions such as anxiety and depression. Find out about other Reading Well booklists at your local library or visit readingagency.org.uk/reading-well

Recommended reading

Book Key

- General Information
- Personal stories
- Poetry

Mental health

Break Free from Maternal Anxiety
Fiona Challacombe, Catherine Green, Victoria Bream
Cambridge University Press ▲

Coping with Birth Trauma and Postnatal Depression
Lucy Jain
Sheldon Press ▲

How to Help Someone with Postnatal Depression
Jenn Cooper
Trigger Publishing ▲

Hello Baby, Goodbye Intrusive Thoughts
Jenny Yip
New Harbinger ▲

My Black Motherhood
Sandra Igwe
Jessica Kingsley Publishers ▲

Why Birth Trauma Matters
Emma Swanberg
Montag & Martin ▲

Bonkers
Olivia Sigal
HQ ▲

What Have I Done?
Laura Dockrill
Vintage Publishing ▲

Coping with loss
Loving You From Here
Susan Clark, Sands
Yellow Kite ▲

The Worst Girl Gang Ever
Bea Gunn, Laura Buckingham
HQ ▲

No One Talks About This Stuff
Kat Brown
Unbound ▲

How to Help Someone After Miscarriage
Clare Foster
Trigger Publishing ▲

Becoming a family – Your wellbeing

The Little Book of New Mum Feelings
Anna Mathur
Penguin Life ▲

Mindful New Mum
Caroline Boyd
DK ▲

You the Daddy
Giles Alexander
Vie ▲

Autistic and Expecting
Alexis Quinn
Proton Publishing and Media Ltd ▲

Having a Baby
Kathryn Hollins, Anna Cox, Mill Miller, Tessa van der Loof, Scott Watkin, Beth Webb
Books Beyond Words ▲

OMG It's Twins!
Allison Perry
Ebury Publishing ▲

Surviving Solo Motherhood
Emma Cotterill, Amy Rose
Trigger Publishing ▲

The Queer Parent
Lotte Jaffe, Stu Crakley
Bluebird ▲

Nobody Told Me
Hollie McNish
Fleet ▲

Digital Resources

Alongside the Reading Well for families books, there are recommended digital resources. These provide information to help you understand and manage your health and wellbeing. Scan the QR code or visit readingagency.org.uk/reading-well/families to find out more.



What if I need more help?

If you need more information or support, you can talk with someone you trust such as a family member, carer, friend or faith leader. You can also talk to professionals in the community such as your GP, midwife or health visitor.

You can contact one of the following organisations for support:

Mind: Free advice and support to empower anyone experiencing a mental health problem.

Mind Infoline on:
☎ 0300 123 3393 🌐 mind.org.uk

An interpreter is available by requesting the Language line when calling.

NHS England: Free information about accessing mental health services and support with pregnancy, labour and birth.

NHS:
☎ 111 (select the mental health option)
🌐 nhs.uk/pregnancy

Tommy's: Free information and support throughout the pregnancy journey.

Tommy's Midwives' Helpline:
☎ 0800 0147 800 🌐 tommys.org

Reading Well is a programme developed by The Reading Agency in partnership with Libraries Connected. It is delivered through public libraries and is funded by Arts Council England and Welsh Government. Reading Well for families has been co-created with Maternal Mental Health Alliance.

Reading Well for families is supported by: Action on Postpartum Psychosis, Association for Infant Mental Health, Association for Postnatal Illness, British Psychological Society, Centre for Mental Health, Institute of Health Visiting, MASIC Foundation, Maternal Mental Health Alliance, Maternal OCD, Mental Health Foundation, Mind, National Association of Primary Care, NHS Wales Executive, PANDAS Foundation, Parent-Infant Foundation, Patient Information Forum, Royal College of General Practitioners, Royal College of Psychiatrists, Sands, The Motherhood Group, Tommy's.

Tell us what you think at readingagency.org.uk/reading-well

© The Reading Agency 2025. The Reading Well core lists are only available for use as part of the Reading Well scheme. Permission to use this resource by non-subscribing agencies should be sought from The Reading Agency.



Have your say for walking, wheeling and cycling routes



Have Your Say

South Worcestershire local cycling and walking infrastructure plans (LCWIPs)

We are developing plans to improve walking, wheeling and cycling in Droitwich Spa, Malvern, Pershore and Worcester. We would like to know how the emerging LCWIP networks might encourage more walking, wheeling and cycling.

Take part in our survey and view the online maps here:
worcestershre.gov.uk/SWLCWIP

The closing date for your comments is **31 October 2025**.

Scan me



worcestershire
county council

View the proposals at:
worcestershre.gov.uk/SWLCWIP

We would like walking, wheeling and cycling to be the natural choice for short trips such as getting to school, commuting, and shorter local journeys. Through Local Cycling and Walking Infrastructure Plans (LCWIPs), we aim to invest in making changes that make walking, wheeling and cycling a more attractive and convenient choice for people. Our aim is to create a long-term plan that looks at how best to improve the walking, wheeling and cycling network across south Worcestershire, considering the varying needs of where people want to go. While LCWIPs do not come with direct funding, having adopted plans will ensure that the County Council and its partners are in a better position to secure investment as future funding opportunities for active travel become available.

As part of a public engagement exercise, we are seeking views in the areas of Droitwich Spa, Malvern, Pershore and Worcester to help shape plans to make walking, wheeling and cycling more attractive and safer choice for local journeys. We would like to hear from schools, governors, parents, and younger people to help us improve connectivity and encourage citizens to choose a more convenient and healthy way to travel.

Please could parents on behalf of pupils complete the online survey on our website:

<https://www.worcestershire.gov.uk/SWLCWIP>

Anyone who needs assistance accessing the online survey can call in at one of the libraries in Droitwich Spa, Malvern, Pershore or Worcester. The closing date for responses is **Friday 31 October at midnight**.

Maggs Day Centre



At Maggs, we find this time of year to be one of the most challenging, as our stock levels drop dramatically over summer while the need for our support continues to grow.

For 40 years, Maggs has been a lifeline for people experiencing homelessness in Worcestershire. From our Day Centres in Worcester and Malvern and outreach work throughout the county, we provide hot meals, clothing, showers, laundry, and one-to-one support to some of the most vulnerable members of our community.

Even the smallest donations make the biggest difference — a pair of socks, a tin of soup, or a bar of soap can be the thing that gives someone dignity and warmth when they need it most. Please find attached our Harvest Appeal poster and wish lists. With your help, we can make sure no one in Worcestershire is left out in the cold this winter.

Kind regards,

Erin Iredale

Fundraising and Marketing Assistant

T: 07961 703 828

Maggs Head Office, The Old Glove Factory, 13B Lowesmoor, Worcester, WR1 2RS

Dates for your diary

Friday 26th September - Macmillan Coffee Afternoon 2.30pm

Friday 3rd October - Harvest Festival at church, 2pm

Monday 6th October - Flu vaccinations for Year R to Year 5 children

Thursday 9th October - Individual school photos

Monday 13th October - Ash class trip to the MAD Museum and Butterfly farm in Stratford

Wednesday 22nd October - Oak class rescheduled trip to Chedworth Roman Villa

Wednesday 22nd October - Friends Association Autumn Disco - Willow Class - 5-5.45pm

Wednesday 22nd October - Friends Association Autumn Disco - Birch / Oak / Ash - 6-7pm

Friday 24th October - Friends Association Pumpkin Patch 3.15pm

Monday 27th -Friday 31st October - Half term