

19 December 2025

Dear parents and carers,

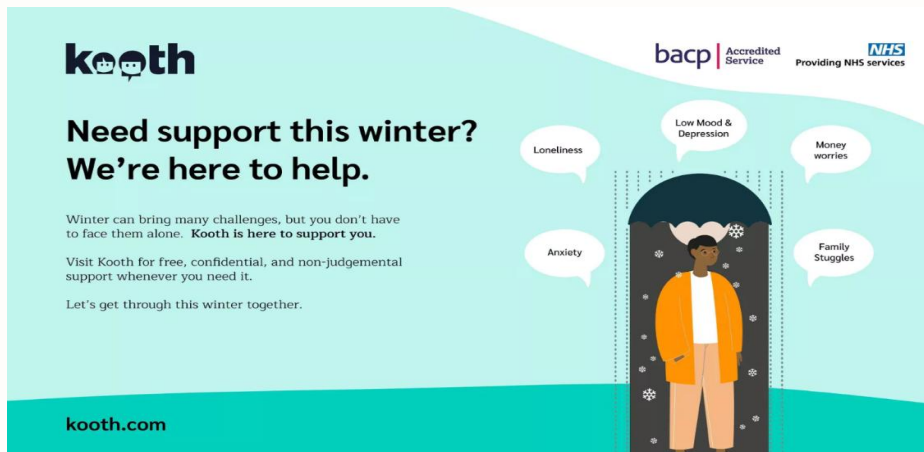
As we go into the holidays, we just wanted to share with you some advice from our Police Liaison Officer regarding staying safe over the holidays and the details of support agencies open over the holidays where you can seek support if needed. We would also like to take the opportunity to wish you all a restful break and we look forward to seeing you all in the new year.

Advice from local Police:

Staying safe over the Christmas holidays

1. Travel on buses – because of the German market, the buses into the city will be crammed full of people. If you are travelling on your own, please stay downstairs. If you are with family and friends, the top deck is fine but come downstairs if you are on your own. When things are cramped on the bus, always be aware of your body position. Protect yourself as much as possible.
2. Time with large groups (in the city, parties and family events) – a large group of people is not necessarily a problem but with the inclusion of alcohol, people can often act out of character. If you feel you are in danger, naturally go to your parents, if this is not appropriate, then call 999. Also, be aware of your drinks. Choose bottles that have the cap attached and this reduces the risk of spiking.
3. Police have seen an increase in reports regarding theft of motor vehicle. Lock your vehicle, even when filling up or parked on your drive, greatly reduces the possibility of it being targeted by an opportunist thief. Even if you have locked your vehicle, check you have not left any windows or the sunroof open. It is actually illegal to leave your vehicle running unattended while you de-ice it or warm it up in cold weather. If someone takes it while it is left like this, your insurer will not pay out because you will not be covered.
4. Police statistics show there is always a spike in robbery after Christmas. People have new mobile phones and other tech. Often, they walk about showing it off which is understandable but very ill-advised. You are saying to the robber, “please steal my phone immediately.” In addition to this, people will have “maxed out” over Christmas and New Year so funds will be low. This will drive people to rob other people. Keep your wallets and purses in your pockets.

Welfare Support over the holidays:



kooth

**Need support this winter?
We're here to help.**

Winter can bring many challenges, but you don't have to face them alone. **Kooth is here to support you.**

Visit Kooth for free, confidential, and non-judgemental support whenever you need it.

Let's get through this winter together.

kooth.com

bacp Accredited Service **NHS** Providing NHS services

Loneliness

Anxiety

Low Mood & Depression

Money worries

Family Struggles

Link for Kooth: [Home - Kooth](https://www.kooth.com)



**CITY
ACADEMY**

Ladywood, Birmingham, B15 2EF
0121 729 7100 • enquiries@corecity.academy
Headteacher: Rebecca Bakewell
[@CORECityAcademy](#) [@COREeducate](#)

Living Well
Consortium UK

REFERRALS AND URGENT
HELP

HOME **HELPLINE AND REFERRAL** ONLINE THERAPY THERAPY & COUNSELLING
WELLBEING WORK WITH US ABOUT US

NHS
Living Well Consortium
Talking Therapies Service
part of NHS Talking Therapies
for Anxiety and Depression

Immediate Help

If someone's mental or emotional health deteriorates quickly, they may be experiencing a mental health crisis or mental health emergency. In these situations, it's important to get help as soon as possible. Try to stay calm and ask someone for help if you need it.

Call **111** if you are in need of help outside of opening hours.

If you are **under 25 and live in Birmingham**, please contact the Forward Thinking Birmingham Crisis Team at **0300 300 0099**.

If you are **under 19 and live in Solihull**, please contact Solar's Crisis Team at **0121 301 2750**.

Unsure if you should call? Call.



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Feeling worried or alone? You don't have to talk out loud to be heard – we're holding space for you.

Text 'Space' to 85258

Free, confidential, 24/7

in partnership with
shout

Link for Living Well Consortium: [Self-referral](#)

Kind Regards,

Mr Mann
Executive Headteacher