



**WEST HOVE
INFANT SCHOOL**
.....
A family of friends



Hove Learning Federation

Holland Road Newsletter



Friday 16 June 2023

Dear Families,

As we start our final half term and the academic year draws to a close, we move into a period of transition at school. Our Year 6 children are now fully immersed in their end of year productions, and we have planned a variety of celebrations to mark them leaving primary school. Our Year 2's will also be transitioning to the junior school on both sites, and we will continue to endeavour in making this experience as smooth and consistent as we can. We always provide enhanced transitions for those pupils we have identified as needing it, in all year groups. However, if you have any further questions for our inclusion and pastoral team about transition, please email the school on the contacts below.

The juniors are looking forward to sports week, and we have such a wide range of exciting opportunities to offer the pupils throughout the week, which are detailed later in the newsletter. We were incredibly lucky to have Joe Wicks visiting us at Portland Road in the last week of last half term and he was an inspirational speaker with the children, offering them real insight into his physical and wellbeing life journey. It was such a memorable experience performing the workout all together with pupils from Holland Road joining us as well, and we look forward to sharing more memorable experiences over the last few weeks of term. Please see Diary Dates below.

Please continue to keep in contact with us – should you have any questions or concerns, contact us via the following:

West Hove Infant School
hollandroadenquiries@hovejun.brighton-hove.sch.uk
01273 916707



Hove Junior School
hollandroadenquiries@hovejun.brighton-hove.sch.uk
01273 916707

Hove Junior School Inclusion Team
inclusionteam@hovejun.brighton-hove.sch.uk
01273 916609

Best wishes,
Maddie Southern and Lorna Cummings

Diary Dates

23rd June - Juniors Class Photos
29th June - Y5/Y6 Sports Day - Brunswick
30th June - Yr3/Y4 Sports Day - Brunswick
3rd - 6th July - Y6 Blacklands Farm Trip
13th July - Infants Sports Day - Brunswick
15th July - PTA Summer fair - school playgrounds
17th & 18th July - Y6 evening productions
19th July - Juniors open afternoon and art gallery
20th July - Y6 Silent Disco



Infants Wormery

Well done to all the Infant children who got involved with our biodiversity pledge to create a wormery. We hope you had fun watching how amazing worms are, and seeing the important role they play in our environment.

Don't forget to return them to their chosen habitat, where you found them.



Year 5 and 6 Boys Cricket tournament

7.6.23



The year 5 and 6 boys played 6 games against other local schools in the recent cricket tournament held in Preston Park.

Here's what they had to say about the sun-filled day,

Morrie- "I really enjoyed playing cricket with my mates".

Archie- "Fun goes fast".

Blake - "Fun and exhilarating".

Cagan and Otis- "We've enjoyed the batting".

An afternoon filled with cart wheeling stumps, almighty slogs and sensational sixes. They dug deep to ensure that with no doubt present ultimately cricket and friendship would inconceivably win.

Max- "Ya win some, ya loose some, but ultimately, have fun!"

11 children stepped into the crease; 11 children left as heroes.



Year 5 and 6 boys Cricket tournament

7.6.23



Year 5 and 6 Girls Cricket tournament

14.6.23

The year 5 and 6 girls played 5 fantastic games against other local schools in the recent cricket tournament held in Preston Park. Another sun-soaked day at St Peter's Cricket Club!

Here's what they had to say about the day, "We don't like cricket...we LOVE it!"

The girls had a great time, made new friends, learnt lots about the rules of competitive cricket and showed fantastic team work and determination throughout the whole day. It was a pleasure to take them!



Year 5 and 6 Girls Cricket tournament

14.6.23



Year 3 and 4 Racket Festival at Withdean

6.6.23

Year 3 and 4's had a great afternoon at this year's racket festival which took place at Withdean Stadium. It was a great afternoon of squash, tennis, badminton and multi skills. The activities were led by Freedom Leisure tennis team, Brighton Squash and Badminton coaches and Blatchington Mill Sports Leaders. The children had a great time trying out new sports, learning new skills and working with children from other schools, including Portland Road. Each and every one of them represented Hove Junior School brilliantly. A fantastic time was had by all!



Year 3 and 4 Racket Festival at Withdean

6.6.23



Girls Football

Cup match vs Goldstone

The girl's football team had a disappointing exit from the Roxboro Cup before half-term in a heavy defeat to Goldstone, losing 6-0 away from home.

The team turned up raring to go, and despite holding the score level for the first 10 minutes or so, we couldn't find a way to break the pressure and get the ball out of our half.

After some good defensive work and a couple of attempts to break forward from us, one of the Goldstone players picked up the ball on the left side of the pitch, cut in and unleashed a fierce strike into the very top right corner of our goal - not dissimilar to Julio Enciso's recent goal for the Brighton men's team against Man City.

Once this breakthrough had been made by Goldstone - and in such a fashion - it seemed their team gained confidence, whilst our team lost it. The tipping of the scales only increased as the match went on. We became pinned further and further back, and unfortunately, it was just too much pressure for the team to bear and we conceded further goals throughout the remainder of the match.

We gave it a good go in the second-half, but we just didn't get into our stride and never really looked like playing to our full ability.

Credit where credit is due though, Goldstone were very strong competitors and played a solid game and deserved their win. Good luck to them for the rest of their cup run.

We will hopefully be having a friendly match soon (awaiting confirmation from the other school), so this should provide a good opportunity for the team to dust themselves off and get back on the Hove Juniors Bulldozer






Sports Week 2023

26-30th June

We are excited to share with you our exciting plans for sports week 2023 ending in our LKS2 and UKS2 Sports Day's taking place at Brunswick Primary School.

The timetable for the week will be as follows:

(Please ensure your child wears PE kit on their relevant activity days)

	Activity	
Monday 26 th June	Year 4 trip to Yellowwave- Volleyball, environmental session, creative/art session, ride on the Volks Railway	
Tuesday 27 th June	Year 5 Archery and Lacrosse (at school) delivered by SportsCool	
Thursday 29 th June	<p>Year 3- disability sports workshops with Albion in the Community</p> <div> <div> <p>Wheelchair Basketball</p> <p>A paralympic game played by players who have a physical disability, all basketball rules are included. Pupils will be get the opportunity to learn skills and experience the game in a sports wheelchair.</p> </div> <div> <p>Boccia</p> <p>Boccia is a target games played by rolling your teams ball as close to the Jack as possible.</p> </div> <div> <p>Blind football</p> <p>Players wear a blindfold and will initially be guided around the pitch, players will then get a ball and practice their dribbling and shooting.</p> </div> </div> 	
Thursday 29 th June	Year 5 and 6 Sports Day at Brunswick Primary School (13:30- 15:00)	
Friday 30 th June	Year 3 and 4 Sports Day at Brunswick Primary School (13:30- 15:00)	

Further Sporting Activities

In addition, the children in different year groups will take part in range of different sporting activities. Some of these sessions and trips have been arranged outside of Sports Week due to spacing limitations.

The additional dates will be as follows:

Who?	What?	When?
Year 3 – Disability Sports Workshops  Albion in the Community	Albion in the Community will be delivering a range of sports and games: Wheelchair basketball Sitting Volleyball Blind Football Goalball (blind) Boccia	Tuesday 12th July (class schedules will be arranged nearer the time)
Year 4 – Yellowwave Trip & ride on Volks Railway 	Yellowwave coaches will lead beach volleyball sessions and children will part in creative activities linked to the environment including a beach clean.	Friday 17 th June (all classes)
Year 5 – Skateboarding Workshops 	Brighton and Hove Skate Park Development Team will be bringing boards, a range of mobile ramps and obstacles for children to develop skating skills.	Wednesday 13 th July (class schedules will be arranged nearer the time)

If you have any questions about Sports Week or these events, please feel free to ask your child's Class Teacher or Miss Allum.



Vinnie's Bounce-a-thon for the Martlets

Vinnie, from 3 Amber, was inspired by the Martlets visit in May 2023. He decided to raise money by doing a sponsored Bounce-a-thon. He did an amazing 5000 bounces!

Vinnie has impressed everyone at Hove Juniors by not only exceeding his target for how much he raised, but also breaking the world record (for an 8 year old) for the most consecutive bounces! What a superstar!

He pushed through, even when his legs were tired, and did it all with a huge smile!

He raised a whopping £315 in total, which is an incredible amount!

He has been an inspiration and we are all incredibly proud of him at Hove Junior School!





Sun Safety at school!

The last six weeks of school are set to be waaarm! Keep your children safe in the sun with these top tips:

1. Make sure your child brings water to school each day. Adding an ice cube or frozen berries to it makes it extra refreshing!
2. Use a roll on sunscreen for easy application in the mornings. Your child can bring these to school but must apply them themselves. Add a name in permanent pen to avoid losing it!
3. Hats and sunglasses are great for midday play. Do not forget to label with a permanent pen.
4. Snacks with a high water content like grapes are great for the end of day. Frozen fruit juice lollies are also popular!
5. If buying a summer uniform for your child is a challenge, we have pre-loved ones available. Please speak to your class teacher, or a member of staff you feel comfortable talking to. We're here to help!

Wishing you a happy and safe summer season,

The PSHE Team



HOLLAND RD PTA
PRESENTS

SUMMER FAIR

SATURDAY 15TH JULY
11AM TO 3PM

**HOVE INFANT & JUNIOR SCHOOL,
HOLLAND ROAD**

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- GIANT BOUNCY CASTLE •
- FACE PAINTING •
- LUCKY DIP •
- CAKE STALL •
- RAFFLE •
- ENTERTAINMENT •
- TOMBOLAS •
- BBQ, BAR & MILKSHAKES •
- AND MUCH MORE!



PARENT VOLUNTEERS NEEDED – EMAIL US NOW!
hollandroadpta@hotmail.com OR SCAN THE QR CODE



Autism, demand avoidance and behaviour that challenges

You are invited to a coffee morning with BHISS staff on

Tuesday 20th June from 9.00 to 10.30am

at the Portland Road site

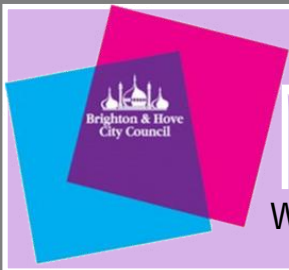
This meeting is for parents or carers of children

with an autism diagnosis

and also those on the pathway

Mandy Leahy, who is an autism family support worker from the council's inclusion and support service, (BHISS) will be here at the school to answer questions and talk through strategies.

Please ask Mandy Stewart, Charlotte Wallace or Ben Patterson if you need any further information.



MHST newsletter: Transition

Welcome to this edition of the MHST newsletter!

Psychoeducation



We wanted to dedicate this newsletter to the transition from primary to secondary school, as we know that this change can be an exciting time, but also a little bit scary for some. Children don't know what to expect, whether they will easily make new friends and whether they will like it there. Secondary schools are typically a lot larger than primary schools, there are new teachers, new classrooms and new subjects to study. All the unknowns might lead to worries, for example worries about getting lost, being late, detentions, homework, losing old friends, being with older peers... Or your child might feel sad about leaving their old school behind, where they had good friends, liked their teachers and had a good time over the years. Whatever the reasons, transition is easier when we talk about what to expect. We wanted to reach out to all of you who might have a child who is struggling with the prospect of transitioning to secondary school, offer you some tips and strategies so that you, as a parent, can help your child through this time.

Visiting the school and getting an idea of the environment can help put your child at ease on the first day. Open days and orientation evenings are also a great chance to meet others who will be in the same situation. Maybe go on the bus together even if you usually drive.

Maintaining friendships and making new friends over the summer is bound to be helpful, as they'll likely only know a handful of people beforehand. For example, get them involved in community activities or holiday clubs.

Schedules and timetables will vary from day to day, and children are responsible for their own homework schedule. It might be helpful to offer your child more opportunities to plan their own schedules and be in control of this during the lead up to the transition.

To prepare for the increased homework demands, it is useful to set aside an area at home where they can focus and concentrate. Homework levels will increase at secondary school, so there may need to be a good balance between social activities, clubs, etc.

Managing independence becomes more important during the secondary school period. Your child may walk to school alone, or want to meet their new friends for parties. Why not sit down with your child and decide on the ground rules; think curfews, parties, and dating...

Top Tips



Strategies



Reframe the what ifs

what if i fail?

what if i excel?

what if i go and have a terrible time?

what if i'll have the time of my life?

what if none of this is worth it?

what if i can create my own purpose?

what if they'll hate me?

what if they'll be my new friends?

what if i'll never be good enough?

what if i already am?

what if i never achieve this goal?

what if trying my best is good enough?

Worry management

Sometimes children really struggle to manage all the worries they have going round in their heads. They might be thinking of “what if...” questions that focus on the things that might go wrong. One way to help your child is to ask whether there is anything they can do to solve the worry. For example, if they worry they will get lost on the way to their new school, you can practice the route together, until they feel confident they know it. However, sometimes there are worries that do not have any concrete solution, or you’ve already put plans in place to address the worry. If this is the case, it is not helpful to keep thinking about it, (this won’t solve the situation or make anything better, in fact it often tends to do the opposite)! For example, if they worry about being in a class with people they don’t know, thinking won’t change anything, as that is out of their control. Therefore, it might be more helpful to let the worry go, and move the focus to other things, such as reading a book, playing a game or anything fun to distract. We know that the mind isn’t that good at doing two things at once, so once we occupy it with something else, the worries are bound to drift into the background.

Seeing the other side

The other thing our minds aren’t so good at, is seeing the positives. We’re evolutionarily programmed to be aware of danger and things that might go wrong, as this helps us prepare and deal with those situations. However, in the case of worrying, this isn’t always helpful, and we can counter this tendency, by encouraging our children to see the other side of the coin. Instead of thinking of the things that can go wrong, you can encourage them to think about how things might work out. It might be helpful to ask questions that help them reflect on times in the past where they have managed things well.

Other helpful resources

Young Minds Top Ten Tips: <https://www.youngminds.org.uk/media/20djlktz/top-ten-tips-for-parents.pdf>

Booklet for parent from Anna Freud: <https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>

Transitioning to Secondary School – BBC Bitesize:

<https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>

For further support in Brighton and Hove:

Mental Health Support Team: can offer one to one or group intervention for children and teens with low mood. Please contact your school SENCO or Jaki Watkins: jaki.watkins@brighton-hove.gov.uk

Schools Wellbeing Service: can offer consultation and advice from Primary Mental Health Workers. Please email swsconsultationline@brighton-hove.gov.uk to organise an appointment.

Community Wellbeing Service: can offer one to one and group intervention for mild to moderate mental health difficulties. Please visit www.brightonandhove wellbeing.org for further information.

CAMHS: can offer intervention, assessments, and support for moderate to severe mental health difficulties. Please visit www.sussexcamhs.nhs.uk for further information.

Signposting

Helpful Apps:



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Free



Catch It

Learn to manage negative thoughts and look at problems differently

Free



ThinkNinja

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health

Free during the coronavirus (COVID-19) crisis



Supporting a child with anxiety

a course for parents/carers

Growing numbers of children are experiencing anxiety – affecting their mood, relationships and behaviour. It can be hard for parents/carers to know how to respond and provide effective support.

Help your child learn ways to manage worries

This short online course (2 x 90 minute sessions) covers what children and young people need most when anxiety takes hold, focusing on:

- The importance of empathy in supporting them
- Ways to help young people recognise and challenge negative, self-limiting beliefs
- Practical strategies to help manage anxiety

For dates, times and how to book visit www.adulteducation.brighton-hove.gov.uk or email AEH@brighton-hove.gov.uk or call 01273 292828



Courses are **free** to anyone on a low income or in receipt of a means-tested benefit. A fee of £15 applies otherwise.

Courses are run separately for parents/carers of children aged 4-11 and 11-18.



Building a child's resilience

a course for parents/carers

Many children and young people lack the confidence to try new challenges, avoiding new things because they're unfamiliar. It may seem they're missing out on opportunities.

Help your child build self-esteem to overcome challenges

This short online course (2 x 90 minute sessions) supports parents/carers with strategies to build a young person's resilience. It looks at ways to:

- Help young people realise what they're capable of
- Encourage their autonomy to increase confidence
- Guide them in moving forward by taking safe, considered risks
- Help them express emotions in ways that are healthy

For dates, times and how to book visit www.adulteducation.brighton-hove.gov.uk or email AEH@brighton-hove.gov.uk or call 01273 292828



Courses are **free** to anyone on a low income or in receipt of a means-tested benefit. A fee of £15 applies otherwise.

Courses are run separately for parents/carers of children aged 4-11 and 11-18.



Hangleton & Knoll Parent/Carer Group

Are you the parent/carer of a child with
additional needs and/or a disability?

COFFEE MORNING

Come and meet other families in a similar
situation at one of our coffee mornings.

No need to have a diagnosis, no need to
book, we are a friendly group, just turn up.

St Richards Community Centre
Egmont Rd
Hove BN3 7FP

Tuesday 20th June

9.30am - 10am

Time for a cuppa and a chat with other parent/carers

10am - 11am

'SLEEP' is the theme with Specialist Sleep Practitioner, Nickie Sutton from Peak Sleep. She will talk about why the normal sleep advice you've been given doesn't work for children and young people with additional needs.

We will also look at practical strategies to help your child sleep better.

11am - 11.30am

Questions and clear up



WANT TO KNOW MORE?

CONTACT ONE OF OUR PARENT VOLUNTEERS

LOUISE 01273 905549 / 07990728830

RHIANYDD 01273 733126 / 07897533007



**The Hangleton
& Knoll Project**

Working for a better community.

Fun workshops
for girls aged
6-15 and their
mothers or other
female guardians

Mothers & daughters confidence circles

Various Brighton
and Hove venues
with one-off
workshops or
courses

Helping girls and women feel happy, healthy,
confident and safe in their bodies.

With Claudine Nightingill-Rane

Well-being, confidence and body image coach for mums and daughters



As mums, we want to ensure confidence, self-compassion, and solid self-esteem for our girls. Building resilience against the pressures they will face as they grow up, to look and be a certain way, from social media, peers, diet and beauty culture, to help them know they are good enough



Join me and my daughter (for the younger age groups) - along with a small group of mums and girls for workshops with age-appropriate activities, discussions and games.



You'll both leave the informative, relaxed sessions feeling a new sense of appreciation for yourselves and each other.

Refreshments and crafting supplies are included.

To book search Eventbrite: "Mothers and Daughters Circles"
[www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-](https://www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-1919219)

[1919219](https://www.eventbrite.com/cc/mothers-and-daughters-confidence-circles-1919219)

[for more info and FAQs:](#)



HAF SUMMER DRAMA CLUB 2023

Drinks, snacks and hot lunch included

FREE!

STAGE STOMPERS

Ages 7-11 (KS2)

Where?

31st July - 4th August

Hangleton Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3720>

7th -11th August

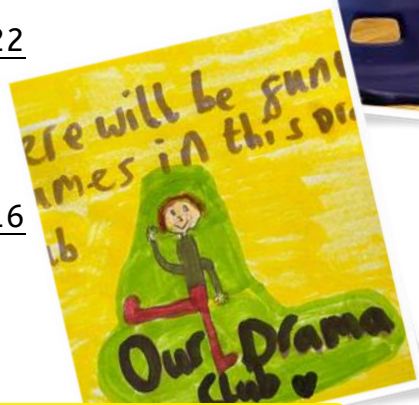
Whitehawk Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3722>

14th - 25th August

Jubilee Library 9-3

BOOK HERE - <https://eequ.org/experience/3716>



At Stage Stompers children will play, explore drama skills and take part in fun activities. They will explore being storytellers and how to stage simple tales. Each day they will have a visit from a special workshop leader to teach a new drama skill eg puppetry, dance and movement or music to keep things really exciting and varied.

**FREE
holiday
activities**



Department
for Education

Brighton & Hove
City Council





HAF SUMMER DRAMA CLUB 2023

FREE!

Drinks, snacks and hot lunch included

LITTLE YETIS

Ages 5-7 (KS1)

Where?

7th -11th August

Whitehawk Library 9.30-3.30

BOOK HERE - <https://eequ.org/experience/3721>

14th - 25th August

Jubilee Library 9-3

BOOK HERE - <https://eequ.org/experience/3521>



At Little Yetis children will play, explore drama skills and take part in fun activities. They will explore being storytellers and how to stage simple tales. Each day they will have a visit from a special workshop leader to teach a new drama skill eg puppetry, dance and movement or music to keep things really exciting and varied.



TAKEPART Festival is back this Summer – get involved



After a few years off, [TAKEPART Festival of Sport & Activity](#) is back this summer and we're looking for local sports clubs and activity groups to get involved.

TAKEPART is an award-winning free festival celebrating community sport, dance, exercise and physical activity. This year it's running from Saturday 17 until Sunday 25 June.

It showcases the great opportunities for people of all ages and abilities and across all areas of the city to lead healthy and active lifestyles. It's an easy way for people to try out activities and find out more about what's available for them.

Help people discover the activities you offer

If you provide local dance, sport, fitness, cycling, walking, or any other activities that help people get out and move more, we'd like you to be a part of this year's event. We are looking for clubs, groups, gyms, instructors and any other organisations who want to help people to be active in Brighton & Hove.

Register now to be part of the festival

[Applications are open until Monday 20 March 2023](#) for organisations interested in getting involved in this year's TAKEPART Festival.

Being part of the festival is a fantastic opportunity for you to:

- raise the profile of your organisation
- promote the opportunities you provide in the city
- increase your membership
- link with local schools and colleges, as well as other local organisations and groups
- find new coaches and volunteers
- support a city-wide initiative to get people moving more and live healthier lifestyles

Find out more

[Look at the TAKEPART web pages](#)

Call the Healthy Lifestyles team on 01273 294589

Free School Meals / Pupil Premium Funding

Dear Parents/Carers,

Your child may be entitled to **Free School Meals** if you are in receipt of any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

In addition, **Pupil Premium funding** is available to schools for all children that are in receipt of Free School Meals. It means that Hove Junior School can get extra money to support your child. For every child registered for Free School Meals the school receives £1,385 in Pupil Premium a year. With this money, we can improve maths, reading and writing, promote positive attitudes towards learning and provide quality of opportunity and equal access to school activities.

By completing an application you can make a difference to the amount of funding the school receives. Please help us to receive the money the school is entitled to by making an application <https://www.brighton-hove.gov.uk/contact-council/apply-free-school-meals> or download an application <https://www.brighton-hove.gov.uk/node/20866>. All applications are completely confidential.

If you would like to discuss this further, please contact the school office.

Yours sincerely,

Mrs Maddie Southern
Headteacher



SUMMER OFFER
10% OFF ALL SCHOOL UNIFORM
PURCHASED ONLINE
THROUGHOUT JULY

Industrial House, Conway Street,
Hove, BN3 3LW

Telephone: 01273 321209
Monday-Friday 9.00am to 5.00

Visit our website, logosports.co.uk

All internet orders can be dispatched to
your address or collected from the shop

Internet discount code JULY23

This offer is only valid on items purchased between 01/07/23 & 31/07/23



Cornerstone Food Bank

Cornerstone Community Centre, Church Rd, Hove

(corner of First Ave and Church Rd, BN3 2FL)

Telephone: 01273 327757 / 07483 819 293

(mobile Thu/Fri only)

Are you on a low income, no income, in debt,
or JAM (just about managing!) We're here to help!

Our food bank is open from 13.00 to 15.00 every Friday. We provide a good selection of fresh protein and fruit & veg which varies every week, depending on the donations we receive from Fairshare, as well as tinned and dried goods. **Friday afternoons from 1pm**

BY APPOINTMENT ONLY.

Book a slot to collect.

Call 07483 819293

Email: cornerstonefoodbank3@gmail.com

or call in the office to give us your details

Cost of Living

For useful information on the Cost of Living crisis, please click on this link:

<https://www.which.co.uk/topic/cost-of-living>

Brand Vaughan
are proud to be
partnered with
West Hove Infant
School and Hove
Junior School.

brand
vaughan

Sell or let your property with Brand Vaughan and receive
20% off our standard selling or lettings fee.

Each time you sell or let your property through Brand Vaughan, West Hove Junior School will receive **10%** of the referred selling or letting fee.

Our partnership with West Hove Junior school, not only benefits you, but also benefits your children's school.

Speak to our team today, we offer free, no obligation valuations.

Use code **WESTHOVEBV20** to claim your
20% discount.



Sales

Jimmy Atkins
01273 22 11 02



Lettings

Jenna Miles
01273 22 11 01