



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

# Hove Learning Federation Holland Road Newsletter

Friday 30 June 2023

Dear Families,

We're delighted to share that our recent sports week at the juniors was a tremendous success, thanks to the incredible support of our staff and parents.



Moreover, we have had an exciting line-up of visits and trips over this week including the Year 5 'Big Camp' day at Hove Park and Year 4 visits to Yellowwave. Our Year 5 pupils from both sites got to attend Hove Park and take part in a range of collaborative team games, providing hands on experience and skills learning. Year 2 have also been busy and visited the beach this week. On all of these trips we have been so proud of our pupil's positive behaviour and working with others.



We are all looking forward to the upcoming summer fairs on all our sites organised by the PTA. The fair is always a great opportunity for our school community to come together and we are looking forward to seeing you all there and filling the day with laughter, games, and delicious treats, making it a memorable day for all.

A reminder that due to the upcoming strike days next week on Wednesday 5th July and Friday 7th July the school will be closed. Our internal year group transition day has now moved to Friday 14th July. This will provide an opportunity for all of our pupils to spend time in their new classrooms with their teacher for the morning.

As the warm weather continues, our pupils are enjoying the sunshine during their outdoor activities. Please ensure children come to school with water, a sun hat and with sunscreen protection applied on sunny days.

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](mailto:hollandroadenquiries@hovejun.brighton-hove.sch.uk)  
01273 916707

Hove Junior School  
[hollandroadenquiries@hovejun.brighton-hove.sch.uk](mailto:hollandroadenquiries@hovejun.brighton-hove.sch.uk)  
01273 916707

Hove Junior School Inclusion Team  
[inclusionteam@hovejun.brighton-hove.sch.uk](mailto:inclusionteam@hovejun.brighton-hove.sch.uk)  
01273 916609

Best wishes,  
Maddie Southern and Lorna Cummings

## Diary Dates

**3rd - 6th July** - Y6 Blacklands Farm Trip  
**5th & 7th July** - Strike days - school closed  
**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  
**21st July** - Last Day of Term





# Year 4,5 and 6 Withdean Athletics event - 22.6.23

The year 4, 5 and 6 Withdean Athletics events was a huge success! Children took part in throwing, jumping and running events across the morning. Overall, we came away with 18 medals! The atmosphere was electric, with cheering, support and team work from start to finish.

Enjoy some of the great action shots below...









# Year 5 'Big Camp' Day at Hove Park School

Year 5 had a fantastic trip to Hove Park School on Wednesday, where they got to experience a range of different activities. These consisted of practicing the art of safe fire lighting using flint and steel, learning basic first aid techniques and pitching their own tent. Other highlights of the day included the children completing an assault course, navigating a 'spiders web' (mission impossible style! ) and working as a team to get everyone across a 'river' using only planks and tyres. The children represented the school wonderfully and hopefully have made memories to last a very long time!





# Our Baaaarilant Art Committee



The Art Committee have been really busy designing and decorating our Shaun. After an in-depth planning meeting, we decided to incorporate a number of the children's ideas to create our final design.

Every child was then asked to draw a flower that would be used as a transfer. This ensured that each child was able to add their own personal touch.

During the decorating stage, all the children came out to help bring our design to life. They have all worked so hard and we are so very proud of their final creation.

Bee-utiful is now ready to be collected and put into hibernation ready for the art trail in September. We cannot wait to go out and find her.





# Girls Football

## Friendly vs Hangleton

The girls' team faced a tricky test away at Hangleton on Wednesday 14th June in a friendly match...TLDR: They passed.

As has often been the case when playing against Hangleton, the teams were very evenly matched and the game went on without a goal for some time. Hangleton pinned us back well, initially, and peppered our goal with shots - although these were mostly from long-range and didn't trouble Erin too much.

Eventually, we started to settle into the game and find some rhythm. We started to move the ball forward more effectively but still struggled to release decent efforts on goal. As we grew into the game chances started to arrive though, and after a nice spell, Nancy managed to find the back of the net with a well-taken finish to give us a 1-0 lead which we carried into half-time.

Heading into the second half, and with various substitutions made, we pushed on for a second goal. We were looking much more assertive and confident in our play and, eventually, a chance came. Alice, who had been substituted on to play up front, held off her defender very effectively and managed to get a strong shot way on goal, which rifled into the bottom-right corner of the net. 2-0.

With a two-goal lead, and now mid-way through the second half, our attention turned to defensive duties and protecting our winning position. Sara and India, who had formed a human brick wall throughout the match continued to deny the opposition incredibly effectively. Sara hunted the ball down ferociously making it extremely difficult for Hangleton to do anything when they had possession and India repeatedly cleared the ball away from danger.

Grace K was also brought in to sit just in front of the defenders and make as many tackles as possible, which she did brilliantly. Nicole also helped out further up the pitch disrupting play well.

It was a great effort from all of the players and eventually, this got us over the line, with the match finishing 2-0.

Well done to the team, who put in a well-rounded, strong performance, and deserved the win.





# Mental Health Ambassador Project

Our school mental health ambassadors have taken part in an exciting project with our senior mental health lead (Jen Beale), funded by Brighton & Hove Inclusion Support Service (BHISS). The project was supported by John Khan and Tom Gould from Priority 1-54 to promote pupil voice and whole-school approaches to mental health and emotional wellbeing (MHEW).

The children took part in two creative workshops to gather their views around the mental health provision at our school. We then created the films below showcasing their views and ideas. We were so proud of the contributions all our mental health ambassadors made.

Comments from the mental health ambassadors included:

"I enjoyed working and talking about the school and our emotions to other people who I wouldn't usually work with"

"I enjoyed the inclusiveness of the workshop because everyone got a turn to say something"

In addition, a creative workshop was organised to enable the mental health ambassadors and their parents and carers to work together at school. Comments from parents who attended included:

'This workshop shows how important it is for children to have a voice and be heard'

'We need to allow children to express their worries in lots of different ways'

'Mental health needs to be part of everyday conversations'.

Next year we will be focusing on implementing the children's ideas and making our mental health provision even better!



SR/PR Film link: <https://youtu.be/v2mYaofaZpM>

HR Film link: <https://youtu.be/o06J-xOrNJw>





# End of Reception Celebration!

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*Please join us for an afternoon of singing and sharing our work. We cannot wait to celebrate the end of your child's first year at school with you!*

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**Friday 21<sup>st</sup> July-2pm Meet at the top gate!**

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# Coping with Challenging Behaviour

As the summer approaches, you may be wondering how you are going to manage meltdowns. Help is at hand - Connective Family has produced a free guide to 'Managing Meltdowns'. Connective Family is an organisation that supports professionals and parents and carers through Connective Parenting. There are free resources and advice on their website. You can access the website here. You can download the free guide to managing meltdowns here.

<https://connectivefamily.com/coping-with-challenging-behaviours/>





## Midday Supervisor required

Hove Junior School & West Hove Infant School - **Holland Road site**

Monday to Friday 12.00 – 1.00 pm (5 days per week)

Paid weeks per year 43.78

Hourly rate £11.81

We are looking for an MDSA to work with our friendly and supportive team of lunchtime staff and play leaders. You will need to:

- Supervise our children during lunchtimes, both in the playground and in the canteen
- Have a firm and fair approach with children from Reception to Year 6
- Have good inter-personal skills and a calm manner
- Be either first-aid trained or willing to undertake similar training

Closing date 8th September 2023

Interview date 15th September 2023

Start date: TBC

To apply for this job, please complete an application form and return to the school office or email it to:

[pambarry@hovejun.brighton-hove.sch.uk](mailto:pambarry@hovejun.brighton-hove.sch.uk)

Employment under the Federated Board includes all locations/sites where both schools operate. Under this contract, you may be asked to work across different locations under the Federated Board, either temporarily or permanently

We are proud that our school is a culturally rich and diverse place of learning, and we are keen to encourage people from diverse ethnic backgrounds to apply and join our staff team. The school has a strong focus on Equality, Diversity & Inclusion for our pupils, staff and governors and we are passionate about creating an environment where every pupil can thrive. We are also very proud that Hove Junior School is an Inclusion Quality Mark (IQM) Centre of Excellence.

Hove Junior School and West Hove Infant School are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All new staff will be DBS (Disclosure Barring Service) checked at an advanced level.





## Midday Supervisors required

Hove Junior School – based at **Portland Road site**

Monday to Friday 12.20 – 1.20 pm (5 days per week)

Paid weeks per year 43.78

Hourly rate £11.81

We are looking for MDSAs to work with our friendly and supportive team of lunchtime staff and play leaders. You will need to:

- Supervise our children during lunchtimes, both in the playground and in the canteen

- Have a firm and fair approach with children from Year 3 to Year 6

- Have good inter-personal skills and a calm manner

- Be either first-aid trained or willing to undertake similar training

Hove Learning Federation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Closing date 19th July 2023

Interview date TBC

Start date 4th September 2023

To apply for this job, contact Kate Newman, Office Manager

Email: [katenewman@hovejun.brighton-hove.sch.uk](mailto:katenewman@hovejun.brighton-hove.sch.uk)



Join us for a

# Workshop for parents

Helping you support your child's

**self-esteem,  
body confidence and resilience**

**Portland Road: Tues 11th July 9.00-10.00**

**Holland Road: Thurs 13th July 9.00-10.00**

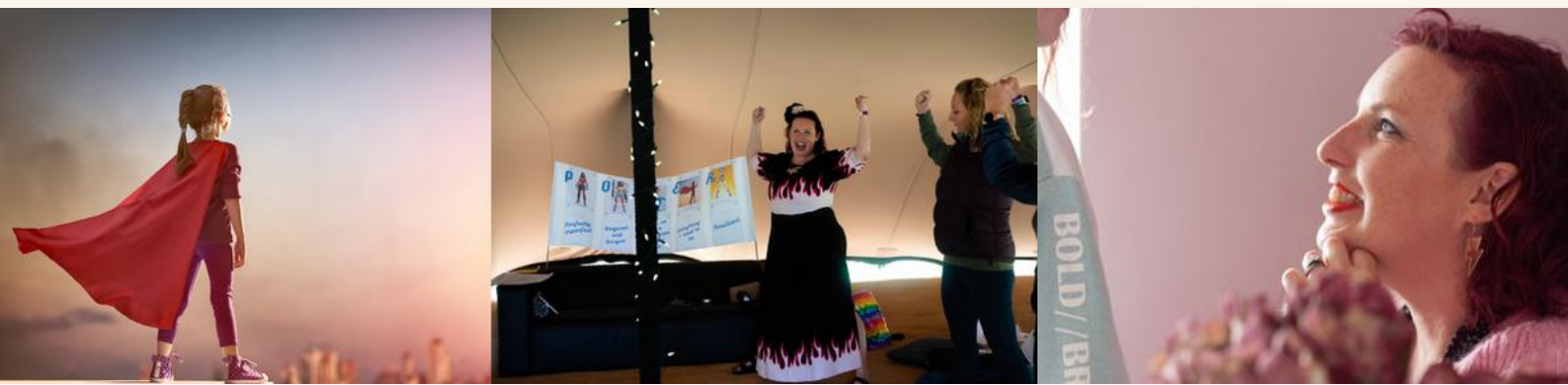
Come and hear from Claudine of Seascape Blue Coaching, founder of Mother and Daughter Empowerment Circles and mum of 2, about how to:

- avoid passing down your struggles and hang ups to your child •
- help them feel good enough as they are, so the pressure of social media and peers hurts less •
- enable them to avoid the traps of diet and beauty culture as they grow up •

Suitable for parents of children of all ages and genders:  
it's never too early or too late to boost your child's resilience and wellbeing

for more info email:  
[Claudine@SeascapeBlue.co.uk](mailto:Claudine@SeascapeBlue.co.uk)

More about Claudine:: [www.seascapeblue.Co.uk](http://www.seascapeblue.Co.uk)







# 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**

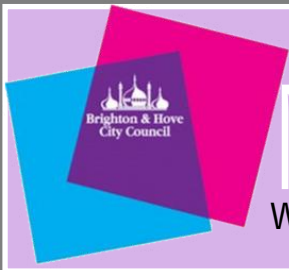
**JOIN US FOR LOTS OF FUN!**

- **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](mailto:hollandroadpta@hotmail.com) OR SCAN THE QR CODE**





# 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](mailto: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](mailto: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.brightonandhovewellbeing.org](http://www.brightonandhovewellbeing.org) for further information.

CAMHS: can offer intervention, assessments, and support for moderate to severe mental health difficulties. Please visit [www.sussexcamhs.nhs.uk](http://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](http://www.adulteducation.brighton-hove.gov.uk) or email [AEH@brighton-hove.gov.uk](mailto: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](http://www.adulteducation.brighton-hove.gov.uk) or email [AEH@brighton-hove.gov.uk](mailto: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.



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

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

[for more info and FAQs:](#)



# 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**







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## 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](mailto: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.

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**20% discount.**



**Sales**

**Jimmy Atkins**  
01273 22 11 02



**Lettings**

**Jenna Miles**  
01273 22 11 01