



The Colleton Primary School

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We are here to help

Over the past few months, the Coronavirus (COVID-19) crisis has brought a lot of challenges and some sudden changes for us all.

Parenting can be very rewarding. However, in these uncertain and challenging times you may be feeling stressed as you try to balance work, childcare, home learning and self-care while dealing with worries - both your children's and your own.

No one expects parents to act as teachers, or to provide the activities and feedback that a school or nursery would. Parents and carers should do their best to help children and support their learning, while dealing with other demands facing families at the moment.

As well as thinking about the children or people in your care, it is also important to take care of your own mental health and wellbeing. Children and young people react and copy what they see from the adults around them. When parents and carers deal with a situation calmly and confidently, children are more likely to be calmer and develop confidence. Parents and carers can be more supportive to others around them if they are organised and have routines in place.

You may feel worried or anxious about your finances, your health or those close to you. Perhaps you feel bored, frustrated or lonely. It's important to remember that it's OK to feel this way and that everyone reacts differently. Be kind to yourself.

We appreciate how difficult this time may be and if it is causing additional stress and anxiety we are here to help in any way we can. Things are changing all the time, and you may be finding it harder to remain positive. Please remember;

"There's no such thing as perfection. Just focus on trying your best"and remember we are here to help!

We have put some links to several organisations/services you may find useful or feel a friend or family member may find useful. If you would like to discuss anything, to ensure the relevant support and advice is obtained or if you would like family support, you can contact Jennie Felix directly via email: familysupport@colleton.wokingham.sch.uk

Organisation	Area of Support	Contact Details
<p>Wellbeing & Mental Health</p> <p>Taking care of your mind as well as your body is really important given the circumstances we all find ourselves in. Remember, for most of us, these feelings will pass. There are things you can do to help you keep on top of your mental wellbeing and cope with how you may feel, setting up a daily routine, exercising and eating well. Make sure you get further support if you feel you need it.</p>		
Mind	Wellbeing & Mental Health services	https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
Talking Therapies	A free NHS service for anyone aged 17+ within Berkshire who may be struggling with stress, sleep issues, low mood and anxiety.	https://berkshire.silvercloudhealth.com/signup/
Relate	Blogs, advice and tips for helping your relationships to stay healthy.	https://www.relate.org.uk/relationship-help/covid-19-advice-and-information
Every Mind Matters	Expert advice from the NHS and Public Health England to help you look after your mental health and wellbeing. Free and confidential national helpline service for families. Offers emotional support, information, advice and guidance on any aspect of parenting and family life. Open: Monday - Friday 9am - 9pm and Saturday and Sunday 10am - 3pm	https://www.nhs.uk/oneyou/every-mind-matters/
<p>Relationships & Personal Wellbeing</p>		
<p>It is normal to have ups and downs with any relationship and the fact we are spending increasing amount of time with partners etc. This may put additional pressure on those periods of 'ups and downs'. If you or you know of anyone who may is experiencing difficulties or feel that:</p> <ul style="list-style-type: none"> ❖ You change your behaviour because you're frightened of your partner's reaction? ❖ Your partner is becoming increasingly jealous and possessive over you or the environment? ❖ You're walking on egg shells? ❖ You're controlled, or isolated? <p>If you feel this relates to you or you are worried about someone else. Please speak up, it is extremely difficult to acknowledge personal issues, and unless you, or the person, are open about their experiences and feelings, acknowledgment and accessing support can be difficult and very</p>		

challenging. This is why experts suggest speaking to them to check-in and help discuss your experiences and feelings. It may be that things are 'not as bad as it can sometimes feel' or it can be that you are experiencing some kind of domestic abuse. Even during Lockdown, help, support and advice can be provided. Domestic abuse and fear of domestic abuse is categorised as 'expectable circumstances' to the governments restrictions and guidelines.

<https://www.nationaldahelpline.org.uk/>

<https://mensadviceline.org.uk/>

<https://www.womensaid.org.uk/information-support/>

<https://citizensadvicewokingham.org.uk/>

<https://karmanirvana.org.uk/>

<https://www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/>

<https://www.understandinguniversalcredit.gov.uk/already-claimed/domestic-abuse/>

Best for Parenting Tips

<p>Family Lives</p>	<p>Online parenting course in six interactive blocks filled with techniques and ideas to help you become a more confident and happier parent. The website also has a range of short videos with instant parenting tips on Family Lives' Parentchannel.tv. Family Lives forums are a safe space for families to share dilemmas, experiences and issues with others who understand the ups and downs of family life. Free and confidential national helpline service for families. Offers emotional support, information, advice and guidance on any aspect of parenting and family life.</p>	<p>https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/</p> <p>Family Lives helpline 0808 800 2222</p>
<p>Mind Ed for Families</p>	<p>Written by experts and parents together, this provides materials for parents and carers of children and teens struggling with mental health issues.</p>	<p>https://mindedforfamilies.org.uk/young-people/</p>
<p>Parenting Special Children</p>	<p>This is a local charity, based in Reading, that offers support to parents of children with special needs, looked after children, sleep problems and run courses for both parents and professionals.</p>	<p>https://www.parentingspecialchildren.co.uk</p>

Best for helping your child or young person with their mental health during the COVID-19 outbreak

Public Health England - Guidance on supporting children and young people's mental health and wellbeing	Advice for parents and carers on how to look after the mental health and wellbeing of children and young people of all ages during the pandemic.	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
Young Minds	Tips, advice and where to get support for your child's mental health during the COVID-19 crisis Free and confidential national helpline. Offers advice to parents/carers worried about a child or young person under 25 years old. Advice on a child's behaviour, emotional wellbeing or mental health condition.	Young Minds parents' helpline 0808 802 5544 https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/
Anna Freud Centre	Separate videos for young people and for parents/carers provide targeted advice and guidance on dealing with the disruption caused by the coronavirus. Simple self-care resources also available.	https://www.annafreud.org/coronavirus-support/
Childline: Calm Zone	Information about the coronavirus and simple tips and advice to help children cope during the lockdown. Help children to overcome stress and anxiety.	https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/ https://www.childline.org.uk/toolbox/calm-zone/
Partnership for Children	Online resources include resilience building activities to help children to deal with change and uncertainty during the coronavirus pandemic	https://www.partnershipforchildren.org.uk/2020/03/Covid-19-Mental-Health-Support-Resources.html

Housing & Financial support

Housing - For many families the home environment, and issues around housing, was an issue faced on a daily basis. Like everything, the restrictions with COVID have increased concerns and our overall ability to cope emotionally. Common issues include: overcrowding, dampness, mould and general maintenance and repairs. Although there are restrictions on services due to COVID, support and advice is still available. If you feel that your issue is not being addressed, please contact Transform Housing. They can provide a one-off support service or 1:1 support with housing-related issues. Help with financial issues, budgeting, rent or mortgage payments, debts, applying for welfare benefits too.

Transform Housing	One-off support service or 1:1 support with housing-related issues. Help with financial issues, budgeting, rent or mortgage payments, debts, applying for welfare benefits too.	https://search3.openobjects.com/mediamanager/wokingham/info/files/anvil_court_drop_in_leaflet.pdf
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		https://www.transformhousing.org.uk/
FoodBank	<p>Like many businesses the Foodbank is closed for clients to collect. However, as an agent we are able to send an electronic application on your behalf which will entitle you to a pre-prepared food parcel which will be delivered to you</p> <p>Foodbank can also help with gas and electricity if a family is on a prepayment meter.</p>	<p>The criteria for this service is: The Foodbanks criteria to access this service is for those who are in financial hardship as explained below: "Our food parcels are for individuals and families in crisis who do not have the financial means to purchase their own food." If you think you fall into this category and would like us to apply on your behalf, please email us in full confidence on the following email and Jennie Felix will contact you: familysupport@colleton.wokingham.sch.uk or alternatively call: 01189 340530.</p>
Too Good To Go App	<p>If you are struggling to make ends meet, there is an app which can be downloaded onto your phone. Each day supermarkets and cafes will offer boxes of food at greatly reduced prices. This is food which is nearing the end of its shelf life but is too good to be thrown away. The boxes of food usually cost about £3 or £4.</p>	https://toogoodtogo.co.uk
Government Website	General financial advice & links	https://www.gov.uk/browse/disabilities/benefits https://www.gov.uk/benefits-calculators
Benefits Agency	<p>It's important to make sure that you get all the help that you're entitled to. These pages give you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.</p>	https://www.citizensadvice.org.uk/benefits/

The Money Advice Service	Working out what benefits or tax credits you're entitled to can be tricky, especially with recent welfare changes. Find out where to get free expert advice online, face-to-face or by calling an advice helpline	https://www.moneyadviceservice.org.uk/en/articles/where-to-get-help-and-advice-about-benefits
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