



Our Community Matters

We have been dealing with the Coronavirus pandemic for a long time now. It has been amazing to see how resilient our children and their families are, and how everyone is working together to make the best of a really challenging time.

Whether you have children attending school for some or all of the week, or you are supporting them with home learning, we appreciate that everyone is dealing with juggling so many things; home, work, family life, schooling.....the list is endless!

At Highwood, we are working as hard as we can to provide our pupils with stability, and with a varied curriculum to keep them learning through this strange time. The work in class is mirrored by the work being set for our learners at home, and we will be contacting every week to offer support, answer questions and just to say hi!

We also want to make sure we can help the whole family; stress and anxiety is currently at a really high level for most of us. Worries about our health, schooling, jobs, family and what the future holds



takes a lot of energy. It can be hard to feel as positive as we would like to, and children can pick up on these worries and feelings.

It is okay to worry, and it is okay for our children to worry. No one can achieve perfection and we are all always learning. It is okay to have good days, and not so good days. It is also important to reach out on the not so good days, and to know there is help out there.

In this document are details of local organisations and national charities which provide help and support for some of the issues we may all be facing. Hopefully these can provide a good starting point if you feel you might need a little more support.

And don't forget, we are here too! We may not be able to help with everything, but there will be a friendly, listening ear and we can hopefully signpost you on to further sources of support.

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(All the details provided are correct at time of publication. Please note that Highwood Primary does not endorse any organisations or services; the details provided are for information only and we would encourage families to decide which will be most helpful for them.

Many thanks to Hillside Primary School for information shared.)



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Parenting Tips and Support

Family Lives

What They Offer;

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.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

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 on 0808 800 2222. This offers emotional, support, information, advice and guidance on any aspect of parenting and family life.

Mind Ed for Families

What They Offer;

Written by experts and parents together, this provides materials for parents and carers of children and teens struggling with mental health issues.

<https://mindedforfamilies.org.uk/young-people/>

Parenting Special Children

What They Offer;

PSC is a local charity supporting parents of children with special needs. They run regular, online courses providing advice and support for the families of children with ASC and/ or ADHD, and a sleep support service too.

www.parentingspecialchildren.co.uk

Positive Parenting Project

What They Offer;

In 'normal' times, PPP offer one to one and tailored parenting support. They are currently offering some low cost and free webinars on parenting issues, to support during the Covid crisis.

www.anitaclear.co.uk/get-parenting-support/webinars/



Mental Health Matters

Please keep up to date with **Government guidance regarding exercise outside the home.**

Anxiety and stress can make it hard to keep on top of a healthy eating and exercise routine. When we are under pressure, it can be natural to reach for sugary treats and stay home under a duvet. But research shows that a healthy diet, fresh air and regular exercise can really help us with coping and general well-being. Try to eat healthily and at regular times, drink plenty of fluids, (water if possible), avoid too much sugar and caffeine, and try at least 30 minutes of exercise a day.

Mental Health and Emotional Support For Children

Public Health England

What They Offer:

Advice for families on how to look after the mental health and wellbeing of children and young people.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Young Minds

What They Offer:

Tips, advice and where to get support for your child's mental health during the COVID-19 crisis. Free and confidential national helpline, (0808 802 5544). Offers advice to parents/carers.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Anna Freud Centre

What They Offer:

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/>

Partnership for Children

What They Offer:

Online resources to help children during the coronavirus pandemic.

<https://www.partnershipforchildren.org.uk/2020/03/Covid-19-Mental-Health-Support-Resources.html>

CBeebies

What They Offer:

Support specific to primary age pupils, including help with anxiety and with support with managing stress.

www.bbc.co.uk/cbeebies/joinin/dualwa-anxiety-in-primary-school?collection=parenthood-tips-and-tricks

Support in Discussing 'Big Issues' Cosmic Kids/ Cosmic Kids Zen Den

What They Offer;

Short videos, with themed yoga sessions for children to follow. Zen Den videos discuss 'big issues', (why we feel sad, how to be a good friend, etc.), in a child friendly and accessible way.

AnDY Clinic

What They Offer;

Research based support from the University of Reading, looking at the effects that Covid can have on the mental health of children, as well as lots of advice and support information.

https://research.reading.ac.uk/andy/wp-content/uploads/sites/3/Unorganized/COVID19_advice-for-parents-and-carers_20.3_.pdf

Mental Health and Emotional Support for Adults

Mind

What They Offer;

Well being and mental health services, advice and support.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Talking Therapies

What They Offer;

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/>

ARC Counselling

What They Offer;

Low cost adult and young person's counselling offered face to face, online and over the telephone.

www.arcweb.org.uk



Every Mind Matters

What They Offer:

Expert advice from the NHS and Public Health England. Offers 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/>

Action for Happiness

What They Offer:

Online community with wellness and self-care information for all members of the family

<https://www.actionforhappiness.org/>



Bereavement

Sadly, bereavement is part of life for us all. Things may be even more difficult in the current pandemic. Support is available, for all the family.

Supporting Young Children With Bereavement

Daisy's Dream

What They Offer:

Support and help for children and their families when coping with bereavement and loss.

www.daisysdream.org.uk

Winston's Wish

What They Offer:

Support, training and resources for children managing bereavement and loss.

www.winstonswish.org

Supporting Adults With Bereavement

CRUSE

What They Offer:

A national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement whenever or however the death occurred.

www.cruse.org.uk/get-help/local-services/south/thames-valley-berkshire

01344 411919



Relationship Health and Domestic Safety

All relationships go through positive and negative times. With increased stress and anxiety, and a reduction in places we can go, people we can see and things we can do, it can be easy to become short tempered and less tolerant of one another.

However, it is important to get help if:

- ❖ You change your behaviour because you are frightened of your partner's reaction.
- ❖ Your partner is becoming increasingly jealous and possessive over you or the environment.
- ❖ You feel you are walking on eggshells.
- ❖ You are controlled, or isolated.

Speaking to someone can be hard, it can be scary, and it may even feel embarrassing. But it is important, for your own safety and the benefit of the whole family. Relationship experts suggest contacting someone from a specialist service, to check in, discuss your experience and check whether this is a normal relationship wobble, or that you are experiencing domestic abuse.

Domestic abuse and fear of domestic abuse is categorised as 'expectable circumstances' regarding leaving the home in the Government's lockdown guidance.

IF YOU FEAR FOR YOUR SAFETY, OR THE SAFETY OF OTHERS, CALL 999.

Relationship Support

Relate

What They Offer:

Support and counselling, (currently they offer remote sessions) with specifically trained relationship counsellors.

They have also launched a new service, relatehub, offering free 30 minute WebChats with our Relationships and Wellbeing Advisors as a direct response to the COVID-19 pandemic, which can be accessed through their website.

www.relate.org.uk

Domestic Abuse Support

Refuge

What They Offer:

Support for women and children affected by domestic abuse. They also offer support for those worried about others.

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



Respect

What They Offer:

Domestic abuse support for men, their friends and family.

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

National Helpline 0808 8010 327

Women's Aid

What They Offer:

Information and support for women and children affected by domestic abuse.

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

Karma Nirvana

What They Offer:

Support for those experiencing honour-based abuse and forced marriage.

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

National Helpline 0800 5999 247

Galop

What They Offer:

Support to the LGBT+ community with issues around domestic violence.

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

National Helplines 0300 999 5428 or 0800 9995428

These helplines have specific opening hours; they are generally open Monday - Friday 10am - 5pm, but please check the website.



Financial/ Benefit Support

CAB Wokingham:

What They Offer:

Practical advice on money, housing, and benefit issues.

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

Universal Credit Information relating specifically to situations of domestic violence

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



Money and Housing Worries

There is still support available for families who are experience issues, despite the Covid crisis. Spending more time at home can make things more difficult, and it may highlight issues with your home, or make it harder to keep the cupboards full!

Benefits Agency

What They Offer:

You can check that you are receiving all the support that you are entitled to, as well as checking for any benefits you can receive on behalf of, or because you are supporting, others.

<https://www.citizensadvice.org.uk/benefits/>

The Money Advice Service

What They Offer:

Support with working out what benefits and tax credits you may be entitled to.

<https://www.moneyadviceservice.org.uk/en/articles/where-to-get-help-and-advice-about-benefits>

Transform Housing

What They Offer:

Help with financial issues, budgeting, rent or mortgage payments, debts, applying for welfare benefits too.

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

Wokingham Food Bank

What They Offer:

Help with meal planning and providing food parcels for families needing support.

www.wokingham.foodbank.org.uk/get-help/

Olio App

What They Offer:



An app that shows you free food available near you. This is end of date goods from local supermarkets by 'Food Heroes' who are trying to cut waste and help those who may need it.

App is available from Play Store (free)

We would encourage any of our families who are coping with issues around food, clothing or the essentials of life to contact us and share your need. Though school may not be able to help directly, we may be able to make referrals on your behalf to organisations there to help. Our support comes without judgement - we want to help.