

Robert May's School Welfare Directory For Parents and Students

Here is a directory of school support/national support that may well be important in the coming weeks and months. Please keep it handy, we will update with any new information you may need on a regular basis

Concern	Relevant Contact or Link
I am concerned about my child.	<p>Please make sure your child keeps in contact with their form tutors at least weekly via email or Google classroom</p> <p>Contact your Head of Year or a member of the Leadership team. Please do not contact teachers directly.</p> <p>Year 7: Mr Tom Rhys: tom.rhys@rmays.com</p> <p>Year 8: Mr Tom Parsons: tom.parsons@rmays.com</p> <p>Year 9: Miss Nicola Evans: nicola.evans@rmays.com</p> <p>Year 10: Miss Sarah Theis: sarah.theis@rmays.com</p> <p>Year 11: Miss Ashley Ellison: ashley.ellison@rmays.com</p>
I am concerned that my child has special needs and is not coping well	Contact our SEND department via: info@rmays.com (please mark your email Attn SEND Department)
I have a safeguarding or child protection concern regarding a young person	<p>If you have concerns for the safety and wellbeing of any child during this Emergency School Closure period then you should contact:</p> <ul style="list-style-type: none"> - Your child's Head of Year and tutor via email, if your concern is serious but not urgent. They will be able to support in the majority of cases or will pass your concern on to the school's safeguarding team if necessary.

	<p>- If your concern is because you believe that a child is at immediate risk of harm then you should ring Hampshire Children's Services on 0300 555 1384 and, in an emergency, call police on 999. You can also use the Children's Services number to access help and support if your family is struggling.</p> <p>The <i>Hampshire Safeguarding Children's Partnership</i> has useful resources and contact numbers on their website which can be found here.</p> <p>The NSPCC also offer advice if you're worried about a child; even if you're unsure you can contact their helpline to speak to one of their counsellors. Call them on <u>0808 800 5000</u>, email help@nspcc.org.uk</p> <p>https://www.nspcc.org.uk/</p>
<p>I have a child or a family member who has special/additional needs and needs simple and clear reminders of what is happening and what to do. This is particularly useful for students with literacy difficulties or students with Autism.</p>	<p>https://www.mencap.org.uk/sites/default/files/2020-03/Info%20about%20covid19%2031st%20March.pdf</p> <p>National Autistic Society https://www.autism.org.uk/</p> <p>You can find information about coronavirus on the website – and look out for more ideas and suggestions for supporting someone with autism around routine change, anxiety and sensory issues such as hand washing over the coming weeks.</p> <p>You can also contact their Helpline for information and advice. Open Monday-Thursday 10.00am-4.00pm and Fridays 9.00am-.00pm. Phone: 0808 800 4104</p>
<p>I have concerns about the mental health of my child or someone in my family.</p>	<p>Here is a link to a very useful range of support numbers for a vast range of mental health concerns</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</p> <p>See below for further resources.</p>

Parents and carers: support for you and your family during lockdown.

At this time, you may feel that you could do with more support for yourself as a parent or carer. Or you may be concerned for the mental health and wellbeing of your child. At Robert May's School we have support structures in place through the pastoral teams but if you would like to explore the wide range of help that is currently available then we have put together a list of suggested organisations and links that you could contact for support.

Online Safety

With students spending a greater proportion of their time online and with an increased amount of time that could be spent on social media, it is vital that they are reminded to keep themselves safe and to not get involved in online behaviour that is bullying, discriminatory or criminal. A simple rule of thumb is to 'be kind online' and asking themselves, 'would my parents/carers/teachers approve of what I'm sending?'

The following websites contain valuable information and resources to help parents to safeguard children online:

<https://www.thinkuknow.co.uk/parents/>

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>

Young Minds

YoungMinds Parents Helpline

Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Our trained advisers are here to give you help and advice, whatever the question. Call for free on 0808 802 5544 from Monday-Friday, 9.30am - 4.00pm.

You can also use our email service at any time. <https://youngminds.org.uk/contact-us/>

Anxiety UK

Practical advice and information for anybody affected by anxiety, stress and/or anxiety-based depression – as well as for their parents, family and friends.

In response to Coronavirus, they are extending their Infoline hours to support as many people as possible. Now open Monday-Friday 9.30am-5.00pm, and Saturdays and Sundays from 10.00am-8.00pm.

Phone: 0344 477 5774

Email: support@anxietyuk.org.uk

Text: 07537 416 905

Bereavement

Cruse <https://www.cruse.org.uk/>

Resources to support people around bereavement as a result of Coronavirus, including grieving and isolation, talking about death and dying and other issues <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Also, Child Bereavement UK <https://www.childbereavementuk.org/> and Winston's Wish <https://www.winstonswish.org/>

Young people with disabilities

Contact <https://contact.org.uk/>

Information on benefits and tax credits that parents and carers could be entitled to if caring for children during the Coronavirus pandemic.

Advice on what the Emergency Coronavirus Bill means for disabled children and their families.

You can also call their helpline for information and advice.

Helpline open Monday-Friday 9.30am-5.00pm. Phone: 0808 808 3555

Domestic violence and abuse

Women's Aid <https://www.womensaid.org.uk/>

National charity supporting women and children experiencing, or at risk of, domestic violence. Practical advice and support during the coronavirus pandemic: www.womensaid.org.uk/covid-19-resource-hub

Live chat service open Monday to Friday 10.00am-2.00pm: <https://chat.womensaid.org.uk/>

Survivor's Forum open 24/7: <https://survivorsforum.womensaid.org.uk>

NSPCC <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

Information and advice for parents and carers around coronavirus, including keeping children safe from abuse

Helpline open Monday to Friday 8.00am-10.00pm, and 9.00am-6.00pm at weekends: 0808 800 5000

Eating disorders

Beat Eating Disorders <https://www.beateatingdisorders.org.uk/>

Information on Coronavirus, your child's treatment and changes to food routines: www.beateatingdisorders.org.uk/coronavirus

Helplines open 365 days a year from 12.00pm-8.00pm on weekdays, and from 4.00pm-8.00pm on weekends and bank holidays

Adultline (for over 18s, including carers and professionals): 0808 801 0677

Youthline (for under 18s): 0808 801 0711

1:1 online chat open on Mondays, Tuesdays, Wednesdays and Fridays from 12.00pm-8.00pm, and on Thursdays, Saturdays and Sundays from 4.00pm-8.00pm

Email for adults: help@beateatingdisorders.org.uk

Email for young people: fyp@beateatingdisorders.org.uk

Emotional support for young people

The Mix <https://www.themix.org.uk/>

You can find information on their website about coronavirus and ideas for things to do while staying home. Their emotional support services are open as normal – and if you're under 25 you can talk to them about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service. Helpline open daily 4.00pm-11.00pm: 0808 808 4994, Email service, Webchat open daily 4.00pm-11.00pm, Counselling service

Housing

Shelter https://england.shelter.org.uk/housing_advice/coronavirus

Advice on coronavirus and housing, including evictions, mortgages, rent, benefits and landlords.

Mental health and coronavirus

Mind <https://www.mind.org.uk/>

Coronavirus information hub. Includes advice on coping with work, looking after your wellbeing, rights to social care, loneliness etc.
Infoline open 9.00am-6.00pm Monday-Friday: 0300 123 3393

Rethink <https://www.rethink.org/>

Coronavirus information page including temporary changes to the Mental Health Act, advice for carers looking after those with severe mental health problems and information on self-care

CarersUK <https://www.carersuk.org/>

Guidance on what support is available to carers during the coronavirus pandemic, with lots of relevant links

Parenting support

Family Line <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Provides support with parenting and family issues via phone, text and email.
Open Monday-Friday, 9.00am-3.00pm and 6.00pm-9.00pm. Phone: 0808 802 6666. Text: 07537 404 282
Email: familyline@family-action.org.uk

Support for single-parent families.

Gingerbread <https://www.gingerbread.org.uk/>

Coronavirus information page providing advice on contact arrangements, employment issues, benefits and details of Gingerbread support groups
Helpline open Mon: 10.00am-6.00pm, Tues, Thurs & Fri: 10.00am-4.00pm, and Wed: 10.00am-1.00pm and 5.00pm-7.00pm. Phone: 0808 802 0925