



3/4/2020

Dear Parents/Carers

I hope this letter finds you well.

I have gathered lots of useful information which may be relevant to you and your family. I will be continuing to search for local support and shall update you with further information within the upcoming weeks.

Please keep in mind that if your circumstances change you may be eligible for Free School Meals.

If you require support/advice please do not hesitate to get in touch :

Contact Miss Scragg at safeguarding@stbedesinfants.co.uk

Best wishes

Miss J Scragg

Designated Safeguarding Lead

COUNCIL TAX SUPPORT & WELFARE ADVICE

Support information around paying council tax for members of the public who are struggling financially

<https://www3.halton.gov.uk/Pages/CouncilandBenefits/Housing-Benefits.aspx>

CORONAVIRUS AND YOUR MENTAL HEALTH AND WELLBEING

There are lots of things you can try to do to help with your mental health and wellbeing during this difficult and stressful time whether you are self-isolating or distancing yourself socially

There are lots of things you can try to do to help with your mental health and wellbeing during this difficult and stressful time whether you are self-isolating or distancing yourself socially. Please see below for supporting agencies.

Adults

Mind- things you can do to help your mental health

Local Help Site <https://www.local-help.site/halton>

Children and Young people

Young Minds- Looking after your mental health while self-isolating. Info for young people

Child Line- Info and advice for children on worries about the world including coronavirus

Anna Freud- supporting young people's mental health during periods of disruption

Older people

Age UK- info and advice regarding coronavirus

The Silver line- helpline providing info, advice and friendship to older people

Parents and Carers

Young Minds- talking to your child about coronavirus

Carers UK - help and advice about coronavirus

Anna Freud- supporting young people's mental health during periods of disruption

Financial help and Rights

<https://www.gov.uk>- coronavirus support for employees benefit claimants and businesses

Citizens Advice Consumer Helpline 0808 223 1133.

Welfare Rights The primary means to access the Welfare Rights Service is via the telephone on 0151 511 8930.

Housing Solutions please email housing.solutionsteam@halton.gov.uk

Buttle Uk <https://www.buttleuk.org/need-support/families/all>

Well Being Enterprise-Join us online via Zoom for this 8 week life skills course. Learn top tips to manage challenges and setbacks and how to improve your confidence and wellbeing levels.

Facilitated by a Wellbeing Officer from Wellbeing Enterprise www.wellbeingenterprises.org.uk

13/04.2020

Living Life to the Full (online) for ages 10 -16

Exclusive for ages 10 – 16

Time: 14:30 - 16:00

Duration: 8 weeks

15/04.2020

Living Life to the Full (online)

Time: 09:30 - 11:00

Adults

Duration: 8 weeks

15.04.2020

Living Life to the Full (online)

Time: 12:30 - 14:00

Adults

Duration: 8 weeks

Widnes Food Bank- Crossing Point, 49 Lugsdale Road, Widnes, Cheshire WA8 6DJ,

Food Bank Vouchers- can be obtained from the following services

Attendance & Behaviour Service (HBC)

Brennan Lodge (Creative Support)

British Red Cross (Care in the Home Service)

Change, Grow, Live

Changing Lives

Cheshire Police

Child in Need – Widnes

Children in Care + Care Leavers

Christians Against Poverty

Citizens Advice Halton

Clarion Housing Group

Community Bridge Building Team

Crisis

Early Intervention in Psychosis Team

HBC Social Services (IAT) Initial Assessment Team

Halton Family Nurse Partnership

Halton Housing Trust – Tenancy Support Team

Halton Housing Trust – Welfare Benefits Team

Halton People Into Jobs

Health Visitors Chapelfields Team

IDAT (Integrated Domestic Abuse Team)

Jobcentre Plus

Kingsway Health Visiting Team
Medaille Trust
Navigate
Nightstop Communities
Outreach Team (Mental Health)
Plus Dane Shap Ltd
Rapid Access Rehabilitation Services (RARS)
Recovery Team (Mental Health)
Riverside College
Royal British Legion
S.V.P (St Vincent de Paul)
Sure Start To Later Life
Think Wellbeing Halton
Umbrella Halton
Urgent Care Team (Widnes Walk-in Centre)
Warrington Road Children's Centre
Warrington Road Health Visiting Team
Wellbeing Appleton Village Surgery
Wellbeing Beaconsfield Surgery
Wellbeing Hough Green Health Park Surgery
West Bank Medical Centre
Widnes Children's Centre
Widnes Locality Help Team (Early Help Family Support)
Young Addaction Halton
Young Parent's Midwife

SCAMS RELATING TO CORONAVIRUS-

Halton's Trading Standards are issuing advice having been made aware of a number of scams relating to coronavirus. Scammers are already exploiting the coronavirus situation, cashing in on people's concerns and fears. There are current scams here and abroad:

Charities must be registered with the Charity Commission (<https://beta.charitycommission.gov.uk/>) – check they are legitimate before you donate

If you or somebody you know has been caught out by a scam or fraud please contact one of our specialist officers, Linda or Sue on 0151 511 8785 or 0151 511 8775, who are already working with people in Halton who have lost thousands of pounds to scams.

Online Safety-

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home?utm>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>