

Family Support for the Academy Community During School Holidays

Whilst St Mary's is closed during holiday time, there are a number of local and national groups and charities that families can turn to for support.



St Mary's Academy Website:

Click on the yellow Thrive Support button on the front page of our website for parenting tips and ideas for family activities at home.

www.smpsac.org

NHS Coronavirus Support



If you suspect you have coronavirus, do not visit your GP. Instead, call your GP or refer to the NHS Coronavirus support website for advice:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Mildenhall Food Bank:

The foodbank is still in operation in Mildenhall. Vouchers or referrals will be required to collect food. As a school, we are able to issue vouchers but please note there is an allowance of up to 5 referrals per person. After this, clients are required to have a minimum of six weeks without food, to reduce dependency from this service. If you are concerned about access to food, please contact the school office via email and we will be in contact.



Mental Health and Wellbeing Services:

Young Minds a mental health support site for both young people and their parents: <https://youngminds.org.uk/>

YOUNGmINDS

The Children and Young People's Emotional Wellbeing Hub provides a helpline and referral service for those concerned about the mental health of a child or young person aged 0-25.



If you or your child feel you are in urgent need of mental health support, please contact their helpline on 0345 600 2090. Please be aware that it may take longer for them to reach your call or referral.



Suffolk Mind offer resources and a place to talk about and taking care of mental health with healthy mind counseling:

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

Telephone: 0300 111 6000

Suffolk School Nursing teams are part of our Health and Children's Centre Service providing a range of services to help you and your family stay safe, happy and healthy:



<https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing/>



The Samaritans offer emotional support without judgement, incomplete confidence:

<https://www.samaritans.org/branches/bury-st-edmunds/>

Telephone: 116 123

Suffolk Safeguarding Partnership:

As a member of the public, if you have a concern about the wellbeing of a child or a young person, you will need to complete and submit a Multi-Agency Referral Form (MARF) using the new secure Suffolk Children and Young People's Portal:

<https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/marf#h1>

The Children and Young People's Portal is an easy to use, secure space where you can complete and send forms directly to the right children's services team.

National Online Safety:

If you have not already created a parent account National Online Safety, you can do so using the following link:

<http://nationalonlinesafety.com/enrol/st-mary-s-church-of-england-academy>



This is a fabulous website with a wealth of resources with advice on keeping your children safe online. This is particularly pertinent as we know that families will be online more than usual during the isolation period.

Young Carers:

If your child is registered as a young carer, the young carer's service continues to operate and advisers will be contactable via email

hello@suffolkfamilycarers.org telephone 01473 835477 or online chat via the Suffolk Family Carers website.



As a team they will be regularly posting activities and daily challenges via the Suffolk Family Carers website for young people to engage with <https://suffolkfamilycarers.org/young-carers/>

In addition, they plan to create bite size wellbeing workshop sessions that young people and families can follow and participate in. This information will be shared with families via Parentmail and their social media channels.

The Suffolk Parent Carer Network:

A network of parents and carers of children and young people with additional learning needs/disabilities: <https://spcn.org.uk/>



Domestic Violence Support:



The National Domestic Abuse Helpline is a freephone 24hour helpline which provides advice and support to people experiencing domestic abuse:

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

Telephone: 0808 2000 247

Anglia Care Trust - Domestic Abuse Outreach Service for Suffolk offer a 24/7 freephone number to call for support: 0800 9775690



Financial Advice and Other Support:



Suffolk Advice and Support Service help to access information or support relating to debt, benefits, housing or employment in response to the financial impact that Covid-19 has had, and continues to have, on people across Suffolk:

<https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service>

Telephone: 0800 068 3131





The Citizens Advice Service aim to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem: <http://www.suffolkwestcab.org.uk/>
Telephone 0300 330 1151

Bereavement:

Sadly, we know that some of our families may have to deal with bereavements during this very challenging time. The following websites have advice specifically about bereavement during the coronavirus pandemic.



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

Child Bereavement UK: <https://www.childbereavementuk.org/>

