

## Useful Websites/Contacts



**We are constantly updating information regarding support for families. This includes identifying additional help with access to food and supplies during this challenging time.**

**Ormiston SWB Academy** Safeguarding advice, guidance and concerns please email. If during weekdays 09:00–15:00 you will be responded to within one hour;

[Safeguarding@oswba.co.uk](mailto:Safeguarding@oswba.co.uk)

Support for Online and E Safety concerns;

<https://www.ceop.police.uk/Safety-Centre/>

**Thinkuknow** is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline;

[https://www.thinkuknow.co.uk/14\\_plus/help/CEOP/](https://www.thinkuknow.co.uk/14_plus/help/CEOP/)

## Support for mental well-being and advice/guidance

**Wolverhampton City Council Bulletin**

<https://content.govdelivery.com/accounts/UKWCC/bulletins/2934a06>

**Samaritans** can help if:

- You are having a difficult time
- You are struggling to cope
- You are worried about someone
- You have got to deal with something difficult

<https://www.samaritans.org/> or 116 123

**Childline** is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they can offer help for you online, on the phone, anytime;

<https://www.childline.org.uk/> or 0800 1111

**ONLINE** Counselling support;

<https://kooth.com/>

**Police;**

<https://www.police.uk/west-midlands/>

**Base 25 Counselling**, advice and guidance on all matters;

01902 572040

**Local numbers for Social Care support;**

Wolverhampton; 01902 555392 (Out of Hours: 01902 552999)

Dudley; 0300 555 0055

Sandwell; 0121 569 2266 (Out of Hours: 0121 569 2355)

**Food banks**

<https://www.wolverhampton.gov.uk/benefits/benefits-universal-credit-welfare-reform/food-banks-and-soup-kitchens>

**The Way**

Tuesday and Thursday 10:00-15:00

E-mail [youthworkeronline@thewayyouthzone.org](mailto:youthworkeronline@thewayyouthzone.org) for support and food parcels.

**Coats For Kids Wolverhampton**

E-mail [coatsforkidswovles@outlook.com](mailto:coatsforkidswovles@outlook.com) for support.

## Staying healthy whilst in self-isolation

We can recommend:

- Basic 10 minute exercise routines, designed to meet the daily requirements of exercise. There are six workouts, one for every day of the week, plus a rest day.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

## Facebook – Local support groups

Please find attached a link that will identify support groups in your local area that may be able to help. It can only be accessed through a Facebook account and requires your postcode.

<https://covidmutualaid.org/local-groups/>

## SEND Support Sites

<https://www.autistica.org.uk/what-is-autism/coronavirus>

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

<https://childmind.org/article/supporting-children-with-autism-during-the-coronavirus-outbreak/>

<http://www.autismtoolbox.co.uk/supporting-children-and-young-people-home-coronavirus>

## Elias Mattu Foundation



 **ELIAS MATTU**  
FOUNDATION

### *Christmas Food Parcel*

**HELP A FAMILY IN NEED THIS CHRISTMAS**

**Donation required:**

Tinned Vegetables / Tinned Tuna / Tinned Meatballs / Biscuits / Tea / Coffee / Sugar / Pasta / Pasta Sauce / Tomato Tins / Cereal / Oats / Tinned Rice Pudding / Rice / Milk (long life) / Minces Pies / Gravy / Selection Boxes / Soup Tins / Jam / Bake Beans / Bread

**Cash Donations:**

**Account Name: Elias Mattu Foundation**  
**Account Number: 03156230 / Sort Code: 20 08 64**

**For more information please contact:**  
Asha Mattu: 07904 310530 or Manj Sidhu: 07427 173171

**Please call before dropping donations off.**  
8 Owen Road, Pennfields, Wolverhampton, WV3 0HP Reg:1189429

   Elias Mattu Foundation

## Inclusion Support & Outreach parent/carer remote consultation service

## Useful Websites/Contacts



The Inclusion Support Service and Outreach Service are offering a remote consultation service to parents/carers to help them to support their child(ren) during the school closures as a result of the coronavirus pandemic.

Parents/carers who feel that they would benefit from consultation with a member of our team can access the service. The service is offered to all parents/carers of children living in Wolverhampton, attending Wolverhampton schools or in the care of Wolverhampton local authority.

Areas that parents/carers may wish to discuss or explore with us could include:

- Impacts of transition from school to home learning.
- How do I support my child's learning, social and emotional needs whilst they are at home?
- How do I promote positive behaviour?
- How do I support my child who is anxious or worried about the changes and implications of the coronavirus?
- How can I support children who may be missing friends and school staff?
- Impacts on family relationships.
- Supporting children or young people with uncertainty regarding endings e.g. children not returning to nursery, pupils in Year 6, Year 11 or Year 13.

Parents/carers will be contacted remotely by their preferred method of communication and offered an initial consultation of up to 30 minutes with a member of our Inclusion Support Service or Outreach Service. They will also be offered another review consultation at a later date as a way of monitoring progress. Parents/carers will be asked for permission to share information relating to the consultation(s) with schools and settings.

The consultation service can be accessed by completing an online request form on the Educational Psychology Service website (<http://www.educationalpsychologywolverhampton.co.uk/>); telephoning the Inclusion Support Service Administrators (Tel: 01902 550609 or 555934 or 555120); or professionals can complete an electronic request form on behalf of parents/carers. Please discuss with the allocated link Educational Psychologist for your school or setting.

### **Lead person to contact in the LA:**

Stephanie Herriotts-Smith

Senior Educational Psychologist

[Stephanie.herriotts-smith@wolverhampton.gov.uk](mailto:Stephanie.herriotts-smith@wolverhampton.gov.uk)

07773186872