



# ST MARY'S Catholic Primary School

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Dear Parents/Carers,

I hope you and your families are well. This pandemic continues to throw up unwelcome change and challenges to us all.

We will never know what each of our families are going through, but we do know our new 'normal' is tough. Some of us may have the odd 'down day' and others may be finding life extremely stressful (or know others who are). As the saying goes, 'We are all in the same storm, but in different boats.'

Our mental health is being tested and I would like to offer some resources that may ease the load.

I receive many links, flyers and workshop details that I think could be useful. Some will be directly related to special needs, but many others will be part of the 'well-being offer' that is being rolled out by the government ([The Wellbeing for Education Return programme](#), if you would like to know more) and cascaded through Hertfordshire County Council. It's worth noting too, that many workshops that would have had a charge or have been held in Stevenage or Letchworth are now free and online. They are definitely worth a look.

I will include the bulk of what I currently have with this letter and then continue to use Twitter to send out more information as and when I have it. In the not too distant future, we will also update our website with this information and other useful links. Stay tuned!

I hope it goes without saying that we are here to support you as well. If you need further guidance please contact: [supportmentor@st-marys-royston.herts.sch.uk](mailto:supportmentor@st-marys-royston.herts.sch.uk) and either myself or Mrs Gourd (our school mentor) will get back to you.

With all best wishes,

Karen Morgan (SENCo)

See below for links



## ADULT IN CRISIS

<https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/>

There is a Single Point of Access (SPA) helpline available to anyone in Hertfordshire. It is manned 24 hours a day.

Samaritans Tel: 116 123, 24 hours a day, every day

## CHILDREN IN CRISIS

The quickest way to get help at any time of the day or night is to call the freephone number: 0800 6444 101, or call NHS 111 and select option 2 for mental health services

Samaritans Tel: 116 123, 24 hours a day, every day

Childline Tel: 0800 1111 via 1-2-1 chat between 7.30am and 3.30am every day.

HOPELINEUK (papyrus): Tel: 0800 0684141 Text: 07786209697 Email: pat@papyrus-uk.org, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.

## OTHER WELLBEING RESOURCES

<https://www.nhs.uk/oneyou/every-mind-matters/> - PHE offering on mental health. Ideas and links to other services

[MindEd Hub](#) – site for parents supporting children. Lots of resources and courses. Topics cover anxiety, through to bullying and helping your child keep mentally healthy.

[Toolkits – Mental Health At Work](#) – a charity offering information and resources to support mental health within the workplace. Their toolkits are handy and cover lots of sectors from the law, to the rail industry to all public sector workplaces.

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

<https://www.annafreud.org/parents-and-carers/> - a mental health charity with the aim of transforming children's mental health

<https://www.parentsprotect.co.uk/if-a-child-tells-you-about-abuse.html>

<https://www.nhs.uk/live-well/alcohol-support/>

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19>

[Support for families during COVID-19 | Home-Start UK \(home-start.org.uk\)](#)

## PARENTING COURSES

<https://www.hertfordshire.gov.uk/services/Schools-and-education/Childcare-and-advice-for-parents/Parents-and-family-support/Parents-and-family-support.aspx> - Hertfordshire County Council's offer. Parenting courses.

<https://nessieined.com/> - NESSie is a project with the remit of offering advice, information and services to support the social and emotional health of our young people. It is staffed by trainers, area coordinators, arts therapists, CYP IAPT therapists, counsellors and a systemic family practitioner. The website has lots of great resources and great courses.

<https://www.supportinglinks.co.uk/> - a parenting training charity. They offer the Parenting Puzzle that some of you may have heard of (or completed) as well as family situations that may have arisen because of the pandemic e.g managing anger, helping your teen navigate anxiety etc.