



Dear families,

We are experiencing some difficult and challenging times at present and although we continue to work whilst the school is closed to the vast majority of pupils, we would like to ensure that all families have access to important information during our absence. This list will be added to during the school closure.

Please see below for useful information:

- <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>
- <https://111.nhs.uk/covid-19>
- **Cleobury Mortimer Foodbank** - https://www.cleobury.org.uk/blog/?page_id=2730
Every Friday from 10am until 12pm in the Market Hall, Tel: 01299 271154 (Council Office).
South Shropshire Citizen's Advice
0344 499 1100
<https://www.cabshropshire.org.uk/>
- **Early Help Shropshire** - <https://www.shropshire.gov.uk/early-help/parents-carers/information-and-resources/> **Early Help Hub**, Rock Spring, Sandford Road, Ludlow SY8 1SX, tel: 0345 678 9021
- **Parenting Team** – Advice on all matters parenting including managing difficult behaviour and suggestions for activities with children - 01743 250950 or email parenting.team@shropshire.gov.uk
- **Family Information Service** - provide free information, advice and support on all aspects of family life. Whether you're expecting a baby or have young children or teenagers, we can support you and any carer or other family member involved. Contact us at shropshireFIS@shropshire.gov.uk or on 01743 254400.
- **SMYP** – Contact Mark Greaves - mark.stmarys@live.co.uk

Mental Health and Wellbeing support:

- **Young Minds** - Advice and support on children and young people's mental health and wellbeing <https://youngminds.org.uk/>
- **Kooth** –Online counselling service for young people - <https://www.kooth.com/>
- **Childline** - <https://www.childline.org.uk/>
- **Grapevine** - details for a wide range of family services you might find helpful - <https://thefamilygrapevine.co.uk/shrewsbury-telford/see-a-copy/>



- Support for parents: Video link to the **Anna Freud** - guidance about how to maintain children's wellbeing at a time of uncertainty
<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>
 - **Autism West Midlands** will continue to offer advice appointments and support throughout the ongoing outbreak over the phone and via email. Parents and carers can contact the small team directly as follows;
Mon, Tue, Weds = **Wendy Cowton** **07900784186**
Weds, Thu, Fri = **Emma Hegenbarth** **07881109480**
Email = shropshire@autismwestmidlands.org.uk
- During this unpredictable and unsettling period they can offer guidance around;
- Supporting children who are anxious and upset about the virus
 - Coping with change and uncertainty
 - Suggestions to keep them active and engaged
 - With the schools closing, and people becoming more isolated they know that such support will be essential for families.