

Buckland Primary School

As we approach Christmas, we are aware that at the end of what has been a difficult year for most of us, that the Christmas holidays may add more stress and pressure to some families.

If you need any support/advice prior to the Christmas break then please contact either Marie our Home School Link worker or Emma our Welfare Officer who will do what they can to signpost you for support or answer any questions that you may have.

hslw@bucklandprimary.surrey.sch.uk
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Over the Christmas holidays, we are aware of the following organisations that remain open over the Christmas period and are able to offer support to families if required:

Foodbank

- St Saviours church, Sunbury have a food bank and also offer surplus food to anyone in need <https://www.stsaviourssunbury.org.uk/foodbank>

Mental Health and Wellbeing

- CYP Haven – Staines offers mental health support for children 10+ who are in crisis. www.cyphaven.net/home/staines/
- Children aged 10 years and older can access wellbeing support online at kooth.com
- Supporting your own wellbeing during this time is not always easy. You can access advice on how to ensure you are doing the best for your own wellbeing at www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
- Some information to help support children's anxieties can be found on the ELSA support website www.elsa-support.co.uk/coronavirus-story-for-children/ and www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/
- The Children and Family Health Surrey Advice Line can also provide you with support for parenting, health and wellbeing concerns by calling 01883 340 922, 8am-5pm Monday to Friday

Medical and other advice

- Clarendon Family Centre can also offer signposting support and advice for anyone with children under 11 – 07585 658690 or visit their website <https://clarendonfamilycentre.co.uk/>
- NHS111 have an online service available at www.111.nhs.uk