

Dear parents and carers,

I write to point you in the direction of some useful resources and agencies which may be of interest to or offer support to you over the long summer break.

Below I attach a detailed list of agencies you may wish to turn to for help and wish you to know we have many families who seek help and support. They often say it is a relief once we or other professionals know what is happening as we can really start to support you as a family and your child.

Kindest Regards

Sasha Paterson

Name of service	What does the service offer?	Contact details
<p><b>Bristol First response</b></p>	<p>If you have a concern about a child or young person living in South Bristol</p>	<p>Telephone 0117 903 6444</p>
<p><b>Mental Health 24/7 telephone response line</b></p>	<p>If you or your loved one feels unsafe, at risk or unable to cope without professional advice, the dedicated staff, will respond to your enquiries and arrange for trained mental health advisors and clinicians to help enable you to manage your difficulties.</p>	<p>Telephone 0300 3031320  App – Head space</p>
<p><b>Local Foodbank</b></p>	<p>If you need help with food, there are a number of local food banks that you can go to for support.  Square Food Foundation will continue to provide food to families during the summer holidays.</p>	<p>Counter Slip Foodbank—Wells Road 01275833377/07873169304  Victoria Park Baptist Foodbank - 079607752091  vpbc.foodbank@gmail.com</p>

<p><b>Nextlink</b></p>	<p>Nextlink provide support for women who have experienced domestic abuse and also offer mental health support services and independent support for victims of rape and sexual abuse.</p> <p>Sarah Johnson is an Independent Domestic Violence Advisor who can also help and can arrange to meet somewhere confidentially to help.</p>	<p>Next Link domestic abuse telephone help lines are <b>open 10am – 4pm Monday to Friday.</b></p> <p>0117 925 0680</p> <p>National Domestic Violence Helpline – Freephone 0808 2000 247</p> <p>Local support:</p> <p>Telephone – <a href="tel:07834126878">07834126878</a>  <a href="mailto:sarah.johnson@bristol.gov.uk">sarah.johnson@bristol.gov.uk</a></p> <p>App - Brightsky</p>
<p><b>School Health Nursing Team Service</b></p>	<p>If you need support for your child/young person around anxiety, healthy eating, anger/family concerns, continence, sleep, physical health, friendships/bullying or drugs, Alcohol &amp; Smoking then contact the school nurses.</p>	<p>Telephone</p> <p>0300124 5816</p> <p>Monday – Friday 9am - 4pm</p>
<p><b>National Online safety</b></p>	<p>Parents can access to support with parenting, mental health, well-being and other useful tips during self-isolation and government guidance</p>	<p><b>Website:</b>  <a href="https://nationalonlinesafety.com.guides">https://nationalonlinesafety.com.guides</a></p> <p>General enquires  <a href="mailto:hello@nationalonlinesafety.com">hello@nationalonlinesafety.com</a></p> <p><b>Telephone</b>  08003688061</p>
<p><b>NSPCC ChildLine</b></p>	<p>A service available to all children to use for support on managing anxiety, domestic abuse, helping abuse, depression, boosting your mood and eating habits.</p>	<p><b>Telephone</b>  0800 1111</p>

<b>Welfare rights and money advice service</b>	Support for parents on debt, benefits advice and appeals	<b>Confidential helpline</b> Benefits & general 01179851122 Debt 01179038358 Universal Credits 08003285644 Email : <a href="mailto:admin@southbristoladvice.org.uk">admin@southbristoladvice.org.uk</a>  <a href="http://www.southbristoladvice.org.uk">www.southbristoladvice.org.uk</a>
<b>Bristol Law centre</b>	Helping people access justice. Offer initial advice on most family law issues, including divorce & separation, domestic abuse, issues relating to children such as parental responsibility and arrangements, and some financial issues after separation.	<b>Telephone</b> 0117 924 8662  <b>Email</b> <a href="mailto:mail@bristollawcentre.org.uk">mail@bristollawcentre.org.uk</a>  <b>Website</b> <a href="http://www.bristollawcentre.org.uk">www.bristollawcentre.org.uk</a>
<b>CHAS Bristol</b>	For anyone facing housing problems or homelessness.	<b>Telephone</b> 0117 935 1260  <b>Email</b> <a href="mailto:advice@chasbristol.co.uk">advice@chasbristol.co.uk</a>
<b>Star Line</b>	If you are struggling with your child's behaviour.	<b>Telephone</b> 0330 3139162
<b>Shelter</b>	Shelter can help people with bad housing or homelessness.	<b>Telephone</b> 0344 5151430 Urgent help out of hours 0808 800 4444  <b>Email</b> <a href="http://www.england.shelter.org.uk">www.england.shelter.org.uk</a>
<b>Missing link – Women's Mental health services</b>	For those in need of mental health support, missing link has a women's Mental health floating support service in Bristol.	<b>Telephone</b> 0117 925 1811 <b>Email</b> <a href="mailto:Enquiries@missinglinkhousing.co.uk">Enquiries@missinglinkhousing.co.uk</a>

<b>Bristol Mind</b>	Could you benefit from understanding how to manage stress and anxiety during COVID -19? Or are you worried about something else? Bristol Mind's emotional support helpline is open 7 nights a week, 7pm -11pm	<b>Telephone</b> 0808 808 0330  <b>Website</b> <a href="https://bristolmind.org.uk">https://bristolmind.org.uk</a>
<b>Bristol Sanctuary</b>	The sanctuary is a safe space for you, for when you can't cope any more or are feeling desperate and alone.	<b>Telephone</b> 0117 9542952 / 07709 295 661 7 days a week 4pm til 10pm  <b>Email</b> <a href="mailto:Awp.bmhsanctuary@nhs.net">Awp.bmhsanctuary@nhs.net</a>
<b>See, Hear, Respond</b>	If you are worried about a child or young person experiencing harm and increased adversity or are looking for advice and help.	<b>Telephone</b> 0800 157 7015 Monday – Friday 9am -9pm Saturday & Sunday 10 am -6pm <b>Email</b> <a href="http://www.barnardos.org.uk/see-hear-repsond">www.barnardos.org.uk/see-hear-repsond</a>
<b>NSPCC</b>	Children's charity	0808 800 5000
<b>Cruse Bereavement</b>	The coronavirus outbreak is affecting the way we are able to grieve. You may be dealing with sudden loss or trauma, and may be cut off from your usual support network.	0800 808 1677 (Mon – Fri 9 -5)
<b>RESPECT Men's advice line</b>	RESPECT run a number of services to support male victims and young people who use violence and abuse in their close relationships, for services across the domestic abuse sector and more broadly.	0808 801 0327 (Mon – Fri 9- 5)
<b>Samaritans</b>	If you need someone to talk to, we listen. We won't judge or tell you what to do.	<b>Telephone</b> 116 123  <b>Email</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>