



## Northlands Primary School and Nursery

### Summer Support Services for Parents and Carers

As you are aware we have maintained regular contact with you during the closure period, to ensure we are able to continue to support you and your children, and as part of our safeguarding arrangements. With this in mind we would like to ensure you are able to access support during the summer break, please see below the services that are available to you during this time.

**We have also included some information on things to do with the children this summer!**



#### Family support services

##### Family support services

###### **Essex Welfare Service**

Tel: 0300 303 9988

Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

<https://www.essexwellbeingservice.co.uk/>

*Essex Wellbeing Service supports all Essex residents with easy access and referral to all the wellbeing services they need. It links all Essex resident including parents and families with the practical, emotional and social care support they need as they adapt to 'the new normal' of their lives as lockdown eases.*

###### **Essex Family Wellbeing Service:**

Health Visitors and School Nurses: Tel: 0300 247 0013

<https://www.essexfamilywellbeing.co.uk/>

###### **Basildon Community Resource Centre:**

Whilst the centre is currently closed, support and advice are being provided via phone, online, WhatsApp and Zoom.

Tel: Linda 07762189698

Debbie 07526000430

Web: [basildoncre.weebly.com](http://basildoncre.weebly.com)

Email: [mv.bcrc@virgin.net](mailto:mv.bcrc@virgin.net)

*Primarily work involves helping individuals and families seeking accommodation, benefit entitlement and guidance, form filling, signposting, free loan of books, loan of smart clothes, café and access to emergency food and toiletries when in crisis.*

<http://www.motivated-minds.co.uk/happy-hub.php>

###### **Family Lives:**

Tel: 0808 800 2222

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

*Supporting families providing professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.*

## Emergency Food Banks



Emergency Food

**Get in touch with your nearest food bank**

Your local food bank will be able to tell you which referral agencies they work with in your area and

Pitsea Leisure Centre,  
Northlands Pavement,  
Pitsea,  
Basildon,  
Essex,  
SS13 3DU

PHONE: [07424 660 862](tel:07424660862)

WEBSITE: <http://basildon.foodbank.org.uk/>

EMAIL: [info@basildon.foodbank.org.uk](mailto:info@basildon.foodbank.org.uk)



Happy Hub

Eastgate Shopping Centre

Basildon

Tel: 01268 520785

Website: [motivate-minds.co.uk/happy-hub](http://motivate-minds.co.uk/happy-hub)

Email: [admin@motivated-minds.co.uk](mailto:admin@motivated-minds.co.uk)

Salvation Army Basildon  
Fauners (off  
Cherrydown West)  
Basildon SS16 5AP  
Tel: 01268 524454  
Mobile: 07801180225



**Helping people desperately in need**

Emergency assistance includes supporting

People who are homeless

Families in need

Unemployed

People suffering illness

Those with benefit delays

## Support for Young Carers



[Contact@KoolCarers.co.uk](mailto:Contact@KoolCarers.co.uk)

**YOUTH  
SERVICE**

Inspire  
Enable  
Achieve

Phone: 03330 322800

Email: [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)



Special Needs  
And Parents

**SNAP Helpline: 01277 211300**

<https://www.snapcharity.org/>

Whether you are looking for specific information or just need someone to talk to, help and support can be found via the telephone and email helpline.

### Mental Health Support for Children

#### **Emotional Wellbeing and Mental Health Service (EWMHS):**

Tel: 0300 300 1600

Email: [ewmhs@nelft.nhs.uk](mailto:ewmhs@nelft.nhs.uk)

Website: [www.nelft.nhs.uk](http://www.nelft.nhs.uk)

For out of hours and weekend Crisis Support Service, please call the general NELFT switchboard on 0300 555 1201 to be put through to our Crisis Support Service.

*EWMHS Provide an Emotional Wellbeing Mental Health Service for children and young people across the whole of Essex.*

### Mental Health Support for Adults

#### **Adult Mental Health and Wellbeing Team:**

Tel: 03330 322958

(10:00 am - 4:00 pm Monday – Friday)

Email: [mentalhealth.wellbeingservice@essex.gov.uk](mailto:mentalhealth.wellbeingservice@essex.gov.uk)

#### **Mental Health Support for Adults:**

Basildon Mental Health Team

Tel: 01268 243500

Crisis Resolution Team: 01268 243514

#### **Qwell – Free online counselling Website:**

[www.qwell.io](http://www.qwell.io)

Open from: Monday – Friday, 12pm – 10pm

Saturday – Sunday, 6pm – 10pm

#### **Relate South Essex:**

Tel: 01702 342901

Email: [enquiries@relatese.plus.com](mailto:enquiries@relatese.plus.com)

Website: [www.relatesouthessex.co.uk](http://www.relatesouthessex.co.uk)

### Crisis Support

**111** - The NHS runs emergency mental health support through their 111 service, please dial and select option 2.

**The Samaritans** provide 24 hour confidential emotional support. It is also free to call them and their number will not appear on your telephone bill 116 123

**Sane Charity** provide crisis support between 4.30pm and 10.30pm 365 days a year on 0300 304 7000.

**C.A.L.M.** A helpline that offers confidential, anonymous and free support, information & signposting to men throughout the UK. Freephone: 0800 58 58 58. Visit [www.thecalmzone.net](http://www.thecalmzone.net)

**Kooth.** An online counselling and emotional wellbeing support service for children and young people. Free, safe and anonymous. [www.kooth.com](http://www.kooth.com)

If you are known to your local Community Mental Health Team please contact your care coordinator, or duty worker. For out of hours please call 111, option 2. Alternatively, if you do not receive support from local mental health services, contact your GP, if in crisis please call 111, option 2.

**South Essex Domestic Abuse Hub** Tel: 01268 206798 (Monday-Friday 9am-5pm)

**Changing Pathways** (Formerly Basildon Women's Aid) Tel: 01268 729707

## Emergency Services



### 999, 111, 101, 112? Emergency Numbers You Must Know

**999** – The main emergency number. This is the emergency number for police, ambulance, fire brigade, coastguard, cliff rescue, mountain rescue, cave rescue, etc.

**112** – Another emergency number.

**101** – The non-emergency number for the police.

**111** – The non-emergency medical number.



Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

#### Important update from Childline

Because of the coronavirus, we've had to make changes to how Childline works to keep our staff and volunteers safe.

This means that from **Friday 20<sup>th</sup> March**, you won't be able to speak to a Childline counsellor on the phone or online after midnight. You'll still be able to send a message from your locker and use other parts of the website.

Childline will be open again each morning at **9am** and you'll be able to call and use **1-2-1 chats** from then.

Our night service is open as normal, but please be aware that it might take longer than usual to get through to a counsellor.

Calling Childline on **0800 1111** is the fastest way to get through to us. In an emergency you should always call **999**.

### Worried about a child?

We understand that sometimes it's hard to know what to do or whether to report a concern or not. The NSPCC can help you spot signs of danger and give you advice to prevent abuse and protect children.

Whatever your worry, you can ask.

Call or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**0808 800 5000**

**Alternatively call The Children and Families Hub on 0345 6037627**

# Things to do this Summer!

## Essex Libraries



The Summer Reading Challenge, with Essex Libraries, is back with the Silly Squad's online challenge to keep young people reading throughout the summer holidays!

Register online via the Summer Reading Challenge website and begin your reading journey by setting your reading targets (like previous challenges we recommend 6 books over the holidays) and taking part in all the online activities to earn points and unlock badges.



The RSPB have lots of fun activities and challenges for the family to enjoy together

<https://www.rspb.org.uk/fun-and-learning/families/family-wild-challenge/activities/>



Over six weeks in June and July, Blue Peter will be celebrating a different Blue Peter badge a week and asking you to show them how you are getting on by sending in your photos and videos. They are calling it Blue Peter's 6 Badges of Summer. Green, Sport, Music, Blue, Fan Club and Silver – 6 Blue Peter Badges you can earn right now! Have a go at an activity then send in your photos and videos, which could be shown all over CBBC.

**You won't get a badge for uploading your stuff**, but you can use what you've made to apply for your badges.

So get thinking, doing, uploading and sending to join in with Blue Peter's 6 Badges of Summer.

Check out the website

<https://www.bbc.co.uk/cbbc/joinin/six-badges-of-summer>



## **The Duchess of Cambridge backs BBC's Tiny Happy People scheme to help children**

the BBC's Tiny Happy People initiative for children aged 0-4 aims to help parents develop their children's language skills with simple activities including free online videos and quizzes. It includes **a range of online activities** including parenting tips, films, articles and quizzes launched to help parents and carers develop the communication skills of their young children, right from the start of pregnancy.