12/02/2021

The Acorns School

Newsletter

Enjoy your half term break



<u>Need help at home but have</u> <u>no internet access?</u>

Lancashire

County Council

Domestic abuse can affect anyone, the recent government measures to tackle COVID-19 can cause anxiety for those who are experiencing or feel at risk of domestic abuse. Domestic abuse is unacceptable in any situation, no matter what stresses you are under. If you are worried about domestic abuse, there are several organisations out there who want to help below:

Refuge helpline: 0808 2000 247 Women's Aid Wigan: 01942 496094 Mankind Helpline 01823 334244 Drop in and Share: 01942 495230

YoungMinds provides an anonymous FREE text line and text YM to 85258 and there is also a FREE parental support line on 0808 8025544 Mon-Fri 9.30-4.00

Please check out Page 3 for all services available to you and your children. If you think we have missed off any services please get in touch with school and let us know so that we can add them to our list.



Free School Meals

If your child is entitled to free school meals. You will receive your voucher in the post or an Email by Friday 12th Februaury 2021



THE LEARNING BUS... Well... staff car

After half term, Mrs Murphy and Miss Walsh will be parking up outside or just inside Ormskirk Library and Skelmersdale Library

You will be able to collect stationary, paper and some art materials. Also your next pack of work—you need to bring your last



pack back to swap.

Times and dates to follow.



Lancashire are in lockdown and it is important you keep yourselves and your families safe by following local restrictions and staying up to date with Government announcements. You can find support and information on our school website about Covid19.

Are your children accessing their Virtual work lessons?

It is crucial to ensure your children are using their emails to access work being provided by teaching staff. All students have been given access to Microsoft TEAMS with work provid-

ed. Students can access this site through the log on information provided to them in their school email, but if they experience any difficulties then contact

S.heaton@westlancspcss.lancs.sch.uk

https://theacornsschool.co.uk/ Our website will give you information on all the work being set for pupils, support and advice services and updates from school. We will also communicate regularly via phone and email. Please ensure the school office is aware of any changes to phone numbers or email addresses.

There are free course on Arts and Crafts, English and Maths, IT, Family and Care, History or Science: https://www.wea.org.ukliveonlinelearning

No internet?

You can access BBC bitesize through your red button on your television or alternatively at https://www.bbc.co.uk/bitesize

Thinkuknow is a useful online education programme which aims to empower Children and Young People to be better able to spot things online, which may be harmful and how to tell someone about it. It provides help and advice. Further information is on our Acorns website.





Half Term Activities For You







Directory of Services for West Lancashire

We are aware that parents, carers and students may well be struggling at this time. Please find below a list of services that you can contact if you feel you need help. These are strange time we are living through and people are struggling with different things for different reasons. If you need any help don't hesitate to call the appropriate service.

A Alcoholics Anonymous (AA) a free self help group Tel 0800 9177650

B <u>Birchwood</u>—A place to live and grow 'Self-Isolation doesn't have to mean social isolation' project is a response to the Covid crisis and provides timely and vital support to vunerable individuals and families within our local community. Our aim is to reduce the negative impact on already fragile communities as much as possible and send out a message that you are not alone. Tel 01695 713248 or email birchwood@wlcrisiscentre.org.uk

C <u>Citizens Advice Lancashire West</u> Advice line 08082787880 Debt Team 01257 265432 (can also help with referals to c certain food banks)

<u>Children and Family wellbeing Service</u> Southway Neighbourhood Centre, Southway, Skelmersdale, WN8 6NL Tel 01695 651350

Childline if you are under 18 and need free, confidential advice and support call 0800 1111

D <u>Drugs</u> see Youth Zone

F Food Banks

Chorley Food Bank Alleycat Academy Chorley Food Bank - OUR Lancashire Tel 07432097219

Ormskirk Foodbank Cottage Lane Mission www.clmchurchormskirk.org.uk/community/ormskirk-food-bank/

Skelmersdale Foodbank The Ecumenical Centre, Northway Tel: 07989 052832

The Brick Project Foodbank Wigan 10 Arcade Street, Wigan Tel: 01942 236 953

www.thebrick.org.uk/project/foodbank-2/

LW Storehouse Foodbank living Water Church, Corley storehouse@lwchurch.uk Tel 07889 757045

LUV Preston Foodbank, The freedom Centre and St Christophers Lea Tel: 01772 298107

Penwortham Churches Together Food Bank, Penwortham Community Centre Friday 9.30 - 12noon

The Trussel Trust Foodbank - Ormskirk Get Help | Ormskirk Foodbank Tel: 07748951274

The Trussell Trust Foodbank - Skelmersdale Tel: 01695 725014 Get Help | Skelmersdale Foodbank

The Trussel Trust Foodbank - Atherton and Leigh Get Help | Atherton & Leigh Foodbank

The Trussel Trust foodbank- Southport The Old Bank, 253 Lord Street Southport Tel: 01704 533703

Lakeside Church, Fairway, Southport Tel 01704 544419 Southport Foodbank | Helping Local People in Crisis

The Trussel Trust Foodbank, - Fylde United Reform Church, George Road, Lytham St Annes http://fylde.foodbank.org.uk/ Tel: 01253 727455

H <u>Hide Out</u> is a website created by Women's Aid giving support to children and young people affected by domestic violence.

Housing - West Lancashire Borough Council Tel 01695 577177

Housing - West Lancashire Borough Council (westlancs.gov.uk)

K Kooth is a free, safe and anonymous site that offers confidential support to people in Lancashire aged 10—16. We are staffed by fully trained and qualified councillors who are available until 10pm each night 365 day per year. To access these services go to www.kooth.com. We are offering vrtual Kooth sessions to parents and carers who about the service and whether you feel its appropriate support for your young person. Contact omurphy@kooth.com or hhook@kooth.com to reserve a place on one of our sessions.

L Lancashire County Council Inclusion office Tel –01772 531597

Children and Family Wellbeing Services Tel-0800 511111

M <u>Making Space</u>-Supported living for people with mental health needs in West Lancashire.—www.makingspace.co.uk, email business.support@making space.co.uk Tel 01925 571680

Mankind Helpline 01823 334244

Men's Advice Line 0808 801 0327

Mind Matters www.mind.org.uk Ormskirk Tel 01695 312998 14, Aughton Street, Ormskirk

www.lscft.nhs.uk/Mindsmatter West Lancashire tel: 01695684177

Fylde and Wirral tel: 01254 955943

Preston tel: 01772 773437

N <u>Newbold Hope</u> Webinars for parents and carers of SEND children and young people who have extreme or violent behavioural challenges. NHS England has funded a series of webinars by Yvinne Newbold, for parents or carers of children with anxiety-led extreme or violent behavioural challenges. Designed to empower parents to gain the skills needed to be able to rescue a child from their own behaviour. Each webinar costs £2.50 –Free places available for f families in financial hardship. Please email webinars@ newboldhope.com for information To find out more please go to https://yvonnenewbold.com/webinars-workshops-courses-and-books/

National Domestic Violence Helpline (external link) 0808 2000 247—24 helpline

NSPCC NSPCC | The UK children's charity | NSPCC Helpline 0808 800 5000 Under 18 contact child line 0800 1111

R <u>Refuge</u> help with domestic violence of any kind. Tel: 0808 2000 247

S <u>Spectrum Gaming</u> is a free, friendly and accepting online community for autistic young people (aged 13 and over) who have a shared passion for gaming. Our main focus is for autistic gamers to make friends, play games together and have fun. The platform we use is Discord but we also have a Roadblox Community and a Minecraft Server. This video ex plains how our Discord server works: https://www.youtube.com/watch?v=g1qd5Eb_A4w&t Our website https:// spectrumgaming.net email us info@spectrumgaming.net Facebook https://www.facebook.com/Spectrum0Gaming/ or Twitter https://twitter.com/Spectrum0Gaming

Samaritans (external number) 0345 909 090 Emergency help tel: 116 123 (24 hour service)

W Women's Aid Wigan Tel: 01942 496094

<u>West Lance Together</u> - a helpline for West Lancashire Residents who need access to support networks during corona virus Tel 0800616667 M-F 9am to 5pm free number

Y <u>Youthzone</u> provides information and advice about drugs and alcohol for young people in Lancashire <u>Drink and drugs</u> -Lancashire <u>County Council</u>