

Headteacher Mrs A. Fowler

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### **Support for families over the Easter holidays**

Whilst we are sure that our Kingsway families will have a wonderful break, school holidays can be a difficult time for some, with emotional wellbeing and cost of living and concerns sometimes exacerbated by time away from usual routines. Therefore, please see below a list of services that may be helpful:

### **Wellbeing support**

Greater Manchester Mental Health NHS 24/7: Helpline 0800 953 0285

A free 24/7 mental health crisis helpline for all ages.

Shout 85258 (text SHOUT) – [giveusashout.org](https://giveusashout.org)

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

Kooth: [www.kooth.com](https://www.kooth.com)

An online wellbeing community aimed at young people that includes practical strategies and support.

### **Multi Agency Safeguarding Hubs**

If you are living in a Stockport postcode area seeking support for your child, call 0161 217 6028 and select option 2.

If you are living in a Manchester postcode area, call 0161 234 500.

### **Cost of living support**

Stockport cost of living advice line:

If you're struggling with the cost of living and need help navigating the support available, call 0161 474 2140.

### **Gatley food bank**

Bethany Church, Church Road, Gatley, SK8 4NQ

Open:

- Mondays and Wednesdays from 2pm to 3pm

- Saturdays from 9:30am to midday
- If you require help outside these hours, call 07954325014.

#### Other food banks

Stockport has two main food bank services: Stockport Foodbank, provided by the Trussell Trust, and Chelwood Foodbank Plus.

They each operate in multiple locations across Stockport. Both food bank services operate on a referral basis and offer a food parcel containing 3 days' supply of food for a household. To access a referral to either Stockport Foodbank or Chelwood Foodbank Plus, contact one of the registered referring partners:

Citizens Advice Stockport: 0808 278 7803

Stockport Council Community Welfare Helpline: 0161 474 2140

Stockport Support Hub: 0161 474 1042

Stockport Homes Debt advice: 0161 217 6016, Option 3

if you're a Stockport Homes customer, you can contact Stockport Homes Housing Support: 0161 474 3773

#### Asda café £1 meals for children

This scheme has been extended all year round and does not require a minimum purchase of an adult meal.