



Dear Parents/Carers,

As well as my half termly newsletter I will also be sending a half termly Safeguarding one with topics focussing on keeping children safe, supporting families and information which you will hopefully find useful as parents/carers.

Welfare Support

There are ways we can signpost you for further support, emotionally or practically if you need this. Please do not be worried about coming forward, all requests will be dealt with sensitively and the support is there to be accessed. Please contact Beverly Corbin, Wendy Jones or Grace Tucker via either the school office or email info@townhill-inf.net if you need any support.

What support is there if I am struggling financially?

We can support referrals for gas / electric top up vouchers via Scratch or the Household Support Fund. The Household Support Fund could also provide supermarket vouchers. We can also support with white goods for families through scratch.

We can refer you to a local food bank if you need this, the days, times, and locations of these are as follows –

Monday

Central Baptist Church, Devonshire Rd, SO15 2GY - 10am to 3pm

Kings Community Church Hedge End, SO30 4BZ – 10am to 1.30 pm

Tuesday

St Marys Church, St Monica Rd, SO19 8ES – 10am – 3pm

The Haven – Hound Basics Bank, Queens View, SO31 5EA – 10.30am to 2pm

Wednesday

The Old Chemist, Bitterne Park Triangle, SO18 1NP – 10am to 3pm

Thursday

Shirley Baptist Church, Church Street, SO15 5LG – 10am to 3pm

Kings Community Church Hedge End, SO30 4BZ – 10am to 1.30 pm

The Haven – Hound Basics Bank, Queens View, SO31 5EA – 10.30am to 2pm

The Hope Centre, Drayton Close Weston – 2pm to 4pm

Friday

Lordshill Church, Lordshill District Centre, SO146 8HY – 10am to 3pm

If you are struggling with bills or other financial matters, please contact the following who may be able to help you.

Welfare Rights – 02380 832339 – welfarerights.advice@southampton.gov.uk

Citizens Advice – 0300 3302166 / www.citizensadvice.org.uk

Alternatively, we can refer you to Family Support / Family Help for more personalised support around finances and housing matters.

What support is there if I am struggling to cope or have concerns about my mental health?

You can access support from your GP or the NHS via 111 but we understand this can be tricky in the current situation so below are other options available to you –

Solent Mind – You can text LIGHTHOUSE and your postcode to 07451 2760010 between 4.30 pm and 12 am

Solent Mind Helpline – 02380 179049 between 8am and 9am, then 5pm to 8pm Monday to Friday or 9am to 5pm on a Saturday / Sunday

Samaritans – Helpline 24 hours a day on 116123

Steps to Wellbeing - www.steps2wellbeing.co.uk to self-refer or to get more information.

For domestic abuse support – use the National Helpline – 0808 2000247

PIPPA Southampton – 02380 917917 / pippa@southampton.gov.uk

For support with alcohol or substance issues – CGL www.changegrowlive.org / 02380 717171 / southampton@cgl.org.uk.

Key Reminder: If you are worried about a child, please contact Southampton **CRS on 02380 833336** or one of the school Designated Safeguarding Leads via the school office.

Beverly Corbin- Headteacher