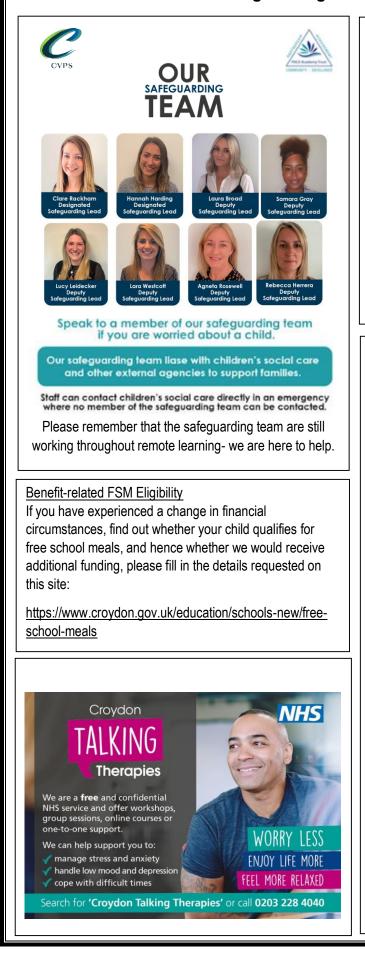


# Chipstead Valley Primary School Safeguarding Newsletter- Spring 2



#### Seeking Help

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. With the national lockdown in place for a while, things are different for everyone. If you're struggling, it's okay to reach out for support from friends and families. There are also plenty of organisations that are here to help.

If you need support, at Chipstead Valley, we are here for you and can often point you in the right direction of a service who can help you out.

Please do not hesitate to contact any of the safeguarding team if you need support or advice.

### Returning to School

Going back to school can be scary for children whatever their age, and it can also be an anxious time for parents. Many children have been at home since the Christmas holidays and adapting to this change in routine may not be easy. Remember...

• Children are adaptable! They had to adapt to being homeschooled, going back to school and then being homeschooled again! They will fit back in at school just like they did before.

• Your children may have questions- be ready to answer them but remember not to project your own anxieties onto your child. There are lots of resources available on our school website to help support with this within the Parent Information tab.

• It may take a bit of time to adjust for everyone. Remember children like routine and it will take time to get back into how things worked before.

• Make sure your children are getting enough sleep- they may have gone to bed later and woken up later during lockdown. Remember that on average, children should be getting up to 10 hours sleep a night.

• Make some time for yourself- being a parent is hard work and ensure you look after your own mental health and wellbeing too. "You can't pour from an empty cup".



## Bereavement Support

Croydon Cruse contact details



The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Telephone: 020 8916 0855 (24-hour answerphone). Email: croydon@cruse.org. Website: <u>www.crusecroydon.org.uk</u>

#### The Listening Ear

The Listening Ear is a local charity providing bereavement counselling to families in the Croydon area (and further afield for families bereaved by suicide). We offer support to adults, young people and children.

Telephone:0203 256 2009 Email: wbs@thelisteningear.org.uk



Lost your job due to the pandemic?

Due to the current crisis, some of our families may find themselves out of employment.

Please visit: https://www.croydon.gov.uk/training

This website provides lots of information about training opportunities, job vacancies and support with getting back into employment at this difficult time.

Please do not hesitate to contact a member of the safeguarding team if you have been impacted financially.



#### Purley Food Hub

Purley Food Hub have continued to support families in our local community throughout lockdown, providing weekly food deliveries.

If you are in need of this service, please contact Miss Harding in confidence.

#### UK MENTAL HEALTH SUPPORT NUMBERS

SAMARITANS MIND RETHINK PAPYRUS UK YOUNGMINDS CALM

#### Best Start: Healthy Start Vouchers

Healthy Start helps you give your family the very best start in life. If you are at least 10 weeks pregnant or have a child under four years old and you receive benefits or tax credits, you could qualify for Healthy Start vouchers to help buy some basic foods.

To see if you qualify, have a look at this website:

https://www.healthystart.nhs.uk/healthy-start-vouchers/do-igualify/



# ARE YOU SUFFERING DOMESTIC ABUSE? Staying at home

isn't safe for everyone

The Croydon FJC is there to support you

Call 020 8688 0100

Or call the 24hr National Domestic Abuse Hotline
0808 2000 247

**#YOUARENOTALONE** 



CROYDON Delivering