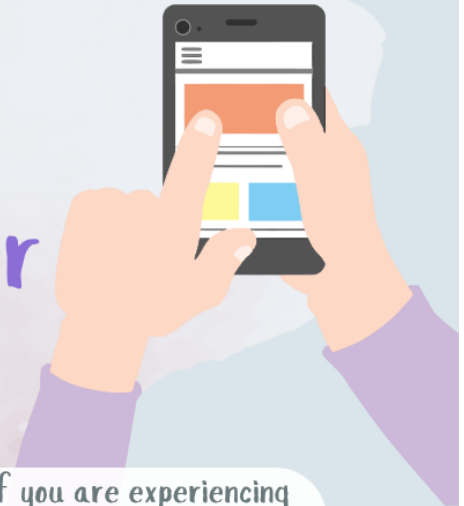


# Support for Parents/Carers over the school break:



Mental Health Support:  
Samaritans: 116 123  
[www.mind.org.uk](http://www.mind.org.uk)  
C.A.L.M (Campaign Against Living Miserably): 0800 58 58 58  
Support for men:  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)  
Support for BAME people:  
[www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

You can find your nearest health services (GP, pharmacy, sexual health clinic etc) using the 'Service Search' function on [www.nhs.uk](http://www.nhs.uk)  
If you need health advice, you can call NHS 111.

If you are experiencing domestic abuse, you can call Refuge's National Domestic Abuse Helpline: 0808 2000 247 . For LGBTQ+ people experiencing abuse, call GALOP on 0800 999 5428  
Black Country Women's Aid: 0121 5530090

Remember you can call the police on 999 in an emergency or 101 in a non-emergency situation. You can also use the online reporting service on the West Midlands Police Website.



If you need to speak to a children's social worker because you are worried that a child is not safe, or you need additional support, you can contact Sandwell MASH (Multi-Agency Safeguarding Hub) on 0121 569 3100.

Remember, Children's Services are not just there for emergency safeguarding. They also support many families who simply need some additional help. There is also Sandwell Parents of Disabled Children [www.sp-dc.org](http://www.sp-dc.org) who offer support to Sandwell families.

If you are struggling with debt or finances, contact:  
-CAP (Christians Against Poverty)  
-Citizen's Advice Bureau  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
-Look on  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) to find your nearest free, impartial debt advice service.

Go to the Trussell Trust website and search for your local food bank. You can self-refer or ask how to access a voucher. If you are struggling to heat your home, you can find your nearest 'Warm Space' by checking here: [www.warmwelcome.uk](http://www.warmwelcome.uk)

Remember that if you don't have internet access, your local library has free computers to use with free wifi. They even have librarians who are trained to help you. Find your nearest library here: [www.gov.uk/local-library-services](http://www.gov.uk/local-library-services).





# Support for Parents/ Carers over the school break:



Worried about your child spending too much time online over the Summer? Try downloading the National Online Safety app or visiting their website. They have lots of information and advice for parents/carers about social media, gaming and other online safety issues.

If you are going on holiday or will be near water (seas, lakes, rivers etc) at any point; it's important to stay water-safe. The Royal Lifesaving Society has a free advice booklet for parents:  
[www.rlss.org.uk/Pages/Catagory/water-safety-information](http://www.rlss.org.uk/Pages/Catagory/water-safety-information)

If you need support around drug/alcohol abuse, you can contact Cranstoun Sandwell on 0121 553 1333. Alternatively try reading the Talk2Frank website which gives clear information about the risks.



If you want to access support to help you reduce or stop your drinking of alcohol, you can contact Healthy Sandwell team who will be able to discuss local support: 0800 011 4656.

For support with housing issues, you can email your local Housing Team for non-urgent matters. You can find the email address for your local team here:  
[www.sandwell.gov.uk/info/200223/housing/2490/visit\\_us](http://www.sandwell.gov.uk/info/200223/housing/2490/visit_us)

The Housing Teams are available to support customers in person:  
Oldbury One Stop Shop 9am - 5.30pm (Mon-Thurs) 9am - 5pm (Fri)  
Tipton Office 10am - 2pm  
Wednesbury Town Hall 10am - 2pm  
Smethwick Council House 10am - 2pm



If you are affected by anti-social behaviour in your local neighbourhood, you can report this on the Sandwell website:  
[www.sandwell.gov.uk/asb](http://www.sandwell.gov.uk/asb)

Lots of restaurants, cafes and supermarkets run deals throughout the holidays where kids eat free or cheap if an adult buys a meal. You can find a list here:  
[www.moneysavingexpert.com/deals/food-and-drink/](http://www.moneysavingexpert.com/deals/food-and-drink/)

Remember, you are not alone. School will be back in September and you can contact the Pastoral team on 0121 569 7089 from our first day back on 4th September 2023.





ELLA  
SAVELL-BOSS

