



Moss Bank Road, Manchester, M27 9XB

Telephone: 0161 921 1098

Email: wardley.ceprimaryschool@salford.gov.uk

www.wardleyce.co.uk

22nd April 2020

Dear Parents/Carers,

Re: Coronavirus update – Support Schemes

As the lockdown continues we understand what a difficult time this can be. There are many different services within the Greater Manchester (GM) area that are looking to provide support to help families cope with this. We are sending this out in order to signpost these services to you in case you feel that they would be helpful.

Shout: confidential 24/7 text service launched across GM

New support being offered by SHOUT service - a confidential 24/7 text service operated by trained crisis volunteers who will chat using text responses. Advice is available for anyone struggling with a host of issues, including: anxiety, depression, suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues. The service is overseen by clinical supervisors.

The newly launched confidential SHOUT text service can be contacted 24 hours a day, 7 days a week, simply by texting GMSalford to 85258

For more information you can visit: <https://hub.gmhsc.org.uk/mental-health/shout-24-7-text-messaging-service-to-support-those-in-crisis/>

You can see more about the digital support as it becomes available via GM through the following link: <https://hub.gmhsc.org.uk/mental-health/digital-mental-health-resources/>

Dad Matters - Service Update

Dad Matters is a Home-Start Project, based in Greater Manchester.

Supporting dads to:

- have successful relationships with their families, and to support dads with anxiety, stress and mental health issues.
- get dads engaged with services that have traditionally been targeted at mums, and to train & support volunteer dads to work with us.
- make sure dads know how important they are, how to access support when they need it and why it's essential for baby's development.



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Our team is made up of specialist staff from Home-Start HOST and the Tameside Early Attachment Service (NHS) with links to midwifery, health visiting, mental health services and voluntary sector organisations across Greater Manchester.

For more information: <https://dadmatters.org.uk/about/>

SilverCloud Launched in GM

SilverCloud offers online programmes for adults (aged 16 years+) to help ease your levels of stress, sleep better or to build resilience. The programmes are designed to help you improve and maintain your wellbeing by addressing underlying issues that can have a negative impact on how you would like to live your life and includes:

- Space from COVID-19
- Space for stress
- Space for Mindfulness
- Space for resilience
- Space for sleep

To access the self-help support: <https://GM.silvercloudhealth.com/signup>

New Covid-19 Government Guidance for Unpaid Carers

The Dept. of Health & Social Care have recently provided information and guidance for people who are caring, unpaid, for friends or family during the coronavirus outbreak.

For more information: www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care

Kooth: free online counselling for children and young people launched in GM

The online counselling and emotional wellbeing platform will be available to any young person who may be struggling with their mental health – and particularly during the COVID-19 outbreak. Kooth is for young people aged 11-18 and offers a variety of resources, including:

- A live chat function that allows young people to contact a qualified counsellor
- Chat forums with other young people
- Crisis information
- Self help resources



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Scheduled and drop in counselling sessions are available 365 days a year and include slots at evenings and weekends.

To sign up to use Kooth: www.kooth.com

SalfordCVS

This organisation has launched a children's and young people on-line activities site from their groups that will be updated weekly. The link is: <https://www.salfordcvs.co.uk/salfordstories-activity-calendar-children-and-young-people-0>

There is also a link for helpline support:

<https://www.salfordcvs.co.uk/new-mental-health-helplines-and-website-resources>

We are also sending out an advice sheet about with guidance on what to do if your child is unwell during the current coronavirus situation.

Many thanks for your continued support.

Yours Sincerely,

Mark Foster,
Head teacher.

