



31<sup>st</sup> March 2020

Dear Parents and Carers

## **Coronavirus Useful Information**

### **Support and Information for Families in Halton during the COVID-19 Pandemic**

I hope this letter finds you and your families well.

I have gathered lots of useful information which may be relevant to you and your family. I will be continuing to search for local support and shall update you with further information within the upcoming weeks.

Please keep in mind that if your circumstances change you may be eligible for Free School Meals. You can apply on the Halton.gov.uk website, using the Parent Portal.

If you require support/advice please do not hesitate to get in touch using the school office email address – [admin.windmillhill@halton.gov.uk](mailto:admin.windmillhill@halton.gov.uk).

#### **FINANCIAL HELP AND RIGHTS**

<https://www.gov.uk>- coronavirus support for employees benefit claimants and businesses

**Citizens Advice Consumer Helpline** 0808 223 1133.

**Welfare Rights** The primary means to access the Welfare Rights Service is via the telephone on 0151 511 8930.

**Buttle Uk** <https://www.buttuk.org/need-support/families/all>

#### **Housing advice – Halton Housing**

<https://www.haltonhousing.org/help-support/coronavirus-rent-and-money-worries-help-and-support/>

**Housing Solutions** please email [housing.solutionsteam@halton.gov.uk](mailto:housing.solutionsteam@halton.gov.uk)

<https://www.haltonhousing.org/help-support/employed-and-ill-or-affected-by-coronavirus/>

The pages provide information on benefits during the lockdown period.

#### **Council Tax Support and Welfare Advice**

Support information around paying council tax for members of the public who are struggling financially. <https://www3.halton.gov.uk/Pages/CouncilandBenefits/Housing-Benefits.aspx>

#### **HALTON LOCAL OFFER**

<https://localoffer.haltonchildrenstrust.co.uk/schools/help-and-information-coronavirus-covid-19-outbreak/>

Provides information about support available to families in Halton.

## **CORONAVIRUS AND YOUR MENTAL HEALTH AND WELLBEING**

There are lots of things you can try to do to help with your mental health and wellbeing during this difficult and stressful time whether you are self-isolating or distancing yourself socially.

Please see below for supporting agencies.

### **Adults**

**Mind-** things you can do to help your mental health

**Local Help Site** <https://www.local-help.site/halton>

### **Children and Young people**

**Young Minds-** Looking after your mental health while self-isolating. Info for young people

**Child Line-** Info and advice for children on worries about the world including coronavirus

**Anna Freud-** supporting young people's mental health during periods of disruption

### **Older people**

**Age UK-** info and advice regarding coronavirus

**The Silver line-** helpline providing info, advice and friendship to older people

### **Parents and Carers**

**Young Minds-** talking to your child about coronavirus

**Carers UK** - help and advice about coronavirus

**Anna Freud-** supporting young people's mental health during periods of disruption

**Well Being Enterprise**-Join us online via Zoom for this 8 week life skills course. Learn top tips to manage challenges and setbacks and how to improve your confidence and wellbeing levels.

Facilitated by a Wellbeing Officer from Wellbeing Enterprise [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

13/04.2020

Living Life to the Full (online) for ages 10 -16

Exclusive for ages 10 – 16

Time: 14:30 - 16:00

Duration: 8 weeks

15/04.2020

Living Life to the Full (online)

Time: 09:30 - 11:00

Adults

Duration: 8 weeks

15.04.2020

Living Life to the Full (online)

Time: 12:30 - 14:00

Adults

Duration: 8 weeks

### **Emotional Wellbeing and Safety support**

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

<https://youngminds.org.uk/>

<https://www.supportline.org.uk/>

<https://www.childline.org.uk/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.cruse.org.uk/>

<https://www.gingerbread.org.uk/>

<https://www.nationaldahelpline.org.uk/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

<https://www.ceop.police.uk/safety-centre/>

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

<https://www.womensaid.org.uk/information-support/>

<https://www.mankind.org.uk/>

<https://mensadviceline.org.uk/>

### **FOOD BANKS**

<https://runcorndistrict.foodbank.org.uk/>

<https://widnes.foodbank.org.uk/>

St Berteline's Church, Norton Hill, Windmill Hill, Runcorn WA7 6QE

Brook Chapel, Boston Avenue, Runcorn WA7 2DE

Christ Church, Chester Close, Castlefields WA7 2HY

Hope Corner (Old Town), 139 Church Street, Runcorn WA7 1LA

**Food Bank Vouchers**- can be obtained from the following services-

- Current voucher holders:
- Riverside Housing Association
- Liverpool Housing Trust
- Plus Dane
- Halton Housing Trust
- Weaver Vale Housing Trust
- Halton Housing Solutions
- The Bridge Building Team
- Job Centre Plus
- Halton People Into Jobs
- Citizens Advice Bureau
- The British Red Cross
- Brookvale, Halton Brook, Halton Lodge, Windmill Hill Children's Centres
- Halton Family Voice
- Halton Disability Partnership
- Hope Corner Community Church
- St Edward's Church
- Runcorn Locality Team
- St Berteline's Church

- Main Street Community Church, Frodsham
- St Laurence Church, Frodsham
- All Saints, Daresbury
- Frodsham Children's Centre
- Mental Health Outreach Team
- Job Centre Plus, Runcorn Shopping City
- Children in Need, Frodsham and Helsby
- Children in Need, Runcorn and Widnes
- Citizens Advice Bureau – Cheshire West (Chester Office)
- Halton Borough Council Rapid Response Team
- Bridgwater Community Healthcare Trust
- GP Practices, Runcorn, Frodsham, Helsby
- Creative Support (YMCA)
- Early Intervention Officer
- Family Nurse Partnership, Halton
- Halton People into Jobs
- Home Instead Senior Care
- Riverside College
- Royal British Legion
- Runcorn Midwifery Service
- Runcorn Veteran's Association
- Crisis Skylight (Runcorn Team)
- Stroke Nurse
- SureStart to Later Life
- Oasis Communications

### **EXPLAINING CORONAVIRUS TO CHILDREN**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

There are additional useful resources for children here

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

A lot of information and support for children and parents. Also a parents helpline.

### **ONLINE SAFETY**

As everyone is staying at home as much as they can, we will all be using our devices a lot more. I urge everyone to take care, and to be vigilant if your child is on their device more than normal. Please ensure you have all parental controls in place to minimize any risk to your child.

I am attaching a link to some useful websites which can give you guidance on how to protect your child whilst they are online.

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home?utm>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.thinkuknow.co.uk/>

You will find these links and others on our school website [windmillhill.school](http://windmillhill.school) under Parents/Useful Web Links.

### **SCAMS RELATING TO CORONAVIRUS-**

Halton's Trading Standards are issuing advice having been made aware of a number of scams relating to coronavirus. Scammers are already exploiting the coronavirus situation, cashing in on people's concerns and fears. There are current scams here and abroad:

Charities must be registered with the Charity Commission

(<https://beta.charitycommission.gov.uk/>) – check they are legitimate before you donate

If you or somebody you know has been caught out by a scam or fraud please contact one of our specialist officers, Linda or Sue on 0151 511 8785 or 0151 511 8775, who are already working with people in Halton who have lost thousands of pounds to scams.

Please continue to take care of each other and 'Stay at Home'.

Thank you for your continued support.

Kind regards



**Miss P Newman**  
**Headteacher**