



## BRISTNALL HALL ACADEMY

Coping with lockdown can be tough. Whilst we can't always be there in person to support, there is a range of support available from Sandwell council and local charities. If you are concerned about anything, please contact the school directly to see if we can support. Alternatively, please use the links below for support and advice.

Support	Contact details
Foodbanks or emergency food supplies	Foodbanks operate all over Sandwell. For your nearest location, visit: <a href="http://www.blackcountryfoodbank.org.uk">www.blackcountryfoodbank.org.uk</a>
Money advice	COVID Winter Grant: <a href="https://www.sandwell.gov.uk/wintergrant">https://www.sandwell.gov.uk/wintergrant</a>  Worried about debt? Contact Sandwell Council on 0121 569 5333  Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments etc: <a href="https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help">https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help</a> <a href="https://www.sandwell.gov.uk/info/200347/resilient_resident">https://www.sandwell.gov.uk/info/200347/resilient_resident</a>
Health and wellbeing	Rethink Emotional Support: <a href="https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/">https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/</a> Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding. The service can be contacted on 0808 802 2208 at the following times: Monday- Friday 6.00pm – 3.00am Saturday- Sunday 2.00pm – 3.00am We are now offering Text/webchat support during our opening hours: Text 07860 065 168 Webchat <a href="http://www.rethink.org/blackcountryhelpline">www.rethink.org/blackcountryhelpline</a>  Kaleidoscope Plus Group: The Kaleidoscope Plus Group works to promote and support positive health and wellbeing <a href="https://www.kaleidoscopeplus.org.uk/self-help-tool.php">https://www.kaleidoscopeplus.org.uk/self-help-tool.php</a>



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	Chat to them via telephone, online through their website or directly through Facebook. Call 0800 059 0123 Monday-Sunday between 5pm & 9pm or Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm
Bereavement	Cruse Bereavement Care has online resources to support you and your family during this distressing time. This includes how this pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677 or visit their website - <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>
Domestic Abuse	Black Country Women's Aid: 0121 552 6448 (24/7 Helpline) 07384 466181 (Text or WhatsApp 9am – 9pm)
Special Educational Needs	Sandwell Local offer: <a href="https://fis.sandwell.gov.uk/kb5/sandwell/directory/localoffer.page">https://fis.sandwell.gov.uk/kb5/sandwell/directory/localoffer.page</a>  Sandwell Family Information Service hub: <a href="https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page">https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page</a>  Sandwell Parents for Disabled Children: <a href="https://www.sp-dc.org/">https://www.sp-dc.org/</a> or call 0121 565 2410  Autism West Midlands: <a href="https://www.autismwestmidlands.org.uk/">https://www.autismwestmidlands.org.uk/</a>
Local COVID-19 information	Sandwell Council updates: <a href="https://www.sandwell.gov.uk/localrestrictions">https://www.sandwell.gov.uk/localrestrictions</a>  COVID testing: <a href="https://www.sandwell.gov.uk/testsandwe">https://www.sandwell.gov.uk/testsandwe</a>



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<b>Support</b>	<b>Contact details</b>
Online Safety	NSPCC: <a href="https://www.net-aware.org.uk/online-safety-lockdown/">https://www.net-aware.org.uk/online-safety-lockdown/</a>  Think You Know: <a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a>  Google Internet Legends advice for parents: <a href="https://beinternetlegends.withgoogle.com/en_uk/parents/">https://beinternetlegends.withgoogle.com/en_uk/parents/</a>