



28<sup>th</sup> April 2020

Dear Parents and Carers

How are you? I hope that as the days go by you are able to find a way to come to terms with the impact of COVID 19. It is not easy and it is important that you look after yourselves and also that you have someone to turn to for help.

Your child's teacher/key class lead remain your key contact and Anne our Family Liaison Manager is also happy to help. Please contact her through [sybil.elgarschool@nas.org.uk](mailto:sybil.elgarschool@nas.org.uk) Lucy Deputy Principal, Thea our Lead Teacher Designate – LAC/SEND, Richard Manager 16-22 are always pleased to hear from you.

The government continue to give guidance to schools and families please see updates on our website.

Jon our Student Coordinator and member of our Senior Leaders Team has been working relentlessly to ensure that we can support families regarding FSM's; unfortunately as an Independent School we are not included in the current COVID 19 government voucher scheme however he has found a website which will enable us to secure vouchers to the value of £15 per week to those who are entitled to free school meals; the vouchers will be delivered to the school and Jon will post them out; do contact Jon via [sybil.elgarschool@nas.org.uk](mailto:sybil.elgarschool@nas.org.uk) if you wish to be part of the scheme.

I have included information below which you may find supportive:

### **Where to turn to for help**

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

## Mental health

ORGANISATION	CONTACT INFORMATION
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>YoungMinds</b> A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

## Domestic violence

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)  0800 1111 for children (ChildLine's 24-hour helpline)  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline)  Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

Do click on the Mental Health Foundation link and then 'How to look after your health during the coronavirus outbreak' – 'Mental health tips'.

Please do let me know if there is anything else I can do to help.

With my warmest and kindest wishes

I remain

Yours faithfully



Chloe Phillips  
**PRINCIPAL**