

31/03/2020

Good Afternoon

I hope this letter finds you well and you are coping as well as can be expected in this difficult time.

I have gathered lots of useful information that 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. This information can be found on [www.halton.gov.uk](http://www.halton.gov.uk) and search for free school meals or you can email [RutlandHouseSharedAdminTeam@halton.gov.uk](mailto:RutlandHouseSharedAdminTeam@halton.gov.uk) or call 0151 511 7188.

If you require support/advice please do not hesitate to get in touch

Kind Regards

Lyndsey Charnley

Family Support Worker

[Lyndsey.chnrley@st-marys.halton.sch.uk](mailto:Lyndsey.chnrley@st-marys.halton.sch.uk)

#### **COUNCIL TAX SUPPORT & 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>

#### **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 it is important that you not only look after your physical wellbeing but also your mental health.

Please see below some supporting agencies or suggestion that may benefit you.

#### **ADULTS**

**Mind-** Lots of support and resources to help support your mental health

[www.mind.org.uk](http://www.mind.org.uk)

**Local Help Site to help others or for others to help you if needed**

<https://www.local-help.site/halton>

Grief Chat – Support for grieving or bereaved by qualified counsellors. 01524 782910

[www.griefchat.co.uk](http://www.griefchat.co.uk)

#### **CHILDREN AND YOUNG PEOPLE**

**Young Minds-** Support on looking after your mental health during this difficult time

<https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>

**Child Line-** 0800 11 11 - Info and advice for children on worries about the world including coronavirus

[www.childline.org.uk](http://www.childline.org.uk)

**Charlie Waller Memorial Trust – For support for parents to help their children’s own mental health.**

[www.cwmt.org.uk/mental-health-coronavirus](http://www.cwmt.org.uk/mental-health-coronavirus)

### **OLDER PEOPLE**

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

[www.ageuk.org.uk](http://www.ageuk.org.uk)

**The Silver line**-Confidential telephone helpline providing info, advice and support to older people

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### **FINANCIAL HELP AND RIGHTS**

**Government support** - coronavirus support for employees benefit claimants and businesses

[www.gov.uk](http://www.gov.uk)

**-Citizens Advice Helpline** 03444 111 444

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Welfare Rights** 0151 511 8930.

[www3.halton.gov.uk](http://www3.halton.gov.uk)

**Buttle Uk**- Offer’s grant if criteria can be met for several reasons.

[www.buttleuk.org](http://www.buttleuk.org)

### **WELLBEING ENTERPRIZE**- 01928 589799

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. Mental health support facilitated by a Wellbeing Officer.

[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

## **FOOD BANK VOUCHERS**

These can be issued by myself if criteria is met. I can arrange for delivery of vouchers or collection of voucher from school. There are several distribution points for collection of food across Halton depending on where you live. Contact me on: [Lyndsey.charnley@st-marys.halton.sch.uk](mailto:Lyndsey.charnley@st-marys.halton.sch.uk)

**The vouchers can also be collected from:**

**Attendance & Behaviour Service (HBC)**  
**Changing Lives**  
**Cheshire Police**  
**Citizens Advice Halton**  
**HBC Social Services (IAT) Initial Assessment Team**  
**Halton Family Nurse Partnership**  
**Halton Housing Trust – Tenancy Support Team**  
**Halton Housing Trust – Welfare Benefits Team**  
**Halton People Into Jobs**  
**Jobcentre Plus**  
**Nightstop Communities**  
**Outreach Team (Mental Health)**  
**Plus Dane Shap Ltd**  
**Rapid Access Rehabilitation Services (RARS)**  
**Recovery Team (Mental Health)**  
**Royal British Legion**  
**Think Wellbeing Halton**  
**Umbrella Halton**  
**Young Addaction Halton**  
**Young Parent’s Midwife**  
**St Pauls Health Centre**  
**Castlefields Health Centre**

## **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](mailto:Linda) or [Sue](mailto:Sue) on [0151 511 8785](tel:01515118785) or [0151 511 8775](tel:01515118775), who are already working with people in Halton who have lost thousands of pounds to scams.

## **ONLINE SAFETY**

<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/>

