07 April 2020

Dear Parent / Carer,

I hope this letter finds you and your family well and managing to cope in this current uncertain climate. Here at Trinity Academy Sowerby Bridge, we are working hard to support our families from a distance, providing you with the most up-to-date information about services that are still available in Calderdale to support you and your family. With this in mind, please see listed below some sources of support for a number of issues you or someone you may know may find helpful:

School Nursing Team (Locala)

The school nursing service continues to be available for advice and support for staff, parents and young people. This can be accessed by calling 030 3330 9974 or by making a referral via the Locala website:

[https://www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.locala.org.uk%2Fyour-healthcare%2Fschool-nursing%2Fcalderdale-school-nurses%2F&data=02%7C01%7Csarah.ward%40locala.org.uk%7C638067d746cc45b7b27208d7d6f55f4b%7Ce77a174db00d44b2bac7e5388520f5ab%7C0%7C0%7C637214221663125313&sdata=ssPai90qWapH6s%2FQFDn0MkMgzqfQL6hfEvenW3nze2I%3D&reserved=0)

Locala continue to update their social media platforms: Facebook, Twitter and Instagram with useful information.

Support for those in need

This is a Calderdale Council service for people who need low-level support that can be provided by volunteers, e.g. shopping, collecting prescriptions etc.

There is a “request support” option on the webpage:

<https://www.calderdale.gov.uk/v2/coronavirus/community-support>

As well as the Strategic Volunteering Hub, the Council has now set up virtual locality hubs for five areas in Calderdale who will match requests for help with volunteers.    
   
**Opening times:** The Hub will operate Monday to Friday 9.00 to 17.00 and over the weekend 10.00 to 15.00.  
   
**Want to help?** Local people and organisations are showing their generosity and kindness in many ways.  There have already been over 500 individual offers of help.   
   
If you would like to volunteer please email: [Volunteeringcovid19@calderdale.gov.uk](mailto:Volunteeringcovid19@calderdale.gov.uk)   
Please be patient as due to high levels of demand it may take a while to respond.

Emotional Wellbeing

[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk) This website provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time.

[www.kooth.com](http://www.kooth.com) Kooth is a safe, confidential and anonymous online counselling support service for young people age 11–25 years. Kooth helps to reduce waiting times for young people seeking help and removes stigma around mental health. The team of accredited counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Young people have access online to qualified counsellors up to 10pm and are available 365 days a year to talk through their worries. Any child or young person aged 11-25 can go online and self-refer.

<http://www.barnardos.org.uk/lgbtq> Calderdale Barnardo’s offers one-to-one support for children and young people who identify as LGBTQ+. Barnardo’s works with LGBTQ young people across Calderdale by offering up to eight sessions to meet their emotional health and wellbeing needs.

<https://www.childline.org.uk/info-advice/> We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you. Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace! Support is offered in the form of calling, emailing or 1-1 counsellor chat.

Calderdale Young Carers - 01422 261207 Freephone 0800 3895785 Work with children and young people to try to minimise the impact that their caring role has on them.

Safeguarding

As always, the Trinity Academy Sowerby Bridge safeguarding and wellbeing team are on hand for advice, support and signposting:

Mr L Dyson:

[ldyson@sowerby.trinitymat.org](mailto:ldyson@sowerby.trinitymat.org)

07907 871 322

Miss G Bailey:

[gbailey@sowerby.trinitymat.org](mailto:gbailey@sowerby.trinitymat.org)

07716 519 451

Mr A Helliwell

[AHelliwell@sowerby.trinitymat.org](mailto:AHelliwell@sowerby.trinitymat.org)

07395 949 629

Mrs D Williams:

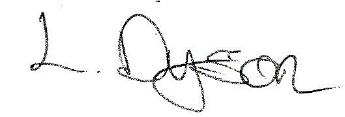
[DBeswick-Williams@sowerby.trinitymat.org](mailto:DBeswick-Williams@sowerby.trinitymat.org)

07395 910 116

MAST (Multi Agency Screening Team) 01422 393336 The Multi Agency Screening Team (MAST) operates borough-wide and is the first point of contact for all new referrals regarding children and young people. The MAST work closely with a wide range of professionals from other statutory agencies, voluntary and community sector, family members, members of the public and children and young people themselves. For enquiries out of office hours, please contact the Emergency Duty Team on 01422 288000.

**As always, if you or someone in your home is in immediate danger please dial 999**

Yours sincerely



Liam Dyson  
Associate Assistant Principal