



HOLY SOULS CATHOLIC PRIMARY SCHOOL

"a place where we pray together and everyone is important"

Mallard Close, Acocks Green, Birmingham, B27 6BN

Tel: 0121 272 1776
Email: enquiry@holysoul.bham.sch.uk
Website: www.holysoul.bham.sch.uk

Head Teacher: Mrs Rachel Girling



A St. Teresa of Calcutta
Multi Academy Company
School

Friday 10th July 2020

Dear Parents,

At Holy Souls we have a Pastoral team who work hard with our children to help them overcome any barriers to their learning and development in a supportive environment. We also work closely with parents to support them to ensure their children achieve their full potential which sometimes means that we help and support parents who may be facing their own difficulties.

We understand that everybody is impacted differently by the coronavirus, but we want to reassure you that it is ok to feel confused, anxious, upset or worried at this unsettling time. We would like to remind you all that we will be available to offer any support needed to our children and parents when we re-open fully in September. Please contact the school office to make an appointment to speak to:

Mrs Girling DSL/Head Teacher
Mrs Kielstra: Lead DSL/ Deputy Head
Miss Trodden: DSL/Assistant Head
Mr Henvey: SENDCo
Miss McTiernon: DSL/ Assistant SENDCo support
Mrs Brown: DSL/HLTA
Mrs Dipple: DSL
Mrs Finn: DSL/ Family Support Worker/ Attendance

In the meantime, please take a look at the following websites where you will be able to access support from various organisations if needed.

- KOOOTH: An online mental wellbeing community
Contact details: www.kooth.com
- Triple P: For parenting support
Contact details: www.triplep-parenting.net
- BARNARDO'S – Support for children, young people and families in need. Contact details: www.barnardos.org.uk Helpline telephone: 0121-550-5271.
- SHELTER - Housing advice and homelessness. Contact details: www.shelter.org.uk, Telephone helpline number 0300-330-1234
- MIND - Adult support for mental health, benefits and housing. Contact details: [Birmingham mind.org.uk](http://Birmingham.mind.org.uk), Telephone 0121-262-3555





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- Support for key worker
 - practical advice for staying at home
 - taking care of your mental health support for work, benefits, and housing
 - talking to children about coronavirus
 - how to talk to your anxious child or teen about Coronavirus and much more
- **WOMEN'S AID** - Provides front line domestic violence and abuse support to women and children in Birmingham and Solihull area. Contact details: <https://bswaid.org/>
Contact telephone number: 0800 800 0028 (Freephone helpline)/ 07891 492327 for anyone who would have accessed the drop-in centres.
Any women at risk of homelessness as a result of domestic violence and abuse in Birmingham can call the Housing Options HUB. Telephone number: 0800 169 9604
- **EDWARDS TRUST** - Support for Children and Families facing loss and surviving bereavement across the West Midlands.
Contact details: admin@edwardstrust.org.uk
Bereavement telephone: 0121-454-1705
- **CRUSE BEREAVEMENT CARE** - Support for Children and Families facing loss and surviving bereavement.
Open Monday to Friday 9am – 5pm
Contact Telephone number: 0808 808 1677
Email: www.cruse.org.uk
- **Birmingham Children's Trust** - <https://www.birminghamchildrenstrust.co.uk>
- **COMMUNITY EDUCATIONAL PSYCHOLOGY** - Offer family telephone support for those living in Solihull - 5 days a week
Contact telephone number: 0121 779 1734
Email: socialsolihull.org.uk
- How best to look after your own and/or your child mental and emotional wellbeing on a daily basis
 - How to talk with children about COVID - 19 and their worries relayed to it
 - How to support children to engage with learning at home
 - How best to maintain social connections whilst complying with social distancing
 - How to manage behaviour that can be challenging or difficult to manage
- Your local Children's Centre will also be able to offer you advice and may sign post you to other appropriate organisations. Our nearest one is Fox Hollies- 419 Fox Hollies Road, BIRMINGHAM, B27 7QA 0121 675 5474.

Further support specifically for children can also be accessed through:





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- CHILDLINE- 0800 1111
- SHOUT 24/7 - free text service for children- text to 85258
- CHILDMIND

[HTTPS://CHILDMIND.ORG/ARTICLE/HOW-MINDFULNESS-CAN-HELP-DURING-COVID-19/](https://childmind.org/article/how-mindfulness-can-help-during-covid-19/)

Provides simple mindfulness activities to do with children

- PAUSE - is a drop in mental health and emotional well-being service for under 25s it is currently offering telephone support from 10 am - 6 pm 7 days a week for children and their parents.

Contact no: 0207 841 4470

Email: askbeam@childrenssociety.org.uk

- OUR ROOTS CIC offers free telephone counselling (CBT or talk therapy)

info@ourrootscic.co.uk

Telephone: 0121 439 9045

- Spurgeons- support for young carers
Contact details: 0121 638 0876 or birminghamyc@spurgeons.org

In today's society, there are many parents who can feel overwhelmed when trying to juggle work commitments with family life. How often do you hear "I don't know where the time goes" or "I've so much to do but so little time to do it?" We should therefore embrace this time and share each moment to do the things that we all take for granted. Talk to our children more, listen to their long drawn out stories, let them make a mess in the kitchen, and most importantly, let them be children in their own homes with the people they love most.

For support, advice and information in a crisis please contact one of the following:

- Your GP or out of hours service
- Samaritans on 116 123 free 24hr support
- Police -Call 111 (open 24 hours a day, 365 days a year)
- SANELINE on 0845 767 8000 (open 4:30 pm – 10:30pm every day)
- CALM helpline 0800 58 58 58 open 5pm – Midnight 365 days a year

We look forward to welcoming you all back in September

In the meantime, take care and stay safe,

LJ Kielstra

Mrs Kielstra

Deputy Head Teacher

