



Family Link Newsletter December 2024

As we come towards the end of this very busy term I would like to share a few helpful links that might be useful over the Christmas Break:

Mental Health Support: There are many reasons why we may be having difficulties, and everyone's mental health goes up and down at times in their lives. However, support is here if needed. I am a Mental Health First Aider and a Psychological First Aider, and can advise or get help if needed. Please call, text or email me and I will gladly help.

Charles.b@welearn365.com

Mobile 07833 288959

There is also a wealth of information and support in our Mental Health and Wellbeing Policy- please have a look here:

https://www.atherstonenurseryschool.com/_files/ugd/222b42_f075b378e8044947a176b41323d8b311.pdf

Some useful contacts over the festive break:

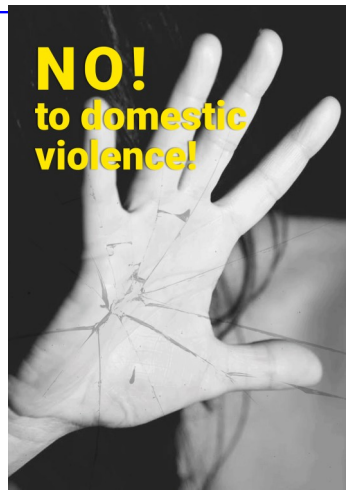
Text SHOUT- to text with a mental health practitioner text 85258.

Nuneaton Safe Haven: An evening service for when daytime help such as GP's are closed. <https://cwsafehaven.org.uk/>

Samaritans: Call 116 123.

Wellbeing for Warwickshire is here for you **24/7, 365** days a year for connection, advice, information and signposting.

If you're an adult living in Coventry or Warwickshire, struggling with your mental health and not sure where to go for support, you can call them on **0800 616171** and they'll help you with the next steps.



Domestic Abuse often gets worse over periods like Christmas, where alcohol is consumed more and financial strains grow, as well as bad weather meaning families stay in together more which can cause friction.

If you are a victim of Domestic Abuse there is help available:

Contact Refuge, Warwickshire's Domestic Abuse Service on **0808 2000 247** or their website is here: <https://refuge.org.uk/i-need-help-now/refuge-domestic-violence-service-warwickshire/>



Keeping Children Safe over Christmas:

The festive period can bring extra danger such as button batteries, choking hazards, extra cooking and dangers of hot ovens and pans to name a few. For top tips on keeping your children safe over Christmas visit:

<https://www.warwickshire.gov.uk/news/article/5803/keep-your-children-safe-at-home-over-the-christmas-break>



Financial help:

Money is tight for most of us over Christmas, and brings the extra expense of heating in the winter, drying clothes and food bills. For financial help visit the Warwickshire Welfare Scheme:

<https://www.warwickshire.gov.uk/localwelfarescheme>

Or call them on 0800 4081448 or 01926 359182



The Health Under 5 team have created a website for Winter Wellness for your under 5's. Loads of advice on winter illnesses, coughs, colds, sickness bugs etc. Have a look here:

<https://healthforunder5s.co.uk/>

Also there is a wealth of information on who to contact if you have concerns about your child's development, and how to do that on their Linktree web page. See here:

<https://linktr.ee/WarwickshireHealthVisitingInfo>

NSPCC
0808 800 5000
24Hrs

Mind
0300 123 3393
Mon-Fri 9-6

Macmillan
0808 808 0000
7Days 9-5

Cruse Bereavement
0800 808 1677
Mon-Fri 9-5

Action on Elder Abuse
0808 808 8141
Mon-Fri 9-5

Samaritans
116 123
24Hrs

National Domestic Abuse Helpline
0808 2000 247
24Hrs Free

Victim Support
0808168 9111
24Hrs

Childline
0800 1111
7Days 9-Midnight

Respect - Mes's Advice Line
0808 801 0327
Mon-Fri 9-5 (Mon/Wed 9-8)

National Centre for Domestic Violence
0800 970 2070