

FIVE ACRES HIGH SCHOOL CHRISTMAS COVID SUPPORT



2020 has been a challenging year for all of us. It has been a time when we have reached out to support others and asked for help ourselves. With Christmas fast approaching we recognise that it will be different for each and every one of us so we wanted to offer some extra support and guidance over the festive period, should you or your family members need it.

Mental Health Support

The following organisations can provide support for any concerns around mental health over the Christmas period.

Childline

www.childline.org.uk / Tel: 0800 1111

Childline is a mental health service that provides guidance, advice and support to any young person. You can access their service through a phone call or a live chat and speak to a trained counsellor. They will be open throughout the Christmas period including Christmas Day and New Year's Day.

Young Minds

www.youngminds.org.uk

This support service can offer advice and support on how to look after your own wellbeing as well as parental support for those who may need to talk to someone about their concerns.

The service is available 24 hours a day, seven days a week allowing young people to speak with trained volunteers who also have support from experienced counsellors.

Young Minds Crisis Messenger

If you need urgent help simply **text YM to 85258** to access this free service. Parents can call for free on 0808 802 5544 (9:30am-4pm, Mon-Fri)

Mind

www.mind.org

The mental health charity Mind offers some fantastic support and advice on how to manage your well-being and mental health over Christmas and New Year.

Kooth

www.kooth.com

The online mental health and well-being community offers access to self-help resources and peer-to-peer support. It has helpful articles, a magazine and also gives guidance through a daily journal. Kooth uses moderated forums where you can join a community and access support. Should you need to talk to someone or require additional support you can speak with a team member.

Samaritans

<https://www.samaritans.org/about-samaritans/>

Open 24 hours a day, 365 days a year, Samaritans provide confidential emotional support through its team of volunteers. Call 116 123 for free

Teens in Crisis

<https://www.ticplus.org.uk/>

Tel: 01594 372777 / Text: 0752063406

TIC+ is a professional counselling service where you can access counselling, anonymous 1-2-1 support, parental support and advice.

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Services in the Forest of Dean

FOREST OF DEAN COVID-19 SUPPORT SERVICES	
Compiled by Forest Voluntary Action Forum	
GENERAL SUPPORT SERVICES	
Forest of Dean District Council	01594 810000
Community Wellbeing Service	01594 812447
Gloucs Community Hub Helpline	01452 583519
Citizens' Advice Bureau	01452 527202
Gloucs Domestic Abuse Service	01452 726570
Age UK	01452 422660
Cruse Bereavement	01242 252518
Adult Social Care	01452 614194
Anxiety UK	03444 775774
MIND	0300 1233393
Healthwatch Gloucester	01452 504989
Gloucs Carers Hub	0300 111 9000
Samaritans	116 123
Macmillan	0808 808 0000
FOOD RELATED SUPPORT	
Forest Foodbanks	
• GL14	07553 611294
• GL15	07391 001217
• GL16	07387 502240
• GL17	07553 611291
Salvation Army	01594 839106
The Long Table	01594 715785
Sixteen Community Meals	01594 835954
Forest Mobile Meals	01594 827927
CHILDREN AND FAMILIES	
Chat Health (text only)	07507 333351
Teens in Crisis	01594 372777
Gloucs Self-Harm Group	0808 801 0606
Childline	0800 111
The Mix	0808 808 4994
Children & Family Services	01452 426565
Young Gloucestershire	01452 501008

December 2020 Kindness Calendar

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

ACTION FOR HAPPINESS **#DoGoodDecember** www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december **Keep Calm • Stay Wise • Be Kind**

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Online Safety

CEOP

<https://www.ceop.police.uk/safety-centre>

CEOP helps young people stay safe online. Please remember that if anybody acts inappropriately towards you, another child or young person online (such as sexual chat or being asked to do something that makes you feel uncomfortable) you can leave the website, tell a trusted adult immediately and *REPORT IT*.

National Online Safety

<https://nationalonlinesafety.com/>

This website offers guidance on all online issues from gaming to online bullying. You can sign up and create an account as a parent, which will allow you to access their resources.

Parent Support

Young Minds

www.youngminds.org.uk

Parents can call for free on 0808 802 5544 (9:30am-4pm, Mon-Fri)

Teens In Crisis

<https://www.ticplus.org.uk/>

Tel: 0800 652 5675

TIC+ offers free anonymous and confidential parental support from a professional counsellor. Call the number above or use the online chat service in the link provided on their website.

Hollie Gazzard Trust

<https://holliegazzard.org/gdass/>

This website link has useful information on Gloucestershire Domestic Abuse Support Services. The county-run service aims to help minimise the effects of domestic abuse and improve the safety of victims and their families.

Parent Support Workshops

At Five Acres High School we have been offered the fantastic services of Satveer Nijar who is a specialist speaker on the topic of self-harm awareness.

Are you a parent/carer of a young person who is self-harming? Are you struggling to understand why they are doing what they do, or, how to best support them? Do you want to broaden your understanding?

This online session will be delivered through Zoom and cover:

- improve your understanding of self-harm behaviours
- look at what leads someone to self-harm
- what functions the person gets from the behaviour?
- how best to broach suspected self-harm?
- what to say / not to say to someone who is self-harming
- alternative strategies to self-harm you can offer
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A 2-hour awareness-raising session that is usually delivered in schools and colleges across the UK.

Due to Covid-19, the session will be delivered online. *A full handout will be provided at the end of the session.*

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"As a parent, you hope you would never ever have to deal with anything like this, but information evenings like this, promoting awareness of issues that are ever more present amongst our young people today are so important. It was a really informative, interesting and, surprisingly enjoyable evening given the subject matter. Satveer was extremely engaging in her delivery and I am sure everyone walked away from the meeting having more of an understanding and appreciation of the issues involved, I certainly did." Parent attendee at a school session.

If you are interested in the this offer then please email oloveridge@5acreshighschool.co.uk

Covid-19 Government Tier Advice

Just a reminder that the Government introduced a national tier system on 2 December, which has undergone recent review with an announcement due shortly. Please see the link below which can offer up to date advice on the tier systems in place. Please can we encourage people to follow Government guidelines in order to keep each other safe.

<https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>

Please also see the Government advice on self-isolating if you or a member of your household is displaying symptoms of Covid-19

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>