

Support and guidance during school closure

Take care of yourselves and each other

Children, your safety is the most important thing so if you are worried or frightened about something then you can: speak to a trusted adult; contact a member of school staff on ClassDojo; call Childline free on 0800 1111.



Adults, the following organisations can provide help and support:

 <p>Contact school through ClassDojo, website or phone 0115 9190199</p>	 <p>Call the NSPCC helpline if you think a child is at risk.</p>	<p>Nottingham City Social Care (Children & families Direct): 0115 8764800 Nottinghamshire Social Care (MASH): 0300 500 80 90</p> <p>If a child is at immediate risk, dial 999</p>
<p>If your child has a mental health emergency, then the CAMHS crisis team can be contacted on 0115 9691300 or 111 for emergency doctors or 999 police. Also contact your GP and take the young person to A&E for an emergency assessment.</p>	<p>Arnold Food Bank: Daybrook Baptist Church, Mansfield Road, NG5 6AA Opening Times: Mon, Wed & Fri. 1:30-3:00pm 07854690694 http://arnold.foodbank.org.uk</p>	<p>If you feel that you're at risk in the home, Womens Aid can help. Email : helpline@womensaid.org.uk or check the website: www.womensaid.org.uk</p> <p>Nottingham Citizens Advice: Tel: 0300 330 5457</p>

Online safety

Your children's safety is a priority so please consider how to keep them safe online. There is some excellent guidance on the NSPCC website: www.nspcc.org.uk/keeping-children-safe/online-safety/ Please ensure you have set parental controls on all devices and keep an eye on your child's history.

Children, remember if you see anything that makes you feel uncomfortable or worried, please talk to an adult. This website has games to play and will help you learn about how to keep yourself safe: www.thinkuknow.co.uk

Our website has lots of information and links too about online safety: www.arnbrookprimary.net

Help with family finances

www.turn2us.org.uk This is a charity that helps people in financial need to access welfare benefits, charitable grants and other financial help.

www.glasspool.org.uk They give small grants to individuals in need.

www.eaton-fund.co.uk Provides grants to those in need of financial assistance.

www.fote.org.uk/our-charity-work/grants/ Grants for older people

www.actionforchildren.org.uk This has lots of support for parents and children and a benefits calculator.

www.citizensadvice.org.uk Has lots of useful websites and links.

www.natben.org.uk National benevolent fund - financial help

www.family-action.org.uk/what-we-do/grants/welfare-grants/

Help with Bills

<https://www.gov.uk/the-warm-home-discount-scheme>

www.eonenergyfund.com

www.edfenergy.com/for-home/help-centre/faq/can-i-get-grant-help-me-pay-my-energy

www.npowerenergyfund.com

www.britishgasenergytrust.org.uk

www.ovoenergy.com/help/debt-and-energy-assistanc

www.community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53

www.sse.co.uk/help/bills-and-paying/trouble-paying-your-bills