

Food advice

- Parents of Year 2 may not have registered before as their children are receiving a free meal through the universal infant free school meal offer. Find out if you're eligible here: <https://www.gov.uk/apply-free-school-meals>. If your work situation has changed due to Covid 19, see if you are now entitled to Free School Meals via this link: <https://www.essex.gov.uk/free-school-meals>.
- The [Covid Summer Food Fund](#) will ensure eligible children registered for free school meals by 10 July can continue to access support over the summer holidays.
- School will support eligible pupils with a £90 voucher to cover the 6-week holiday period. Any child currently in receipt of benefits-related free school meals or who becomes eligible during the summer term is eligible for the Covid Summer Food Fund.

Keeping safe at home

- <https://www.nationaldahelpline.org.uk/Contact-us>
The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247
Refuge: [Website: www.refuge.org.uk](http://www.refuge.org.uk)
- NSPCC:
Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)
0800 1111 for children (ChildLine's 24-hour helpline)
Website: www.nspcc.org.uk

Need some parenting reflection time?

- Why not try this FREE online parenting Course! Just click the link below to sign up
https://storefront.themindgym.com/store_

KEEPING WELL

Organisation	Contact Information
Shout Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	Call 0808 808 4994 for free (11am to 11pm daily) Access the online community Email The Mix
ChildLine Confidential telephone counselling service for any child with a problem	Call 0800 1111 any time for free Have an online chat with a counsellor (9am to midnight daily)

<p>Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: www.mentalhealth.org.uk</p>
<p>Mind A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk</p>
<p>Samaritans Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk</p>
<p>SANE Emotional support, information and guidance for people affected by mental illness, their families and carers</p>	<p>Website: www.sane.org.uk/support</p>
<p>YoungMinds A charity dedicated to children's mental health</p>	<p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk</p>
<p>Cruse Bereavement Care Support for grief and bereavement</p>	<p>Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk</p>

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If you are looking for support and can't find it, please email us and we will see what we can do to signpost you towards help office@limesfarmjuniorschool.co.uk.