

Weston Park Primary School

Newtown Road, Southampton SO19 9HX
T: 023 8044 8962
E: info@weston-park.org.uk
W: www.weston-park.org.uk



18 January 2021

Dear Parents / Carers,

In these challenging times we hope this letter finds you well. As a community we endeavour to support each other and ensure that we all remain as healthy as possible. COVID-19 has made it a lot harder to be with others in person, and winter can make it harder on us. That's a big issue for lots of people and the mental health consequences for some will be serious. So, it's a good idea to try and look after our physical and mental wellbeing- we have included a list of support tools and resources to help navigate these times.

Teachers have begun to contact children working remotely and will continue to do so throughout this lockdown to help support online learning and to speak with pupils. In addition to this our SENCO, Nicki Windle and KS2 Deputy Head Georgie Smith will be contacting those families with pupils who fall under the following categories: vulnerable, pupil premium, SEND and/or accessing any form of early help as part of a courtesy call.

Food banks – a referral is needed so please contact either Georgie Smith or Nicki Windle

- **Hedge End Food Centre Kings Community Church:**
Monday and Thursday 10am to 1.30 pm
- **Southampton City Mission**
Monday: Above Bar Street 10 am to 3 pm
Tuesday: St Marys Church Sholing 10 am to 3 pm
Wednesday: The Old Chemist Bitterne 10 am to 3 pm
Thursday: Swaythling Methodist Church 10 am to 3 pm
Friday: Lords Hill Church Lordshill 10 am to 3 pm
- **Weston Church (NEW provision)**
Thursday 11am to 2pm

Community help – self referral

- Act of Kindness Solent – lockdown support, shopping and other support – Facebook
- www.solinked.org.uk
- Testlands support project – food bags and other support
- Woolston Masonic Hall – market/mobile farm shop - Saturday and Tuesday
- Food and Mood Weston Library - Last Thursday of the month 3pm until 5pm

If you are struggling with your mental health, your relationships or your finances, there are many places where you can access professional support.

Mental health support for children and adults

- If struggling to cope you can text 'SHOUT' free of charge on all major mobile networks, confidentially and 24/7 to **85258** – find out more at <https://giveusashout.org/>
- www.minded.org.uk/ mentallyhealthyschools.org.uk
- www.Place2be.org.uk

H A M W I C  T R U S T

Registered address: Unit E, Mill Yard, Nursling Street, Southampton, SO16 0AJ.
A charitable company limited by guarantee registered in England and Wales (Company Number 10749662).

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- <https://youngminds.org.uk>
- <https://time-to-change.org.uk>
- <https://nspcc.org.uk>
- <https://mentalhealth.org.uk>
- <https://actionforchildren.org.uk>

Other numbers you can ring for help:

- Money Advice Service - 0800 138 7777
- National Debtline - 0808 808 4000
- The National Domestic Abuse helpline - 0808 2000 247

Furthermore, attached is a list of resources to support children who have additional educational needs whilst learning from home, and you are still able to contact Nicki our SENCO if you have any specific SEND queries.

Please do contact the school if you require support or your circumstance change via the school office on 02380 448962, or email help@weston-park.org.uk – we will help where we can.

Kind Regards,

Nicki Windle

Assistant Headteacher, Lead DSL & SENCO

Georgina Smith

KS2 Deputy Headteacher, DSL & Pupil Premium Lead

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