



Dear Parents and Carers

This is a challenging time for us all but we are committed to working together as a community to try and support our children and their families. Please let us know if you need support from the school. Many families are struggling with changes in circumstances and we are here to help in any way that we can. Please contact us using the school office by email or phone.

Please find details in this pack of organisations which may be helpful to you and your family during the coronavirus lockdown. We have collated these details of organisations we have relationships with and using information provided by the LA of services available to parents and families within Milton Keynes who may be struggling with the effects of Covid-19 or any other aspects of family life.

As always, if you have concerns about the safety and well-being of a child, please contact the Milton Keynes Multi-Agency Safeguarding Hub (MASH) on 01908 253169.

Kind regards

Wyvern and Bushfield

Food banks	
The Community Fridge	<p>A local organisation able to support with provision of fresh produce.</p> <p>http://www.mkcommunityfridge.org/</p> <p>Wolverton (The Old Bath House) Wednesday 18:00 – 19:00 Saturday 12:00 – 13:30</p>
Food Bank Extra	<p>For families in a vulnerable situation, you can contact the Rowan's Family Centre and request a food bank voucher Rowan's Family Centre 01908 565852 Monday to Friday between 10am and 4pm</p> <p>You will need to take proof of ID with you when you collect the food parcel and if you have something which can show proof of eligibility, we would encourage you to take this along with you as well.</p> <p>There are three collection points across Milton Keynes; these places are open Monday to Friday only and the voucher will last 5 days from the day it is issued. King's Community Centre, Wolverton – 1:00pm – 3:00pm (Mon-Fri)</p>
Free School Meals	<p>If you are eligible for free school meals Essence caterers are able to supply a hamper on a weekly basis. If you have any questions about FSM please do not hesitate to contact Bushfield or Wyvern School.</p>
St Marks Meals	<p>Bushfield and Wyvern Schools have a partnership with St Marks Meals. If you are struggling please contact the schools and we will arrange meal boxes for your family.</p>
Online Support Organisations	
Young Minds	<p>The Young Minds website has a parent helpline and lots of advice for supporting children during Covid-19 and for concerns around behaviour. https://youngminds.org.uk/find-help/for-parents/</p> <p>This charity also offers a free helpline for parents. Tel: 0808 802 5544 (Parent's helpline open Monday to Friday 9.30am – 4pm)</p>
Barnardos	<p>There is some support for children struggling emotionally with the effects of Covid-19. There is no minimum threshold and the aim is to support children quickly with an online hub and online https://www.barnardos.org.uk/see-hear-respond</p>
Family Lives	<p>The Family Lives website provides help and support for all aspects of family life. They are currently offering information, advice and resources on coping with family life during the Covid-19 outbreak. If you would prefer to talk to someone for support and advice, you can talk to a Family Support Worker on their confidential helpline.</p>

	<p>Website: https://www.familylives.org.uk Helpline: 0808 800 2222</p>
Support Services	
Childline	<p>Childline provides a confidential telephone counselling service for any child with a problem. ChildLine can offer advice and support about topics such as bullying, abuse and family life. ChildLine also offers an online chat option which means children and young people can speak to a counsellor if they prefer to not speak on the phone. Tel: 0800 1111 Website: https://www.childline.org.uk/</p>
MK Act	<p>MK Act is a charity in Milton Keynes which works with families to help them move on from fear and abuse. MK ACT Crisis Service Helpline – 0344 375 4307 / info@mk-act.org If you need to speak to someone out of these hours you can ring the National Domestic Violence Helpline on 0808 2000 247</p>
Karma Nirvana	<p>Karma Nirvana supports victims of abuse, honour-based abuse and forced marriage. Website: www.karmanirvana.org.uk Helpline: 0800 5999 247 Monday – Friday 9.00am – 5.00pm Email: support@karmanirvana.org.uk</p>
Respect – Men’s Advice Line	<p>Domestic abuse affects men too. Concerned family members, or friends as well as frontline workers supporting male victims are also welcome to contact the Advice Line for support and advice. Website: www.mensadvice.org.uk Helpline: 0808 8010327 Mon 9.00am – 8.00pm Tues 9.00am – 5.00pm Weds 9.00am – 8.00pm Thurs & Fri 9.00am – 5.00pm</p>
Service Six	<p>Service Six provide professional therapeutic support, and a wide range of activity services for disadvantaged children, young people, adults and families. Website: https://www.servicesix.co.uk/ Helpline (Phone or text) 07718 003 219 Monday to Friday 9.00am – 5.00pm Email: referrals@servicesix.co.uk</p>
Samaritans	<p>Website: https://www.samaritans.org/ Tel: 116 123 (free confidential line, open 24/7)</p>
Talk for change	<p>Website: https://talkforchange.org.uk/ Tel: 01908 725099 Email: support@talkforchange.org.uk</p>
Anxiety UK	<p>Website: https://www.anxietyuk.org.uk/ Tel: 03444 775774 (phone lines are open between 9:30am to 10pm Monday to Friday and 10am to 8pm Saturday and Sunday).</p>

<p>MK Bereavement Service</p>	<p>Website: www.bereavementservicemk.org.uk Tel: 07483 308 032 Email: mk.bs@virgin.net</p>
<p>Child Bereavement UK</p>	<p>Website: https://www.childbereavementuk.org/ Tel: 0800 02 888 40 (helpline is open Monday – Friday, 9am – 5pm)</p>
<p>E-safety</p>	
<p>Think U know</p>	<p>An education resource which supports children online. Website: https://www.thinkuknow.co.uk/</p>
<p>Internet Matters</p>	<p>Helping parents keep their children safe online Website: https://www.internetmatters.org</p>
<p>Reporting harmful content</p>	<p>For concerns of anything seen online https://reportharmfulcontent.com/</p>