

Dear Families,

As we approach Christmas, we are all hoping for a restful, peaceful and enjoyable festive break, but we are also mindful that Christmas can be a very difficult and challenging time of year for some families. Therefore, the Primitas Safeguarding Forum, along with safeguarding colleagues from Ridgeway Primary School and Holly Grove Primary School, have compiled a list of websites where you can access advice and support, if required, on a range of issues which may affect you this Christmastime.

### **Coping with Grief**

We know that many families have unfortunately suffered a bereavement this year. This may be the first Christmas without loved ones. Winston's Wish have created an advice blog '[Coping with grief at Christmas](#)'.

### **Mental Health/Wellbeing**

The CAMHS resources website is a fantastic source of information where you can find links to other websites, apps and recommended books for a number of mental health and wellbeing topics.

<https://www.camhs-resources.co.uk/>

CAMHS is the service young people are referred to for support with their mental health.

For advice and concerns over mental health we would advise you to contact your GP.

Anna Freud also has some useful pages for parents and carers.

[www.annafreud.org/parents-and-carers/](http://www.annafreud.org/parents-and-carers/)

### **Technology**

Technology is often given as a gift at Christmas. The national online safety website creates some useful guides for parents on topics such as snapchat, Netflix and cryptocurrency.

<https://nationalonlinesafety.com/guides>

### **Children with SEN**

Liberty provide new and exciting opportunities for young people and adults with learning and physical barriers in and around Staffordshire.

<https://www.libertyjamboree.co.uk/youth-clubs>

### **Foodbanks**

There are many local foodbanks that offer support at this time of year.

Burntwood be a friend – [//burntwoodbeafriend.org.uk/food-points/](http://burntwoodbeafriend.org.uk/food-points/)

Lichfield foodbank - [lichfield.foodbank.org.uk](http://lichfield.foodbank.org.uk)

Cannock and district foodbanks – [cannockdistrict.foodbank.org.uk](http://cannockdistrict.foodbank.org.uk)

Chase Terrace Academy are running a foodbank this year on Thursday 16<sup>th</sup> December between 3:30 – 5pm.

Bags of essentials will be available for collection in the main car park, no need to book, just drive in, open your window and drive away.

### **Scammers**

Now is a perfect time for fraudsters to target families, particularly delivery scammers. Look at this advice from Natwest:

<https://www.natwest.com/fraud-and-security/fraud-guide.html>

### **Chathealth**

Young people aged between 11-19 can text this number **07520 615 721** where they are able to receive advice and signposting on a wide array of subjects including bullying, health, drugs, self-esteem, relationships and sexual health.

The number for parents to text is **07520 615 722**.

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA>

We hope you find this information helpful and we genuinely wish you a happy, restful and safe Christmas.

Mr C Briggs  
Erasmus Darwin Academy

Mr M Wilkes  
Highfields Primary Academy

Miss L Gray  
Ridgeway Primary School

Mrs S Barnes  
Holly Grove Primary School

