



# Weston Park Primary Safeguarding Newsletter

January 2022

Issue 5



Weston Park Primary School  
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*Hello and welcome to our monthly safeguarding newsletter / update.  
If there is any aspect of safeguarding and staying safe you would like us to share please let one of the team know.*

## **Key Reminders:**

The weather is getting colder and damper. Please make sure your child has the appropriate clothing for the weather to enable them to play outside safely.

**We would like to wish you all a very happy and healthy 2022 and as always, we look forward to working with you are your children across the coming year.**

What with the ongoing Covid-19 situation, winter bills and the festive period this time of year can be hard in many ways and we are here to offer support where we can.

## **Welfare Support**

There are ways we can signpost you for further support, emotionally or practically if you need this. Please do not be worried about coming forward, all requests will be dealt with sensitively and the support is there to be accessed.

Please contact Nicki Windle via the school office number or the email details above if you need any support or catch her in person on the playground before or after school if needed.

## **What support is there if I am struggling financially?**

We are able to support referrals for gas / electric top up vouchers via **Scratch** or the **Household Support Fund**.

The Household Support Fund is available until early March

We are able to refer you to a local food bank if you need this, the days, times, and locations of these are as follows –

### **Monday**

Central Baptist Church, Devonshire Rd, SO15 2GY - 10am to 3pm

Kings Community Church Hedge End, SO30 4BZ – 10am to 1.30 pm

### **Tuesday**

St Marys Church, St Monica Rd, SO19 8ES – 10am – 3pm

The Haven – Hound Basics Bank, Queens View, SO31 5EA – 10.30am to 2pm

### **Wednesday**

The Old Chemist, Bitterne Park Triangle, SO18 1NP – 10am to 3pm

### **Thursday**

Shirley Baptist Church, Church Street, SO15 5LG – 10am to 3pm

Kings Community Church Hedge End, SO30 4BZ – 10am to 1.30 pm

The Haven – Hound Basics Bank, Queens View, SO31 5EA – 10.30am to 2pm

The Hope Centre, Drayton Close Weston – 2pm to 4pm

### **Friday**

Lordshill Church, Lordshill District Centre, SO146 8HY – 10am to 3pm



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The **Hope Centre** in Weston (Drayton Close) offers a range of community and welfare supports. They are contactable on 023 8067 6599.

If you are struggling with bills or other financial matters, please contact the following who may be able to help you.

**Welfare Rights** – 02380 832339 – [welfarerights.advice@southampton.gov.uk](mailto:welfarerights.advice@southampton.gov.uk)

**Citizens Advice** – 0300 3302166 / [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Alternatively, we can refer you to **Early Help** for more personalised support around finances and housing matters.

Also see the attached flyer regarding support available for a range of matters, including those linked to the impact of the ongoing Covid 19 situation.

## **What support is there if I am struggling to cope or have concerns about my mental health?**

You can access support from your GP or the NHS via 111 but we understand this can be tricky in the current situation so below are other options available to you –

### **Solent Mind –**

You can text **LIGHTHOUSE** and your postcode to 07451 2760010 between 4.30 pm and 12 am

Solent Mind Helpline – 02380 179049 between 8am and 9am, then 5pm to 8pm Monday to Friday or 9am to 5pm on a Saturday / Sunday

### **Samaritans –**

Helpline 24 hours a day on 116123

### **Steps to Wellbeing -**

[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk) to self refer or to get more information For domestic abuse support –

**National Helpline** – 0808 2000247

**PIPPA Southampton** – 02380 917917 / [pippa@southampton.gov.uk](mailto:pippa@southampton.gov.uk)

For support with alcohol or substance issues –

### **CGL**

[www.changegrowlive.org](http://www.changegrowlive.org) / 02380 717171 / [southampton@cgl.org.uk](mailto:southampton@cgl.org.uk).

