

Useful Information to Help During Covid-19

Support with Food Parcels, Paying Bills, Managing Debt and Claiming Benefits

Trafford Community Response Helpline – 0300 330 9073 Option 4 or use the web chat service at www.casort.org

If you are in need of a food bank parcel or help paying bills please contact the Customer Hub 0300 777 7777 or <https://www.traffordhousingtrust.co.uk/supporting-our-customers/food-banks/> or <https://www.traffordhousingtrust.co.uk/supporting-our-customers/help-with-money/>

The Trussell Trust offers help with emergency food parcels as well as food, debt advice and budgeting. 01722 580 180 or www.trusselltrust.org

Welfare Rights Service welfare.rights@trafford.gov.uk

Citizens Advice www.casort.org/info-advice

To Apply for Universal Credit www.gov.uk/apply-universal-credit

If You Are Worried About a Child

If the child is in immediate danger call **999**

Traffords Children's First Response if you are concerned about a child but they are not at immediate risk of harm call 0161 912 5125 Mon-Fri (8:30-4:30) Out of hours call 0161 912 2020

Keeping Children Safe Online www.ceop.police.uk/ceop-reporting

Mental Health Support for Adults, Children and Young People

If you, your child or someone you know is in crisis ring **999** or present yourself at A&E.

e-therapy Trafford, for adults experiencing anxiety and/or depression
www.selfhelpservices.org.uk/onlinegroups or www.selfhelpservices.org.uk/therapy

Trafford Psychological Therapies for Adults. Call 0161 357 1350 (Monday to Thursday, 8am to 8pm - Friday, 8am to 5pm) referral via GP or self-referral for those experiencing anxiety and or depression www.gmmh.nhs.uk/tpt

Frazzle Café, for adults feeling frazzled and overwhelmed <https://www.frazzledcafe.org/>

BlueSci Trafford for adults. enquiries@bluesci.org.uk

Kooth online support for young people/adults aged 13-25 www.kooth.com

Talkshop range of services for young people aged 11-19 and up to 25 if you have additional needs. 0161 912 2453 or www.talkshop@trafford.gov.uk

Healthy Young Minds-Child and Adolescent Services 0161 716 4747

Domestic Abuse

Trafford Domestic Abuse Service (TDAS) Inclusive of LGBT and male domestic abuse.

Call **0161 872 7368** or visit the website at www.tdas.org.uk/

Women's Aid

Call **0808 2000 247** or visit the website at www.womensaid.org.uk/

Refuge

Call **0808 2000 247** or visit the website at www.refuge.org.uk/

The Men's Advice Line

Call **0808 801 0327** or visit the website at <https://mensadvice.org.uk/>

National Domestic Abuse Helpline

Call **0808 2000 247** or visit the website at www.nationaldahelpline.org.uk

Other Useful Organisations

Advice about how to help with your child's sleep problems during Covid-19

<https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx>

Sleep Tight Trafford 1-1 online clinic offering advice and practical tips to help with your child's struggle to sleep. Call **0161 286 4201** or tffadmin@togethertrust.org.uk

Apply for Free School Meals <https://www.cloudforedu.org.uk/ofsm/sims-trafford>

You can still apply for Free School Meals even if your child already gets the government universal free school meal (for Reception, Year 1 and Year 2) as the FSM will carry on in to the juniors.

During the Covid – 19 crisis and whilst there are school closures , if you are entitled to FSMs you may get a meal voucher for each eligible child to buy food for lunches if they have to stay at home.

It also entitles your child to Pupil Premium which will mean a free breakfast club place, subsidised trips etc. Even if you don't think you are entitled, it is worth applying as you never know...

Child Bereavement UK supporting children and families with bereavement

www.childbereavementuk.org or **0800 02 88840**

Winston's Wish supporting children with bereavement. **08088 020 021** or winstonswish.org

Trafford West Health Visiting Team **0161 746 3810** or mftHVTTeamWest@nhs.net

Contact details for Yvonne Green, Acre Hall's Wellbeing Advisor.

yvonne.green@acrehall.trafford.sch.uk