

This is a difficult time for families, and you may be worried about not having access to the food you need.

If you are pregnant or have a child under the age of 4yrs, you may be entitled to vouchers:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/>

Also, please find below the **local** help:

Bethel Christian Centre Food Bank

170 Bennett's Castle Lane, Dagenham, RM8 3XP

020 8595 8211 open Mon 2pm to 4 pm
Thurs 10 am to 4 pm
Fri 10 to 1 pm

DO NOT JUST TURN UP – the listed agencies below can refer you to food banks and offer other advice;

Independent Living Agency – ask for Karen Hope 0208 593 6677

Homes and Money Hub – ask for Corrina Kemp 0208 207 3540
0797 037 0716
Or Daniel Smith 0796 851 1864

The Source

Tel: 0208 594 2404

Hope for Barking and Dagenham – ask for Emma 0753 516 6256

Carers of Barking and Dagenham

0208 503 4422

Valence Primary School

Outside Support



Information for Pupils and Families

More Mental Health Support...



Confidential support & advice if thinking of suicide
0800 068 4141



Support young people with self-harm
www.selfharm.co.uk



Offer support with bullying and other topics
www.ditchthelabel.org

Where can I get support with online bullying or other online issues?



Advice about staying safe online
www.thinkuknow.co.uk



Information and advice
www.childnet.com



Films, videos & games with tips
www.saferinternet.org.uk



www.internetmatters.org



www.anti-bullyingalliance.org.uk



0808 800 2222

Helpful Apps:



BBC Own It - Digital wellbeing app



Mindful Gnats - For mindfulness and relaxation techniques



SmilingMinds – Age 7 + - Meditation and mindfulness



Calm Harm – Help to manage the urge to self-harm



Clear Fear – Help to manage anxiety



MeeTwo – Talk about difficult things

These are uncertain times and in the event of a school closure, we still want to make sure our pupils and their families are safe and able to access any support they needed.

Below is information of organisations that can help when needed.

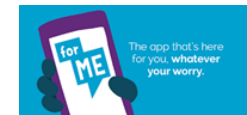
Who can I contact if I don't feel safe?



For Police, Ambulance or Fire services
999



Provides help for anyone under the age of 19
0800 1111



A free app by ChildLine designed by young people that offers to chat, advice & tips

Barking and Dagenham MASH Team (Social Services) 020 8227 3811

Where can I access support for my mental health?



Provides advice and info for young people, parents & carers
www.youngminds.org.uk



Samaritans – A safe place to talk.
Call 116 123



Advice and support on domestic abuse
0808 2000 247



Online counselling
www.kooth.com



Free helpline
0808 808 4994



Culturally sensitive support
0808 808 2008