



Dear Parents / Carers of Abbey Hill Academy

To support our families during this uncertain time we have put together an information pack detailing information and contacts that we feel might be of use to you:

- ✓ Useful Contacts / website
- ✓ Family & Community Hub details
- ✓ Safeguarding information
- ✓ Suggestions for isolation
- ✓ Foodbank details

Abbey Hill Academy contact details during any period of isolation or school closure:

Website: <https://abbeyhill.horizontrust.org.uk/>

Email: abbeyhill@horizontrust.org.uk

Parent Support: angela.nottingham@horizontrust.org.uk

Abbey Hill Academy: 01642 677113

Mobile: 07885462234 (contactable between 9-3.30)

If you email or ring me and I am unavailable and you require urgent advice then please refer to the contact sheet below.

Useful Contacts

| <u>Organisation</u> | <u>Telephone</u> | <u>Website</u> |
|---|--|--|
| Anti-Social Behaviour Team | 01642 607943 | |
| Citizens Advice Helpline | 0344 411 1444 | https://www.citizensadvice.org.uk/ |
| CAMHS (Inc. learning disability) Option 2 – Middlesbrough Option 3 – Redcar Option 4 – Hartlepool Option 5 – Stockton Option 6 – Crisis and liaison team Option 7 – Specialist eating disorders service (Teesside) | 0300 013 2000 | https://www.tevv.nhs.uk/ |
| DLA Helpline | 0800 1214600 | |
| Family Information Service Stockton Hartlepool Middlesbrough Redcar | | http://stocktoninformationdirectory.org/ https://hartlepool.fsd.org.uk/ https://fis.middlesbrough.gov.uk/ http://www.peoplesinfolnet.org.uk/ |
| Harbour Services Stockton Hartlepool Middlesbrough | 0300 020 2525 01429 270110 01642 861788 | https://www.myharbour.org.uk/ |
| My Sister's Place (Middlesbrough & Redcar area) | 01642 241864 | https://www.mysistersplace.org.uk/ |
| MIND | 0300 123 3393 Text 86463 | https://www.mind.org.uk/ |
| NHS Adults Psychological Therapies | 0800 2300688 | |
| Samaritans | 116 123 | https://www.samaritans.org/how-we-can-help/contact-samaritan/ |
| Stockton Advice & Welfare Network | 01642 633877 | http://www.stocktonadvice.org.uk/ |
| Thirteen Group (Housing) Customer Service Pay your rent Report a Repair Money Advice Team Out of Hours (8pm – 8am) | 0300 1111 000 0300 1111 000 0300 1111 000 0787 6137679 Text MONEY 0300 1111 000 | https://www.thirteengroup.co.uk/ |
| Local Authority Services | | |
| Hartlepool | 01429 266522 | https://www.hartlepool.gov.uk/ |
| Middlesbrough | 01642 245432 | https://www.middlesbrough.gov.uk/ |
| Stockton on Tees | 01642 393939 | https://www.stockton.gov.uk/ |

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|---|--|---|
| Redcar & Cleveland | See website for specific areas | https://redcarcleveland.co.uk/ |
| SEN Teams | | |
| Hartlepool Middlesbrough Stockton on Tees Redcar & Cleveland | 01429 284358 01642 201831 01642 527145/ 528739 01642 304503 /304561 | |
| For up to date news & health advice | | |
| BBC News | | https://www.bbc.co.uk/news |
| UK Government | | https://www.gov.uk/ |
| NHS | | https://www.nhs.uk/ |

Local Family Hubs

| Stockton Area | Telephone | Opening Times |
|--|--|---------------|
| Billingham Family Hub Ochil Terrace Billingham Stockton-on-Tees TS23 2QL | 01642 528913 / 527235 Health Visitors 03333202302 Midwives 01642 383441 / 383442 | 9am – 5pm |
| Redhill Family Hub (Stockton North) Redhill Road Roseworth Stockton-on-Tees, TS19 9BX | 01642 524314 | 9am – 5pm |
| Stockton Family Hub (Stockton Central) Yarm Road Stockton-on-Tees TS18 3PJ | 01642 524731 | 9am – 5pm |
| Thornaby Family Hub | 01642 528947 | 9am – 5pm |

| | | |
|---|---------------------|--|
| Tedder Avenue Thornaby Stockton-on-Tees TS17 9JP | | |
| Family Action (Outreach service) | 01423 557701 | |

| Middlesbrough Area Community Hub | Telephone | Opening Times |
|--|------------------|--------------------------|
| <u>Breckon Hill Community Centre</u> Breckon Hill Road, Middlesbrough TS4 2DS | 01642 248704 | Please check |
| <u>Community Hub at Acklam</u> Middlesbrough Borough Council, Acklam Library, Acklam Road, Middlesbrough TS5 7AB | 01642 817810 | Please check |
| <u>Community Hub at Berwick Hills</u> Ormesby Road, Middlesbrough, TS3 7RP | 01642 246947 | Please check |
| <u>Community Hub at Coulby Newham</u> Rainbow Leisure Centre Parkway Centre, Coulby Newham, Middlesbrough, TS8 0TJ | 01642 593696 | Please check |
| <u>Community Hub at Easterside</u> Easterside Hub, Broughton Avenue, Middlesbrough, TS4 3PZ | 01642 513150 | Please check |
| <u>Community Hub at Grove Hill</u> Grove Hill Community Hub Bishopton Road, Middlesbrough | 01642 278444 | Please check |
| <u>Community Hub at Hemlington</u> Middlesbrough Borough Council, Hemlington Library, Crosscliff, Hemlington, Middlesbrough, TS8 9JJ | 01642 591918 | Please check |
| <u>Community Hub at Marton</u> Middlesbrough Borough Council, Marton Library, 7 The Willows, Marton-in-Cleveland, Middlesbrough, TS7 8BL | 01642 300255 | Please check |
| <u>Community Hub at Newport</u> St. Pauls Road, Middlesbrough, TS1 5NQ | 01642 802892 | Please check |
| <u>Community Hub at North Ormesby</u> The Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB | 01642 243581 | Please check |
| <u>Community Hub at Thorntree</u> Thorntree Community Hub, Birkhall Road, Middlesbrough, TS3 9JW | 01642 246827 | Please check |

| Redcar & Cleveland Area | Telephone | Opening Times |
|---|------------------|--------------------------------|
| Grangetown Family Hub, Grange Farm Road, Grangetown TS6 7HP | 01642 770810 | Please check |
| South Bank Family Hub, Poplar Grove, South Bank, Middlesbrough, TS6 6FU | 01642 457291 | Please check |
| Hartlepool Area | | |
| Community Hub North, West View Advice & Resource Centre, The Community Centre, Hartlepool, TS24 9JQ.) | 01429 231032 | See local authority website |
| Community Hub Central, 124 York Rd, Hartlepool, TS26 9DE. | 01429 272905 | See local authority website |
| Community Hub South, Wynyard Road, Hartlepool, TS25 3LQ | 01429 272631 | See local authority website |

Safeguarding

If you have concerns that a child or young person is being abused or neglected, or that they may be at risk of harm, you should contact one of the following services.

The Children's Hub (Hartlepool and Stockton-on-Tees)

The Children's Hub provides information, advice and guidance on services and support for children, young people and families.

Telephone: 01642 130080

Email: childrenshub@hartlepool.gov.uk

Emergency Duty Team (outside of office hours)

The Emergency Duty Team provides an out-of-hours response to emergency situations involving child protection, child care, mental health and other adult care service matters.

Telephone: 01642 524552 (For outside office ours)

Children's Services - South Tees Multi Agency Children's Hub (Middlesbrough & Redcar)

Phone: 01642 130700 or 01642 726319

Email: southteesmach@redcar-cleveland.gov.uk

In an emergency contact the Police.

Telephone: 999

Coronavirus and your wellbeing

Suggestions while self-isolating

Decide upon your routine:

- ✓ Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
- ✓ Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
- ✓ If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
- ✓ Think about how you'll spend time by yourself at home. For example, plan activities to do on different days or habits you want to start or keep up.
- ✓ If you live with other people, it may help to do the following:
 - Agree on a household routine. Try to give everyone you live with a say in this agreement.
 - Try to respect each other's privacy and give each other space. For example, some people might want to discuss everything they're doing while others won't.

Keep in touch with others

- ✓ Make plans to video chat with people or groups you'd normally see in person.
- ✓ You can also arrange phone calls or send instant messages or texts.
- ✓ If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.
- ✓ Think of other ways to keep in contact with people if meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.

Get as much fresh air as you can

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

It's possible to still get these positive effects from nature while staying indoors at home. You could try the following:

- ✓ Spend time with the windows open to let in fresh air.
- ✓ Have flowers or potted plants in your home.
- ✓ Use natural materials to decorate your living space, or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.
- ✓ Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.

- ✓ Grow plants or flowers on windowsills. For example, you could buy seeds online or look for any community groups that give away or swap them.
- ✓ Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- ✓ Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.

Find ways to relax - there are lots of different ways that you can relax, take notice of the present moment and use your creative side. These include:

- ✓ arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
 - ✓ DIY
 - ✓ colouring
 - ✓ mindfulness
 - ✓ playing musical instruments, singing or listening to music
 - ✓ writing
 - ✓ yoga
 - ✓ meditation.
- If you have panic attacks or flashbacks, it might help to plan a 'safe space' in your home that you'll go to.
 - You can also find ways to comfort yourself if you're feeling anxious. For example, there are games and puzzles you can use to distract yourself, and breathing exercises which may help.

The British Association for Counselling and Psychotherapy (BACP) has more information on how to cope if you're feeling anxious about coronavirus.

Try to keep active - build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

- ✓ cleaning your home
- ✓ dancing to music
- ✓ going up and down stairs
- ✓ seated exercises
- ✓ online exercise workouts that you can follow
- ✓ sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.

Foodbank Information:

Billingham: (Tues 1100 – 1400hrs / Thurs 1100 – 1400hrs)

4-6 West Precinct, Town Centre, Billingham, TS23 2NH / Tel: 07583 575522

Norton: (Mon 1230 – 1430hrs)

St Michael and All Angels, Imperial Avenue, Norton, TS20 2EN

Stockton: (Wed 1000 – 1300hrs / Fri 1000 – 1300hrs)

Hebron Church, Britannia Road, Stockton on Tees, TS19 0AJ / Tel: 07845 689012

Stockton Hope: (Wed 1100 – 1400hrs)

St Andrews Methodist Church, Hardwick Road, Stockton on Tees, TS19 8PH / Tel: 07810 521255

Middlesbrough St Barnabas (Mon 1200 – 1400hrs) Linthorpe Road, TS5 6JR /

Tel: 07552 560272

Middlesbrough Trinity Methodist Church (Fri 1300 – 1500hrs) Stainsby Road,

Whinney Banks, TS5 4JS / Tel: 07513 275409 / 01642 909299

Middlesbrough Berwick Hills Baptist Church (Thurs 1300 – 1500hrs) Graygarth

Road, Berwick Hills, TS3 7QE / Tel: 07901 380329

Redcar: Head office

Head Office 01642484842 ext 203

South Bank Baptist Church, (Wed 1030 – 1230hrs) Redcar Road East, South

Bank, TS6 6PY

Grangetown, St Hilda's of Whitby (Mon 1100 – 1300hrs) Clynes Road,

Grangetown, TS6 7LY

Hartlepool Distribution Centre (Tues 1130 – 1330hrs & Fri 1130 – 1330hrs), 28

Church Street, Hartlepool, TS24 7DH Tel: 01429 598404

For more details on how to find your local foodbank:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>