



# FOREST HILL SCHOOL SUMMER SUPPORT GUIDE

## HEALTH & WELLBEING

**NHS 111 Service** - <https://tinyurl.com/y5cdw2s9> / [111.nhs.uk](https://111.nhs.uk)

NHS 111 is available 24 hours a day, 7 days a week and can help you with any non-urgent or potentially urgent medical problem you or any of your friends or family members may have. This can include both mental and physical health issues. If you have any worries about Covid-19 they can also direct you to the right service.

Depending on the situation they will:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP
- get a face-to-face appointment if you need one
- be told how to get any medicine you need
- get self-care advice

**Kooth** - <https://www.kooth.com/>

Kooth continue to provide free online counselling and support for young people. If you are feeling anxious or low in mood or have any other worries about your emotional health just visit the Kooth website.

Kooth has things like:

- Magazines with helpful articles and tips from young people and Kooth team members.
- Discussion Boards to speak with the Kooth community, ask questions or join discussions with other young people.
- Speak with the Kooth team, they are happy to help with anything on your mind.
- Daily journey which allows you to track your thoughts and feelings.

**Childline** - <https://www.childline.org.uk/> - **08001111**

*Currently operating from 9am – Midnight due to Covid-19 restrictions.*

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. If you are feeling low, anxious or need support you can speak with advisors at Childline who will help you.

**Compass** - <https://www.compass-uk.org/services/lewisham-compasssthehub/>

*Monday – Friday 9am – 5pm*

A free, confidential health and wellbeing service for children and young people who need support with issues related to drugs, alcohol, emotional and mental health and sexual health.

**Youth First** - <https://www.youthfirst.org.uk/talk-youth-worker>

If you would like to talk to a youth worker, whether you want a friendly conversation, some advice, someone to share thoughts with or just someone to listen to you. Fill in the form on the website and somebody will reach out to you. This may take a couple of days.

**The Mix** - <https://www.themix.org.uk/> - 0808 808 4994

For free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

## FAMILY ISSUES

**Refuge** - <https://www.refuge.org.uk/get-help-now/>

If you are worried about how one adult in your family treats another, Refuge supports women and children who experience all forms of violence and abuse, including domestic violence, sexual violence, forced marriage and so-called 'honour'-based violence. They will not judge you or tell you what to do, they will simply offer advice or suggested ways they can help. They will not tell anyone you have been in touch with them.

## FOOD BANKS

**National Foodbank Referral Line** - <https://tinyurl.com/yb8ywo8s> - 0808 208 2138.

Run by Citizens Advice in partnership with Trussell Trust. As well as making foodbank referrals, the staff on the line will also be able to discuss the caller's financial situation and signpost them to any agencies that could help with issues such as benefits and managing debt.

**Lewisham Food Bank** - <https://www.lewishamlocal.com/request-support/> - 03330 150 378

Food distributed by delivery only. All referrals are made through Lewisham Local's online form or by phone.

**Living Water Christian Food Service** - [Lwccfoodservice@gmail.com](mailto:Lwccfoodservice@gmail.com) - text 07783441973

**Delivery service to SE4 area only.** Anyone making a request will need to provide their: name, telephone, family size, allergies and dietary requirements.

Delivery will be weekly on a Wednesday only. Requests need to be made by 3pm on Tuesdays.

**LewCAS Food Bank** - [peter.stjohnsdeptford@gmail.com](mailto:peter.stjohnsdeptford@gmail.com) - 07786160993

For refugees and asylum seekers.

Food distributions on Tuesday mornings at St John's Church SE8 4EA, 11am–1pm.

**Whitefoot & Downham Community Food Project** - [info@wdcfplus.org.uk](mailto:info@wdcfplus.org.uk) - 020 8698 7945

Hope Church Downham (formerly Christian Centre), Downham BR1 5SF

Criteria: anyone in hardship – proof of address or benefit required.

**Food distribution:** Thursdays from 7pm to 8.30pm.

Food donations: Thursdays, 2–5pm. Or at Brook Lane Community Church, BR1 4PX, Monday–Friday 10am–12 noon. Please call beforehand: 02086987945.

Hope Church, Downham BR1 4PX

Wednesday 10am to 12 noon.

**Eliot Bank and Kelvin Grove Children's Centre Food Bank - 02086130172**

Provide food and basic essentials for people in need in the local community. You can self-refer but you will need to register with the centre when you arrive.

Grove Children's Centre, Kirkdale, Sydenham SE26 6BB.

Wednesdays, 11am to 12.30pm.

**Salvation Army - <https://tinyurl.com/ydey59eo> - deptford@salvationarmy.org.uk**

Provide food for anyone experiencing financial hardship in the SE8 area. Delivery only.

Accept referral from agencies or self-referral.

St Peter's Church Brockley Food Bank

Deliver food parcels and frozen meals in the SE4 area on Wednesdays.

**The Helping Hands Food Bank - [foodbank@afrii.org.uk](mailto:foodbank@afrii.org.uk) - 07871187162**

Run by Action for Refugees. This food bank supports, refugee, asylum-seekers and vulnerable migrant families.

To make a referral or request support email

We Care Food Bank

Based in Deptford but provide London-wide support.

Provides free food box deliveries. Can also give guidance on other essential support services.

Referrals only.

**Southwark Council - [covidsupport@southwark.gov.uk](mailto:covidsupport@southwark.gov.uk) - 0207 525 5000**

If you or someone you know is struggling to access food as they can't leave the house due to COVID-19 (coronavirus), and friends, family or neighbours are unable to help.

If you are self-isolating due to COVID-19 (coronavirus) and are in need of food delivery options, please visit our self-isolation and delivery services page. If your income and your ability to buy food has been affected due to COVID-19 (coronavirus)

Southwark Council's Emergency Hardship fund has extended eligibility to those who experience a sudden loss or interruption to income as a consequence of the impacts of COVID-19 and who lack other resources to meet their household's basic needs for short periods.

You can access the scheme by applying online or by calling Southwark Emergency Support on 020 7525 2434. This includes help as you wait for your first Universal Credit or other benefit payments.

**Bromley Council - <https://bromleyborough.foodbank.org.uk/get-help/how-to-get-help/>**

**FUEL AND FOOD – LEWISHAM RESIDENTS ONLY**

**Covid Hardship Fund - <https://tinyurl.com/ybdckuqw>**

Parents who are struggling to afford food and fuel because of the Covid crisis to apply for a new Lewisham Council Covid Hardship Fund.

## ANXIETY

**Roundabout** - <https://www.roundaboutdramatherapy.org.uk/phone-consultation-service/>

*You could also share with other staff and families you feel may benefit.*

Roundabout has launched a new FREE PHONE CONSULTATION SERVICE for teachers/school staff working with children in school settings, or parents/carers at home looking after children, to talk through how to support the emotional well-being of children using creative techniques, via a one-off phone consultation.

This service will be available throughout July, September and October.

In addition, our COVID-19 Update pages provide information for people of all ages, families and some of the specific client groups we work with.

This may help those who are:

- Very anxious
- Worried about going back to school
- Feeling lonely
- Worried about the future
- Struggling with lockdown
- Feeling their emotions are all over the place
- Generally finding this time difficult.

There are activities and resources created by Roundabout dramatherapists alongside links to useful online materials. With an emphasis on creativity, these pages cover therapy and well-being, stories, activities and learning as well as general health information.

Please visit our website here:

<https://www.roundaboutdramatherapy.org.uk/covid-19-update/>

## IDEAS FOR SELF CARE

**Anna Freud** - <https://www.annafreud.org/on-my-mind/self-care/>

A resource for young people by young people about the many different ways we can look after our mental health.