

## Uncertain times

We hope that you are coping during these unprecedented times. The situation with Coronavirus is fluid and there is no sense of certainty.

Many of you will be anxious for your family's **health, employment and finances.**

This leaflet aims to:

- Signpost you towards possible avenues of support
- Give you contact details should you have a concern about someone else

## Contact Us

We recognise that you may need to get in touch and we are here to help. All our staff are working together in teams for home learning, well-being/ family support and childcare for the children of key workers, as needed.

For access to the building, inquiries about free school meals or inquiries about childcare for children of key workers, please call – 07826595637 or 01244 478320

For advice about home learning – please call 07518104766  
For help, advice and support with other matters please call 07468191462 or the first number above.

If you can't get through please text (mobile numbers only) or leave a voicemail message so that we can get back to you.

With regard to any Safeguarding concerns, you can contact any of the numbers above. The link for Cheshire West Safeguarding is below and the contact numbers are as follows:

Office hours: 0300 123 7047  
Out of hours: 01244 977 277  
Cheshire Police 0845 458 0000



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## Cherry Grove

## Helpful Resources and Contacts

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## Crisis and emotional support

### Samaritans



The following helpline provides emotional and crisis support for everyone affected by mental health:

Phone 116 123 (freephone, 24 hours a day, 7 days a week)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

### Saneline



Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers.

Phone 0300 304 7000 (Local rates, 6p11pm, 7 days a week)

### Mind Infoline



Provides information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

Phone 0300 123 3393  
(Local rates, 9am-6pm Mon-Fri)

Text: 86463

# Abuse (domestic violence, child, sexual abuse)

If you think a child or other person is at immediate risk call 999.

## To report concerns about a child please contact the NSPCC:

Phone: 0808 800 5000 (Freephone, 24 hours a day, 7 days a week – for adults concerned about a child)

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

## Rape Crisis

Rape crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence.

Phone: 0808 802 999 (Freephone helpline, see website for opening hours)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

## Refuge

Refuge provide help and information about domestic violence and runs a number of safe houses.

Phone: 0808 2000 247 (Freephone, 24 hours a day, 7 days a week)

Email: [helpline@refuge.org.uk](mailto:helpline@refuge.org.uk)

Website: [111.refuge.org](http://111.refuge.org)

# Anxiety

## Anxiety UK



A national charity run by people with lived experience of anxiety through information and support. This includes talking therapies and self-help groups.

Phone: 08444 775 774 (Infoline, 9:30am-5:30pm, Mon-Fri) [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## No Panic



A charity which helps people who experience any kind of anxiety disorder. It specializes in self-help based recovery via their helpline and resources available on their website.

Phone: 0844 967 4848 (Helpline, 10am-10pm, 7 days a week) [www.nopanic.org.uk](http://www.nopanic.org.uk)

## OCD Action



National charity focusing on obsessive compulsive disorder. It provides support and information to those affected by OCD, and works to increase awareness of it.

Phone: 0845 390 6232

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

# Debt

## Who can help?

Many mortgage companies and banks are willing to discuss up to 3 months mortgage holiday. You should contact your mortgage provider for more information. In some cases this can also apply to loans.

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## For more serious debt concerns please see below:

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### Money Advice Service

A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats.

- Phone: 0800 138 7777 (Freephone, 9am-8pm Mon-Fri, 9:30am-1pm Sat)
- Website: [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

### Stepchange

This charity provides free advice on problem debt and debt management.

- Phone: 0800 138 1111 (Freephone helpline)
- Website: [www.stepchange.org](http://www.stepchange.org)

# Employment

## ACAS (Advisory, Conciliation and Arbitration Service)

ACAS provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law.

- Phone: 0300 123 1100
- Website: [www.acas.org.uk](http://www.acas.org.uk)

## Fit for Work

A voluntary service that offers the wider working population access to occupational health (OH) advice and support.

Phone: 0800 032 6235

Website: [www.fitforwork.org](http://www.fitforwork.org)

## Education Support Partnership

Provides free confidential counselling for teachers, including online chat services.

Phone: 0800 0562 561

Website: [www.educationsupportpartnership.org.uk](http://www.educationsupportpartnership.org.uk)