



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

Chair of the Trust: Mr Charles Gillott
Chief Executive Officer: Mrs Lesley Fitton
The Bishop Konstant Catholic Academy Trust,
The Zucchi Suite, Nostell Business Estate, Nostell,
Wakefield, WF4 1AB

Telephone: 01924 802285
Email: admin@bkcat.co.uk **Website:** www.bkcat.co.uk

5th May 2020

Dear Parents / Carers

Wellbeing Sources of Support and Information

Once again we hope that you are all staying safe and well. We would like to offer our continued thanks for your support in keeping your children at home in order to safeguard everyone.

As a Trust we continue to recognise that with the situation this may potentially create additional stress within your lives and the lives of your children as the normal routines of life remain changed significantly. School leaders and other key significant staff within the individual schools will continue to support pupils from a mental health and wellbeing perspective. Please do not hesitate to contact your child's school should you require any specific support.

In more general terms the further updated detail below may be invaluable in helping you and your children deal with or gain advice and information for any concerns you or they may have in the current situation we are all faced with. These concerns may evolve as time goes on rather than, for most, in the immediate future.

If you feel your child's school can offer any further advice or help, please do not hesitate to contact them.

Yours sincerely

Sue Heptinstall
Trust Head of HR

Lesley Fitton
CEO

Jacque Devoy
Trust HR Manager



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

Chair of the Trust: Mr Charles Gillott
Chief Executive Officer: Mrs Lesley Fitton
The Bishop Konstant Catholic Academy Trust,
The Zucchi Suite, Nostell Business Estate, Nostell,
Wakefield, WF4 1AB

Telephone: 01924 802285
Email: admin@bkcat.co.uk **Website:** www.bkcat.co.uk

Sources of Support

Samaritans: <https://www.samaritans.org/> or any time free from any phone 116 123 or text 07725 909090 or email: jo@samaritans.org
<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak>

Young Minds: <https://youngminds.org.uk/> or Parent Helpline 0808 802 5544 free for mobiles and landlines – Monday to Friday from 9.30am to 4.00pm for concerns relating to child / young person's mental health up to the age of 25

The Papyrus Helpline: if you are worried about someone and need to talk or find out how best to support them www.papyrus-uk.org Their work deals with suicide prevention call 0800 684 141 or text 07786 209697 or email: pat@papyrus-uk.org

Kooth: free safe and anonymous support for 11-19 year olds online
www.kooth.com

Childline: Resources and activities for children to manage emotions and promote positive mental health. Contact number 0800 11 11
www.childline.org.uk

Public Health: mental health website (WF-I-Can), an online resource for children and young people to find information and advice, plus lots of self-help tips that can increase their confidence and resilience
<https://wf-i-can.co.uk>

CAMHS: Children's Adolescent Mental Health Service - single point of access for advice and support **01924 304 172** or
<https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/>
CAMHS has also created a site for young people, carers and professionals, pulling together lots of helpful resources from the internet
<https://www.camhs-resources.co.uk>

Children's Society Self isolating and dealing with conflict at home:
<https://www.childrensociety.org.uk/>

SHOUT text 'shout' to 85258 for 24/7 crisis text support



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

Chair of the Trust: Mr Charles Gillott
Chief Executive Officer: Mrs Lesley Fitton
The Bishop Konstant Catholic Academy Trust,
The Zucchi Suite, Nostell Business Estate, Nostell,
Wakefield, WF4 1AB

Telephone: 01924 802285
Email: admin@bkcat.co.uk **Website:** www.bkcat.co.uk

Education Support school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

A new 24 hour mental health helpline has been launched, offering confidential help and advice, to anyone registered with a GP in Calderdale, Kirklees, Wakefield, Leeds and Barnsley.

Phone number: 0800 183 0558

The new service will support people who are:

- At risk of developing mental health problems.
- Diagnosed common mental health problems.
- Known to mental health services.
- Experiencing mental health distress.
- Seeking information, advice and support.

The service will provide a listening ear, emotional support, advice and signposting to other local services for both individuals and their carers. The provider, NCHA will respond to urgent concerns and operate within a recovery model, ensuring callers' benefit from an effective intervention, in line with local mental health support pathways.

If you are worried about a family or individual:

Wakefield Children's Social Care: 0345 8503503

Leeds Children's Social Work Services: 0113 222 4403 (Weekdays, 9am to 5pm, excluding Wednesdays hen open from 10am), you don't need to give your name if you don't want to.

For up to date and accurate information about COVID-19

www.gov.uk/coronavirus

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

Chair of the Trust: Mr Charles Gillott
Chief Executive Officer: Mrs Lesley Fitton
The Bishop Konstant Catholic Academy Trust,
The Zucchi Suite, Nostell Business Estate, Nostell,
Wakefield, WF4 1AB

Telephone: 01924 802285
Email: admin@bkcat.co.uk **Website:** www.bkcat.co.uk

www.nhs.uk/coronavirus

<https://111.nhs.uk/>

General Health and Wellbeing

Turning Point talking therapies online support

<https://talking.turning-point.co.uk/wakefield/>

Mind <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

NHS <https://www.nhs.uk/oneyou/every-mind-matters/>

MHFA England mind video reducing isolation when working from home

<https://mhfaengland.org/my-whole-self/>

Children additional support / advice

Save the Children Activities for children and advice for parents / carers

<https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice>

NHS Children's Self Care Kit

<https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>

Team Mental Health and EdStart Coaching 'Wellbeing through Sport' activities to do at home or at school

<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>

Parents / Carers additional support / advice

Anna Freud Centre helping children and young people to manage anxiety booklet. This guide offers approaches for school staff or parents and carers to help children and young people manage anxiety during this period

<https://www.annafrued.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf>



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

Chair of the Trust: Mr Charles Gillott
Chief Executive Officer: Mrs Lesley Fitton
The Bishop Konstant Catholic Academy Trust,
The Zucchi Suite, Nostell Business Estate, Nostell,
Wakefield, WF4 1AB

Telephone: 01924 802285
Email: admin@bkcat.co.uk **Website:** www.bkcat.co.uk

ELSA Support provides downloadable resources which are ready to print and use.

Focus on emotional support and wellbeing for the family

<https://www.elsa-support.co.uk>

NSPCC support and advice for parents and carers

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

NHS Coronavirus resources for children and families

<https://www.sheffieldchildrens.nhs.ukpatients-and-parents/coronavirus-resources-for-children-and-families>

Staff

Mentally Healthy Schools specifically tailored to primary schools, to promote child mental health as well as providing advice for parents and school staff. There is an option to sign up for free updates and toolkits

<https://www.mentallyhealthyschools.org.uk>

Education Support have developed five tips for teachers and education staff to maintain good wellbeing during this time

<https://www.educationsupport.org.uk/resources/top-tips/5-tips-look-after-yourself-during-coronavirus-teachers-education-staff>

Mind mental health tips for working remotely

<https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team/>

Gov.uk guidance for the public on mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>