

Dear Parents / Carers of Abbey Hill Academy

To support our families during this uncertain time we have put together an information pack detailing:

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

Abbey Hill Academy contact details during period of isolation:

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

Email: abbeyhill@horizontrust.org.uk

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

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.peoplesinfontet.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	<u>01429 266522</u>	https://www.hartlepool.gov.uk/
Middlesbrough	01642 245432	https://www.middlesbrough.gov.uk/
Stockton on Tees	01642 393939	https://www.stockton.gov.uk/

Redcar & Cleveland	See website for specific areas	https://redcarmacleveland.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 Tedder Avenue Thornaby Stockton-on-Tees TS17 9JP	01642 528947	9am – 5pm
Family Action (Outreach service)	01423 557701	

Middlesbrough Area Community Hubs	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
Community Hub at Grove Hill 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.)	01429231032	See local authority website
Community Hub Central, 124 York Rd, Hartlepool, TS26 9DE.	01429272905	See local authority website
Community Hub South, Wynyard Road, Hartlepool, TS25 3LQ	01429272631	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/>