

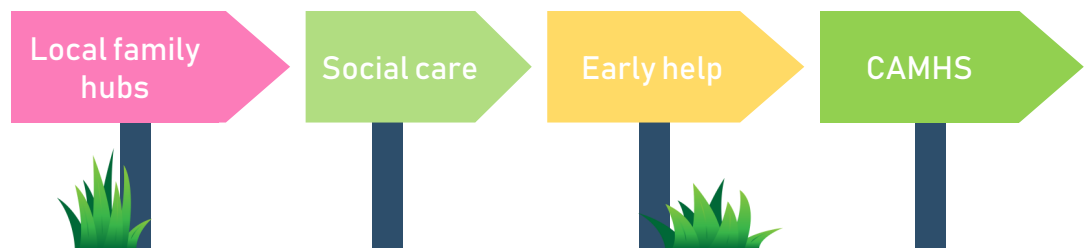


Parent Support Newsletter



Hello parents and carers of Abbey Hill Academy I welcome you to my spring parent support newsletter. I am Angela the parent support advisor and I work across all 3 buildings on the Abbey Hill site.

I am here to support you in any way I can. I pride myself in my knowledge of services such as local family hubs, social care, early help, CAMHS to name but a few.



I am able to sign post you to these services or refer on your behalf. I am only a phone call or email away. I have strong links in the local community and offer you open door access to my knowledge and experience. Not sure if I can help? Just ask me and if I can't I will try my very best to find the person or service who can help. The best way to contact me is through my email address or phone call to the school. If you transport your child to school I am often at the main entrance to greet you, please come and say hello.



The local family hub to Abbey Hill is the Redhill family Hub in Roseworth. You can access their Thornaby, Stockton and Billingham sites, they offer a fantastic range of services such as sleep advice, home safety and understanding your child.

You can self-refer or speak to me and I can support you in accessing this service.

<https://www.stockton.gov.uk/our-people/family-hubs/redhill-family-hub/>



Free Zoom sessions for parents/carers of a young person with traits, undergoing, or diagnosed with autism, ADHD and sensory processing differences.

Topics include—supporting your anxious child and strategies to support home schooling

To book : <https://www.daisychainproject.co.uk/Event/parent-training-sessions>

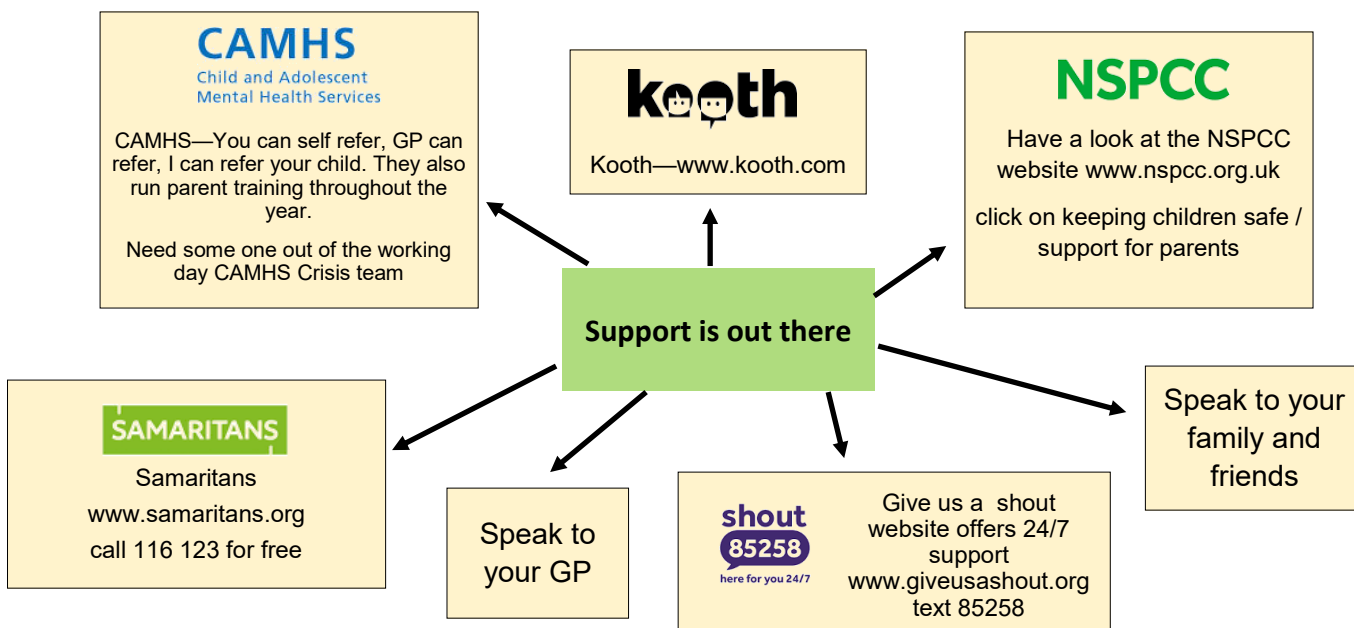


If you are ages 50 or over and live in Stockton-on-Tees, Five Lamps offer a FREE service to return home from hospital. Five Lamps Home from Hospital project provides this support for up to 14 days post discharge from University Hospital North Tees.

Call the Home from Hospital team on **07739 973394**

email referrals to HFH@fivelamps.org.uk Website www.fivelamps.org.uk

Lets talk emotional health, we are in unprecedented times and I am sure we all know someone, ourselves or our child that has been affected by mental health. There is support out there, I have tried to give you some services that I know of and have worked with to support you and your child.



"Promise me you'll always remember — you're braver than you believe, and stronger than you seem, and smarter than you think." — Christopher Robin from Winnie the Pooh

Shortbreaks: 1st April 2021, online applications will be accepted for the Shortbreaks grant. Don't miss out—www.stockton.gov.uk—search short breaks



*See you back at Abbey Hill Monday 12th April 2021
Enjoy the Easter break*

Contact information:

Angela Nottingham

Angela.nottingham@horizonstrust.org.uk 01642 677113

Useful numbers: put me on your fridge!

OUT OF HOURS EMERGENCY DUTY TEAM (TEES WIDE) (01642) 524552

CHILDREN'S HUB (STOCKTON & HARTLEPOOL) (01429) 284284

MULTI AGENCY CHILDREN'S HUB (MIDDLESBROUGH & REDCAR & CLEVELAND) (01642) 130700

CAMHS CRISIS TEAM (TEESWIDE) 03000 132000

NHS DIRECT 111

POLICE (NON - EMERGENCY) 101

NSPCC HELPLINE 0808 800500

NSPCC (UNDER 18's) 0800 1111

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

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

COVID support line on 01642 733906

