


Resources and Information – North Somerset



DEPARTMENT FOR EDUCATION CORONAVIRUS HELPLINE
 for education and children's social care related queries: anyone working in
 early years through to universities, plus parents
 0800 046 8687
 8am to 6pm (Monday to Friday) 10am to 4pm (Saturday and Sunday)
 DfE.coronavirushelpline@education.gov.uk

The information below has been compiled from a number of sources - **endorsement is not implied**

Support Area	North Somerset
Health	Emergency: 999 Non – emergency: NHS 111 Community Health – all age (from 1 st April) 0300 1256789 www.sirona-cic.org.uk https://www.nhs.uk/conditions/coronavirus-covid-19/
Mental Health	Mental health apps approved by NHS https://www.nhs.uk/apps-library/category/mental-health/ https://www.sendfamilyconnections.com/covid-19-resources-for-mental-health.html https://www.second-step.co.uk/our-services/health-and-wellbeing/north-somerset-wellbeing-service/
Relationships	https://www.relate.org.uk https://www.psychologytoday.com/qb/counselling/relationship-issues/eng/weston-super-mare https://childline.org.uk/
Finances & paying bills	https://workingfamilies.org.uk Citizens advice North Somerset
Struggling to cope	Samaritans 0330 094 5717
Food & family essentials	Food bank https://westonsupermare.foodbank.org.uk/

	<p>https://clevedondistrict.foodbank.org.uk/</p>
Struggling to cope at home	<p>North Somerset Safeguarding Team Emergency 999 01275 888 808 - Monday to Friday, 8am - 6pm 01454 615 165 - Out of hours and at weekends</p> <p>HOMESTART https://www.home-start.org.uk/ 01934 419 396 08000 686 368</p> <p>Turning the Tide We provide a variety of support to families with children and young people aged 8 to 17 years. 07771840422 07785531070</p>
Managing my child's disabilities	<p>Disabled Children's Team The Firs Resource Centre 01934 888 801</p>
Domestic Abuse	<p>If you need to talk to someone for advice about domestic abuse call the DAFFs helpline 0800 6949 999 9am to 5pm to talk to Gemini Services who offer local support and advice. Outside these hours call the 24-hour national helpline run by Women's Aid and Refuge 0808 2000 247</p> <p>https://www.n-somerset.gov.uk/wp-content/uploads/2017/11/domestic-abuse-friend-and-family-help-guide.pdf</p> <p>The Hideout http://thehideout.org.uk/</p> <p>Men's Advice https://mensadviceline.org.uk/ 0808 8010327</p> <p>The Mix, free information and support for under 25s in the UK 0808 808 4994</p> <p>National LGBT+ Domestic Abuse 0800 999 5428</p>
Exploitation	<p>Parents worried about exploitation</p> <p>https://paceuk.info/</p> <p>Confidential PACE help and advice</p> <p>0113 240 5226</p>
Safeguarding	<p>North Somerset Safeguarding Team Emergency 999</p>

	<p>01275 888 808 - Monday to Friday, 8am - 6pm 01454 615 165 - Out of hours and at weekends</p> <p>https://www.safeguardingschools.co.uk/covid-19-coronavirus-advice-for-schools/</p>
Local Offer	www.n-somerset.gov.uk/localoffer
Parent carer organisations	<p>NSPC-WT t: 07434678832 e: northsomersetpcwt@gmail.com</p> <p>Supportive Parents Service is open from 9.30am – 4.30pm, Monday to Friday, with an answerphone available at all other times. 0117 9897725 support@supportiveparents.org.uk</p>
Mental Health	<p>Specialist Children’s Community Services: CAMHS/LD</p> <p>01934 881262</p> <p>https://www.sendfamilyconnections.com/covid-19-resources-for-mental-health.html</p> <p>https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/</p>
Children’s Community Health Services	<p>Specialist Children’s Community Services</p> <p>Community Paediatrics - 01934 881340</p> <p>CAMHS/LD - 01934 881262</p> <p>Therapies (OT, Physio, SLT) - 01934 881306</p> <p>https://cchp.nhs.uk/news/important-information-about-coronavirus-covid-19</p>
General concerns	<p>CHILDLINE</p> <p>0800 1111</p> <p>www.childline.org.uk</p>

Useful Covid-19 links:

- Latest [Public Health England \(PHE\) guidance](#)
- [Hand Washing Rap Video](#) guide to handwashing from the Purple All Stars
- [Easy Read information](#) from photo symbols