



8th April 2020

Dear Parents and Carers

For those of you who don't know me already, my name is Lindsey Baldwin and I am the Safeguarding and Pastoral Lead for the Faringdon Academy of Schools. In my role I assist the Academy schools with supporting their families. I hope that you are all keeping yourselves well and managing to cope in these difficult circumstances that we find ourselves in with regard to the current COVID-19 Pandemic.

I wanted to write to all parents to share some important advice, support websites and phone numbers that may be of help to some families during these uncertain times.

Financial Assistance- Top Up Meters:

If you are worried about not being able to top up your gas or electric meters and have no one else in your family to financially support you, some power suppliers are offering to send up to two weeks worth of power to families who may be struggling financially due to the outbreak.

BRITISH GAS: 100 0303

EDF: 0330 200 5110

EON: 0345 052 000

N POWER: 0800 073 3000

SCOTTISH POWER: 0800 027 0072.

SSE: 0345 600 2006

Financial Assistance- Free School Meals:

All parents/carers who are currently accessing free school meals for their child(ren) should be accessing the current support available to you and will have already been contacted by the school office. However, if you think that your child may be entitled to free school meals or pupil premium, please see the following link to complete the online form:

<https://www.oxfordshire.gov.uk/residents/schools/school/school-meals>

Domestic Abuse:

Sometimes being at home can be an unsafe environment for many experiencing domestic abuse. Please see the below websites for free, confidential advice and support.

Oxfordshire Domestic Abuse Services Helpline is the front door to specialist support in Oxfordshire. Contact the helpline on 0800 731 0055 (10am – 7pm, Monday to Friday). Click the link to see their website and support materials.

<https://a2dominion.co.uk/about-us/domestic-abuse-support-services>

Keeping children safe online

We are all faced with having to 'home educate' our children at present and this will mean that our children are having far more access to the internet. It is so important that we remain vigilant at this time and I have included some resources below that you can access to help you navigate the very complicated online world that our young people are able to access.

<https://www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Local Community Support:

Faringdon Town Council and Oxfordshire County Council have very informative websites with links to a wealth of information residents in and around the Faringdon area. The below websites will give you further information on how to access volunteer support if you are self-isolating and other support measures currently being put in place by the council and local organisations.

<http://faringdowntowncouncil.gov.uk/council/news/covid-19-news-updates/>

<https://www.oxfordshireallin.org/local-support-groups>

<https://news.oxfordshire.gov.uk/coronavirus-information-from-the-government/>

Mental Health:

We understand that staying at home can impact on our own mental health considerably and the mental health of our children. Please see below some advice and information on how to support each other's wellbeing during this time.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Please remember to stay inside where possible and follow the Government's advice at all times to keep yourself and your families safe and well.

If you have any questions or concerns please email the address below and we will endeavour to help you the best we can:

Email: to be requested

Warmest Regards

Lindsey Baldwin

Academy Safeguarding & Pastoral Lead

Faringdon Academy of Schools

<https://www.faringdon.academy/>