



Cowes Primary School

Parent and Family Support July 2022

We have tried to only include information about agencies/support that is **FREE**

In an emergency dial 999

General and parenting

Barnardo's

A variety of support and advice including drop-in family centres. They are an excellent first point of contact for advice and further signposting to services. Their website has much more detail/downloadable leaflets etc.

Website: www.isleofwightfamilycentres.org.uk

Citizens Advice

For advice and support regarding housing/relationships/debt/tax credits/welfare benefits/employment/immigration and health/community care.

Tel: 0800 144 88 48

Website: www.citizensadviceiw.org.uk/contact-us

Isle Help

A variety of advice for families.

Website: islehelp.me

Samaritans

Phone: 116 123 for free

Education Welfare Officer (EWO)

Phone: 01983 823151

Young Carers

Support for children who have responsibilities for family members with disabilities, long-term illness, mental health needs, drug or alcohol related problems.

Tel: 01983 861071

Email: iowyoungcarers@ymca-fg.org.

Icon

Support for parents with a crying baby and the feeling of being unable to cope.

Infant crying is normal. Comforting methods can help. It's ok to walk away. **Never** ever shake a baby.

www.iconcope.org

Family Assist

Information and resources, both local and national, for families.

Website: www.solent-family-assist.custhelp.com

General Health

Cowes Medical Centre

For GPs, nurses, health visitors, midwives.

Tel 295251 or online www.cowesmedicalcentre.co.uk/doitonline.aspx

St. Mary's Hospital

822099 (hospital switchboard)

Urgent advice but not an emergency dial 111

Isle of Wight Council

The council website has lots of advice for Island residents: www.iow.gov.uk

Mental Health (Adults and Children)

Isle of Wight Community Mental Health Support

General information and signposting for adults and children

Website: iwmentalhealth.co.uk

NHS Community Mental Health Service

Information for adults and children

Website: iow.nhs.uk

Isorropia Foundation

A wellbeing organisation for adults; help with overall wellbeing both physical and mental.

Tel 01983 217791 email hello@isorropia.uk

Children and Adolescent Mental Health (CAMHS)

A service to support children and young people aged 0-18yrs, and their families, who are experiencing emotional health and wellbeing difficulties.

Email: iownt.spcamhs@nhs.net

Youth Trust

Youth mental health services

Tel: 01983 529569

Email: info@iowyouthtrust.co.uk

Website: www.iowyouthtrust.co.uk

Solent Mind (Anchoring Minds)

Emotional wellbeing support for families of serving Royal Navy and Royal Marine personnel (Hampshire based).

Website: www.solentmind.org.uk/support-for-you/our-services/anchoring-minds/

Tel: 02380 179049

Email: info@solentmind.org.uk

Men Only

A non-clinical, peer led group for men experiencing mental health difficulties or men in need of some general support.

www.menonlyiow.co.uk

Financial/Living Support

Connect4communities

Offering support for households, community grants, holiday activities and community pantries.

Website:

www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities

Community Pantries

Community Pantries offer groceries at a reduced price compared with supermarkets. To access the pantries, you sign up to become a member and make a suggested weekly contribution of £5 which then enables you to receive groceries once a week to the value of about £15.

Visit connect4communities@iow.gov.uk to find out more and to apply to be a member. Details of the current pantries are below.

East Cowes	PO32 6HN	Open at Community Spirited, Parkside Pavilion, Vectis Road Tuesday: 1.30pm to 3.30pm Wednesday and Thursday: 10.30am to 12.30pm	01983 296592 communityspirited@hotmail.co.uk
Ryde	PO33 1NE	Open at Oakfield CE Primary School, Appley Road, Ryde Monday, Wednesday and Friday: 3pm to 4.30pm	01983 563732 pantry@oakfieldcepri.iow.sch.uk
Ventnor	PO38 1EJ	Open at Baby Box, Victoria Street, Ventnor Tuesday and Thursday: 2pm to 4pm. Saturday: Middy to 2pm	

Foodbanks

Website: www.isleofwight.foodbank.org.uk

Tel: 0800 144 8848: this goes through to Citizens Advice who can issue vouchers

Term time: email jane.gilbraith@cowespri.iow.sch.uk to request a voucher

Cowes Foodbank direct: Tel 01983 292040

BBC Emergency Essentials Programme

The BBC Children in Need Emergency Essentials programme supports children and young people living with severe poverty and a lack of the basic facilities.

The programme provides items that meet children's most basic needs such as a bed to sleep in, a cooker to give them a hot meal, clothing (in a crisis) and other items and services that are critical to children's wellbeing.

Applications for support can only be made through a referrer; schools are able to sign up to become a referring agency.

Website: www.bbcchildreninneed.co.uk/grants/emergency-essentials/

Special Educational Needs and Disabilities (SEND)

Sendiass

Free advice and support for parents and carers of young people with special educational needs or disabilities.

Website: www.iowsendiass.co.uk

AIM (National Autistic Society)

Supports people of all ages with autism. There are also local support groups just for women and girls with autism.

Website: www.autism.org.uk/directory/a/aim-autism-inclusion-matters

Autism Links

A website with lots of information including links to local events.

Website: www.autismlinks.co.uk

Safeguarding and Child Protection

In an emergency dial 999.

Children's Services

If you are worried about a child's welfare contact Children's Services:

- phone 0300 555 1384 during office hours 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday
- phone 0300 555 1373 at all other times to contact the Out of Hours service

Website: www.hants.gov.uk

Isle of Wight Safeguarding Children Partnership

Safeguarding information for Isle of Wight parents, children, carers and practitioners

Website: www.iowscp.org.uk

Youth Offending Team (YOT)

Isle of Wight Council's Youth Offending Team

Tel: 01983 823011

Domestic Abuse and Sexual Violence

Paragon (You Trust/Dragonfly Project)

Support for victims (regardless of gender), children and perpetrators of domestic abuse and sexual violence.

Website: paragonteam.org.uk/teams/isle-of-wight

Email: ParagonIOW@theyoustrust.org.uk

Tel: 0800 234 6266

Wight Dash and WOW

An Island charity addressing the difficulties that domestic abuse, adverse childhood experiences, risk of homelessness, poor mental health, substance misuse, loneliness, isolation and many other factors, cause to women in our community. There is also a support group for men regarding adverse childhood experiences.

Website: www.wightdash.co.uk

Tel: 01983 825981

Ask for Angela

The 'Ask for Angela' initiative means that a bar, club or pub displaying the Ask for Angela poster or sticker will be able to provide you with support if someone is making you feel threatened or uncomfortable.

If someone is making you feel unsafe, you can approach the bar and ask for 'Angela'. Staff will then discreetly offer to separate you from the person who is causing you discomfort or distress and ensure that you are able to leave safely.

Bereavement

The Earl Mountbatten Hospice and Kissypuppy

Bereavement support for adults and children and their families:

Kissy Puppy Website: www.kissypuppy.co.uk/

Earl Mountbatten Hospice:

Tel: 01983 529511

Email: info@mountbatten.org.uk

Hospice Website: mountbatten.org.uk/psychology-and-bereavement-service

Free (or low cost) Summer ideas

Libraries: Cowes Library offer a summer reading challenge. It's free to join.

Quay Arts Centre: free art and craft exhibitions.

Beaches: paddling, swimming, rock-pooling, crabbing.

Walks and Picnics.

Quarr Abbey: Free to visit (donations appreciated), pigs to see, grounds to walk in, exhibitions.

IW Donkey Sanctuary: Donations always greatly appreciated but no set admission fee.

Newtown Nature Reserve

Appuldurcombe House

Summer Carnivals

Cowes Week

Outdoor gyms

Geocaching, visit the website for information: www.iwgeocaching.org

Park and playgrounds: within the Cowes area there is Northwood Park, Northwood Rec. and Gurnard Seafront.

How can Cowes Primary School help?

During term time and with consent, we can make referrals or signpost you to any of the services detailed. Please email Jane during term time if you have any questions:

jane.gilbraith@cowespri.iow.sch.uk

Within school we can also provide the following:

Arrange school nurse advice

ELSA (Emotional Literacy Support) within school hours

EHCP (Educational Health and Care Plans): gathering evidence and submitting applications

ASC (autism) referrals

ADHD referrals

Dyslexia screening (this is not a diagnosis)

Provision of SEN resources for use in school: fiddle toys, wobble cushions, privacy screens, writing slopes, coloured reading screens, ear defenders, pencil grips, intervention groups, differentiated work

Educational Psychology observations or consultations within school

Communication and language referrals

Advice on Reducing Parental Conflict

If in doubt – please ask and if we don't know the answer, we will try to find out!