Waverton Primary School

Learning Together – Achieving Together

Helpful Resources During Uncertain Times

Please contact school via email:

admin@waverton.cheshire.sch.uk

head@waverton.cheshire.sch.uk

senco@waverton.cheshire.sch.uk

Each class has an email:

reception@waverton.cheshire.sch.uk

year1@waverton.cheshire.sch.uk

year2@waverton.cheshire.sch.uk

year3@waverton.cheshire.sch.uk

year4@waverton.cheshire.sch.uk

year5@waverton.cheshire.sch.uk

year6@waverton.cheshire.sch.uk

Website: http://www.waverton.cheshire.sch.uk/

Telephone: 01244 981060

**Anxiety**

**Anxiety UK**, [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - A national charity run by people with lived experience of anxiety who offer information and support. This includes talking therapies and self-help groups. Text Service: 07537 416 905, Infoline: 03444 775 774, Mon-Fri 9:30am - 5.30pm

**No Panic,** [www.nopanic.org.uk](http://www.nopanic.org.uk)  **–** A charity which helps people who experience any kind of anxiety disorder. It specialises in self-help based recovery via their helpline and resources available on their website. Helpline 0844 967 4848, Office 01952 680460

**OCD Action,** [www.ocdaction.org.uk](http://www.ocdaction.org.uk) – National charity focussing on obsessive compulsive disorder, it provides support and information to those affected by OCD, and works to increase awareness of it. Helpline**:**0845 390 6232

**Mind,** [www.mind.org.uk](http://www.mind.org.uk) - Local Minds provide mental health services in local communities across England and Wales. You can find out if there is a local Mind where you live by visiting the website. Infoline: 0300 123 3393, Text 86463

**Debt**

Many mortgage companies and banks are willing to discuss up to 3 months mortgage holiday. You should contact your mortgage provider for more information. In some cases, this can also apply to loans.

**Money Advice Service,** [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) - A free independent service set up by the government that provides information on all money related matters via a helpline, online information and free web chats. Tele: 0800 138 7777 (Freephone, 9am-8pm Mon-Fri, 9:30am-1pm Sat)

**Stepchange, :** [www.stepchange.org](http://www.stepchange.org) - This charity provides free advice on problems with debt and debt management. Tele : 0800 138 1111 (Freephone helpline)

**National Debt Advice Line**, [www.nationaldebtadviceline.org](http://www.nationaldebtadviceline.org) - Customers can get free debt counselling, debt adjusting and providing of credit information services from the Money Advice Service – an organisation set up by the Government to offer free and impartial advice to those in debt.

**Employment**

**ACAS** (advisory, Conciliation and Arbitration Service) [www.acas.org.uk](http://www.acas.org.uk) – ACAS provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law. Tele: 0300 123 1100

**Fit for Work,** [www.fitforwork.org](http://www.fitforwork.org) – A voluntary service that offers the wider working community population access to occupational health (OH) advice and support. Tele: 0800 032 6235

**Education Support Partnership,** [www.educationsupportpartnership.org.uk](http://www.educationsupportpartnership.org.uk) – Provides free counselling for teachers, including online chat services. Tele: 0800 0562 561

**Crisis and Emotional Support**

**Samaritans**, [www.samaritans.org/branches/mid-cheshire/](http://www.samaritans.org/branches/mid-cheshire/) - We offer emotional support in person, by telephone, by email and by text. Tele: 116 123, 0330 0945717

**Saneline** - Provides out of hours mental health and emotional support and information to anyone affected by mental ill heath, including family, friends and carers. Tele: 0300 304 7000

**Abuse (domestic Violence, Child Sexual Abuse)**

**Integrated Access and Referral Team (iART),** **i-ART@cheshirewestandchester.gov.uk**[**www.cheshirewestandchester.gov.uk**](http://www.cheshirewestandchester.gov.uk) If you are a member of the public and have concerns about a child’s welfare, or feel that they may be being abused or neglected, please call the Integrated Access and Referral Team (iART) or the Emergency Duty Team (EDT) for help and advice. Alternatively, you can call the police. Tele: i-ART -  0300 123 7047 The team can be contacted 8.30am to 5pm from Monday to Thursday and 8.30am – 4.30pm on Friday. If you have an urgent concern outside these hours, or over a bank holiday, please call the Emergency Duty Team

**NSPCC,** [www.nspcc.org.uk](http://www.nspcc.org.uk) – Can be contacted if you have concerns about a child. Tele: 0808 802 999

Rape Crisis, [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) Rape crisis is a national charity supporting anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence. Tele: 0808 802 999 (Freephone helpline, see website for opening hours)

**Refuge,** [www.111refuge.org](http://www.111refuge.org) Email helplie@refuge.org.uk Refuge provide help and information about domestic violence and runs a number of safe houses. tele: 0808 2000 247 (Freephone, 24 hours a day, 7 days a week)

The Live Well Cheshire West website provides extensive information about local services and support for residents in Cheshire West.

[www.livewell.cheshirewestandchester.gov.uk](http://www.livewell.cheshirewestandchester.gov.uk)