



Bishop David Brown School

"To be an outstanding school, providing a stimulating educational environment enabling students to achieve their full potential."

Dear Parent/ Carer,

Whilst Christmas Holidays for many is a time of joy and happiness, we recognise this is not always the case and that for some, the holidays can be a stressful and challenging period. With this in mind, I would like to signpost you to a number of agencies that we believe may be useful:

Woking Food banks:

In order to provide the most appropriate help for the circumstances of your situation Woking Foodbanks work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Email address: <https://woking.foodbank.org.uk/>

Locations:

Woking-

Woking Foodbank Warehouse
Unit 4C and 4F
Lansbury Estate
102 Lower Guildford Road
Knaphill, Woking GU21 2EP

Byfleet-

Byfleet Methodist Church
Rectory Lane
Byfleet
KT14 7LL

Sheerwater-

The Mascot Hub
43 Dartmouth Avenue
Sheerwater
GU21 5PE

Woking Salvation Army- <https://www.salvationarmy.org.uk/woking>:

The Salvation Army in Woking supports many people in the local community who are vulnerable and finding it difficult to cope. This includes supporting people at Christmas with toy and food parcels as well as throughout the year. The current COVID-19 crisis is making many more people vulnerable but with your help we will continue to be able to provide the practical assistance they need. Please give what you can to enable us to help as many people as possible.





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Email address: working@salvationarmy.org.uk

Phone: [01483 793704](tel:01483793704)

Sythwood

Woking

GU21 3BE

Byfleet United Charity- <https://byfleetunitedcharity.org.uk>

The Essentials Grant can provide everyday items and services for families and individuals:

- Foodbank and supermarket vouchers
- Clothing and shoes
- Furniture and carpets
- Kitchen appliances and household goods
- School uniforms
- Payment of services
- Debt and arrears assistance

Who is this grant suitable for?

This grant is suitable for families or individuals who have lived in Byfleet or West Byfleet for over 1 year and find themselves in a temporary financial difficulty. Applicants must be able to budget and usually in receipt of a low-income benefit

Mental Well-being Support:

Mental Health Crisis Helpline

Telephone: 0800 915 4644

Opening Times

Our Crisis Helpline is open 365 days a year, 24 hours a day.

More information at www.sabp.nhs.uk/help

Kooth- <https://www.kooth.com>

If you are going through a hard time and you are not sure who to speak to, login to Kooth. You will find friendly councillors who can help you talk through your problems and help you with anything that's on your mind. This could be about bullying, relationships, work life difficulties, money worries, problems at home, coping with stress, anxiety or grief from losing someone.



Bishop David Brown School is operated by the Unity Schools Trust which is a charitable company limited by guarantee and registered in England and Wales with company number 07692130. The Registered Office is at Thorpe Road, Staines-upon-Thames, TW18 3HJ.

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Just some of the things you'll find on Kooth



Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Young Minds (Support for young people and parents) - <https://www.youngminds.org.uk/>

We provide young people with tools to look after their mental health. Our website is full of [advice and information](#) on what to do if you're struggling with how you feel. We empower parents and adults who work with young people, to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in. Together, we can create a world where no young person feels alone with their mental health.

We help parents and carers who are worried about their child's mental health with tips, information and advice online and through our [Parents Helpline](#) service. Use our [helpfinder](#) to find the right support for you

Samaritans- <https://www.samaritans.org/branches/weybridge/>

At North West Surrey Samaritans we provide a safe place, where people can be themselves and talk about whatever is bothering them.

On the phone and over email we give people the space and time to work through their problems, helping them find their own way forward.

Being available twenty-four hours a day to provide emotional support for people who are struggling to cope or experiencing feelings of emotional distress, including those that might lead to suicide.

Reaching out to high risk groups and our community to reduce the risk of suicide.

Working in partnership with other organisations to reduce the number of people who die by suicide.

Safeguarding support:

Your Sanctuary (domestic abuse support)-<https://www.yoursanctuary.org.uk/whoware>

We work with a trauma-informed, needs led and holistic approach to support survivors of Domestic Abuse and their children. We seek to empower our clients to make informed choices about their lives and if necessary to advocate for them with other agencies, professionals and groups in order that they are treated with respect, dignity and understanding.





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Why Call the Helpline?

Confidential listening support

General information about the options that are available to you as a survivor of Domestic Abuse

Support for you as a friend or family member of someone experiencing Domestic Abuse

Information as a Professional on support options for your client

Information regarding what support is available from other organisations

Specific information on how to access all the services offered by Your Sanctuary

Childline- <https://www.childline.org.uk/about/about-childline/>

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. You can talk to us:

- by calling 0800 1111
- by email
- through 1-2-1 counsellor chat

Support and advice for parents and carers - <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice>

Surrey Family Information Support services offers a range of safeguarding support ranging from general information and advice, to contacts in cases of emergencies

Thank you for your continued support and efforts during this term, our students continue to excel and that is in part down to the relentless support offered both at home and in school. We hope you all have a safe, well-earned break and look forward to seeing the students return in January.

Yours sincerely,

Justin David

Associate Assistant Head of School (Character and Culture)

