



Portway Press

Advice to Families

We are currently dealing with a complex and rapidly changing situation. Our first priority will always be the health and safety of the pupils and families in our school. Now more than ever, this remains our primary focus. To make sure we can offer this support, we will be contacting families during the week to check in. We have also set work that can be completed online on Google Classroom which all children can access.

We also want to share advice from other outside agencies who can offer families support during this difficult time.

Food Bank	London Ghana SDA Church , Chadwin Road, Plaistow, London, E13 8NF 0207 474 8095 Thursdays, 6 – 8pm
Food bank	Rehoboth Church , 478 Barking Road, Plaistow, London E13 8QB 07951 612405 (Emergency Food Distribution) Saturdays, 9am -11am
Food bank	Manor Park Centre , Manor Park Christian centre, 454 High Street North, E12 6RH Opening Times: Tues 10- 12pm
Food bank	Royal Docks Activity Centre , Albert Road,, London, E16 2JB 0207 476 1666 (Emergency Food Distribution)Monday – Friday, 9.30am – 2pm
Emergency Assistance (i.e. food parcels, clothing etc)	<ul style="list-style-type: none"> • FairShare – www.fairshare.org.uk • Salvation Army - https://www.salvationarmy.org.uk/emergency-assistance

Additional support for families:

- **Family Lives** – provides information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222
- **Gingerbread** – provides single parents with advice and practical support. You can call the [Gingerbread Single Parent Helpline](http://www.gingerbread.org.uk) on 0808 802 0925
- **Relate** – provides relationship support, including [help for children and young people](http://www.relate.org.uk) and [help with family life and parenting](http://www.relate.org.uk)
- **Single Parents** – provides single parents with help, advice and support
- **YoungMinds for Parents** – provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 5544
- **Family Rights Group** – provides parents or other relatives with advice about their rights and options when social workers or courts make decisions about their children's welfare. Their advice line number is 0808 801 0366



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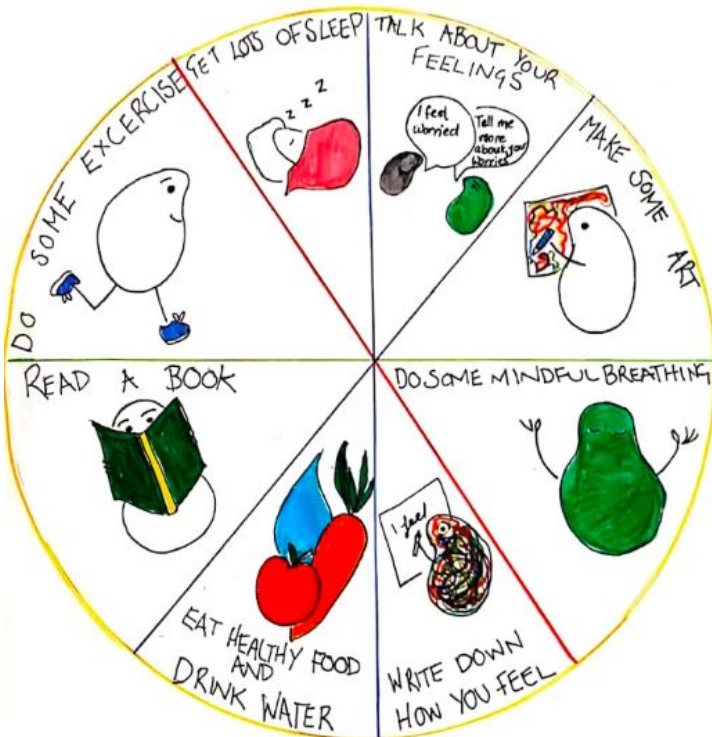




Looking after our Wellbeing

Home Wheel of Support

If you or any members of your family are feeling overwhelmed during this difficult time, use our Home Wheel of Support to help you feel calm.



Further support in Newham can be found from the following services:

- **Place2Be helpline -Text:** P2B to 85258 (10-18)
<https://www.place2be.org.uk/our-services/get-help/>
- **Kooth Online Counselling (10-16 year olds) – www.kooth.com**
- **Childline** 0800 11 11
- **Newham Talking Therapies (self-referral)** 0208 475 8080
- **NSPCC** – 0808 800 5000
- **Family Lives** – 0808 800 2222
- **Runaway Free** – 116 000
- **Young Minds Parent Helpline** – 0808 802 5544
- **Gangline** – 0800 032 9538
- **Crimestoppers** – 0800 555 11

Financial Support Available

- **MoneyWorks** -
<https://newhammoneyworks.co.uk/>



Newham MoneyWorks
112 - 118 The Grove
London, E15 1NS

Community Support Available

Projects specifically for children, parent/carers and youth around healthy food, poverty response, sports and a Gardening Project.

- **The Magpie Project** -
<https://themagpieproject.org/>
- **BDCA Community Association** -
www.bonnydowns.org.
- **Ascension Community Trust** -
<http://www.ascensioncommunity.org.uk/eldersproject.html>
- **Newham Community Links** -
<https://www.community-links.org/advice/>
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