

December 2024



Dear Families

The Bridge Academy has had a wonderful start to the academic year; we have welcomed new children and staff to school, introduced iPads to the classrooms and celebrated many successes so far. As Christmas approaches, we wish you all a joyous and restful festive break, but also understand this time of year can also bring challenges, so we'd like to share resources to support you and your loved ones, should you need them.

Mental Health and Wellbeing

- [Staffordshire Emotional Health and Wellbeing Service](#)
- [CAMHS Resources](#)
- [Anna Freud Centre: Support for Families](#)

Coping with Grief

For families experiencing their first Christmas after a bereavement, Winston's Wish offers advice:

- [Coping with Grief at Christmas](#)

Support for Children with SEND

Aiming High provides activities and short breaks for children and young people with special educational needs or disabilities (SEND) in Staffordshire:

- [Aiming High Staffordshire](#)

Technology Safety

Technology gifts are popular at Christmas. Please be mindful of age restrictions and online safety. Helpful resources include:

- [National Online Safety Guides](#)
- [NSPCC: Keeping Children Safe Online](#)
- [Childnet Family Agreement](#)

Financial Support

If you're experiencing financial difficulties, visit:

- [Hope4U](#)
- The Trussell Trust trusselltrust.org
- 0808 208 2138 (Help through Hardship helpline)

Domestic Violence Support

For those affected by domestic abuse, these services provide confidential support:

- [New Era Domestic Abuse Service](#)
- [Pathway Project](#) | Helpline: 01543 676800
- [Women's Aid](#)

NSPCC

0808 800 5000

nspcc.org.uk

Help for young people to prevent abuse, rebuild children's lives and support families



Beat

0808 801 0677 (England)
beateatingdisorders.org.uk

Offers information and advice on eating disorders and runs a supportive online community. Also provides a directory of support services at Help Finder.

Beat's helplines are open 365 days a year from 1pm to 9pm during the week, and 5pm to 9pm on weekends and bank holidays. Beat's answers to five questions you may have about Christmas with an eating disorder.

LGBT Foundation

0345 3 30 30 30
lgbt.foundation

Advice, support and information for people identifying as LGBTQ+. The LGBT Foundation helpline is open on weekdays 9am to 9pm and weekends 10am to 5:30pm.

Samaritans

116 123 (freephone)
jo@samaritans.org
samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

Samaritans' helplines are open every day of the year. Samaritans' Christmas coping information.

Shout

85258 (text SHOUT)
giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help. Shout are open 24 hours a day, every day of the year. Shout's tips on feeling less alone over the festive season.

I wish all our families a happy, peaceful, and safe Christmas.

Yours faithfully

E. Evans

Miss E Evans
Designated Safeguarding Lead