



Cherry Orchard Primary School
Timberdine Close
Worcester
WR5 2DD
01905 352787
office@cherryorchard-pri.worcs.sch.uk
www.cherryorchard-pri.worcs.sch.uk

Acting Headteacher
Mr. L. Card

Dear Parent/Carer,

In these strange and unusual times we find ourselves in, we thought it may be useful to provide you with some information to keep you, your family and friends safe and well. Below you will find some useful telephone numbers and website links for mental health and wellbeing and general help whilst staying at home. If you need any support or advice, please do let us know if we can help, or point you in the right direction. Most importantly stay active, stay connected and ask for help if you need it.

The nhs has a great guide to mental wellbeing whilst being at home, including sleep tips, structuring your day and working rights and benefits. <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Mood self-assessment. Understanding your feelings and what to do, and audio wellbeing tracks <https://www.nhs.uk/conditions/stress-anxiety-depression/>

If you're at home with somebody that struggles with their mental health, or know someone that may be struggling, help and tips available here <https://www.nhs.uk/oneyou/every-mind-matters/helping-others/>

Headspace have free audio tracks <https://www.headspace.com/covid-19>

A list of helpline numbers and websites including specific ones aimed at men and young people. <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

If you run a business or are self-employed and are concerned about paying your tax due to coronavirus, you can call HMRC's helpline for help and advice: 0800 024 1222.

Worcester Foodbank-to help or get help with food <https://worcester.foodbank.org.uk/>

Money advice service for any financial concerns-help is available <https://www.moneyadvice.service.org.uk/en>

Best Wishes

The Cherry Family

