



27th January 20201

Banardos – See, Hear, Respond campaign

Dear Parents/Carers,

As we continue to navigate our way through another lockdown, we wanted to share some important information with you, which might be of use during these challenging times.

As a school, we realise and understand the impact another lockdown will have on our children and we are always striving for ways in which can offer further support to you all.

Banardos UK are running the **See, Hear, Respond** campaign along with a number of partner organisations such as Action for Happiness, Approachable Parenting (Approachable Parenting is an organisation which was established in response to the needs of the Black Asian and Ethnic Minority (BAME) communities. It provides information and guidance, parenting support and group coaching sessions for expectant mothers, after birth, parents of children age 4-11years, teenagers and couples with relationship issues), and Best Beginning (for pregnant parents and new families (under 6 months) who are struggling during COVID-19 pandemic, with little or no face-to-face support).

The **See, Hear, Respond** campaign helps to support children, young people and families who are affected by coronavirus and the lockdown. There are many ways they can help: by listening to you over the phone, meeting you in person (socially distanced) or sharing in our [online hub](#), the support and information you might need. They are here to help children, young people and their families affected by Covid-19 in England.

If you're a parent or carer affected by Covid-19 in England, they are there to help you. They can usually help if you are expecting a child or caring for anyone who is:

- under the age of 18,
- has a special educational need and are under the age of 25,
- not already supported by social services in England.

If you're not sure if they can help, it's okay to give them a call to find out more information. You can tell them about yourself and, if they can't help



you, they will find someone who can.

They won't judge you or blame you, whatever you are going through.

You can call them for free on **0800 157 7015** to speak to a friendly person in their team and they will help you figure things out.

Banardos support is free and they can talk about what kind of support works best for you because every family is different.

You can call them between Monday and Friday 9am – 5pm. You can also use the online form (link below) to explain a bit about yourself and they will get back to you.

This might be help with:

- Going back to school
- Emotional and wellbeing advice and counselling
- If you're a young carer and need support where you live
- Feelings of anxiety and depression, isolation and loneliness
- Family stress and finding coping strategies
- Parental mental health,
- Concerns about your child's online life and more

For more information about the 'See, Hear, Respond' campaign - <https://www.barnardos.org.uk/see-hear-respond/carers-referral>

For the online form - <https://www.barnardos.org.uk/see-hear-respond/carers-referral/carers-referral-form>

As always, we are grateful for your continued support in these difficult times.

Best wishes,

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