



St Dunstan's, Cheam, C of E Primary School

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Dear Parents / Carers,

1st April 2020

In these unprecedented times, we wanted to ensure parents feel equipped to support their children now and after the possible closure of schools. We understand and appreciate that this unsettled time could increase anxieties and worries for adults and children. Below are some websites that may be useful at this time and beyond. The key message is to try and keep things as "normal" as possible. The websites give good advice, coping strategies, some on line games to all help to try and stay positive.

Please see links to websites that you might find helpful:

<https://www.theguardian.com/world/2020/mar/18/coronavirus-online-therapy-service-to-offer-free-sessions-across-uk-self-isolating>

An online therapy service is to offer free 20-minute sessions aimed at vulnerable older people and others who are self-isolating or struggling, after therapists across the UK volunteered their help.

<https://carers.org/news-item/joint-statement-issue-carers-uk-and-carers-trust-covid-19-coronavirus>
Carers UK and Carers Trust have made a joint statement regarding the coronavirus – or COVID-19.

This joint statement covers an overview of the current advice for people who are providing unpaid care.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> (including advice for Carers)

<https://www.talkofftherecord.org/>
Free local services for young people

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.childline.org.uk/toolbox/>

However you're feeling, it can be great to express yourself and do things you enjoy. And that's where we come in. Take your mind off things with [games](#), advice from our [videos](#) or find new ways to handle your emotions. And all in your handy toolbox.

<https://stem4.org.uk/>

The recent coronavirus outbreak has caused many people to experience increased anxiety and heightened issues with mental health. To help in these difficult times, there are a number of tips and resources for you.

<http://teenmentalhealth.org/> - Targeted at teenagers and above.

I hope you find one or more of these of benefit to you.

Yours sincerely,

Mrs D Soma
SENDCo

'St Dunstan's – a thriving Christian school, guided by the Good Shepherd, founded on faith, inspiring the best in everyone.'



