

Sir Francis Hill

'Here to Help'



We know that now is a very difficult time for you all – here are some helplines which might be of some use to you. As ever, please do not hesitate to contact the school if you have any queries or worries. We are always here to help and will be confidential. The Inclusion Team. (Miss Bibby, Mrs Dennis, Mrs Kay and Mrs Revill).

01522 520359 or admin@sir-francis-hill.lincs.sch.uk

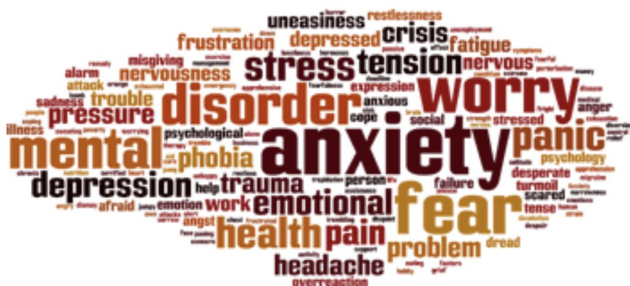
Mental Health Support

Mental Health and Emotional Support Line

Lincolnshire has a new confidential helpline to provide emotional support and guidance for anyone feeling low, stressed or anxious. You won't be judged, so if you need to talk, call anytime of the day or night: Telephone: 0800 0014331

Night Light Cafes

The Night Light service provides free support for people experiencing a crisis in their mental health. Crisis Cafes are open in different locations around Lincoln on certain evenings during the week and phone support is also available. Telephone: 0300 011 1200 Email: night-light@actstrust.org.uk



General Help and Information about COVID

Lincoln City Council

<https://www.lincoln.gov.uk/support>

Lincolnshire County Council

COVID helpline 01522 782189

<https://www.lincolnshire.gov.uk/coronavirus-support-services>



NHS

General information

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



Self Isolating Support

A payment of £500 is available to those who are on low income and have been asked to self isolate by NHS test and trace for more

Information and to check eligibility please visit

www.lincoln.gov.uk/coronavirus



Financial Support

These times are difficult, should you need any help financially, these numbers and emails might be of some use to you.

Citizen Advice: Advice line: 03444 111 444 Website: www.citizensadvice.co.uk

Benefits and money advice <https://www.lincoln.gov.uk/benefits/benefits-money-advice>

Universal Credit New Claim Online: www.gov.uk/apply-universal-credit

City of Lincoln Council Welfare Advice lincoln.gov.uk/apply-for-benefits-and-advice



Food banks and assistance in buying food and related goods

If your circumstances have recently changed, you may be eligible for Free School Meals. During this period of lockdown, you will be provided with £15.00 per week through a supermarket voucher if you are eligible. To check this, please visit: <https://www.lincolnshire.gov.uk/school-pupil-support/apply-free-school-meals>

Lincoln Community Larder: Visit [Vouchers - Lincoln Community Larder \(lincolnlarder.co.uk\)](http://lincolnlarder.co.uk) for further information

Lincoln Food Bank: We can make referrals to Lincoln Food Bank for any families in need and are happy to do so. Please, please let us know if you need any help. Your request will be treated in confidence and we can arrange a food parcel for you to collect from the local area. Please phone school and ask to speak to Miss Bibby. Alternatively, please visit the website at: [Get Help | Lincoln Foodbank](#)



Lincolnshire Emergency Assistance Scheme – Individual Grants Scheme

The aim of this DEFRA-funded Grant Programme is to ensure that vulnerable people within Lincolnshire have improved access to food and are not adversely affected during the 2020 COVID-19 global pandemic. The individual grants scheme is open to individuals/households who find themselves in need of essentials (for example, utilities support, provision of food or hygiene related white goods, or other food related essentials) to support their ability to access and consume food. As a school, we can refer to this scheme for help that you may need. Please phone school and ask to speak to Miss Bibby.