

March 2023
Here to Help Leaflet for Parents

Sir Francis Hill 'Here to Help'



We know that life can be difficult at times, we acknowledge that the current 'Cost of Living' crisis is not helping – here are some helplines and websites 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)

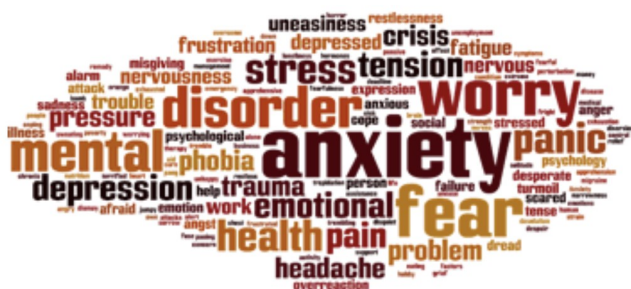
Mental Health Support

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



General Help and Information about living in Lincoln

Lincoln City Council

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

Lincolnshire County Council

<https://www.lincolnshire.gov.uk/>



Financial Assistance

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.lincoln.org.uk

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

Universal Credit New Claim Online: <https://www.gov.uk/universal-credit>



Free School Meals

All children in YR-Y2 are entitled to Universal Infant Free School Meals (UIFSM), however, this is very different to Free School Meals.

If you receive any benefits, you should inform us as we can claim extra funding called the Pupil Premium Grant. You may also be entitled to access to the Holiday Activity and Food Programme, which enables your child to access holiday activities and food during school holidays.

In the past, children entitled to FSM, have also benefitted from vouchers to be used in the holidays.

If you think your child may be entitled to FSM, please log on at: <https://www.lincolnshire.gov.uk/school-pupil-support/apply-free-school-meals>



Help with Uniform

We have our own online shop selling good quality pre-owned uniform.

You can find the items for sale at: [Uniformd](#)



Food banks and assistance in buying food and related services

Lincoln Community Larder: <https://lincolnlarder.co.uk/get-help/>

Lincoln Food Bank through the Acts Trust: 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.

Community Larder: Lincoln has a fantastic service called the Community Larder. They stock good food that would have gone to waste and makes it available for members for just £4 per shop. For that, you can fill your basket with fresh fruit and veg, pantry items, chilled and frozen food and toiletries. Further information is available at: <https://www.actstrust.org.uk/projects/lincoln-community-grocery/>



The Acts Trust also offer support in other areas, including mental health support, Job Club, support for refugees and life skills (amongst other support), information can be found at: <https://www.actstrust.org.uk/get-help/>

Healthy Start: If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. <https://www.healthystart.nhs.uk/frequently-asked-questions/>