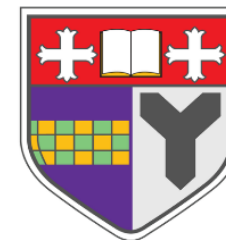


St Joseph's Academy

Wellbeing Supports during building closure - 2021



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Financial

Aberlour Urgent Assistance Fund	Can provide cash grants to help families with children cope with the impact of COVID 19. Applications must be submitted by the school	More information available at https://www.aberlour.org.uk/urgentassistancefund/ Please contact your Guidance teacher if you wish to make an application
Employment and Financial Support	Information on various financial supports during the lockdown	www.gov.uk/coronavirus
EMA – Educational Maintenance Allowance	EMA is a weekly payment of £30 for students who are planning to continue in post-compulsory education from August 2020. You can apply via the link noted.	https://www.east-ayrshire.gov.uk/CouncilAndGovernment/Benefits/Benefits-EducationAndSchool/Schools-MaintenanceGrants/EducationMaintenanceAllowance.aspx

ICT

Internet Access	Government advice around ICT and internet data allowance during COVID-19 shutdown	https://www.gov.uk/guidance/get-help-with-technology-for-remote-education-during-coronavirus-covid-19#get-internet-access-for-disadvantaged-children
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Food / Clothing

Hillhouse	Supports families throughout Ayrshire and can deliver clothing's packs, baby equipment and toys	01563 523 362
East Ayrshire Foodbank	Location and opening times for foodbanks in East Ayrshire	https://ayrshireeast.foodbank.org.uk/locations/ Ayrshire (East) Foodbank CVO East Ayrshire Open Doors 11-15 Old Irvine Road Kilmarnock KA1 2BD t: 01563 550951
Magic Breakfast	St Joseph's Academy works directly with Magic Breakfast to provide all young people with a breakfast during term time. Magic Breakfast will continue to deliver frozen bagels, cereal (Corn flakes & rice krispies) and some fruit juices on a weekly basis	Please contact the school office on 01563 526 144 if you wish to be added to this distribution list. You can also use the contact us page of our website to get in touch.
Free School Meals	Applications for FSM and School Clothing Allowance	https://www.east-ayrshire.gov.uk/CouncilAndGovernment/Benefits/Benefits-EducationAndSchool/Clothing-grants-and-free-school-meals/Clothing-grants-and-free-school-meals.aspx

Physical Wellbeing

School Nursing Service	You can contact the school nursing team	01563 545 737
East Ayrshires Women's Aid	24hr contact line	0800 027 1234 01563 536001 https://www.eastayrshirewomensaid.org.uk/contact/
Exercise at home	Videos of yoga for kids	https://www.youtube.com/watch?v=X655B4ISakg
Child Winter Heating Assistance	Payment of £200 for children and young people up to the age of 18 for families who meet set criteria.	https://www.mygov.scot/child-winter-heating-assistance/ https://scotland.shelter.org.uk/get_advice/advice_topics/paying_for_a_home/paying_for_heating_during_winter

Mental Health / Counselling

CAMHs Resources	This website has a collection of resources and website links for anyone who needs support with their mental health during the shutdown	http://www.camhs-resources.co.uk
Positive Thinking	Worksheet for pupils to help identify positives in their lives and society	https://youngminds.org.uk/resources/school-resources/how-many-positives-activity-sheet/
Positive Mindset	Short video on how to develop a positive mindset	https://www.youtube.com/watch?v=vRQkxkBDEF0
Mindfulness	Mindfulness meditations that can be done at home	https://www.youtube.com/watch?v=6p_yaNFSYao https://www.youtube.com/watch?v=ZToicYcHIOU
The Samaritans	Confidential service people can talk to or seek advice / support.	https://www.samaritans.org/ 45 Titchfield Street, Kilmarnock KA1 1QS 01563 531313

Employment

Kate Faulds Schools Careers Advisor Skills Development Scotland	Kate can be contacted to discuss next steps or general career advice via phone	07500 097 503 0141 468 7271 Kate.faulds@sds.co.uk
My World of Work	Website designed to support pupils / parents / carers with employability skills and next steps	https://www.myworldofwork.co.uk/