

Dear Parents,

Here are some links that may be useful during this uncertain time:

**If you are worried about your safety or the safety of someone you know:**

<https://www.refuge.org.uk/>

<https://www.womensaid.org.uk/>

<https://www.nspcc.org.uk/>

<https://www.surreycc.gov.uk/social-care-and-health/childrens-social-care/contact-childrens-services>

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

Email - [emergency@xavier.cet.org](mailto:emergency@xavier.cet.org)

**If you need support with finances or food:**

<https://woking.foodbank.org.uk/>

<https://www.cathchild.org.uk/>

<https://woking.gov.uk/community/latest-government-advice/community>

**If you are worried about how to keep your child safe online:**

<https://www.internetmatters.org/>

<https://www.childnet.com/parents-and-carers>

<https://www.thinkuknow.co.uk/>

**If you are worried about what to do if you have coronavirus:**

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

**Talking to your children about coronavirus:**

<https://www.mindheart.co/descargables>

<https://www.bbc.co.uk/newsround/51204456>

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

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

**Support with bereavement**

[www.cruse.org.uk](http://www.cruse.org.uk)

[www.rd4u.org.uk](http://www.rd4u.org.uk)

[www.barnardos.org.uk/childbereavementservice](http://www.barnardos.org.uk/childbereavementservice)

[www.winstonswish.org](http://www.winstonswish.org)

**Local Church Streaming and Vatican TV**

<https://www.youtube.com/channel/UCxIsefyI9g9A5SGWA4FvGIA?reload=9>

<https://www.dabnet.org/news/view/308>

<http://st-dunstans.org/streaming/>

<https://www.cpp.org.uk/>

**Support with reading:**

<https://literacytrust.org.uk/family-zone/>

<https://www.booktrust.org.uk/>

<https://www.bbc.co.uk/bitesize/articles/zbxby9q>