

You are invited...

Date: Monday 20th May 2024

Time: 10:00am-12:00pm

Location: The Seabrook Campus, Marlborough Road, RM8 2HU

Focus: Meet the Teams

- Meet the NELFT Mental Health Support Team (MHST) who are working within your children's school to help promote good emotional wellbeing for children and young people
- Meet the SHS Practitioners: SHS is a UK-based charity which supports students and families in many ways:
 - Benefits, housing and financial problems
 - School uniform issues
 - Improving their child's attendance and behaviour
 - Working with a range of outside agencies and organisations



Emotional Health & Wellbeing Support Services

www.childline.org.uk - Help is there for you -

Ring anytime for confidential telephone counselling on Freephone 0800 1111 or for lots of interesting info about how you are feeling and what can help

www.kooth.com - Free, online, anonymous counselling services for young people in Barking & Dagenham

www.offcentre.org.uk - Off Centre offers counselling, advice and information.

www.youngminds.org.uk - has information about emotional well being/ mental health. They also offer a parent helpline on 0808 802 5544

www.cafcass.gov.uk - provides information about parents separating and how it feels

www.bbclic.com/BeatBullying - gives you information and advice on bullying
www.rd4u.org.uk/YouthBooklet.pdf - offers you a leaflet about death, bereavement and grief

www.thehideout.org.uk - is a website about fights at home and domestic violence

www.camsden.co.uk - helps you understand and learn more about your feelings- hear what Cam and friends have to say at Cam's Den



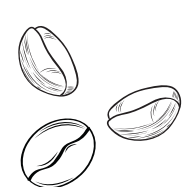
The Little Pantry

We now have a "Little Pantry" available at our Seabrook Campus. This free service is now available to all parents/carers. Our ethos is "Take what you need, give what you can".

It is not a shop or a food bank, and does not look to replace either. It is open to families of all students and is stocked with non-perishable food, clothing, toiletries, cleaning products and toys for children of all ages.

All of us experience hard times. It can happen to any of us. There is no shame. This is not about feeling defeated, but is about having the confidence to seek help, which is a sign of our community that cares about its members. You don't have to be in an ongoing crisis. It can be a one-off visits when things get tough.

If you would like to talk to someone about accessing the Little Pantry for donation or collection, please call 0208 270 6000 and ask for Katy Waite or Laura Ellis.



*At Mayesbrook Park School
we enjoy working
collaboratively with our
families to provide the best
opportunities for our
students.*

*We would like to invite you
to come along and join us
for a relaxed opportunity to
meet members of the team
and find out what support is
on offer.*

*This will be a chance for
parents/carers of students
to share their experiences
over some tea/coffee and
nice treats, and an
opportunity to discuss any
social, emotional and
mental health concerns you
may have and consider how
we can help.*



Contact Us



0208 270 6000



www.mayesbrookparkschool.org.uk



Mayesbrook Park School
Alternative Provision for young people in Barking and Dagenham

Coffee morning

