

Tuesday 12th December 2023

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A University of Kent Academies Trust School

Dear Parent/Carer,

CG Colour Celebration – Friday 15th December

This Friday we will be hosting our inaugural CG Colour Celebration Day. This will be a fundraising event to support the wellbeing of our students and in remembrance of one of our community that we sadly lost this time nearly a year ago.

In addition to being a Tag Day, there will be various, student-led activities on the day including a bake and badge sale, a staff and student raffle, and PT time crafts and games. All proceeds will be going to [Therapy Dogs Nationwide](#), an organisation which we benefit from with supporting our students' self-confidence, self-esteem, behaviour, and social and emotional welfare.

Donations for the Tag Day can be made by logging into your ParentPay account and are recommended to be £1 - additional contributions gratefully received.

Please find overleaf a list of support services available now and throughout the holiday period. Should you require any further support, please don't hesitate to contact us at refernow@universityofkentacademiestrust.org.uk.

Yours sincerely,

Barry Grimes
Associate Assistant Principal

External Support Agencies and Services

Service	URL	Referral methods
Kooth – Online mental well-being service including counselling	www.Kooth.com	Self-referral
Emerge- supporting young people’s wellbeing including self- harm based at Medway Hospital.	https://emergeadvocacy.com/	Self-referral
Medway Council- Family help and support	https://www.medway.gov.uk/info/2/00307/local_offer/823/family_help_and_support	Parent/Carer
Mind – A charity designed to support and provide information about mental well being	www.mind.org.uk	Parent/Carer
NELFT – Kent Children & Young People’s Mental Health Service	www.NELFT.nhs.uk	Parent/Carer/School/ GP
Medway SENDIAS – Impartial SEND information and support	https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17-Year-olds (Sport, Life skills, Residential Trips etc)	www.ylf.org.uk/legends	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	https://home-startmedway.org.uk/support/	Parent/Carer
Early Help – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	https://www.medway.gov.uk/info/2/00170/children_and_families/322/early_help_for_families	Parent/Carer/School
Medway Community Healthcare – Community Healthcare services for people living in Medway.	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services	Parent/Carer
Foundation Kent – Charity aims to support those family breakdowns, separation and divorce.	https://www.foundationkent.uk/	Parent/Carer
Medway Counselling (Paid for by Parent/Carer)	http://medwaycounselling.co.uk	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	https://kentresiliencehub.org.uk/parent-carers/resources/	Parent/Carer
Action for Children –Support with all aspects of parenting	https://parents.actionforchildren.org.uk/	Parent/Carer
KELSI - Children and Young people – health and well-being – including eating disorders	https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service	Parent/Carer/ School

Childmind - Parent/Carer guide to children, young people with OCD	https://childmind.org/guide/parents-guide-to-ocd/	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/	Parent/Carer
Charlie Waller Trust – provides information and resources for parents and young carers with mental health issues	https://www.charliewaller.org/	Parent/Carer
Child Bereavement UK – support with grief for young people	https://www.childbereavementuk.org/	All
Information, Advice and Support Kent – Support for all your families Health and Wellbeing	https://www.iask.org.uk/young-people/health-and-wellbeing-2/	Parent/Carer
MCH – Children and Young Persons Activities in Medway	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities	Parent/Carer
Papyrus UK- Prevention of Young suicide	https://www.papyrus-uk.org/	Parent/Carer/ Young person
Youth Club for Children, Young People who have Autism	http://www.medway-magic.org/what-we-do/youth-club/	Parent/Carer