

Monday 20th June 2022

Wendy Walters BA (Hons) MA
Academy Principal

Chatham Grammar
Rainham Road
Chatham
Kent
ME5 7EH

T : 01634 851262
E : OfficeCG@universityofkentacademiestrust.org.uk
W : www.chathamgrammar.org.uk

A University of Kent Academies Trust School

Dear Parents/Carers,

External Support Agencies and Services

We are all aware that this past couple of years was and still is very challenging in so many ways. As well as the support options we offer internally, some families have also been accessing external agencies or services. We have sent this information out before but thought it would be helpful to resend the list of external support that is available in one easy format for you to see. As you can see from the final column, most referrals can be made by families directly.

If you would like to be referred for any service, then please do not hesitate to contact us for more details.

Service	URL	Referral methods
Kooth – Online mental well-being service including counselling	www.Kooth.com	Self-referral
Medway Council- Family help and support	https://www.medway.gov.uk/info/200307/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
Rethink – Money, support, and mental health	https://www.rethink.org/advice-and-information/living-with-mental-illness/money-benefits-and-mental-health/	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	https://home-startmedway.org.uk/support/	Parent/Carer

listening, adult company, reassurance, practical help, accessing other services		
Freedom Programme – Support with healthy relationships, domestic abuse.	https://www.freedomprogramme.co.uk/	Self-referral/self-study
Family Solutions – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence, or abuse	https://www.medway.gov.uk/info/200170/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

OUR COMMITMENT TO YOUR PRIVACY

From time to time we may use your personal information to communicate newsletters or marketing information about events, products and services offered by the school which we feel are relevant to you. We will communicate marketing information to you on the basis of "legitimate interest" due to your current relationship with the school. You will find further information about how we use your personal information in our Data Privacy Notice by visiting <http://www.chathamgirlsgrammar.medway.sch.uk/privacy-parents/>. Should you wish to opt out of receiving these communications at any time you can do so by contacting the school office via email: officeCG@universityofkentacademiestrust.org.uk

Citizens Advice – All round support	https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/	Parent/Carer
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
Youth Club for Children, Young People who have Autism	http://www.medway-magic.org/what-we-do/youth-club/	Parent/Carer

If I can be of any further support, then please feel free to contact me.

Yours sincerely,



Miss Paula Knight
Designated Safeguarding Lead

OUR COMMITMENT TO YOUR PRIVACY

From time to time we may use your personal information to communicate newsletters or marketing information about events, products and services offered by the school which we feel are relevant to you. We will communicate marketing information to you on the basis of "legitimate interest" due to your current relationship with the school. You will find further information about how we use your personal information in our Data Privacy Notice by visiting <http://www.chathamgirlsgrammar.medway.sch.uk/privacy-parents/>. Should you wish to opt out of receiving these communications at any time you can do so by contacting the school office via email: officeCG@universityofkentacademiestrust.org.uk