Cost of the School Day Position Statement

COULTER PRIMARY

A PLACE WHERE EVERYONE STRIVES TO BE THE BEST THEY CAN BE

The core values for our school community are:-

Responsibility, Courage, Equality, Respect and Honesty

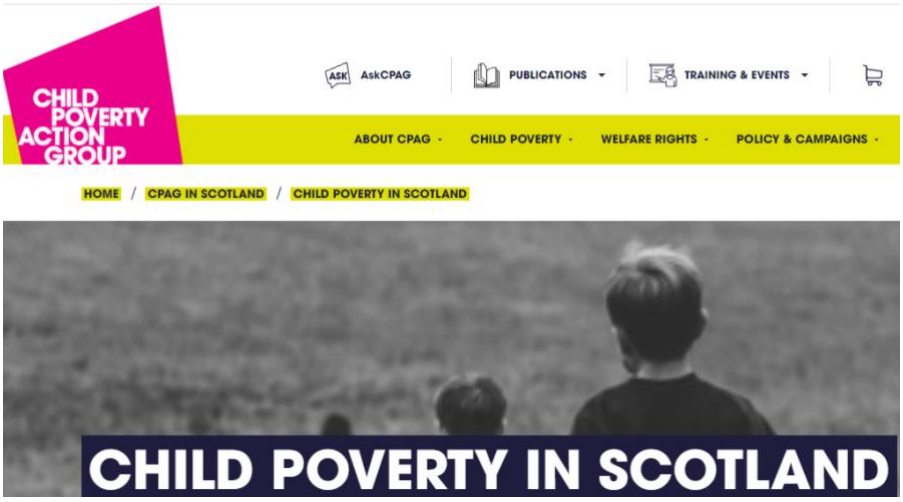
'Poverty' is when your resources are not enough to meet your basic needs.

More than 1 in 4 (26%) of Scotland's children are officially recognised as living in poverty. The majority of children in poverty, 68%, have parents who are in work but still don't make enough to get by. Poverty damages children's health and wellbeing, their learning, attainment and future outcomes.

We've all experienced the same Covid-19 storm but we aren't all in the same boat. Some families have less protection than others.

Job losses and drops in income have affected thousands of families who were already struggling. It is forecast that families with children will be worst affected in the long term.

It is expected that the impact of the pandemic on employment and the economy will increase the number of children living in poverty - previously financially secure families in your school may now be experiencing difficulties.



https://cpag.org.uk/scotland/about

The Child Poverty Action Group recently commissioned and produced a further range of support materials to assist schools and school parent councils with ideas to alleviate some of these concerns.

What the reading of the research continues to reinforce is that as a school we need to raise awareness of the supports we offer to parents and pupils, while at the same time observing the required confidentiality required when any parent or pupil requests assistance. Every communication to parents/ carers with regards to a trip/ excursion/ event/ payment of any kind will contain a standard paragraph inviting parents to contact Mrs Kennedy if cost is an issue preventing full participation.

The school is already in receipt of monies under the Scottish Government's Pupil Equity Fund (PEF) where financial resources are allocated to the school based on the number of pupils in receipt of free school meals.

Womankind Clydesdale offer practical and financial support as required to families, especially in relation to school clothing and footwear (womankindcl@gmail.com).

This communication is designed to promote the supports we offer and encourage any Coulter pupils and/ or parents/carers who may be finding certain aspects of supporting their child's school life a struggle to let us know about the issues at hand. With confidentiality guaranteed, we would look at every stage or every circumstance, the opportunity to support where we can to ensure that as far as possible all our pupils have access to the same experiences as and when they are available, whether this is in school/ class or beyond.

As far as possible as a school, we endeavour to match key recommendations that the Poverty Action Group research has noted as being important markers of supporting children from a low-income background- including:

- Giving our pupils the benefit of the doubt- our school staff and pupils should hold no assumptions about financial situations.
- Ensuring as far as possible an 'affordable school year'- spacing in-school and out of school events out to try to avoid hotspots leading to increasing financial pressures.
- Running fund-raising activities which do not always ask families to contribute.
- Lending resources without trouble.

- Modifying expectations and tasks; offering/ providing support to access IT.
- Having consistent expectations and practice between staff members on uniform, resources etc.
- Rewards and merits unaffected by issues relating to finances at home.
- Anti-bullying alert to income-based bullying or stigma.
- Greater poverty awareness among our own school community.
- Making sure families/ students are aware of their financial entitlements- clothing grants, free meals, EMA . . .
- Staff discretion and empathy in relation to equity issues.
- Ensuring wherever possible that costs for trips are affordable.
- Covering costs/ subsidising and supporting discounts where possible.
- Systems in place where pupils/ parents/ carers do not feel embarrassed asking for help/ subsidy.

In consultation with our Parent Council- we will continue to use these key recommendations to look at ways in which we can further enhance our support to families who may be finding the various costs of a child's school experience a challenge- the Child Poverty Action Group's support materials provided us with a basis for that discussion. If interested the link http://www.cpag.org.uk/costschool-day will take you to the document itself. In general, school costs can be broken down into several key categories:

Uniform

Our current uniform is a burgundy sweatshirt/jumper/cardigan, white polo shirt, black or grey trousers/skirt. We recycle school uniform so please contact the school office to check what is available before you buy ☺

Families can purchase uniforms from https://scotcrestschools.co.uk/Find-Your-School/South-Lanarkshire/coulter%20Primary%20School also available from Scotcrest, Quarry Street, Hamilton or ALJ Industrial Supplies 18 Bloomgate Lanark ML11 9ETTelephone 01555 665715 Opening Times Mon-Fri: 9am-6pm Sat: 9am-4.30pm https://www.aljonline.co.uk/shop-by-school/coulter-primary-school

We do not insist on badged sweatshirts/polo shirts.

Parents on certain benefits can access a clothing grant to help with school uniform costs. At the moment, the South Lanarkshire Grant is £130. Information about entitlement to clothing grants and how to apply is available on the South Lanarkshire Council website https://www.southlanarkshire.gov.uk/info/200259/education_benefits/159/school_clothing_grants_and_free_school_meals or speak to Mrs Kennedy.
There may be situations where the expense of clothing exceeds the £130, especially with regard to footwear. If this is the case, we would encourage you to contact the school or to contact Womankind Clydesdale (womankindcl@gmail.com).

Travel

Transport costs are significant for low-income families and can affect attendance and participation at school. We are well aware that, in rural areas, own transport is a necessity rather than a luxury, and families can struggle to meet the fuel and running costs of journeys to school. Although our council has maintained the provision of free transport to and from school, we are aware that any other activities outwith the school day are heavily reliant on parent transport and that this is not always easy. If pupils want to participate in a school activity and feel that financial circumstances would not allow for this to happen, we would encourage parents/carers to speak to Mrs Kennedy to identify ways in which the school could support pupil engagement. This could apply, for example, to an after-school club or to an event which means the pupil may be returning late to school and requires to be collected.

Period Poverty

Statistically 1 in 7 girls have to borrow sanitary wear because of affordability issues, 12% have to improvise sanitary wear and 1 in 5 choose cheaper, less suitable products because of cost. At Coulter Primary a range of suitable, high quality sanitary products are available for any pupil requiring access to these. All pupils know that appropriate sanitary wear is available free of charge to collect in girls' toilets to reduce embarrassment/ stigma. Sanitary products are also made available over school holidays.

Learning

Children at Coulter PS do not need to pay for any core learning. Pens and pencils are provided, and young people do not need to bring their own equipment. Pupils can borrow equipment if they need it for homework.

School Trips

School trips can be difficult for families on low incomes to afford. Missing trips means that children miss fun, new experiences and personal development and feel left out. Families can be embarrassed about asking for financial help. The school, at all times, encourages staff to arrange events outside of school that we feel will enrich a pupil's school and life experience. For 'local trips' pupils can be asked for a donation but we try to meet the costs through grant funding and support of our Parent Council. Equity pupils' trip costs will be met fully by the school. Again, if there is an out of school activity being run and a pupil is reluctant to participate because of family financial constraints, we would encourage you to contact the school in confidence to seek support and identify ways to subsidise/support attendance and participation in the identified activity.
For longer school trips, we try to ensure that the maximum advance notice is given to allow pupils and parents to work out a staged payment plan that provides the opportunity for participation. Again, we would encourage all pupils who may be interested in participating in any activity to start off with the view that participation is possible, to express an interest and then have conversations with the school about how to achieve this.

Currently, our trips are planned each year by pupil vote. We try to meet all costs by applying for external funding or asking for donations from the Parent Council.

Eating at school

Lack of food and poor nutrition are realities for some children in Scotland. Food costs can be significant and receiving Free School Meals can lessen the financial burden on low-income families. However, not every family entitled to free meals applies for them, and not every child receiving free meals takes them. We would encourage any parent presently on low income to investigate the conditions under which free school meals can be provided. Information about entitlement to free school meals and how to apply is available on the South Lanarkshire Council website: https://www.southlanarkshire.gov.uk/info/200259/education_benefits/159/school_clothing_grants_and_free_school_meals, or speak to Mrs Kennedy.

If you have any problems in accessing IT or require further assistance in completing the online application we would be more than happy to support you to do so. All pupils now have free access to water at all times during the school day and we would encourage them to use this facility- both on cost and health/ nutrition grounds. Again, if there are any issues relating to access to food during the school day we would encourage pupils/ parents to contact the school.

Fun Events

Special days, events and activities are a fun part of school life and often raise valuable funds to subsidise trips and provide additional resources. However, such events can create difficulties for some children due to lack of immediate funds, hidden costs and feeling embarrassed and marginalised if they are unable to take part. In some of our communities, particularly rural ones, families travel long distances to work and making extra trips to school has a large impact on their finances. All our fundraising activities take place during the school day. We have one dedicated charity fundraising event and three non-uniform days at the end of each term to raise funds to support pupil-related school activities. The main charity fundraiser invites all pupils to contribute what they can, and the non-uniform days ask for a donation.

School Clubs

We offer a range of lunchtime and after-school clubs, most of which are free or at low cost. These clubs are a valuable resource for children, making new interests and experiences accessible to them. However, small costs can still stand in the way of participation.
Again, as noted previously, many of our extra-curricular activities take place at lunchtimes.

Home Learning

Although most home learning tasks have little or no costs, there are exceptions that can create difficulties for children from low-income households e.g. craft projects and homework that requires computers, online access, software and printers. We are already aware of local community issues in relation to intermittent or poor broadband connection(s) that inhibit some pupils' access to online materials and working. From session 2021/22 core curriculum costs across a range of subjects will be met centrally for all pupils. We are also aware in the years ahead of the increased use of smart phone and other digital technologies to support learning- in relation to school work, homework and home study- and that this does potentially create situations of disadvantage for some of our pupils. Any pupil who for whatever reason

cannot access technology / Google Classrooms will be provided with paper copies of any classwork/ homework materials and Please let Mrs Kennedy know immediately if this becomes an issue at some point during the school session so that teaching staff can prepare accordingly.

All pupils who receive free meal entitlement have been offered/ provided with a chrome book to use at home to support their learning and we have also provided chromebooks for full use to other pupils who we know need this technology to support their home and school learning. The school is always actively looking at ways to support pupils who for whatever reason do not have access to IT.

We are very clear that the Cost of the School Day is an area that requires constant vigilance and will not be 'fixed' by any one action. We constantly ask the questions below:

THE COST OF THE SCHOOL DAY

Poverty in your school community

Reflective questions

- ✓ Throughout the school day, are there costs which could place pressure on families, create stigma or limit participation?
- ✓ What impact is Covid-19 having on your children and families?
- ✓ How do you tell if families' financial circumstances have changed?
- ✓ Can parents talk to someone in the school about costs and money worries?
- ✓ What do you do best to support children and young people on low incomes?
- ✓ Are all eligible families receiving free school meals, clothing grants and other entitlements?

What further action would you like to take?

CHILD POVERTY ACTION GROUP IN SCOTLAND

Please read our Cost of the School Day Position statement on website
http://www.coulter-pri.s-lanark.sch.uk/cost-of-a-school-day.html

and useful information fron South Lanarkshire Council
https://www.southlanarkshire.gov.uk/MNTOP

Free school meals are for Primary 1 to 5 pupils.
Breakfast club is also free 8.15am, Monday & Tuesday
8.30am Wednesday, Thursday and Friday.
Toast and Go daily in playground from 8.45am

South Lanarkshire's Community Wellbeing Helpline

They can provide free and confidential advice on a range of matters such as:

- Identifying benefits which you may be entitled to, including Free School Meals, Clothing Grants, Education Maintenance Allowance and other welfare benefits
- Assisting in crisis situations such as having no money for food, gas or electricity
- Arranging referrals to other services including Money Matters Advice Services for benefit and debt advice and assistance.

The benefits system can be so complex with many people unaware of the benefits that may be available to them. We know of similar support provided in other schools with many families now better off due to the additional benefits being received as a result of making contact. In some cases, families gained thousands of pounds in backdated benefits.

Please call the Helpline team on 0303 123 1009 if you want to know more about the services offered. Alternatively, scan the QR code above with your smartphone camera to complete a referral form and they will contact you.

School Uniform

We recycle school uniform so please send your child's old uniform to the school office for use by other families in our community. Before you buy new why not check with the office if we have any recycled uniform that would fit your child. ☺

We also need your old Halloween costumes, Christmas jumpers, party clothes, in fact anything that you think someone else would use, for our recycling rail. Why buy new when you can pick up at school for free 😊

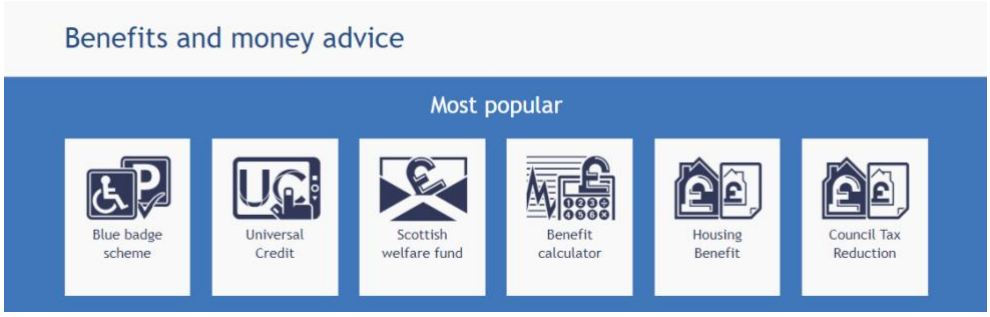
Community Swap Shop

Lamington PS has many items outside the school that are free to take and please feel free to add items for others to use ☺

South Lanarkshire Council has financial supports for families who have children or young people in school entitled to means tested Free School Meal.

https://www.southlanarkshire.gov.uk/info/200259/education_benefits/2066/financial_support_for_low-income_families

https://www.southlanarkshire.gov.uk/info/200259/education_benefits/159/school_clothing_grants_and_free_school_meals/2



https://www.southlanarkshire.gov.uk/info/200134/benefits_and_money_advice

- We offer **free, confidential and impartial advice** - we can help check your benefit entitlement, assist with the claims process, challenge decisions and represent you at Social Security appeal tribunals. For debt issues we look at your financial circumstances, contact creditors, discuss options and give budgeting advice; **Contact number: 0303 123 1008**
- Our Telephone Advice Line offers a similar service specifically aimed at pregnant women and families with young children; **Contact number: 01698 453154**

Remember Sanitary Products are available FREE in school

Please contact the school office if you need to access a supply for your child during school holidays.

The public can access sanitary products by emailing Free.Period@southlanarkshire.gov.uk

The Law ensuring free of charge period products in certain settings has come into force. Community halls, leisure centres, libraries, foodbanks and certain NHS premises are just some of the locations where products are obtainable free of charge.

Locations across the area can be found by downloading the **Pickupmyperiod**

App (free on Apple and Google)

Aberlour Trust – Urgent Assistance Fund for families

Aberlour's Urgent Assistance Fund can provide cash grants to help families with children (aged 21 and under) who are suffering extreme hardship, including the impact of the Coronavirus. The fund offers support, usually via cash grants to assist with a range of needs, such as food, prepay power cards, clothing, bedding, or other essentials. The average grant is usually around £50 per child. All applications must be made by a sponsor (e.g. school, social worker, health care professional, clergy) on behalf of a child or family and are considered on an individual basis and needs assessed. Please click on the attached link for further information and details of application, https://www.aberlour.org.uk/service-category/urgent-assistance-fund/

Scottish Child Payment

Families who meet the criteria and are eligible to apply will receive a payment of £10 per child, per week (equivalent to £520 per year) and payment will be made on a four-weekly basis. There are no limits to the number of children per family who can receive this benefit. If families would like to know more about this benefit and how to apply, they can contact Social Security Scotland by phone on 0800 182 2222, or look online at My Gov Scot

Best Start Foods Bonus!

For families already benefiting from the Best Start Foods here is a new offer they can take advantage of.

Customers who show their Best Start Foods card in Iceland stores can get a £1 bag of frozen vegetables when they make a minimum payment of £4.25

In Tesco, Best Start Foods customers who present their card will receive £1 off their total shop when buying fresh or frozen fruit and vegetables

For more information see link below;

Social Security Scotland - Families encouraged to take up supermarket free veg offer

Warm Home Discount Scheme

As the weather gets colder and heating bills continue to rise, lots of families will

be worried about keeping the house warm this winter. Did you know you might

be able to get £140 off your energy bills this winter through the ***Warm Home***

Discount Scheme?

Please click for further information ➞ https://www.gov.uk/the-warm-home-

discount-scheme

Looking for support on money issues?

If you're looking for guidance, *@CitAdviceScot*'s Money Map tool can help

point you in the right direction: *https://moneymap.scot*

Online safety advice for parents and pupils

- NSPCC info here - https://learning.nspcc.org.uk/.../photography-sharing.....
- ThinkUKnow advice for parents - https://thinkuknow.co.uk/parents/Listing/?cat=&ref=4765&keyWord=... (this can be sorted for age, family dynamics and

topics!)

- Advice for young people here - https://thinkuknow.co.uk

Biggar Mental Health Network

If you are feeling low, depressed, or suicidal, the below contacts are available

for you:

- ***Breathing Space***: 0800 838587 - Open 6pm-2am weekdays; Open 24hrs
- weekend (6pm Fri–6am Mon)

- ***Samaritans***: 116 123 - Open 24hrs a day
- ***Mind Infoline***: 0300 1233393 or Text: 86463CALM: 0800 585858 - Open 5pm-
- Midnight everyday
- ***Childline***: 0800 1111 - Open 7.30am-3.30am everyday
- ***Parentline***: 08000 282233 - Open Mon-Fri 9am-9pm; Open Sat & Sun
- 9am-12pm
- ***Lanark Social Work***: 0303 1231008
- ***SLC Community Wellbeing Helpline***: 0303 1231009 - Open Mon-Thurs
- 8.45am-4.45pm & Fri 8.45am-4.15pm
- ***Beat***: 0808 8010677 (adult helpline); 0808 8010711 (youthline); 0808 8010811
- (studentline); Offers information and advice on eating disorders
- ***Cruse Bereavement Care***: 0808 8081677 - Open 10am-2pm everyday

Parenting Smart

Parenting Smart is a new website to help parents & carers support children's mental health & manage their behaviour. It's full of practical tips & advice on a range of topics including transition to secondary school, meltdowns, and sleep difficulties. https://parentingsmart.place2be.org.uk

The Rural Academy in Lanark

The Rural Academy are planning to start training courses in Lanark.

A **PDA in Education Support Assistant** – leads to work in the education sector to assist teaching in a class at all levels of educations – Nursery, Primary and High School as well as ASN Schools, as well as further education opportunities.

The **REHIS and Customer Care** course, which is a good way to start a career in the Hospitality sector.

The **Business Admin** course which gives all the necessary tools to work in an office environment and build upon the skills learned in class.

All the courses run during school hours and covers a range of modules designed to get you ready for work in your chosen sector or build upon already existing transferable skills.

Call the Rural Academy on **07813367422** or email **ruralace@slc.ac.uk** for more information about the above courses.

A free, safe and anonymous digital mental health and wellbeing service is now available for young people.

South Lanarkshire Council has commissioned *Kooth* to provide the service for

all 10 to 18-year-olds, and those aged up to 26 who are care experienced.

The Kooth website is accessible 24 hours a day, 7 days per week, 365 days a year - and there are no waiting lists or thresholds to meet to qualify for support.

Further information:-*https://www.southlanarkshire.gov.uk/view/news/article/1429/Safe,_accessible_and_confidential_digital_support_?utm_source=Twitter&utm_medium=social&utm_campaign=Orlo*

South Lanarkshire "Worrying About Money?" Leaflet

The Food Aid Network have created a very useful leaflet for families who are worried about money. You can download the leaflet online ***here***. Please note you can order the leaflets in different languages.

Make It Work

Make It Work is a programme being delivered by Routes to Work South. This is targeted at parents with a disability, or health condition (including mental health, stress, or anxiety) with a view to increasing access to fair work opportunities and supports 60 parents move into good quality employment opportunities providing wrap around employability support, health, wellbeing, financial and childcare support.

If you know of anyone you feel would benefit from this programme, please contact Peter Shiels, for more details. Email: Peter.shiels@southlanarkshire.gov.uk Tel: 01698 452058 Mob 07962121687.

Well Connected App

Well Connected is Lanarkshire's social prescribing programme that makes it easier for us to take part in and benefit from activities and services that we know can improve our wellbeing. The programme has been shown to help people by: improving self-confidence and self-esteem; reducing low mood; reduce feelings of stress; increase the number of people taking part in arts, leisure, education, volunteering and many other ways. The app is free to download and available on the Apple App Store and for Android by searching Well Connected Lanarkshire. More information about the app, other mental health topics and self-help resources can be found by visiting ***www.elament.org.uk***

Calm Distress

Calm Distress is an online course all about emotions, coping and wellbeing from NHS Lanarkshire Psychological Services for those living or working in Lanarkshire. All of us feel stress at times and it is entirely normal and sometimes it can even be helpful! But it can also get on top of us and we tip from stress into distress. This is where Calm Distress can help. The course has been designed for you to use in your own time. It is made up of five videos each one lasting about 20 minutes and downloadable booklets help you keep track of your progress.

Build your skills with fully funded online learning

My World of Work

If you're 25 or over and living in Scotland, you can get fully-funded access to unlimited LinkedIn Learning or an upgraded FutureLearn course. Whether you want to brush up your IT skills, learn a language or just try something new,

there are thousands of courses to choose from.

https://careers.myworldofwork.co.uk/

Clydesdale Citizens Advice

CAB is aware that a combination in cuts to universal credit,
high energy bills and overall increased costs of living has created a perfect storm for many local households, who have found it impossible to make ends meet without taking out loans. Others have found they are unable to re-pay existing debts.

As a result, CAB is launching the local arm of the national Citizens Advice campaign, 'Debt Happens. You're Not Alone'. The month-long campaign aims to persuade people to seek expert debt advice from the CAB.

The Clydesdale CAB is based at 10-12 Wide Close, Lanark. Covid restrictions mean that they can only offer appointments- no drop-in service available.

Please call on 01555 664301 to arrange an appointment.

Free IT devices

Community Links (South Lanarkshire) has received a bank of donated ICT devices from South Lanarkshire Council to be redistributed to digitally excluded individuals in South Lanarkshire, completely free of charge.

Invitations are now open to refer families who would most benefit from these devices please contact the school office regarding completing a form confidentially which should then be sent back to office@biggar.s-lanark.sch.uk

Recipients must meet the following criteria:

- **Digitally Excluded** – do not have an appropriate device at home
- **Low Income** - cannot afford to buy a device

Ownership of all devices will be transferred permanently to the recipients and Community Links will provide trained Digital Champions to offer technical support and maintenance to end-users for at least one year.

Any questions, call **07834 652110** to discuss.

South Lanarkshire Debt Helpline

Please see the below information regarding a new debt helpline.

It is open to anyone within South Lanarkshire.

Free Fire Detection Equipment Fitting

Available for Eligible Clients

Care & Repair service have some funding available for eligible clients to have interlinked smoke and heat detection, as well as stand-alone carbon monoxide detectors installed in line with the changes to Fire legislation in Scotland from Feb 2022.

Eligibility criteria:

- You must be owner occupiers in council tax band A-C
- You must live in Lanarkshire
- You must be in receipt of pass-porting benefits. (Income support, Jobseekers Allowance, Employment & Support Allowance, Pension Credit or Universal Credit.)

Please contact enquiries@careandrepair-sl.co.uk or 01555 666200 for further information if eligible

Social Security Scotland - advice on benefits

Social Security Scotland South Lanarkshire Local Delivery Team have a team of Client Support Advisors based in the local area. Clients wishing to engage with this service should in the first instance call Social Security helpline **0800 182 2222**. Client Support Advisors can provide support in the application process to clients in their own home, at Outreach locations, by Video appointments or by telephone appointments.

Adult Disability Payment

Adult Disability Payment has now opened for new applications across Scotland. The national rollout follows successful phased rollout in 13 Local Authority areas which replaces the UK Government's Personal Independence Payment. The benefit provides financial support to people aged between 16 and

state pension age, who are disabled, have a long-term health condition or have a terminal illness. ***The form to help people apply for Adult Disability Payment can be found here*** and contains guidance on who should use this form, how to return it, and how to send supporting information.

Financial support

The following financial support is available for people and families on low incomes or who have children entitled to free school meals. Click ***Financial support - South Lanarkshire Council*** to find out about financial support you are entitled to over the summer.

Support for Care Experienced Young People from Who Cares? Scotland

Who Cares? Scotland, thanks to support from the Youth, Family and Community Learning Service (YFCL) in South Lanarkshire is offering a summer programme for care experienced people from across South Lanarkshire! This offer is open to care experienced people aged up to 26 years as individuals, or older if they are care experienced parents.

1. **Self Directed Activities** – We can provide payments of up to £50 per young
2. person to take part in an activity with their friends or family. These payments
3. will be made directly into the young person's bank account (or trusted adult
4. depending on age). The form to request these payments can be accessed at:
5. ***https://whocaresscotland.typeform.com/to/t3auz5mg***
6. **Group Activities** – Our Who Cares? Scotland participation groups in South
7. Lanarkshire will be taking part in trips and activities. We can also fund trips
8. for groups of care experienced people alongside adults in their lives (carers,
9. social workers) etc., but we would emphasise that our payments can only
10. cover young people and families, not adults attending in a professional role.
11. We would ask for a contribution from relevant services to cover those costs.
12. For group events please email **cholt@whocaresscotland.org** with
13. information about your idea/trip and we'll take it from there

Online safety advice for parents and pupils

NSPCC info here - https://learning.nspcc.org.uk/…/photography-sharing…...

ThinkUKnow advice for parents - https://thinkuknow.co.uk/parents/Listing/?

cat=&ref=4765&keyWord=… (this can be sorted for age, family dynamics and topics!)

Advice for young people here - https://thinkuknow.co.uk

Please check out the support below :

https://www.children1st.org.uk/help-for-families/parentline-scotland/

Children 1st Parentline

A helping hand for every family in Scotland

Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family.

If you live in Scotland call **08000 28 22 33** free, browse our website for advice and support, or start a webchat.

You can talk to us seven days a week

- Mon-Fri, 9am to 9pm
- Sat-Sun, 9am to noon

https://www.nhslanarkshire.scot.nhs.uk/physical-activity-prescription-pap-initiative/

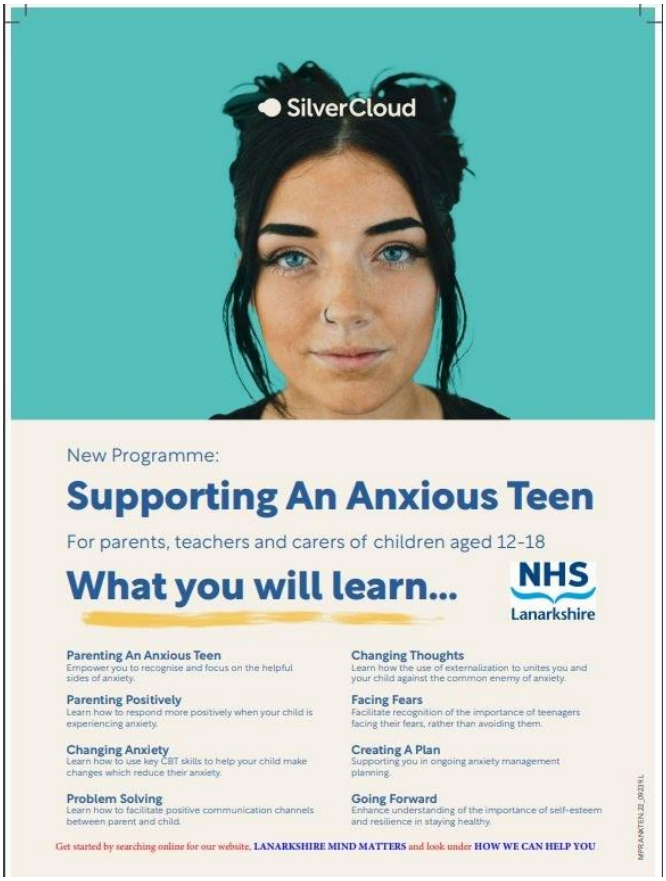
https://www.southlanarkshire.gov.uk/info/200221/children_and_families/1695/autism/2

Understanding your child's feelings - Dip your toes in the world of online courses for parents, grandparents & carers - ALL FREE

http://www.inourplace.co.uk/

What's the code?

- If you haven't used it already here is the access code for all the online courses (funded for residents of South Lanarkshire): **OWEN123**
- If, like many parents, you have already used this code, log into your account here and this course will be ready in your dashboard to start whenever you are read



Who can I get to fix this?

Clydesdale Handy Folk

Clydesdale Handy Folk, is a new and free home maintenance service from CCI/Healthy Valleys, to help older people in Clydesdale with small, non-emergency, home maintence jobs.

For many people tasks like changing a light bulb, and small DIY jobs can become a barrier to living safely in their own home.

We are here to help with small jobs for example

- Setting heating timers
- Tuning in your TV
- Hanging Curtains
- Moving Furniture
- Simple household fixes

If this is something you might be interested in or know someone who might benefit, give us a call!

Contact Jade on 07872 160992 / jade@healthyvalleys.org.uk

Or Willie on 01555 664211 / williew@cciweb.org.uk

CCI Scotland

Clydesdale Handy Folk

CCI & Healthy Valleys have a free home maintenance service to help older people in Clydesdale with small, non-emergency home maintenance jobs.

Energy Rebate Vouchers

On behalf of Advice Direct Scotland (ADS) can I bring to your attention that around one in five households with prepayment gas and electricity meters have not redeemed their energy rebate vouchers.

Advice Direct Scotland wants to make sure that households do not miss out and has urged Scots to:

- Check unopened mail, in case the vouchers have been missed.
- Check with energy suppliers, using contact details found on bills, statements,
- and official websites.
- Contact ***energyadvice.scot*** if there are any difficulties getting through to
- suppliers or resolving issues. The team can be contacted on 0808 196 8660
- (Monday to Friday, 9am-5pm), or through ***www.energyadvice.scot***.

Please do not hesitate to get in touch with Conor Forbes on conor.forbes@advice.scot if you have any questions regarding Energy Vouchers or would like any further information about the wider work of Advice Direct

Scotland.

The South Lanarkshire branch of the National Autistic Society is run by a committee of volunteers made up of autistic adults, parents of autistic children and people with an interest in autism. The main aim of the branch is to support and create opportunities for autistic people and their families in South Lanarkshire and to raise autism awareness. Below are a few updates on our plans for 2023.

Art and Craft Group

Our branch run a free, monthly arts & crafts groups for autistic individuals, we meet on the 2nd Saturday of each month both online and in person (see below for details)

2nd Saturday of the month: 10.15 - 11.30 online via zoom (email the branch for

joining details)

Face to Face sessions: 1pm -2.30pm also on the 2nd Saturday of the month:

Rutherglen United Reformed Church Hall, 69 Johnstone Drive, Rutherglen,

Glasgow, G73 2QA

Autism Parent & Carer Facebook Group

We have created a Facebook group for support for parents and carers of autistic

people, where you can share tips and strategies. You can access the forum on

https://www.facebook.com/groups/438520978352655

Information regarding Sottish Autism Organisation:- ***https://twitter.com/FamilyFirst_ERC/status/1603089644903604227?t=Bm1CnBpaNU65Dr3uL-o2UA&s=09***

We also offer a signposting service to other autism providers locally and nationally who can offer specific support and advice. We provide information about where to access professionals and services located within the Health and Social Care Partnership, because we are part of it. One very valued service is the ARCH/Money Matters fast track where ARCH staff can refer individuals in need of money or benefits advice to locality advisors via the team manager.

ARCH staff also offer individual appointments for autistic people and their families and carers who might need additional one-to-one support, or just need a coffee and chat with someone who 'gets it'!

Is there anything ARCH does not offer?

ARCH is not a crisis intervention service or a replacement for targeted autism specific services such as the Community Paediatric Service, Occupational Therapy Service, Child and Adolescent Mental Health Services, Locality Adult/Children and Families Social Work or Educational and Clinical Psychology Teams.

Our intention is to work with all autism partners within the authority and wider community to co-design and deliver autism friendlier services which promote and protect the needs of those affected by autism within their own communities.

How do I access ARCH?

If you are a South Lanarkshire resident who is affected by or have an interest in autism indirectly or directly such as an autistic person, parent carer, sibling or carer that is all that is required.

Our service does not include North Lanarkshire.

If you reside in that area you should contact **'HOPE for Autism' (Phone: 01236 779191)** which is the autism support service commissioned by Health and Social Care North Lanarkshire.

You can access ARCH by simply phoning, emailing, or making an appointment to visit the centre for an informal chat. We respect our autistic people's diverse communication styles and we will use whatever method best suits their preference.

ARCH staff are happy to give you further information if you give us a call, email, or simply pop into the ARCH centre weekdays between 9am – 3pm by appointment.

Our address

Reid Street, Burnbank, Hamilton, ML3 0RQ
(located directly behind Hamilton School for the Deaf/Glenlee Primary school)

Our phone number:
0344 225 1111

Our email address:
ARCH@southlanarkshire.gov.uk

SAIL Autism is a registered charity SC 046814
COAST Autism is a registered charity SC 050788

South Lanarkshire Health and Social Care Partnership

SOUTH LANARKSHIRE COUNCIL

NHS Lanarkshire

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.
Phone: 0303 123 1015
Email: equalities@southlanarkshire.gov.uk

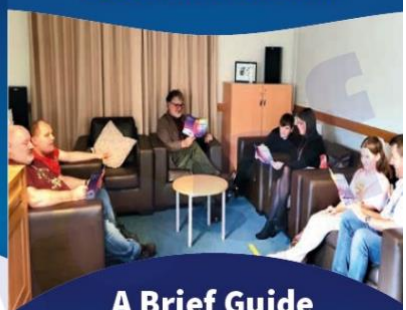
www.southlanarkshire.gov.uk

Printed on eco-friendly paper—please recycle

Produced for Social Work Resources by Communications and Strategy, 043559/Oct22

ARCH

Autism Resources Coordination Hub



A Brief Guide for Autistic People, their Parent Carers and all Autism Community Stakeholders

What is ARCH?

The Autism Resources Co-ordination Hub (ARCH) is a South Lanarkshire Health and Social Care Partnership resource established in 2016 to support autistic people of all ages, their parent carers and extended networks. We offer a range of supports and services provided collaboratively by parent led groups, the voluntary sector, statutory sector, and our own ARCH staff.

ARCH offers support and advice to autistic people across their lifespan, as well as those supporting them at every life stage 'holding the hands of those holding the hands'.

Who are the ARCH staff?

Our small three-person full-time ARCH team are employed by South Lanarkshire Health and Social Care Partnership and comprise a Co-ordinator and two Resource Workers with autism experience.

What does ARCH offer?

There are various community-led supports based in ARCH and hosted within our small and homely centre by staff and other stakeholders which includes two registered autism charities SAIL Autism and COAST Autism as well as several other autism community-led groups.

ARCH also undertakes staff development training and awareness raising with interested agencies and stakeholders in all sectors. Past attendees have included the Scottish Ambulance Service, NHS Lanarkshire Health Visitor Student Nurses, the Procurator Fiscals Service and Morgan Stanley Investment Bank.

ARCH sends out regular dispatches via our email distribution list (currently 1800 people and growing every week) in relation to all autism-related developments locally, nationally and internationally.

ARCH staff run our telephone advice and support service every weekday during office hours and respond to hundreds of email enquiries, supplying valuable and informative links to resources and services, as well as offering much-needed autism-informed advice and guidance during the 'pre' 'mid' and 'post' diagnostic stages. The fact we are part of South Lanarkshire Health and Social Care Partnership means we can establish quicker links with other authority resources.

ARCH brings all stakeholders in the autism community together to raise the profile of our autistic people, striving to consciously contribute to greater inclusion, understanding and awareness.

Centre-based supports include:

- The ARCH (in-person) Parent Carer Support group – Mondays 10am – 12pm facilitated by ARCH staff
- The ARCH online ZOOM support sessions - Wednesdays 11am – 12pm, facilitated by ARCH staff
- A parent carer-led (in-person) peer support group delivered by COAST (Champions of Autism Spectrum Together) – every second Wednesday evening 6.30pm – 8.30pm
- The SAIL 'Teen Crew' – (in-person) volunteer led social activity group providing support to autistic teens in South Lanarkshire – Mondays and Wednesdays
- The SAIL 'Crew' (in person) volunteer led support group for young autistic adults up to age 24 – Thursday evenings – 7pm – 9pm
- The Social Inclusion Project (SIP) led by a member of the SLC Supported Employment Team alongside young autistic adults who provide peer mentoring for younger autistic people making their transition from full time education to further/higher education, training or employment
- Sanderson Additional Support Needs (ASN) high school (in-person) Transition group for S5 and S6 young people with Autism and co-occurring learning difficulties – Mondays – 11.30am – 2.30pm
- NHS Lanarkshire Occupational Therapist led Life Skills workshops – quarterly in ARCH
- ARCH staff contribute to the National Autistic Society 'Early Bird,' 'Early Bird Plus' and 'Early Bird: Teen Life' programmes delivered by group facilitators drawn from Education, Youth and Family Community Learning Services and Social Work Resources located within localities
- The COAST (in-person) volunteer led social interaction 'in-betweeners' group for young autistic people in secondary school, and in need of social interaction – Fridays 4pm – 6pm
- Various workshops and presentations by a range of agencies on a rolling basis. Previous presentations amongst many, have been made by Social Security Scotland, CEOPS (Child Exploitation and Online Protection Service), Child and Adolescent Mental Health Services (CAMHS), Education Inclusion Services and The Family Fund
- The South Lanarkshire Autistic Female Engagement (SAFE) (in-person) group – facilitated by a female ARCH staff member, supporting autistic adult females – every second Friday 12pm – 2pm
- The ARCH Autistic Male Adult (in-person) support group – facilitated by a male ARCH staff member every Thursday or Friday 11.30am – 1pm.

Community-led, collaborative support

ARCH works alongside our autistic people, parent carers, voluntary organisations, and statutory colleagues to identify unmet need within the autism community. We collaborate to address self-identified gaps in support provision, then set about co-delivering programmes intended to improve the lived experiences for all autistic people in South Lanarkshire.

Lanarkshire Resource List

Support from GP: GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful.

NHS 24 call 111 when the GP practice is closed.

Samaritans 116 123 (24hrs/day) Calls are free. Email jo@samaritans.org Provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. www.samaritans.org

Breathing Space 0800 83 85 87 (Mon–Thurs: 6 pm–2 am, Fri: 6 pm–Mon 6 am) Calls are free. A free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to. www.breathingspace.scot

Suicide Prevention Lanarkshire App (search for SP Lanarkshire) & Stay Alive App: Download both free on the App Store or Google Play. The App's are packed full of useful information and tools to help you stay safe in a crisis.

Clear Your Head: Scottish Government national campaign to help people cope with the COVID-19 pandemic with an interactive website www.clearyourhead.scot

Mental Health Online Support Services Living Life (NHS24): Offers support to people in Scotland through self-guided help and cognitive behavioural therapy. Self-refer for an assessment by calling 0800 328 9655 (Monday to Friday: 1:00 pm to 9:00 pm) Guide to Using the Living Life Service https://www.nhs24.scot/our-services/living-life/

The Calm Zone 0800 585858: A helpline offering support to men, of any age, who are down or in crisis.

Veterans first point – Can be accessed by anyone that has served in the armed forces in any capacity. https://www.veteransfirstpoint.org.uk/drop-center/lanarkshire

South Lanarkshire Info Line: www.infoline@lamh.org.uk 0330 3000 133 The Infoline promotes South Lanarkshire's Well Connected Programme that aims to make it easier for people to participate in activities and services designed to improve their wellbeing.

LAMH: Lanarkshire Association for Mental Health: https://lamh.org.uk/ Supports people through their mental health journey.

Martin Stepek mindfulness classes: https://www.facebook.com/tenforzenscotland/

Brothers in Arms: https://www.brothersinarmsscotland.co.uk/

Mental health support, resources and links aimed at men's mental wellbeing. Brothers In Arms use digital technology as a way to reach out. The Brother-Stay Alive App is a suicide prevention resource for Scotland. Full of useful information and tools to help stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you.

Elament: www.elament.org.uk Provides information, support, self-help resources and information on mental health topics for adults, young people, parents and carers and professional and also includes

a range of training opportunities across Lanarkshire Get Self Help: (www.getselfhelp.co.uk/) Provides Cognitive Behaviour Therapy (CBT) self-help and therapy resources Headspace:

MoodJuice: www.moodjuice.scot.nhs.uk Web site offering information, advice to those experiencing troublesome thoughts, feelings and actions.

Online help from NHS Lanarkshire Psychological Services:
www.lanarkshiremindmatters.scot.nhs.uk

NHS Inform: www.nhsinform.scot/healthy-living/mental-wellbeing 10 stress busters. Breathing and Relaxation Exercises for Stress Dealing with Traumatic Events Why do I feel anxious and panicky Low Mood and Depression Exercise for Depression SAMH: (https://www.samh.org.uk/about-mental-health) Self-help & Wellbeing (https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing)

SHOUT: 85258 free confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and in immediate support

Other Useful numbers

Well-Informed: Well-informed@samh.org.uk 0800 073 0918 Mental Health information service

SAMH: www.samh.org.uk 0800 917 3466 Scottish Association for Mental Health

Child Line: www.childline.org.uk 0800 1111

Parent Line: www.parentlinescotland@children1st.org.uk 0800 28 22 23 Mon – Fri 9am – 9pm, Sat-Sun 9am to noon

NHS24 www.nhs24.com 111

Police: 999 or 101

PAPYRUS: www.papyrus-uk.org Prevention of young suicide

Hopeline 0800 068 4141 (9am – midnight)

CRUSE: www.crusescotland.org.uk 0845 600 2227

Petal www.petalsupport.com (People experiencing trauma & loss)

Survivors of Bereavement by Suicide: www.uk-sobs.org.uk 0844 561 655 (9am-9pm)

In Care Survivors Service Scotland: www.incaresurvivors.org.uk 0800 121 6027

Local Healthy Living Initiatives: Community based health initiatives offering a variety of wellbeing opportunities.

Healthy & Happy Cambuslang and Rutherglen Community Health Initiative
www.healthynhappy.org.uk 0141 641 5236

Healthy Valleys – www.healthyvalleys.org.uk 01555 880 666

Clydesdale Community Initiative : www.cciweb.org.uk 01555 664 211

Getting Better Together Shotts Healthy Living Centre: www.shottshealthyliving.com 01501 825 800

Online Mental Health Resources Raising Awareness of Mental Health and Suicide Prevention – animated videos for practical advice about how to support people who may be feeling suicidal or experiencing mental distress. Created by Health Scotland and NHS Education Scotland.

- Ask, Tell - Look After Your Mental Health: understanding mental health and keeping mentally healthy: https://vimeo.com/338176495
- Ask, Tell - Have a Healthy Conversation: supporting compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide: https://vimeo.com/338176444
- Ask, Tell - Save a Life: Every Life Matters: suicide prevention and keeping people safe: https://vimeo.com/338176393

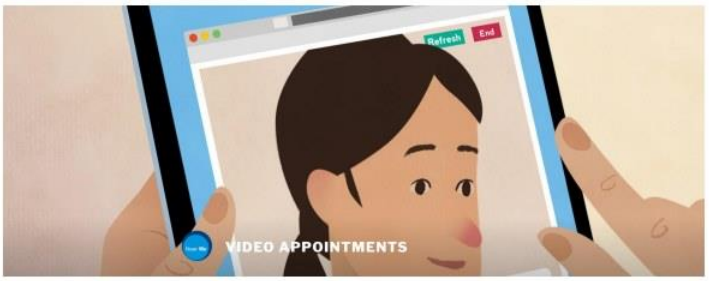
ACF -information about the Family Fund

Family Fund provides families raising a disabled, or seriously ill, child on low incomes with wide-ranging grants for essential items. Whether you need a kitchen appliance, like a fridge, cooker or washing machine, clothing and bedding, sensory or play equipment or technology for your child or a much-needed family break, we are here to help.

You can apply for any items that will help meet your child's additional support needs.

If you live in England, Scotland or Northern Ireland Grants you can apply for; Family breaks, clothing, computers and tablets, days out, recreational and household items, kitchen appliances, sensory toys and equipment, games, books and music, games consoles, outdoor play and leisure facilities, specialist bikes or tricycles, garden improvements or driving ambitions.

https://www.familyfund.org.uk/



Near Me in Biggar Library

Near Me is a video calling service used by many health and public services.

You may have been offered your hospital appointment by Near Me but don't have a lap top, iPad or smart phone to do it on. You might not have the data or Wi-Fi to be able to join the call or you may not have the private space to make the call or are unsure of what to do. You can now book a Near Me space in Biggar Library. We have an iPad & Wi-Fi available to help you join your Near Me appointment from a private space in the Library.

For more information about Near Me in general visit the website www.nearme.scot using the QR code.

Near Me

For more information and how to book the Near Me space, please ask a member of the library staff biggar@library.s-lanark.org.uk or telephone 01899 222060.

SOUTH LANARKSHIRE Leisure & Culture

NHS SCOTLAND

LET'S CONNECT CLYDESDALE/LANARK PARENTS & CARERS

Want to learn about children and young people's mental health?

Fancy some tips on how to speak to your child about their feelings?

If yes, then come along to our FREE 90 minute workshops:

- **Mental health awareness**
- **Understanding and managing stress and anxiety**
- **Listening to and supporting my child**
- **Managing my wellbeing**

Our workshops are information sessions and parents/carers are not expected to share personal stories. We will however be giving out lots of useful information and support links.

LET'S CONNECT

To book a space use this QR code or link below

www.eventbrite.com/o/samh-lets-connect-team-clydsedale-69441409893

We have lots going on at Let's Connect. For more information on upcoming workshops and events contact:

Aaron Sloan
Let's Connect Officer
Tel: 07788 747980
Email:
aaron.sloan@samh.org.uk

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