



## Support for Families through Covid 19

Top tips and guidance for parents in our City – follow the link below:

<https://www.cultureliverpool.co.uk/parenting-through-covid-19/>.

Includes the following areas;

- Local Organisation Support - CAMHS
- Top Tips
- Parenting Guides
- Pregnant or New Mums
- Home Learning
- Museums and Places to visit online
- Make Time to Play
- Ideas for Playing Together
- Six ways to maintain a routine
- Managing your own Wellbeing
- Employment Opportunities

**Look on our site for our book for families: All About Corona Virus – A Book for Children**

The NSPPC online safety resources for families:

<https://www.o2.co.uk/help/nspcc/resources>

### Guidance from Merseyside Violence Reduction Partnership:

Domestic Abuse during the lockdown is a very real concern, and family members may be at an increased risk.

#### **The '999 silent solution' call:**

The 999 call system allows all 999 callers to access support if they are unable to speak during the call. It is important that either a noise is made or that 55 is pressed. For example, if you can only make noise, such as tapping the handset, coughing, crying or even talking to the offender, then these actions will alert the attention of the BT operator. **The Police Force and specially trained officers are still there for people during the lockdown.**

The below list details services which are also available:

**For support:**

In an emergency always, ring 999. Using a silent 999 call followed by 55 (or tapping/coughing into the phone) will enable police to respond.

National Domestic Abuse 24 hour Support Helpline: 0808 2000 247

RESPECT National Helpline, perpetrators (9am to 5pm): 0808 802 4040

**Support directories:**

<https://ehd.liverpool.gov.uk/kb5/liverpool/fsd/results.page?qt=domestic+abuse&term=&sort type=relevance&sr=20>

<https://www.victimcaremerseyside.org/home/who-can-help.aspx>

<http://respect.uk.net/contact-us/>

**Or ring:**

Liverpool Domestic Abuse Services	0151 263 7474
Merseyside Domestic Violence Service	0780 272 2703
South Liverpool Domestic Abuse Services	0151 494 2222
Ruby Project	0771 428 9180
Savera UK (honour based abuse & harmful practice specialist)	0800 107 0726
Worst Kept Secret Helpline (Merseyside)	0800 028 3398

**Support for children:**

Young Persons Advisory Service (YPAS)	0151 707 1025
NSPCC	

**Support for men:**

Men's Advice Line (Freephone)	0808 801 0327
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And... families can call our school 0151 486 1778 and we will do our best to support and sign post families to services and organisations who can help re:

- Benefits
- Bills
- Debt
- Rent arrears
- Housing

**We are all here to help at this worrying and difficult time!**