

Additional Support for Our Families

As a school we always want to help and support our families in any way we can. Please don't hesitate to contact us if you need some additional support. Such requests will always be treated with the utmost sensitivity and confidence.

There are also a number of other organisations that we work with that can offer a range of additional help and support.

Additional Needs

ADHD Embrace is a charity supporting parents and professionals who live and work with children and teenagers with ADHD. <https://adhdembrace.org/our-support-group/>

Express is an independent user-led organisation based in the borough of Kingston upon Thames aiming to support autistic people and their families, and promote awareness and acceptance in the community.

<https://www.expresscic.org.uk/what-we-do>

Family Matters Richmond provides a parent support service. Their Family Matters Advisors provide practical support, advice and information to families with children with disabilities and/or additional needs who are feeling under pressure or who are experiencing difficulties. To find out more about our Richmond service email familymatters@ruils.co.uk

FriendBee is a SEND Befriending Service that matches young people with a paid Befriender to help them access social and leisure activities. <https://www.friendbee.co.uk/>

National Autistic Society, Richmond Branch is a friendly parent-led group aimed at supporting autistic individuals of any age and their family members. They hold coffee mornings, liaise with other groups and provide regular updates via email. <http://www.richmondnas.org/> The national charity also provides a wide range of support and advice. <https://www.autism.org.uk/>

Navigate is a national mentoring service that provides emotional support for parents of disabled children who have a child who is going through or has received a diagnosis in the last year. Navigate is a six-week programme that aims to put you in touch with a personal advisor, helping you to talk about your feelings and concerns. <https://www.scope.org.uk/family-services/navigate/>

The Richmond Dyslexia Association (RDA) is a voluntary organisation which aims to promote awareness of dyslexia and literacy difficulties and offer advice. They organise talks, workshops and coffee mornings in the local area. <https://www.richmondtdyslexia.org.uk/>

Richmond Aid is a charity that aims to support disabled people to live independent lives and to have the same opportunities as non-disabled people. They provide a range of advice for families as well as other services <https://richmondaid.org.uk/families-advice/>

The Information, Advice and Support Service (SENDIASS) in Kingston and Richmond offers advice and support across a wide range of subjects. This may include help with personal budgets and how to use the Local Offer. <https://www.rksendiass.co.uk/>

Skylarks provides a supportive and active community for children with disabilities and additional needs. They care for the whole family, providing opportunities to join in, develop and feel empowered. <https://www.skylarks.charity/>

Bereavement Support

The school has three members of staff trained to deliver the Rainbows programme which offers an emotionally safe environment for children and young people to guide them through grieving a significant and often devastating loss, resulting from the impact of a death, relationship breakdown or other serious change in their lives <https://rainbowsgb.org/parents-and-carers/>

Cruse is a national charity offering bereavement support. There are a range of ways to access the support including social media, a helpline, email support and face to face counselling. <https://www.cruse.org.uk/get-support/>

Space2grieve offers free, personal, confidential, one-to-one bereavement support to anyone living in Richmond Borough. <https://space2grieve.org.uk/get-support/>

Winston's Wish is a charity focusing on supporting children after bereavement. You can call their freephone helpline for advice and guidance 08088 020 021 and they also offer a range of other services. <https://www.winstonswish.org/supporting-you/>

Family Support

Caring for children and young people can be challenging. It is important to seek support if needed. If you would like additional support the school can make a referral for Early Help via the single point of access.

Financial and Practical Support

We particularly want to help and support our families during their most challenging times and the school can apply for crisis funding for families in need of emergency funds via the Catholic Children's Society. <https://www.cathchild.org.uk/crisis-fund/>

If you live in SW13 and a few streets in SW14 and SW15 you may be able to apply for a grant from the Barnes Fund. The school is also able to refer families to this scheme. <https://thebarnesfund.org.uk/the-barnes-fund/>

The Hygiene Bank can provide a range of products on request including nappies, sanitary products, toothbrushes, toothpaste, shampoo, shower gel and deodorant. If you speak to the school we can contact them directly to get you the items you need. <https://thehygienebank.com/>

Part of the Trussell Trust, the Richmond food bank can help if you need access to free nutritionally balanced food. <https://richmond.foodbank.org.uk/get-help/how-to-get-help/> We also work with a charity to provide weekly bags of groceries that are delivered to the school and distributed to families in need of

some additional support. If you would like to be part of this scheme please contact the school office to discuss the matter in confidence.

The Richmond Furniture Scheme works with families to provide a range of new and used furniture to meet their needs. If you need furniture and cannot afford an item the school can also refer you to the scheme.

<https://www.rfsonline.co.uk/our-purpose/>

Richmond Council runs the Local Assistance Scheme which provides payments to help residents who have nowhere else to turn in difficult circumstances. They can provide essential household items and crisis awards for baby essentials and food.

[https://www.richmond.gov.uk/apply for a local assistance scheme grant](https://www.richmond.gov.uk/apply-for-a-local-assistance-scheme-grant)

The school is able to help and support families who live in TW9, TW10, SW13 and SW14 with applications to Richmond Parish Lands for crisis grants, Crisis Grants offer a fast response to help households with urgent living expenses. <http://www.rplc.org.uk/grant-making>

Richmond Housing Partnership (RHP) aims to provide people with a place they are proud to call home and to offer services that make life easier. <https://www.rhp.org.uk/>

Mental Health and Well-Being Support

The school has a trained Emotional Literacy Support Assistant (ELSA) who children can be referred to for a series of sessions to support their well-being. This might be related to a specific or ongoing issues or the support might be arranged around a time of year that the child finds challenging for example moving to a new school year.

Carers in Mind provides support for adults caring for someone with mental health problems, living in the borough of Richmond. <https://www.rbmind.org/timeline/carers-in-mind-project-launch/#Who-we-help>

Contact Listening Ear provides 1-1 telephone appointments for parent carers looking for emotional support. <https://contact.org.uk/help-for-families/listening-ear/>

Family Action is an organisation that transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

<https://www.family-action.org.uk/> Their Family Line supports parents and carers via telephone, text message and email. <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Relate can provide a range of counselling services including counselling for families, young people and children. <https://www.relate.org.uk/what-we-do/counselling-services>

Welcare Kingston is a place for local families to meet, connect and support each other. They have a drop-in service for parents who need advice and support or just a place to go to connect with others. They organise events and play for families, including during the holidays and they offer Families Connect, targeted support for parents experiencing mental health issues. <https://www.kingstonwelcare.org.uk/>