

In these unprecedented times, we are all facing situations that are new to us and challenges that we haven't come up against and never expected to.

For that reason I have compiled a list which I hope that you may find useful – websites, contact numbers and a few hints & tips.

As Family Support Adviser for both Bordon Junior & Infant school, I am happy for you to contact me by 'phone or email if you have any worries or questions, I will respond as soon as I can.

M: 07895025930

E: s.west@bordon-junior.hants.sch.uk

If you have any information/tips/ideas that you would like to share with other families, please let me know & I can add them to my next information sheet.

Information:-

Bordon Buddies (FB) Volunteer group offering to collect prescriptions, shopping, dog walk,
T: 01420 377002 somebody to talk to...

www.familylives.org.uk Advice & tips – sleep, behaviour, health & wellbeing
T: 0808 800 2222 9am – 9pm Mon. to Fri., 10am – 3pm, Sat. & Sun.

Bordon Foodbank St. Marks Church, Forest Centre, Bordon Junior School
M: 07966 522911 & Facebook Wed. & sat. mornings – 10am – 12pm

Bordon Charity Shop Can support with urgent small finance e.g. funds for electric
meter.
E: info@blhcharity.co.uk **T: 01420 477787**

www.entitledto.co.uk Advice on what benefits you may be entitled to

www.hants.gov.uk Ideas on things to do – activities 7 play

www.youngminds.org.uk Managing anger, anxiety, self - esteem

www.smilingmind.com.au Age appropriate Mindfulness activities – great for the whole
family. You can download the App on mobile devices

www.gonoodle.co.uk Movement & Mindfulness activities

www.thinkuknow.co.uk Lots of age appropriate tips and advice for keeping safe online.

Houseparty or Zoom Apps Keep in touch with friends & family by joining in with a quiz/game.
Safe, good fun & free. Make one night a week a quiz night!

Please don't hesitate to contact me if you have any worries or are having any difficulties with at home learning. *Sheena West, Family Support Adviser*