



# TrinityLearning

*Working to improve the quality of life in local schools*

**The Conduit Centre  
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Dear TrinityLearning Volunteer,

We hope you are well? We wanted to share our latest updates with you and let you know you are not forgotten and you are important to us as we move ahead in these uncertain times. We know that lockdown continues to be extremely challenging for many. If you would like to chat please do send us a message by email or phone and we will call you back. Oxford Health have recently launched a 24-hour emergency help line number. This service is designed for those who need mental health care when their situation is not life threatening. It can be used to find out when and where to get help and to access support from mental health professionals for a range of conditions and symptoms including anxiety, low mood, stress, and worry.

## **Oxford Health: Oxfordshire & Buckinghamshire**

**Adults: 0800 783 0119 (free number) or 01865 904 997**

**Children and young people: 0800 783 0121 (free number) or 01865 904 998**

TrinityLearning staff were furloughed during April and May which has allowed us to preserve our grant funding and, in turn, has enabled us to support schools as they adapt to new ways of working going forward. It is becoming apparent that all of us are going to need to find different ways of working and volunteering in the days and weeks ahead.

Some of the ways TrinityLearning is beginning to offer to support schools and young people at the moment include:

- Peaceful Activity Packs- these are simple well-being based activity kits including resources (such as plasticine, felt tipped pens, colouring books etc) and a targeted activity sheet with ideas. We are aiming to send these to all the children who would usually receive weekly volunteer support through TrinityLearning projects.
- Useful links to well-being support websites and services for school staff and families.
- Wildlife Safari Walks. We are aiming to make locally relevant Wildlife Safari Walk Sheets for each of the schools we regularly work with. The sheets will be based on a walk or park local to the school. Taz is starting on an Albert Park walk for Carswell School this week.

Please let us know if you are able to help with taking photographs and/or making notes for a wildlife safari walk near your local school or if you have any ideas for other ways we could support school staff, children or their families at this time. Thank you for your continued support.

Best wishes,

Nicola W, Nicola S and Taz

**Registered Charity Number 1182742**