

## TrinityLearning: Help, Support and Advice for Teaching Staff for the academic year 2020-2021

### Education Support Partnership - 24/7 support service

**UK-wide: 08000 562 561 day or night**

**Email: [support@edsupport.org.uk](mailto:support@edsupport.org.uk)**

**This service is free and available to all school staff.** It provides mental health support for those in the education workforce and offers counselling, coaching, and referrals via phone or email service, as well as financial support for those experiencing hardship. Their website has a range of online resources including some excellent advice on supporting each other in schools.

<https://www.educationsupport.org.uk/coronavirus-support/supporting-education-staff>.

### Oxfordshire and Buckinghamshire Mental Health Helpline 24/7 support for adults and children

**Adults: 0800 783 0119**

**Children and young people: 0800 783 0121**

**This free 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.

**Family Links: The Centre for Emotional Health:** The Family Links website <https://www.familylinks.org.uk/> has a range of useful advice and activities specifically collated and produced for use at this time. We particularly liked the many useful [resources for parents](#) and the [C-19 Support videos and links](#).

### General wellbeing – online Pilates classes

**Gillian Frost Pilates:** Gillian has welcomed many key workers to her Pilates classes on Zoom during 'Lockdown'. Many of them have reported benefits to their mental well-being due to the social interaction with other class members. If you would be interested in joining the classes (which operate mornings and evenings) please call Gillian to discuss on 07981 362867

**VR Pilates run by Virginia Richardson:** Virginia provides mat-based classes with small Pilates equipment for all ages and all abilities. Classes are run at the Abingdon studio and online making them easy for all to access. You will find classes Monday to Friday in the mornings, lunchtimes and evenings. Please email [info@virginiarichardson.co.uk](mailto:info@virginiarichardson.co.uk) for further details or call 07989 949 226.

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**If you, a child you teach or a family you know is suffering from a recent bereavement, TrinityLearning has free help and advice packs for both adults and children.**

**We can also provide free, pre-prepared activities to help support discussion about feelings and promote good mental health for children to do at home or at school.**

Please email [trinitylearning@gmail.com](mailto:trinitylearning@gmail.com) if you would like to know more.