



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

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Dear Colleagues

We would like to offer our thanks for your continued work and dedication to keeping our schools open to support the parents whose work is critical to the COVID 19 response and have no other childcare options.

As a Trust we also recognise that the situation will potentially create additional stress within yours and your family's lives as the normal routines of life are changed so significantly.

Should you need any specific support for any health concerns including your mental health and wellbeing please contact your line manager or Headteacher directly.

In more general terms the information below may be invaluable in helping you to deal with or gain advice for any concerns you may have in the present situation we are all faced with. This information has also been passed on to parents and carers within our whole school community.

Yours sincerely

Jacque Devoy
BKCAT HR Manager

Lesley Fitton
CEO

Sources of Support

Samaritans: <https://www.samaritans.org/> or any time free from any phone 116 123 or text 07725 909090 or email: jo@samaritians.org

Young Minds: <https://youngminds.org.uk/> or Parent Helpline 08088025544 free for mobiles and landlines – Monday to Friday for concerns relating to child/ young person's mental health up to the age of 25

The Papyrus Helpline: www.papyrus-uk.org if you are worried about someone and need to talk or find out how best to support them. Their work deals with suicide prevention. Call 0800684141 or text 07786 209697 or email: pat@papyrus-uk.org

Kooth: www.kooth.com free safe and anonymous support for 11-19 year olds online

Childline: Contact number 0800 11 11 www.childline.org.uk

CAMHS: Children's Adolescent Mental Health Service - single point of access for advice and support 01924 304 172 or

<https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/>

Children's Society – Self isolating and dealing with conflict at home:

<https://www.childrenssociety.org.uk/>

If you are worried about a family or individual:

Wakefield Children's Social Care: 0345 8503503

Leeds Children's Social Work Services: 0113 222 4403 (Weekdays, 9am to 5pm, excluding Wednesdays when open from 10am), you don't need to give your name if you don't want to.

For up to date and accurate information about COVID-19

www.gov.uk/coronavirus

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

www.nhs.uk/coronavirus

<https://111.nhs.uk/>

General Health and Wellbeing

Turning Point talking therapies online support at <https://talking.turning-point.co.uk/wakefield/>

Mind <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsedabaa>

<https://www.nhs.uk/oneyou/every-mind-matters/>