

At Isle of Sheppey, we are committed in supporting all of our students and families during these uncertain and challenging times. If you feel that anyone in your family needs to talk to someone, seek support from a service or find out more details on what is available, we hope the providers listed below will help address your needs.

- If you have a serious concern please do get in touch with us during the Summer holidays via the **Oasis National office 020 7921 4200** or by using [safeguarding@oasisisleofsheppey.org](mailto:safeguarding@oasisisleofsheppey.org)

Name of the service	What does the service offer?	Contact Details
<b>FrontDoor - Kent Integrated Children's Services</b>	Worried about a child? Do you have concerns that a child is being abused?	Website <a href="http://www.kscmp.org.uk">www.kscmp.org.uk</a>  Telephone 03000 411111 Out of working hours: 03000 419191 <b>Please call 999 if the child is in immediate danger</b>
<b>Adult Social Care</b>	If you think you have any care and support needs, you can contact us to ask for a free assessment.  The assessment is a discussion between you (or the person you look after) and a trained person either from the council or another organisation that the council works with. We'll talk about your situation and what changes you would like to make in your life to find out how your needs could be met.	Email <a href="mailto:Social.services@kent.gov.uk">Social.services@kent.gov.uk</a>  Telephone 03000 416161 (Monday to Friday, 9am - 5pm) 03000 419191 (outside of office hours - <b>for emergencies only</b> )
<b>National Online Safety</b>	A breadth of interactive services, which parents can access to support with parenting, mental health, wellbeing and other useful tips during self-isolation and government guidance. This service also offers an instant messaging app to support you with your questions and queries	Website <a href="https://nationalonlinesafety.com/guides">https://nationalonlinesafety.com/guides</a>  General enquires <a href="mailto:hello@nationalonlinesafety.com">hello@nationalonlinesafety.com</a>  Telephone 0800 368 8061
<b>Internet Matters Hub</b>	To help support parents, carers, and young people with additional learning needs, we have created this hub to offer tailored advice on how to connect safely online across a range of social platforms.	Website <a href="https://www.internetmatters.org/connecting-safely-online/">https://www.internetmatters.org/connecting-safely-online/</a>

<p><b>Think U Know</b></p>	<p>This page has been created to support parents during Covid-19 and the closure of schools. Each fortnight, we will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at home. This page includes all packs for children aged 14 plus</p>	<p>Website <a href="https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/">https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/</a></p>
<p><b>Barnardo's – See, Hear, Respond</b></p>	<p>A new service provided across England for children, young people, parents and carers who are experiencing crisis due to Covid-19.</p> <p>This service is aimed at those children who are not receiving support, or who have not met thresholds but because of COVID-19 and wider problems are struggling and them and their families would benefit from some immediate help in the short term.</p>	<p>Online self-referral: <a href="https://www.barnardos.org.uk/see-hear-respond">https://www.barnardos.org.uk/see-hear-respond</a></p> <p>Freephone 0800 1577015</p>
<p><b>Swale Borough Council</b></p>	<p>Housing support and help in regards to Coronavirus and lockdown</p>	<p>Website <a href="https://www.swale.gov.uk/coronavirus/">https://www.swale.gov.uk/coronavirus/</a> <a href="https://www.swale.gov.uk/housing/">https://www.swale.gov.uk/housing/</a></p> <p>Telephone 01795 417850</p>
<p><b>Childline</b></p>	<p>A service which is available for all children to use for support on managing anxiety, domestic abuse, helping a friend, reporting online abuse, depression, boosting your mood and eating habits. This service also has an instant messaging service which is designed to help you navigate you to the right areas and seek the support you need</p>	<p>Website <a href="https://www.childline.org.uk">https://www.childline.org.uk</a></p> <p>Telephone 0800 1111</p>
<p><b>Kooth</b></p>	<p>Online support for young people (10-16 year olds)</p> <p>Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.</p> <p>Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Outside counselling hours' young people can message our team and get support by the next day.</p>	<p>Website <a href="http://www.kooth.com">www.kooth.com</a></p> <p>You can also view a short video about the service at: <a href="https://vimeo.com/318731977/a9f32c87de">https://vimeo.com/318731977/a9f32c87de</a>.</p>

<p><b>Family Lives</b></p>	<p>Support for parents on mental health, relationships, bullying, development and more. This service offers a phone line service and additional a skype service too. This service is operational between the hours of 9am – 9pm Monday to Friday and 10am – 3pm on Saturday and Sunday.</p>	<p>Website <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> Telephone 0808 800 2222 Skype <a href="http://www.skype.com">www.skype.com</a> (open Skype Dialler and call 0808 800 2222)</p>
<p><b>Early Help</b></p>	<p>For advice, support and guidance, you can get in touch with the Early Help District team by email or phone.</p>	<p>Telephone 03000 42 11 62 Email <a href="mailto:EarlyHelpSwale@kent.gov.uk">EarlyHelpSwale@kent.gov.uk</a></p>
<p><b>Operation Willow</b>  “See something, say something”</p>	<p>Kent has recently launched a campaign to raise awareness of child sexual exploitation called Operation Willow. If you have concerns about a child or young person whom you believe is at risk of sexual exploitation</p>	<p>Telephone Kent Police on 101 quoting “Operation Willow” You can also contact the National Child Sexual Exploitation Helpline on 116000</p>
<p><b>Domestic Abuse Services</b></p>	<p>No excuse for Domestic Abuse  Kent Police and supporting agencies are here to help you</p>	<p>Kent Police Website <a href="http://www.kent.police.uk">www.kent.police.uk</a> Telephone 999 if an emergency or 101  National Domestic Abuse Helpline 0808 2000247  Kent and Medway Domestic Abuse Helpline <a href="http://www.domesticabuse.org.uk">www.domesticabuse.org.uk</a>  Victim Support 0808 1689 111 <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>  Broken Rainbow <a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a></p>

Food Banks		
<p><b>Curly's Farm</b></p>	<p>Can supply a basic food parcel to help across the Island. Ring or PM for details</p> <p><i>Curly's Legacy is a not-for-profit charity. Registered charity no:1182633 Curly's Farm Food Bank in partnership with Fare Share Kent.</i></p>	<p>Facebook Curly's Farm</p> <p>Telephone 07517 706286 or 07875 507937</p>
<p><b>Sheerness Foodbanks</b></p>	<p>Sheerness Foodbank at Holy Trinity Church is open on Mondays 11am to 12.30pm.</p> <p>You can find Sheerness Foodbank at Broadway, Sheerness, ME12 1AF. Seashell Children's Centre, Rose Street</p> <p>The following Family Food Bank locations are available on the Isle of Sheppey.</p> <p>Seashells Children's Centre, Rose Street, Sheerness, ME12 1AW</p> <p>The Seashells Children's Centre Family Food Bank is open between 8.30am and 5.30pm, Monday to Friday.</p> <p>Community Church, Sheerness</p> <p>Community Church Sheppey, The Broadway, Sheerness, ME12 1TP</p> <p>The Community Church Sheppey Family Food Bank is open between:</p> <ul style="list-style-type: none"> <li>• 10am and 12pm, Thursdays</li> <li>• 12.30am and 1.30pm, Sundays</li> </ul>	<p>We recommend that you call Seashells Children's Centre Family Food Bank before you arrive on 01795 667070.</p> <p>We recommend that you call Community Church Sheppey Family Food Bank before you arrive on 01795 663939.</p>

<p><b>Queenborough/ Rushenden Foodbank</b></p>	<p>Ladybird Children's Centre, First Avenue Ladybird Children's Centre, First Avenue, Queenborough, ME11 5JF</p> <p>The Ladybird Children's Centre Family Food Bank is open between 8.30am and 4.30pm, Monday to Friday.</p>	<p>We recommend that you call Ladybird Children's Centre Family Food Bank before you arrive on 03000 411313.</p>
<p><b>Warden Bay/Leysdown Foodbank</b></p>	<p>Beaches Children's Centre, Warden Bay Beaches Children's Centre, Warden Bay Road, Leysdown-on-Sea, Sheerness, ME12 4NA</p> <p>The Beaches Children's Centre Family Food Bank is open between 8.30am and 4.30pm, Monday to Friday.</p>	<p>We recommend that you call Beaches Children's Centre Family Food Bank before you arrive on 03000 421277.</p>