

Community Support Resource Directory

Disclaimer:

All the websites / links in this document are freely accessible from the world web. This is just a directory to aid in supporting you in finding resources and support in the event you need to. This is a compiled resource that Miss Roper uses and is not a Ratton School Resource and therefore Miss Roper and Ratton School are not responsible for any resource or its content up keep.

Compiled by NRO

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Bereavement: People can grieve due to bereavement but not just through death of a loved one etc – it can include - parent break up, losing friends when moving area, change of school, loss of pet, a close friend or family member in custody so no regular contact, a person who is going into care or when a relative is moved into a care home etc. This life situations can activate the emotions and behaviours relating to bereavement.

Cruse bereavement	Brighton	Home - Cruse Bereavement Support
Dragonflies Bereavement Project	Hastings	fsncharity.co.uk
Seahorse Project		https://www.stwhospice.org/uk/our-care/family-services/seahorse-project/
Jigsaw (south East) Child Bereavement Charity	East Grinstead	jigsawsoutheast.org.uk
Childline		Coping with loss and grief Childline


Counselling services: Counselling is a talking therapy that helps you deal with emotional issues with a trained therapist. The services here are free to access unless otherwise stated.

E- Wellbeing		e-wellbeing - YMCA DownsLink Group (ymcadlg.org)
Childline		1-2-1 counsellor chat Childline
Youth Advice Counselling		www.sussexcommunity.org.uk
Sussex Community Counselling		Sussex Community Counselling • SCDA

Crime prevention / Youth Offending: Information and guides for parents and children. Self-awareness / help lines etc.		
Crime Stoppers		Helping young people Crimestoppers (crimestoppers-uk.org)
Crime Stopper Fearless service		Give information about crime 100% anonymously Fearless Crimestoppers (crimestoppers-uk.org)
East Sussex Police – reporting crime		Report Sussex Police
Directories: directories for parents. Community, Leisure and Learning. Find practical support to help with finances situations, benefits and advice & wellbeing including grants, disabilities, daily living support.		
East Sussex Gov		www.eastsussex.gov.uk
East Sussex Children’s Zone		Czone Czone (eastsussex.gov.uk)
East Sussex 1 Space		www.1space.eastsussex.gov.uk
Turn 2 Us – Benefits / Grant search		www.turn2us.org.uk
East Sussex Community Information Service		www.escis.org.uk
Safe Space Sussex		Safe:Space Sussex - Search (safespacesussex.org.uk)
Exam study strategies: websites providing guides, study advice, techniques, stress management, exam preparation tools.		
Breathing circle – quick way to re gain concentration and quite mind ready to re start learning.	Video	https://youtu.be/aNXXkGFUIMs?si=dLksmTWWtY7grzxb
Anna Freud	Website	Revision Anna Freud
BBC Radio 1 Revision Tips – Beating Exam Stress	Video	https://youtu.be/7AgswlakjRw?si=S7HENLApADdqOnx5
How to study effectively	Video	https://youtu.be/TjPFZaMe2yw?si=J7w-P2sWSYdygxdf
How to enter a flow state for memory and concentration – stops anxiety when studying.	Video	https://youtu.be/TjPFZaMe2yw?si=J7w-P2sWSYdygxdf
Scientifically Proven Best Ways to Study	Video	https://youtu.be/VJbKXmujl00?si=4X3ixN83Q4fljS7X
Every Effective Study Technique Explained - 7 min video	Video	https://youtu.be/RzzlrJ_DzYQ?si=v0j9mIVllitTsNA-
BBC Bitesize – revision tool	Website	Home - BBC Bitesize
Seneca	Website	Seneca - Learn 2x Faster (senecalearning.com)
Sparks Maths	Website	Sparx Maths - Home
Bedrock	Website	Home Learning Bedrock Learning
Get Revising	Website	Revision Timetable Maker / Study Planner (getrevising.co.uk)
E Parenting	Website	Revision Timetable Template - Free Printable PDF (eparenting.co.uk)
Teachwire.net	Website	https://www.teachwire.net/teaching-resources/gcse-revision-timetable-template/
Mind	Website	Information for 11-18 year olds – Exam stress - Mind
Young Minds	Website	Staying mentally healthy during exams Resources YoungMinds
Young Minds	Website	Revision & Exam Tips Mental Health YoungMinds
Revision Do’s and Don’ts	DO’S	<ul style="list-style-type: none"> • Exercise, go for walk, run, outdoor gym, gym, swim, tennis etc. Then go and revise.

	<ul style="list-style-type: none"> • Get sleep. • Eat and drink well. • Only study up to 45 minutes then have a break. • Watch Tv, read a book, listen to music, do some art or something fun between your study periods and before bed. • Use BBC Bitesize tests or do some relevant quizzes etc from YouTube to test knowledge on the subject you have studied in your revision session or get a friend or parent to quiz you from your study books. • Read out loud when reading information or get the computer to read the page to you then you are hearing as well as seeing the information and allowing brain to take it in and retain the information. Other technique is to write down a summary of what you read and write down and quiz yourself on dates and important facts for your study subject. • Have positive affirmations around your room so when you wake up you can see them and tell your brain – I can do this, I am going to be a success, I am going to have a good day, I am loved, my family are proud of me etc.... for example. • Help the people you live with doing the washing up, walking the dog etc it's a change from study and it's rewarding. <p>Don't</p> <ul style="list-style-type: none"> • Study in your bedroom • Study at an untidy table or crowded space • Don't stay up late • Don't starve yourself • Don't beat yourself up • Don't give in – practice makes progress – you didn't learn to walk as a toddler without having some falls on the way. You didn't learn to eat independently without dropping food. Everyone goes through anxiety at some point. Everyone will feel exam stress just might show it differently
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Behaviour, Risks, Gangs, Health & safety and protection: Guidance websites, child friendly advice and parent, adult support.		
NSPCC		Children and families at risk of abuse or neglect NSPCC Learning
Challenging Behaviour Foundation		Homepage for the Challenging Behaviour Foundation
Action for Children		Challenging child behaviour, understand and manage behaviour (actionforchildren.org.uk)
British Dietetic Association		Diet, behaviour and learning in children - British Dietetic Association (BDA)
Growing Against Violence		Stop Gang Violence Education for pupils and teachers (growingagainstviolence.org.uk)
NSPCC		Criminal exploitation and gangs NSPCC
Childline		Gangs Childline

Crimestoppers		Understanding Knife Crime: Information and Resources Crimestoppers (crimestoppers-uk.org)
The Ben Kinsella Trust		Knife Crime Statistics The Ben Kinsella Trust
LifeSafe		Knife crime advice & support LiveSafe
YoungMinds		Bullying Get help and advice YoungMinds
Childline		Bullying and advice on coping and making it stop Childline
NSPCC		Helping Children Deal with Bullying & Cyberbullying NSPCC
Anti Bullying Alliance		Our definition of bullying (anti-bullyingalliance.org.uk)
The Children's Society		Bullying The Children's Society (childrenssociety.org.uk)
Stop Bullying.gov		Facts About Bullying StopBullying.gov
Antisocial behaviour		Antisocial behaviour Police.uk (www.police.uk)
NSPCC		Comprehensive child safety guide NSPCC
Health Support Services and peer groups		Free educational resources Child Accident Prevention Trust (capt.org.uk)
Ambitious about Autism		How to self-regulate in difficult times Ambitious about Autism
Homework guides for children with ASD / ADHD / DYSLEXIA: websites and tools provided by American and English organisations.		
Autism.org.uk		https://www.autism.org.uk/advice-and-guidance/topics/education/homework
Attitude (Look at the resource link on the top line, then free resources. Includes Homework hacks, behaviours, food, organisation aids.)		http://additu.de/freedownload
Dyslexia -	<p>Re SENECA and access for dyslexics: https://help.senecalearning.com/en/articles/2506738-do-you-have-a-specific-account-for-students-with-dyslexia</p> <p>Re Bedrock access being more friendly: https://support.bedrocklearning.org/hc/en-gb/articles/19801381023249-How-can-Bedrock-be-made-more-dyslexia-friendly</p> <p>Re Reading on computers laptops while the computer / phone / iPad etc reads what's on the screen back to the young person.</p>  <p>Then press H and the computer types what the person speaks presuming your phone, laptop etc has a microphone working. You would still need to add . / ? and check the words. It's useful if tired or the child has a hand injury and cannot type. Remember to say "Full stop" or next line etc. It gets use to your voice and then less mistakes happen with it.</p> <p>It's important to write with a pen and practice handwriting etc but if struggling and grammar, and sorting out forms, long bits of free typing. Text to Speech, Grammer checker that has been around for years is Grammarly. Product Features Grammarly there is a free version and then there are paid versions with more uses. There are other similar programs and dragons which are free and some paid for.</p>	

	<p>Immersive reader / Read out loud: The computers / iPad / phones etc can read what is on the screen out loud if speaker is working.</p> <p>Instruction: Depending on where the cursor / pointer is at the time. If you press right hand of the mouse pad or the mouse a list comes up on the screen. Look for “Read out loud or Immersive reader) Then it will keep reading what is on screen until you click stop. If you just want a particular word or sentence checked and read out loud just highlight the sentence or word and then right click for the read option. Sometimes a dyslexic thinks the sentence is reading well when they have read it in their head but when read back to them or they read out loud it’s not great due to grammar or word choice or the wrong word used.</p> <p>Help and Support Autism NI Really helpful resources on this site for Autistic children</p>
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Mental Health support – Anxiety – Depression – Food Challenges – Substance misuse:

How overusing your mobile phone is affects emotions, moods, concentration:	Video	https://youtu.be/vcjQ5JkEE_0?si=4tgNEuu0h4QWCUAP
Amaze	SEN related website	https://amazesussex.org.uk/
Aspens	SEN related website	https://www.aspens.org.uk/childrens-services-in-east-sussex
CLASS and CLASS +	SEN related website	https://czone.eastsussex.gov.uk/inclusion-and-send/isend-services/communication-learning-and-autism-support-service-class/what-is-class/
I-go	Sen related	https://igo.eastsussex.gov.uk/
Young Minds for parents:	Parent Website re Mental Health	https://www.youngminds.org.uk/parent/a-z-guide/autism-and-mental-health/
Mind	List of helplines	Mental health helplines - Mind
Talk to Frank	Drugs help website	Honest information about drugs FRANK (talktofrank.com)
STAR Drug and alcohol service	Local service In Town	STAR Drug & Alcohol Service - East Sussex Change Grow Live
East Sussex Recovery Alliance	Local service	ESRA (esrauk.org)
Children Services	Website	Children and families East Sussex County Council
Elsa – Support	Website with tools	www.elsa-support.co.uk

Articles regarding the caffeine / energy drink impact on children’s anxiety, what to look for and how to talk to your child about it.

[Energy drinks can harm teens' health. Here's what experts say parents can do | CBC Radio](#)

<https://health.usnews.com/wellness/food/articles/foods-and-drinks-linked-to-anxiety>



[Foods and Drinks Linked to Anxiety: What to Avoid and What to](#)

Discover which foods and drinks can contribute to anxiety and what you can do to help reduce symptoms. Read our expert guide on managing anxiety through your diet.

health.usnews.com

Anxiety Based School Refusal



Young Minds – School Refusal		School Anxiety and Refusal Parent Guide to Support YoungMinds
Action for Children – School Refusal		School refusal and emotionally based school avoidance (actionforchildren.org.uk)

Financial Hardship: Money advise, support, tools, resources.

STEP Change Debt Recovery		StepChange Debt Charity. Free Expert Debt Help & Advice
Money Matters		Home » Money Matters (moneymattersweb.co.uk)
Citizen Advice		Citizens Advice
Money Helper		Free and impartial help with money, backed by the government MoneyHelper
Christians against poverty		Home CAP UK

Wellbeing, health, independent living, housing:

Emergency dentists		Eastbourne Eastbourne – 01323 449170 The service is open between 6.30pm and 10.30pm on weekday evenings with appointments between 7pm and 9pm.
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Gas Leak		Smell gas or suspect a leak? Call 0800 111 999 * (24 hours a day – free to call). To report a gas or carbon monoxide emergency, or if a pipeline is struck (even if no gas leak has occurred) call the National Gas Emergency Service immediately on 0800 111 999 or via textphone (minicom) on 0800 371 787 . If you're a British Sign Language (BSL) user, you can use SignLive to contact the National Gas Emergency Service free of charge. *All calls are recorded and may be monitored
Powercut		Live List of Power Cuts in London, East Anglia & South East England UK Power Networks
999 Emergency services	999	Coast Guard Ambulance Fire Police
Eastbourne Borough Council	01323 410000	Home - Lewes and Eastbourne Councils (lewes-eastbourne.gov.uk)
Care Choices	Website / Directory	Useful Contacts Care Choices
Care for the carers		Care for the Carers - Supporting carers in East Sussex (cftc.org.uk)
Young Carers East Sussex		Young carers service in East Sussex Care For The Carers (cftc.org.uk)
Allsorts	LGBTQ +	Allsorts Youth Project
Survivors network		Home - Survivors Network
Victim support		Home - Victim Support
NHS		NHS website for England - NHS (www.nhs.uk)
NHS 111		Get help for your symptoms - NHS 111
Macmillian cancer support		Get help for your symptoms - NHS 111
Ms Society		Here for everyone with MS MS Society
		
Parkinsons support		Homepage Parkinson's UK (parkinsons.org.uk)
Dementia UK		Home - Dementia UK
Alzheimers uk		Alzheimer's Society (alzheimers.org.uk)
Stroke Association		Stroke fundraising Stroke Association
Ask Sara		https://asksara.livingmadeeasy.org.uk/
RNIB		RNIB Homepage of the Royal National Institute of Blind People
East Sussex Hearing Service		East Sussex Hearing - Hearing loss charity in East Sussex (eshrc.org)
St Wilfrieds		St Wilfrid's Hospice: Palliative Care Chichester, West Sussex (stwh.co.uk)
Amaze	SEN website	https://amazesussex.org.uk/

Flows		FLOWS Finding Legal Options for Women Survivors
Refuge		Refuge, the largest UK domestic abuse organisation for women
Stalking		Stalking - Victim Support
Shelter		Shelter - The housing and homelessness charity - Shelter England
Mathew 25		Matthew 25 mission Eastbourne Matthew25Mission
Eastbourne Foodbank		Eastbourne Foodbank Helping Local People in Crisis
Disability grants		Disability Grants - Charitable Funding for the Disabled (disability-grants.org)
Turn 2 US grants inc utility help	+ benefit checker	Apply for Grants Turn2us
Sleep challenges:		
Military method to fall asleep in 2 minutes	Video	https://youtu.be/zpBj5Z1TbyU?si=L7ETjszunryWh29G
How to Fall Asleep in 2 Min	Video	https://youtu.be/EiYm20F9WXU?si=PzYZzjqjhgDfXcY
4 Tricks to Sleep All Night Like a Baby: Four exercises to do before sleep.	Video	https://youtu.be/wqSwDuHDuAE?si=bhXroMJb4-5lc1wg
Me and My Mind	Information guide PDF	Keeping calm tools.pdf
De stress in 60's using pressure points	- 5 min instructional video	https://youtu.be/S1zIHYS13yQ?si=WRJBqMlocWM08dKv

Stagecoach website – has live bus service updates on it.	APP / Website of use	Welcome to Stagecoach (stagecoachbus.com)