

Frequently Asked Questions

Who can I talk to if I'm worried that a child is at risk of harm?

Contact one of our safeguarding leads: Mr Blackwell, Miss Moon, Mrs Philpott or Mrs Debus. Or contact Social Care through the MASH 0345 050 7666.

I'm worried about my child's behaviour at school. What should I do?

Speak with your child's class teacher at the end of the school day.

I'm worried about my child's behaviour at home. What should I do?

Speak with friends and family first. Is it 'normal' behaviour or does the frequency and severity affect family life? Log into "Understanding Your Child" through www.inourplace.co.uk and enter the code STLEONARDSEP18 (this code will work until September 2018) This will provide all sorts of ideas.

My child's punctuality is poor and the mornings are stressful. What can I do?

Try a few early nights. Get up earlier. Leave for school sooner. Set your own rewards with your children for getting to school on time each day.

My child is violent or abusive to me. What can I do?

Speak to Mr Blackwell or Mrs Philpott. They can refer you to the Building Respectful Families programme

I'm tired all the time and can't get motivated. What should I do?

Visit your GP and tell them how you feel. Take some exercise or go for a walk. Eat healthily.

I'm struggling with routines, budgeting or healthy eating. Who can I talk to for advice?

Come to Stay and Play on Wednesday morning and meet some other mums. Contact Home-Start on their free information line 0800 068 63 68 (this is for families with an infant under 5).

I've got anxiety and depression and it's affecting my life. Who can help?

Contact Talking Space 01865 901222 www.talkingspaceplus.org.uk

I'm worried about my mental health. How can I seek advice?

Contact MIND 0300 123 3393

I'm worried that I have a problem with alcohol or drugs. Who will listen to me?

Visit Turning Point at Banbury Health Centre, 58 Bridge Street 01295 225 544 www.turning-point.co.uk/oxfordshire-roads-to-recovery

I'm struggling with a bereavement. Who can I turn to?

Contact Cruse Bereavement Care 0844 477 9400 www.cruse.org.uk or speak to Revd Sue Burchell at St Leonard's Church

How can I get in touch with Citizens Advice?

Telephone the advice line number 03444 111 444 or visit Cornhill House, 26 Cornhill, Banbury any morning for a 5 minute appointment for signposting to advice – no need to book.

I have a medical need. What should I do?

Phone NHS 111 for urgent medical needs – it's a free service.

If something's troubling you and you don't know who to turn to

Phone Banbury and District Samaritans 01296 116 123 -this number is free to call

I'm worried about my children's eyesight – how can I check their vision?

Children's eye tests are free. Visit Walford and Round Opticians at 47 High Street 01295 262501 or Specsavers at 29/31 Bridge Street 01295 251251