

Latest local and national information and support

ROBERTSBRIDGE & SALEHURST
HELPING HANDS



Youth & Children Support - Last update Tuesday, 21 July 2020

| Organisation /individual | What is offered | Contact details and other information |
|--|---|---|
| Active Sussex | FREE sports and activities from local Sussex providers via Youtube | FREE sports and activities |
| Childline | Free private confidential service to talk about anything | Childline 0800 1111 Childline |
| East Sussex County Council | Information for families | ESCC Info for Families or call 0345 60 80 192 Mon to Fri 10am to 3pm |
| Free online counselling project for 12-18s in East Sussex | A confidential service offering counselling via email or live messaging | A confidential service offering counselling via email or live messaging |
| Joe Wicks | Kids fitness workouts on Youtube | workouts on Youtube |
| Kooth.com | Free, safe and anonymous support | Online wellbeing community kooth.com |

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| Mental Health Support | | youngminds and getselfhelp |
| Robertsbridge Children's Services | | RCS website Nursery and pre-school for children 0-5 years |
| Robertsbridge Community College | | RCC website term dates, Covid-19 information pupilsupport@robertsbridge.org.uk pastoral team support |
| Salehurst Primary School | Provides links on their website to support during Covid-19 (emotional well-being, activities, music) | Support during school closure Salehurst Primary School for term dates etc. |
| Stories for children | Free audio stories | audiostories and from East Sussex Libraries (Sign up online for free access to online books and magazines for children) |
| Sussex Mental Healthline | | 0300 5000 101 |
| The Mix | Free confidential support from under 25's including Group Chat | The Mix 0808 808 4994 |

This list is produced by Robertsbridge & Salehurst Helping Hands in partnership with Salehurst & Robertsbridge Parish Council, and supported by a grant from Sussex Crisis Fund (Sussex Community Foundation).