

St Faith's Church of England Infant and Nursery School

Parent and Carer Wellbeing Newsletter: Autumn 2026



Hello there! Welcome to our Wellbeing Newsletter. We want to help to signpost you to different types of support that is available, in order to care for the health and wellbeing of yourselves and your children.

Some of the support available is in school but we will also signpost you to external agencies and websites. We do hope that it is useful for you. If you do access some of the external support, we'd love to hear from you – and find out how useful it is, so that we can encourage others to access it.

Thank you so much!

MRS SIMPSON

Mrs Simpson is our wonderful Nurture Lead in School. If you hear the children talk about the Treehouse that is where you will find Mrs Simpson! If you would like to have a snapshot of the work that Mrs Simpson does, have a look at our website.

<https://www.st-faiths.lincs.sch.uk/nurture-and-wellbeing/>

If you think that you or your child would benefit from some time with Mrs Simpson, do contact us! Thank you!

TOGETHERNESS

Togetherness is invaluable NHS learning and content *free* for local parents.

Togetherness is an online learning environment developed by psychologists and health practitioners providing accessible learning about emotional health and wellbeing, proven to positively impact mental health, behaviour and relationships.

This wellbeing news update from the Togetherness team to our whole community, including ALL parents/carers has been sent home to you, along with our own wellbeing newsletter.

Handle With Care

If your child is experiencing difficulty at home, we would like to provide additional support in school. We understand that details are not always shared with school, and that is absolutely fine.

If your child is coming to school after a difficult night, morning or weekend, please email Mrs Simpson, our Nurture Lead at gemma.simpson@st-faiths.lincs.sch.uk with the message 'Handle with Care' and your child's first name. This will then be passed onto the class teacher(s).

We don't need any more information, if you are unable to provide it. Nothing else will be said or asked, but we will know that your child may need extra time, help, patience, and a lot of love during the day.

If you do require additional support as a family, at this time or anytime, please ask. Always.

We are a family at St Faith's, and we are here for you all.
Thank you.

Lincoln Community Grocery

<https://communitygrocery.org.uk/lincoln/>

They to provide a bridge between food banks and supermarkets, helping keep families fed so that no-one goes hungry. With stores across the UK open to anyone who is finding it tough to put food on the table, it's simple to sign up.

To become a member at one of the Community Groceries, all you need to do is visit your nearest store and let one of their team know it's your first time. They will then get you a form to fill in and explain all about how the groceries work.

All you need to do is bring £5 for your annual membership fee*, and a couple of shopping bags to put your groceries in and then start shopping. It's as simple as that!

There are different sized shops available from £5, with each item in store being worth a certain number of points.

- Small shop: £5 (12 point shop)
- Medium shop: £7.50 (18 point shop)
- Large shop: £10 (24 point shop)
- Extra-large shop: £12.50 (30 point shop)

Being a Community Grocery member means you can shop in store multiple times each week, helping you save on your shopping budget. They have stores across the country, and your membership can be used in them all.

A typical shop can include:



Bakery
item



Fresh
fruit or veg



Canned or
boxed
shelf items



Non-food
item



Freezer
items



Chilled
items

Members can also access cookery classes, debt advice, life skills, employment clubs and Mental wellbeing support.

Beaumont Manor,
Beaumont Fee,
Lincoln,
LN1 1UL
Mon – Fri: 9:30am – 4:30pm



[01522 265511](tel:01522265511)



[Community Grocery Lincoln](https://www.facebook.com/CommunityGroceryLincoln)



[@communitygrocerylincoln](https://www.instagram.com/communitygrocerylincoln)



lincoln@communitygrocery.org.uk



As well as affordable food shopping members are invited to attend free courses offered by the partner church (also available to non-members).

Where to get urgent help for mental health

If you or someone you know is experiencing a mental health crisis, there is now a 24/7 dedicated line to call for urgent support.

A person's emotional or mental state can deteriorate quickly, and this can mean that they are experiencing a mental health crisis or a mental health emergency.

By calling 111 and selecting Option 2, you can reach the Lincolnshire 111 Mental Health Team. They can quickly assess people's needs and determine the best way to support.

The service is for all ages, including children, and is also open to those with neurodevelopmental needs.

The service is available to anyone facing a mental health crisis, which could include:

- Changes to your mood
- Withdrawing from people (close family, friends, or work colleagues)
- Not taking care of yourself like you usually would
- Having increased thoughts about your life not being worth living
- Excessive worry
- Feeling out of control or unable to cope
- Feeling anxious about leaving the house
- Hearing voices or seeing things that others can't
- Thinking about harming yourself.

If people have physically harmed themselves, or if their life is at risk, then they should continue to call 999 or go to A&E.

The line is managed by Lincolnshire Partnership NHS Foundation Trust (LPFT).

Support for your mental health and wellbeing

Need urgent help now?
Call 111 select mental health option
In a life-threatening emergency call 999

General support
Here4You Advice Line (children and young people):
0800 234 6342 (24/7)
Lincolnshire Talking Therapies:
www.lincolnshiretalkingtherapies.nhs.uk
Night Light Cafes: 0300 011 1200

Looking after yourself
HAY Lincolnshire website: haylincolnshire.co.uk
Every Mind Matters website: nhs.uk/every-mind-matters
Lincolnshire Recovery College: lpft.nhs.uk/recovery-college