



# Support for families during Covid 19 (coronavirus)



ROCHDALE  
BOROUGH COUNCIL

We would like to say a huge **thank you** to families for staying at home and staying safe during these unusual circumstances. We appreciate how difficult this can be especially if you live with children and young people.

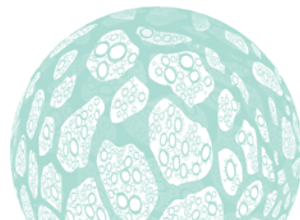
## **We are here to help. There is lots of support available for you and your family.**

The current situation is providing more challenges than most families would normally experience. Self-isolating and having restricted movement is an uncommon experience. This coupled with increased family time together, absence from school, college and nursery, worries around finance/worklessness and ill-health will bring additional pressure to lots of families.

During this time, the usual support we provide to families has been adapted in line with government guidance and families are currently not able to access the usual face to face support that they would normally benefit from at home and in their local children's centre.

We are however trying hard to ensure that all families who do need support can still contact us and we will do our very best to support you with anything you feel might be of benefit to your family such as:

- Family relationship difficulties and parental conflict
- Parenting support and advice for children aged 0-18
- Activities to keep your children entertained as well as home schooling
- Helping your child become school ready
- Feeding, weaning and sleep advice for babies



## Contact details for our early help teams and children's centres (CC)

**Rochdale team:** 01706 925 200  
Newbold CC 01706 649 729  
Meanwood CC 01706 753 240  
Sandbrook CC 01706 653 677

**Heywood team:** 01706 927 500  
Derby St CC  
(Heywood) 01706 369 889

**Pennine team:** 01706 922 600  
Littleborough CC  
(Pennine) 01706 378 166

**Middleton team:** 0161 662 5100  
Langley CC  
(Middleton) 0161 653 9526

You can also email us at: [early.help@rochdale.gov.uk](mailto:early.help@rochdale.gov.uk)





## Top tips for families during Covid 19 period:

- Make time to talk to children and listen to their worries
- Be calm and patient – take time out for yourself if you are feeling overwhelmed
- Have a daily routine, this will help children feel secure and reduce stress levels
- Make time every day to play with your child doing something they enjoy
- Children like to be helpful – give them small jobs or chores they can easily manage
- Praise and complement them often for positive behaviour
- Don't sweat the small stuff - nobody is perfect
- Encourage them to ring, FaceTime and Skype family members and friends
- At bedtime, plan for nice things that will happen tomorrow

### Do you need help with childcare because you are a keyworker or your child is considered vulnerable?

Please email:

[family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)

### Our Rochdale family service directory

Our Rochdale is an online directory providing information on health, social care, childcare and family services within the borough of Rochdale. Please visit: [ourrochdale.org.uk](http://ourrochdale.org.uk)

### Local Offer for children with special educational needs and disabilities

Our Local Offer has a wide range of information about all the support for families and children and young people from 0 to 25 years who have special educational needs and disabilities (SEND). Please visit: [ourrochdale.org.uk/localoffer](http://ourrochdale.org.uk/localoffer) or email [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)

## Are you worried that a child is being abused?

Isolation can put some children at a greater risk of domestic abuse, neglect, physical abuse, emotional abuse and sexual abuse.

Under normal circumstances children and young people are seen by many different adults on a daily basis at nursery, school, college, after school activities and by other family members and friends.

But now due to coronavirus we're self-isolating, social distancing and spending much more time at home without contact with other people that we would normally rely on for support.

If a child is experiencing abuse, there aren't as many opportunities for adults to spot the signs and provide help. This also means children can't ask for help if they don't feel safe.

Everyone has a responsibility to keep children safe, spot the signs of abuse and report their concerns. Please don't sit worrying about a child that may be suffering, contact our early help and safeguarding hub (EHASH) **0300 303 0440** or email **ehash@rochdale.gov.uk** with as much information as possible even if you want to do this anonymously. If a child or an adult is in immediate danger always call **999**.



## Domestic abuse

For anyone experiencing or concerned about domestic abuse, support is still available. People who are at risk of abuse **can** leave their home during lockdown to seek help and support. The police and support services **will** respond to people in need.

If you or someone else is in immediate danger, please ring **999** and ask for the Police. If you can't speak, **press 55** on your mobile handset when prompted.

To access our local specialist domestic abuse services, **Safenet** and **Victim Support**, you can make contact in the following ways:

### Safenet:

Provides refuge accommodation (women and children), safe-houses and support to male and female victims.

Tel: **0300 303 3581**

(24 hours a day)

Email:

**contact@safenet.org.uk**

Web-chat:

**safenet.org.uk** then "Click to Chat"

### Victim Support:

Provides support to male and female victims of domestic abuse

Tel: **07944 665212**

Mon-Fri 9am-5pm

Email:

**rochdale@victimsupport.org.uk**

Web-chat available on their website:

**victimsupport.org.uk**

### Supportline:

Free and confidential support  
24 hours a day **08 08 16 89 111**

For anyone concerned about their own abusive behaviour, support is available from:

#### Rochdale Connections Trust

Mon-Fri, 9am-5pm:

Tel: **07946 652643**

#### Respect

Tel: **0808 802 40 40**

Email:

**info@respectphoneline.org.uk**

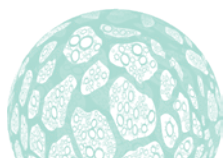
Web-chat:

Wed/Thur/Fri 8am-11am, 3pm-4pm  
on their website:

**respect.uk.net**

For more information on local services, online support and national helplines visit our domestic abuse web-pages:

**rochdale.gov.uk/domesticabuse**







Early help support  
**0300 303 8801**  
**[ourrochdale.org.uk](http://ourrochdale.org.uk)**

[rochdale.gov.uk](http://rochdale.gov.uk)