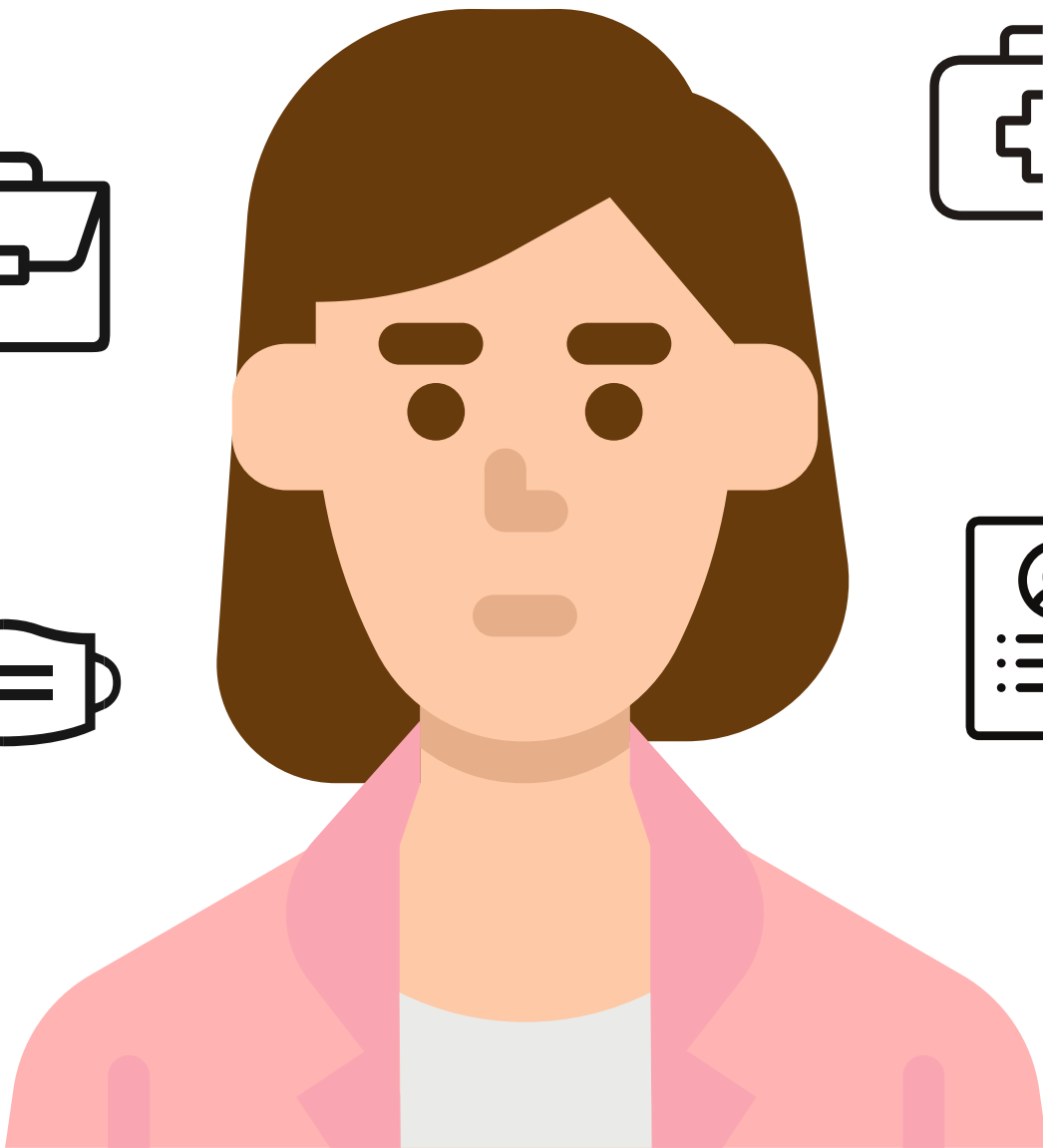
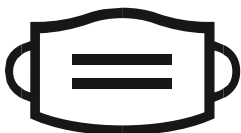
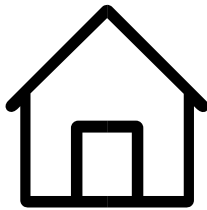




## Supporting our school community - help and advice



Supporting our school community -  
help and advice

**Through our Parent Council meetings and feedback from parents and carers we are very aware of the many challenges that families face and manage on a regular basis. The Covid-19 pandemic has added another layer of uncertainty and instability.**

**With this in mind, we wanted to bring together some resources that might be useful in navigating through these difficult times.**

**Detailed below is a list of questions and answers should you require access to information related to: employment, careers, money advice, your general health and wellbeing, keeping children entertained and Coronavirus.**

Supporting our school community -  
help and advice

# The pandemic has brought uncertainty to my current employment and I may be at risk of losing my job and/or facing redundancy, where can I go for support and advice ?

## Skills Development Scotland (SDS)

Skills Development Scotland have dedicated resources to help parents and carers find employment for the first time, or to get back into employment after a period of redundancy or unemployment.

The first piece of advice Skills Development Scotland can offer is to sign up on the My World of Work website, run by SDS at: [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

You simply register and this site takes you through lots of different supportive stages and strategies.

## PACE (Partnership Action for Continuing Employment)

PACE offer free and in confidence service and support. They are a Scottish Government initiative which brings together a range of organisations who each offer services to assist those in a redundancy situation.

The following PACE services are available:

- Information on accessing benefits and Jobcentre Plus vacancy service
- Individual Career Guidance interview to assist in identifying redundancy transition options • CV

and Interview

Skills support

• Labour market Information and job search assistance

• Welfare Rights advice

• Tax and money advice

• Information on Training and learning opportunities and accessing funding

• Information on setting up your own business • Literacy and numeracy support

Below is a link to YouTube which explains what PACE offers. If it does not play, go to the link at:

[www.youtube.com / watch?v=tQcDSrPE](http://www.youtube.com/watch?v=tQcDSrPEu5Y)



[u5Y](https://www.youtube.com/watch?v=tQcDSrPEu5Y)

PACE can offer support online via

## Supporting our school community - help and advice

the My World of Work website at the following links:

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)  
[www.myworldofwork.co.uk/  
how-pace-services-can-supportyou#advice](http://www.myworldofwork.co.uk/how-pace-services-can-supportyou#advice)

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# I'm Self Employed/Sole Trader/Small Employer and my business has been affected/closed periodically during the pandemic. What support and advice are available to me ?

There are various support networks available for the above mentioned parties. Detailed below are various links to funding which has been put in place from the UK Government, Scottish Parliament and Local Councils/Subsidiaries.

### Self-Employment Support Scheme

[www.gov.uk](http://www.gov.uk) This is available to individuals who are self-employed including members of partnerships.

### Income

### Business Support Grant

This is a grant of up to £25,000 dependent on the rateable value of your business premises and can be accessed through your local council website and applied for online.

### Business Temporary Closure Fund/Strategic Framework Business Grant

This is a grant of £2,000/£3,000 based on the rateable value of your business and can be accessed through your local council website and applied for online.

### Pivotal Resilience Grant Funding

This is funded by Scottish Enterprise and the Scottish Government and can be accessed through [www.scot.gov](http://www.scot.gov) (Hardship and Resilience Fund).

### Bank Funding

Various banks have a Bounce Back Loan Agreement in place which is Government backed. This is easy to apply for and can be done through any of the eligible bank's websites.

More information for Coronavirus Advice for businesses in Scotland can be found at: [www.findbusinesssupport.gov.scot](http://www.findbusinesssupport.gov.scot)



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## Where can I look online for employment and careers advice ?

You can look for current vacancies and tailor your search to suit your own needs on the following websites:

[www.myworldofwork.co.uk/jobhub](http://www.myworldofwork.co.uk/jobhub)  
[www.gov.uk/contact-jobcentreplus](http://www.gov.uk/contact-jobcentreplus)  
[www.myworldofwork.co.uk/getting-a-job](http://www.myworldofwork.co.uk/getting-a-job)  
[www.myworldofwork.co.uk/jobhunting](http://www.myworldofwork.co.uk/jobhunting)

**Skills Development Scotland (SDS) provide lots of guidance and advice at:**  
[www.shorturl.at/gozC1](http://www.shorturl.at/gozC1)

Anyone who would like to speak with a careers adviser for career guidance, to discuss retraining or for support with job seeking, CVs or interviews can contact SDS via the redundancy helpline: 0800 917 8000

There are lots of supports provided by SDS, from creating a CV to practise for interviews.

Have a look on their website pages below:

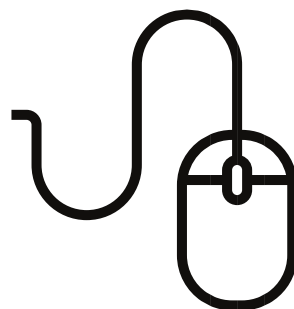
[www.myworldofwork.co.uk/myinterviewtool/start](http://www.myworldofwork.co.uk/myinterviewtool/start)  
[www.myworldofwork.co.uk/getting-job/building-cv](http://www.myworldofwork.co.uk/getting-job/building-cv)  
[www.myworldofwork.co.uk/application-forms](http://www.myworldofwork.co.uk/application-forms)

any wish to upskill at this time and there are many free online courses you can apply for at:

[www.myworldofwork.co.uk/learnand-train/find-free-online-courses](http://www.myworldofwork.co.uk/learnand-train/find-free-online-courses)

Skills Development Scotland is a one-stop shop to help you get back into employment or indeed should you think of a career change. They are funded by the Scottish Government and their services are free and confidential  
[www.youtube.com/user/skillsdevscotland](https://www.youtube.com/user/skillsdevscotland)

The Open University are also offering a variety of free courses at this time. Visit: [www.open.edu](http://www.open.edu)



A benefits calculator can be found here: [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)

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## My circumstances have changed and I think I may be entitled to support via benefits, where can I find information on this and other financial advice ?

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Submit a claim for Universal Credit at: [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

If you need help making a claim online contact the Universal Credit helpline on: 0800 328 5644 or textphone: 0800 328 1344.

## Supporting our school community - help and advice

Support and advice is available from the Money and Pension service at:

[www.moneyandpensionservice.org.uk](http://www.moneyandpensionservice.org.uk)

The Citizens Advice Bureau also offer free, confidential advice and support and can be found at: [www.cas.org.uk](http://www.cas.org.uk)

Their national website can be found at:

[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)

### **‘My Life, My Money Lanarkshire’**

My Life, My Money Lanarkshire is an app that provides a comprehensive resource of information, advice and support on welfare and money worries in Lanarkshire. Free to download from wherever you download your apps.

### **Money Matters Advice Service**

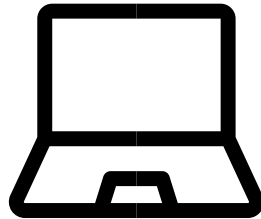
The Money Matters Advice Service is a free and confidential service that helps South Lanarkshire residents claim benefits and deal with debt. Telephone: 0303 123 1008

on Team at North Lanarkshire Council can help residents with money advice and welfare benefits. The team includes a combination of debt advisors and welfare rights staff. Telephone: 01698 332551

### **Home Energy Scotland**

Home Energy Scotland helps people in Scotland create warmer homes, reduce their energy bills, and lower their carbon footprint. To get in touch visit:

[www.homeenergyscotland.org](http://www.homeenergyscotland.org) or call 0808 808 2282.



### **The Financial Inclusion Team**

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## need urgent financial assistance

### Aberlour (Scotland's Children's Charity)

are considered on an individual basis and needs assessed. The families do not need to be known Aberlour have funds available to social work and so essentially, to support families in need referrals can be made by for of urgent financial assistance. example schools, Health Visitors, The majority of applications that Early Years Providers etc. Contact they receive are for families who

require support with food and utilities costs, white goods, beds and bedding. The fund provides the funding directly into the family's bank account or if needed the sponsors. The application can be made by a sponsor on behalf of a child or family and all applications

the Head Teacher via the school office to discuss your needs with regards to this fund. Please visit: [www.aberlour.org.uk](http://www.aberlour.org.uk) or call 0800 0856 150.



## Where can I find accurate and reliable health and wellbeing information and details of local services ?

### NHS Inform

NHS Inform is Scotland's national health and information service. The aim of NHS Inform is to provide people across Scotland with accurate and relevant information. You will find information on illnesses, injuries and conditions, tests and treatments, health topics including smoking, alcohol, nutrition and mental wellbeing. It also has interactive tools such as self-help guides, Info For Me tool and Scotland's Services Directory. Scotland's Service Directory provides details of all NHS health services across Scotland including A&E and minor injury clinics, Hospitals, GP Practices, Pharmacies, Dentists and Opticians. It also has details of

local health and wellbeing services covering a variety of topics including Cancer, Carers, Eating Well, Keeping Active, Pregnancy and Mental Health and Wellbeing. Visit: [www.nhsinform.scot](http://www.nhsinform.scot)



# The worry and stress caused by COVID-19 and lockdown has been hard on my mental health, where can I go for help and support ?

There is a wealth of mental health and wellbeing information and support available online including:

## Breathing Space

Breathing Space are a free, confidential phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety. Telephone 0800 83 85 87 or visit:

[www.breathingspace.scot](http://www.breathingspace.scot)

Experienced advisors will listen and offer information and advice.

## Elament Elament Mental

Health and Wellbeing Resources is Lanarkshire's first stop for online mental health and wellbeing resources providing information for people seeking assistance with mental health issues.

Visit: [www.elament.org.uk](http://www.elament.org.uk)

## The Feeling snowed under?

The Feeling snowed under? A guide to surviving Christmas booklet containing handy hints for surviving the festive season can be found on the website too.

**Lanarkshire Mind Matters**

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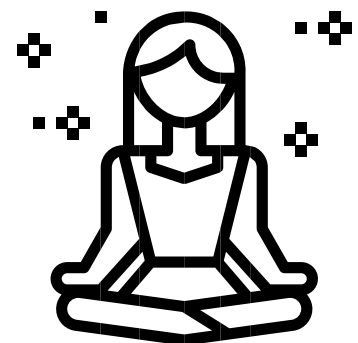
kshire Mind Matters puts high quality mental health self-help at people's fingertips. It has been produced by NHS Lanarkshire's psychological services and aims to link adults aged 18 and over to evidence-based mental health information, advice and help.

Visit: [www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)

## Action for Happiness

Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life – where people care less about what they can get just for themselves and more about the happiness of others.

Visit: [www.actionforhappiness.org](http://www.actionforhappiness.org) for more information and to download their Do Good December Kindness Calendar.





## With sports centres and pools closed, are there other ways to keep fit and healthy ?

In line with Government Guidance, **Action for Happiness** health walks are a great way to

Action for Happiness is a movement exercise with the added bonus of people committed to building a fresh air and friendly company, happier and more caring society. from others in your local area.

for more information.

Get Outdoors Lanarkshire is part of the Lanarkshire Green Health Partnership which is helping to make more use of Scotland's outdoors. Visit:

[www.getoutdoorslanarkshire.com](http://www.getoutdoorslanarkshire.com)

to find out more about the Winter Project and ideas on how to connect to nature during the winter. You can open the days on the Nature Advent(ure) Calendar to reveal a different activity for each day to motivate you to pop your coat and gloves on and embrace the winter weather.

different way of life – where people care less about what they can get just for themselves and more about the happiness of others. Visit: [www.actionforhappiness.org](http://www.actionforhappiness.org) for more information and to download their Do Good December Kindness Calendar.

Visit:

[www.pathsforall.org.uk](http://www.pathsforall.org.uk)

see a fundamentally

We want to



## I'm caring for someone where can I seek emotional and practical support ?

Care Information Scotland can provide information and advice if you look after someone, need care yourself or are planning for your future care needs. Visit:

[www.careinfoscotland.scot](http://www.careinfoscotland.scot) or call 0800 011 3200

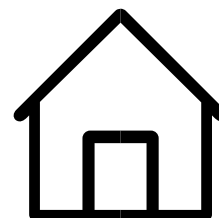
Lanarkshire Carers is a resource for carers across Lanarkshire. Visit: [www.lanarkshirecarers.org.uk](http://www.lanarkshirecarers.org.uk) or call 01698 428090

## I am working from home, am I entitled to any homeworking tax relief ?

Following changes to the tax system due to the volume of staff who are currently working from home, HMRC have provided this link for employees to claim homeworking tax relief.

The rules are really simple. If your employer has asked you to work from home even for 1 day you can claim a full-years tax relief. This can be backdated to last financial year if you worked from home in March 2020 (Lockdown started 23/03/2020).

The main documents you need are your driving licence, passport and National Insurance number. You can also use your pay details if you don't have driving a license or passport. If you don't have a government gateway account then it's really easy to set-up, they will text you an access code once you request an account. It will take you 10 minutes to claim. Visit <https://www.gov.uk/tax-relief-foremployees/working-at-home>



## I'm looking for some ideas to keep my children entertained?

### Parent Club

Parent Club offers up-to-date guidance from the Scottish Government on your child's health and education. It's full of hints and tips from other parents and carers who've been there before. It also has advice to help you look after your own wellbeing and to point you in the direction of the support available. There is also lots of ideas on how to keep children entertained indoors and outdoors.

Visit [www.parentclub.scot](http://www.parentclub.scot)



## Due to restrictions, if I need to discuss anything about my child's education, is it still possible to have contact with the class Teacher ?



Parents are still able to discuss any aspect of their child's education by contacting the school via telephone or email.

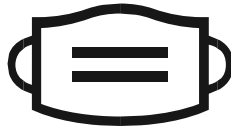
## How do I keep up to date with all of the Coronavirus news and developments ?

For details of the latest update on Coronavirus (COVID-19), please visit the Scottish Government website at:

[www.gov.scot/coronaviruscovid-19](http://www.gov.scot/coronaviruscovid-19)

If you do not have symptoms and are looking for general information, telephone the free NHS Inform helpline on 0800 028 2816.

The helpline is open Monday to Friday (8am to 10pm) and Saturday and Sunday (8am to 6pm).



PLEASE NOTE: Most of the organisations mentioned above also have Social Media platforms including Twitter, Instagram and Facebook.