

Eagrán 69: Dé hAoine 1 Nollaig 2023



**Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí**



Tá an iris seo lán lán
smaointe maithe a
spreagfaidh thú, a thacóidh
leat agus a thabharfaidh do
dhúshlán, le cuidiú leat do
dhícheall a dhéanamh i
gcónaí!

**Cúig
in
Aird**



Taobh istigh



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Spreagadh...

Ar dtús, déanann muid iarracht bealaí nua a aimsiú le cuidiú leatsa bheith ag iarraidh do dhícheall a dhéanamh le gach tasc a bhíonn le cur i gcrích agat.



Dúshlán

Ba mhaith leat do dhícheall a dhéanamh agus tá a fhios agat go bhfuil muidne anseo le bheith ag cuidiú leat. Mar sin, iarrann muid ort dul sa seans agus triail a bhaint as rudaí nua dúshlánacha.



Tacaíocht...

Nuair a bhíonn tú ag iarraidh do dhícheall a dhéanamh, déanann muid iarracht tacú leat agus tú ag foghlaim agus ag fás.

Fáilte go Cúig in Airde!



Fáilte ar ais go Cúig in Airde. Is é an téama atá againn san eagrán seo ná Bí Spreagtha. Tá muid spreagtha gach lá - sin an rud a spreagann muid éirí as ár leaba ar maidin. Leis na gníomhaíochtaí ar fad, cuidítear linn machnamh a dhéanamh leis na cineálacha éagsúla spreagthaí atá inár saol agus le smaoineamh ar na hiarmhairtí dearfacha ón bhfíorshaol maidir le tascanna seachas cúitimh shaorga.

Ná déan dearmad go mbíonn ár gcuid gníomhaíochtaí ar fad bunaithe ar mhúnla 'Glac 5' a rinne an Ghníomhaireacht Sláinte Poiblí (PHA). Tá a fhios againn go bhfuil sé tábhachtach ar a laghad 5 sciar de thorthaí agus de ghlasraí a ghlacadh in aghaidh an lae, ar mhaithe leis an tsláinte fhisiceach. Tugann 'Glac 5' cúig smaoineamh mhaithe dúinn le cuidiú linn cúram a dhéanamh dár sláinte mhothúchánach agus mheabhrach.

Is féidir níos mó eolais a fháil ar Glac 5 ag an suíomh idirlín [Take 5 Steps to Wellbeing information on the MindingYourHead](#).

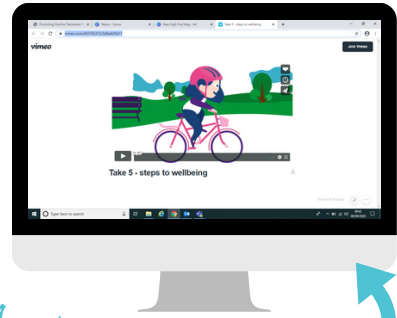
Tá súil againn go mbainfidh tú sult (agus triail) as na smaointe san eagrán seo - cuir scéal chugainn ag primarybsp.enquiries@eani.org.uk agus abair linn cad é mar a d'éirigh leat.

Cuir Cúig in Airde i líne an ábhair agus déan cinnte go gcuireann tú ceist ar dhuine fásta sula gcuireann tú an ríomhphost - beidh orthu a rá linn an bhfuil sé maith go leor do phictiúir agus scéalta a roinnt ar ár suíomh idirlín agus ardáin meán sóisialta.

Achainí Bhia um Nollaig an ÚO fá choinne Teaghlach

Beidh ár Achainí Bhia um Nollag an ÚO fá choinne Teaghlach ar siúl ón 13 Samhain go dtí an 7 Nollaig, rud a fhágann go mbeadh ár lucht foirne in ann cúiteamh a dhéanamh ach nithe a thabhairt don bhanc bia áitiúil trí Oifigí éagsúla de chuid an ÚO. Is féidir tuilleadh eolais a fáil ar [Achainí Bhia um Nollaig an ÚO fá choinne Teaghlach](#) ar an HealthWell Hub.





Amharc ar fhiseán
gairid maidir le Glac 5
anseo.



Bí Gníomhach

Bí ag imirt, bí mar chuid d'fhoireann, bí ag siúl, ag rothaíocht, ag rith. Nuair a bhíonn tú gníomhach, bíonn tú aclaí agus mothaíonn tú go maith.



Bí i dTeagmháil

Bíodh spraoi agat le cairde, labhair le do theaghlach, cuidigh sa bhaile agus roinn do chuid mothúchán. Nuair a bhíonn teagmháil le daoine eile agat i do shaol, mothaíonn tú go bhfuil grá ag daoine duit.



Tabhair Aird

Amharc agus éist le gach rud atá ag dul ar aghaidh thart timpeall ort – athrú na séasúr, feithidí, éin, bláthanna agus tuartha ceatha. Tabhair aird ar do chuid mothúchán.



Bí Fial

Déan rud deas do chara nó duine sa teaghlach, bí ag roinnt, déan gáire. Bí fial leat féin – bí ag súgradh, bí cruthaitheach, úsáid do shamhlaíocht, tarraing pictiúr, déan péinteáil, déan damhsa, bí ag brionglóideach. Nuair a bhíonn muid fial linn féin nó le daoine eile, cuireann sé áthas orainn.



Lean den Fhoghlaim

Bí ag léamh ar mhaithe le spraoi, foghlaim an dóigh le rud úr a dhéanamh, déan do dhícheall. Leag síos dúshlán duit féin, rud sultmhar. Bíonn muid bródúil nuair a fhoghlaimíonn muid rud nua, agus baineann muid sult as.

Bí Spreagtha

Is é an dúshlán Cúig In Airde atá againn san eagrán seo ná le Bheith Spreagtha. Is é atá i gceist le Spreagadh ná rud éigin a thugann orainn jab maith a dhéanamh de rud nó triail a bhaint as rud éigin nua. Ach ar dtús, smaoinimis ar chineálacha éagsúla spreagtha:



Spreagadh ón Taobh Amuigh



Leis an chineál seo, tá fáil againn ar rud éigin is maith linn go spreagann an rud sin muid le rud éigin a dhéanamh nach maith linn. Mar shampla, ith glasraí agus gheobhaidh muid uachtar reoite. Is é an t-uachtar reoite ár spreagadh - itheann muid na glasraí toisc gur mian linn an t-uachtar reoite.

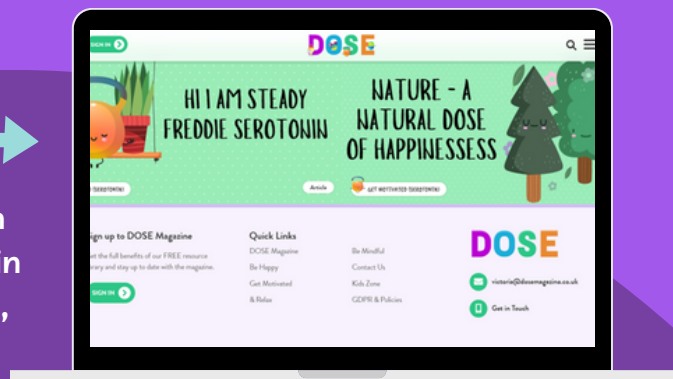


Spreagadh ón Taobh Istigh

Leis an chineál spreagtha seo, tuigeann muid an chúis le rud éigin nach maith linn chomh maith chéanna a dhéanamh. Mar shampla, is rud sláintiúil é glasraí a ithe. Is é an spreagadh atá againn ná a bheith sláintiúil - itheann muid ár nglasraí toisc gur mian linn a bheith níos láidre.



Le níos mó a fhoghlaim faoin dóigh a gcuireann Séireatonin le spreagadh ón taobh istigh, tabhair cuairt ar shuíomh gréasáin na hirise Dose.



Bí Spreagtha

Déan liosta de na rudaí a dhéanann tú le spreagadh ón taobh amuigh a fháil. Ansin, i mbeirteanna, i ngrúpa nó an rang ar fad, déan plé ar na ceisteanna thíos do gach ceann.



Cé a chinn cad é a bheadh sa spreagadh ón taobh amuigh? m.sh. cé a chinn go mbeadh uachtar reoite ina duais as na glasraí a ithe?

Cé a chinneann go go bhfuil an tasc críocheaithe go sách maith leis an duais a fháil?

Cad é mar a mhothaíonn tú nuair nach n-éiríonn leat maith go leor sa tasc leis an duais a fháil?

An féidir leat smaoineamh ar spreagadh ón taobh istigh leis an tasc seo a dhéanamh? Cén fáth ar rud maith é le déanamh, fiú mura bhfaightear uachtar reoite ina dhiaidh?



Nuair atá spreagadh láidir againn ón taobh istigh, cuidíonn sé sin linn lenár ndícheall a dhéanamh i gcónaí. Cuidíonn sé a thabhairt faoi deara na rudaí a dhéanann muid go maith agus na rudaí is féidir linn a fheabhsú. An tseachtain seo ar scoil agus sa bhaile, tabhair aird ar na huaireanta uilig atá tú spreagtha ón taobh istigh le rogha maith a dhéanamh!



Bí Gníomhach



Mo Liathróid Iontach

D'éirigh Joe Wicks, a dtugtar an cóitseálaí coirp air fosta, ina laoch náisiúnta le linn na paindéime. Thiúnaíl na mílte againn isteach le páirt a ghlacadh ina mbabhtaí traenála ar Youtube "PE with Joe". De bharr a dhíograise agus a fhuinnimh gan teorainn, choinnigh sé muid uilig spreagtha lena fhíseáin ina raibh babhtaí traenála spráúla.



Babhta Traenála Nua don Chorp ar Fad

Is féidir leat babhta traenála de chuid Joe a leanúint ar Youtube.



Mo Liathróid Iontach!

Is am iontach é deireadh na bliana le machnamh a dhéanamh ar an am atá caite agus spriocann nua a leagan síos don todhchaí. Bealach amháin leis an phróiseas seo a dhéanamh níos spráúla ná liathróid a úsáid le scríobh síos roinnt dá spriocanna. Leis an ghníomhaíocht shimplí seo, féadann tú tobsmaointeoireacht a dhéanamh agus d'ardaidhmeanna don bhliain atá le teacht a chur in ord tosaíochta. Trí do spriocanna a scríobh síos, cuidítear leat fanacht freagrach agus spreagtha ó cheann ceann na bliana. Mar sin de, cuir tús le spriocanna fiúntacha a leagan síos don bhliain nua!



Cliceáil anseo le tuilleadh smaointe le Bheith Gníomhach (síniú isteach C2ken de dhíth)



Bí i dTeagmháil



An dóigh le Spriocanna a Leagan Síos

Bí i dteagmháil le daoine eile, bí i dteagmháil le do chairde i do rang. Roinn do spriocanna leo, agus bhur spriocanna á roinnt agaibh lena chéile, is féidir go spreagfaí thú féin nó do chairde le rud éigin nua a dhéanamh. Smaoinigh ar dhaoine ar féidir leo tú a spreagadh nó inspioráid a thabhairt duit. Ina measc, b'fhéidir go mbeadh do mhúinteoir, do theaghlach, do chairde nó fiú an lúthchleasaí is fearr leat.

Cliceáil
Anseo 



Céimeanna ar an Dóigh le Spriocanna a Leagan Síos Roghnaigh Do Sprioc Mhór...

- 1** Cad é an Cuspóir?
- 2** Bris síos é i gCéimeanna Beaga
- 3** Cad iad na Constaicí?
- 4** Scríobh Síos é.



Is féidir leat do smaointe a scríobh síos i do Dhialann Cúig in Airde ar Mhol Cúig in Airde.



Cliceáil anseo fá choinne níos mó smaointe le bheith i dteagmháil (síniú isteach C2ken de dhíth)

‘Eachtraí Bháú’

Smaoinigh ar rud éigin atá bainte amach agat i mbliana, féadann sé sin a bheith ar scoil, sa bhaile nó fiú caitheamh aimsire. Smaoinigh ar an dóigh ar mhothaigh tú lena bhaint amach, cé chomh fada agus a ghlac tú lena bhaint amach? Is beag iad roinnt de na spriocanna a leag muid síos agus glacann sé i bhfad níos faide le cinn eile a bhaint amach. Cad iad cuid de na ‘Eachtraí Bháú’ s’agat?

‘Eachtraí Bháú’
ar scoil...

Bháú!
Tá mé bródúil
as...

Bháú!
Tá mé bródúil
as...

‘Eachtraí Bháú’
sa bhaile...

Bháú!
Tá mé bródúil
as...

Bháú!
Tá mé bródúil
as...

‘Eachtraí Bháú’
faoi spórt, ceol, a bheith
cruthaitheach,
caitheamh aimsire nó
cineáltas le daoine eile a
léiriú....

BHÁÚ! Tá mé bródúil as.

Bháú!
Tá mé bródúil
as...

Bháú!
Tá mé bródúil
as...



Cliceáil anseo fá choinne níos mó
smaointe le Tabhair Aird (síniú isteach
C2ken de dhíth)

Mo Scileanna Nua

Is maith an rud é leanúint de rudaí/scileanna nua a fhoghlaim. D'fhéadfá siúl a choinneáil ar gach scil nua ar an leathanach cúig chéim i dtreo na folláine.



Bí gníomhach... gabh ag rith, déan siúlóid, gabh amach faoin spéir, imir cluiche, gabh ag rothaíocht, déan garraíodóireacht.



Déan teagmháil... leis na daoine thart timpeall ort, teaghlach, cairde, comharsana, daoine nua.



Take notice...take time to notice and appreciate nature, everyday life and moments.



Tabhair aird... glac am le haird a thabhairt ar an dúlra, an gnáthshaol agus eachtraí ar leith agus bíodh meas agat orthu.



Bí fial...déan rud deas don teaghlach nó do chara. Tabhair buíochas do dhuine éigin, déan miongháire.



Cliceáil anseo fá choinne níos mó smaointe le Lean den Fhoghlaim(síniú isteach C2ken de dhíth)

Rudaí Dearfacha Gach Lá

Tá sé tábhachtach le bheith cineálta leat féin. Is minic a chuireann muid cuid mhór brú orainn féin ach tá sé an-tábhachtach cúraim a dhéanamh dár bhfolláine mheabhrach agus mhothúchánach. D'fhéadfadh sé go gciallódh sé rudaí éagsúla do dhaoine éagsúla ach i measc bealaí inar féidir leat a bheith cineálta leat féin tá am a ghlacadh duit féin, comhbhá a bheith agat leat féin, agus d'éachtaí a aithint agus a cheiliúradh. Ná déan dearmad go bhfuil sé tuillte agat go gcaitear leat le cineáltas agus le meas, uait féin san áireamh.

Cliceáil Anseo le físeán a fheiceáil faoi spreagadh



Tá sé tábhachtach cúram a dhéanamh de d'folláine féin agus le bheith cineálta leat féin. Smaoinigh ar na rudaí dearfacha ar fad le linn an lae. Féach ar na ceisteanna thíos le cuidiú leat smaoineamh ar rudaí dearfacha!

Cad é mar a bhí mé cineálta le daoine eile inniu?



Cad é mar a chuidigh mé le duine éigin inniu?



Cad é a rinne mé inniu a bhí spráúil?



Cad a thug orm miongháire agus gáire a dhéanamh inniu?



Cad é a raibh mé buíoch as inniu?



Cad é a d'fhoghlaim mé inniu?



Cliceáil anseo fá choinne níos mó smaointe le bheith Fial (síniú isteach C2ken de dhíth)





Bosca Isteach

Magharafelt Primary School

Tá aip in úsáid ag Magharafelt Primary School darb ainm Verbal Wellbeing le cuidiú leo a ndícheall a dhéanamh i gcónaí! Tá sé roinnte acu an dóigh a raibh an aip ina cuidiú leis an fhoireann agus na daltaí araon le bheith **Spreagtha.**



“Tá spreagthaí curtha ar fáil ag Verbal Wellbeing **dár bpáistí agus dár múinteoirí araon.** Dár bpáistí, is foinse chumhachtaithe é.

Tá siad spreagtha lena mothúcháin a thuiscint níos fearr, cuidiú a lorg nuair atá dúshlán rompu agus leis na modhanna agus an t-eolas a bhailiú leis an teacht aniar a thógáil agus dúshlán á bheith rompu san am atá le teacht.

Na comhráite faoin tsláinte mheabhrach, tá siad nádúrtha agus tá sé éasca le labhairt fúithi, de bharr na scéalta agus na foinsí san aip.

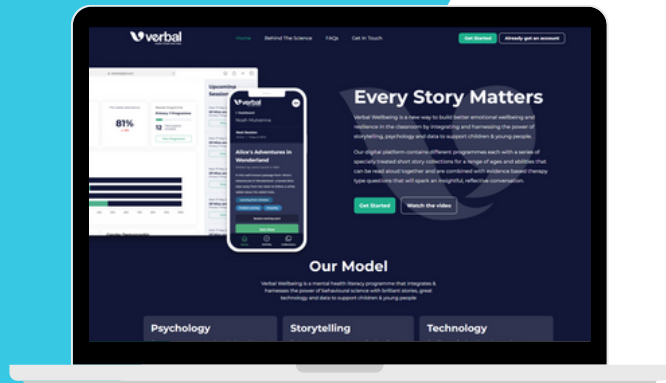
Ó dhearcadh múinteora, is ceannródaíoch é an rianaire do spion an duine. Ní bhíonn sé éasca a thomhas í gcónaí, ach bíodh sin mar atá, mar gheall ar an fhianaise a fhaigheann muid leis, tá muid spreagtha le bheith réamhghníomhach.

“Tá sé cosúil le compás a bheith againn a dhíríonn muid ar stádas mothúcháinach gach dalta sa tseomra ranga.”



Bosca Isteach

Más mian leat tuilleadh eolais a fháil faoin aip Verbal Wellbeing a úsáideann Magherafelt Primary, is féidir leat cuairt a thabhairt ar shuíomh gréasáin Verbal Wellbeing nó déan teagmháil le: andrea.doran@theverbal.co



An tUas. Somerville – Príomhoide



Nuair a chuala muid den chéad uair faoin aip Verbal Wellbeing, thug ár scoil aird ar dheis le cur chuige na scoile go léir a chur i bhfeidhm maidir le folláine mhothúcháin. I ndomhain broidiúil an lae inniu, tá sé níos tábhachtaí ná riamh a cinntiú go bhfuil ár gcuid páistí ullmhaithe, ní amháin ó thaobh na hacadúlachta de ach ó thaobh na mothúcháin de fosta. Bhí muid ag iarraidh timpeallacht a chothú, ní hamháin ina nglactar le díospóireacht faoi shláinte mheabhrach ach ina spreagtar í.

Ní hamháin a spreag Verbal Wellbeing ár ndaltaí le cuidiú a lorg agus lena mothúcháin a thuiscint ach thug sé inspioráid dúinn le bheith níos ardeallai agus níos freagrúla do riachtanais mhothúcháinacha ár ndaltaí. Is céim í i dtreo todhchaí ina bhfuil cluas éisteachta á tabhairt dó, ina dtuigtear iad agus ina dtacaítear iad.

An bhfuil acmhainn i do scoil a bhfuiltear an-tugtha di le tacú le folláine mhothúcháinach?
primarybsp.enquiries@eani.org.uk



The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk

Goal Setting for Kids

It's important as adults we help our children and young people when they are setting goals for themselves.

Setting goals is a crucial life skill that helps children and young people to learn how to plan and achieve their dreams. As adults, we can play a significant role in supporting them through this process. We can start by encouraging them to identify their strengths, interests, and aspirations. Once they have a clear understanding of what they want to achieve, we can help them to break their goals down into smaller, more manageable steps. Supporting them through setbacks and celebrating their successes along the way will help to build their resilience and self-confidence. By empowering our children and young people to set and achieve their goals, we are helping them to develop skills that will serve them well throughout their lives.



Top Tips for Goal Setting for Children

Setting goals is an important life skill that can help children develop a sense of purpose and direction. Here are some top tips for goal setting for children:

1. Encourage your child to think about what they want to achieve - whether it's a short-term or long-term goal.
2. Help your child break down their goal into smaller, achievable steps. This can help them feel less overwhelmed and more motivated to take action.
3. Make sure the goal is realistic and achievable. It's important for children to experience success and build confidence in their ability to achieve their goals.
4. Celebrate your child's progress along the way. This can help them stay motivated and focused on their goal.
5. Encourage your child to be flexible and adaptable. Sometimes things don't go according to plan, but it's important to teach children that setbacks and failures are a normal part of the process.
6. Remember, goal setting is a skill that takes practice. By helping your child set and achieve goals, you are helping them develop important life skills that will serve them well in the future.



Addressing Bullying Schools Implementation Team

The EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:

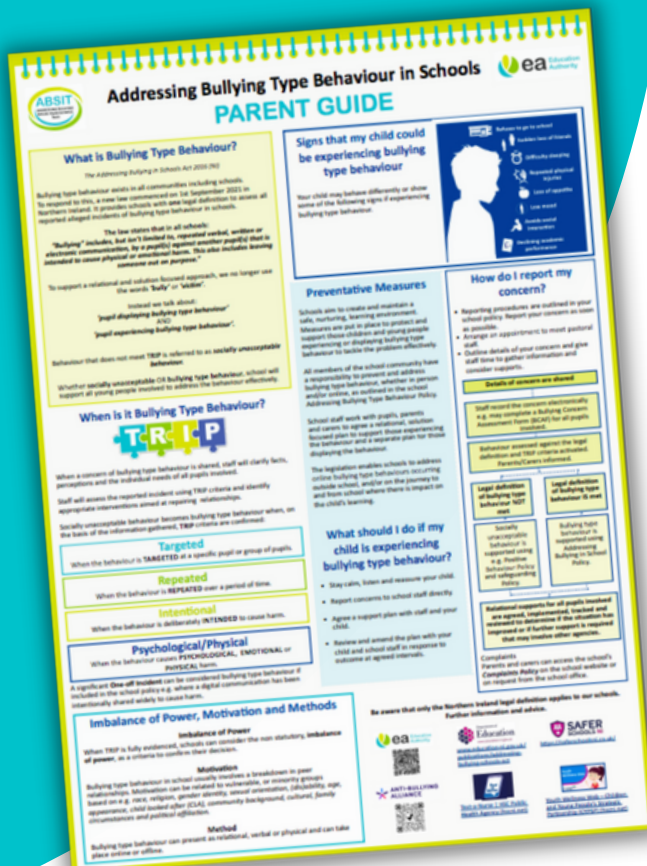
- The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
- School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
- Advice for parent, carers and pupils regarding how bullying type behaviour is identified and supported in schools.
- Signs that a pupil could be experiencing bullying type behaviour and signposting to further support.

Addressing Bullying Behaviour in Schools

Parent and Pupil guide to supporting children and young people who are experiencing bullying type behaviour



<https://www.eani.org.uk/schoolmanagement/policies-and-guidance/addressing-bullying-in-schools-act-2016/bullying>



Scan the QR code to access resources and further information on the EA website





The Staff Hub is especially for school staff.
Check this section each issue for available
training, new resources and good ideas to look
after our own wellbeing!



Tips to Nurture Intrinsic Motivation

Three conditions that are necessary to nurture intrinsic motivation

1. Perceived autonomy
2. Perceived competence
3. Relationships

Offering people choices, responding to their feelings and opportunities for self direction have been reported to enhance intrinsic motivation.

(Deci & Ryan 1985 / 2000)



Make a Swap

Swap praise for showing an interest. Praise has an emphasis on the adult's approval (outside motivation) but showing an interest has an emphasis on noticing the pupil and the positive real life consequences to their actions (inside motivation).

You are tidying up.
That will help our caretaker.

You're getting the ball
through the hoop
more times than last
week.

That's a really
interesting story you
have written- the
ending was such a
surprise!



Journal

Regular time for reflection is a great way to make intrinsic motivation a feature of your classroom. Click on the High Five Journal image for resources and ideas to support this. (C2ken sign-in required)



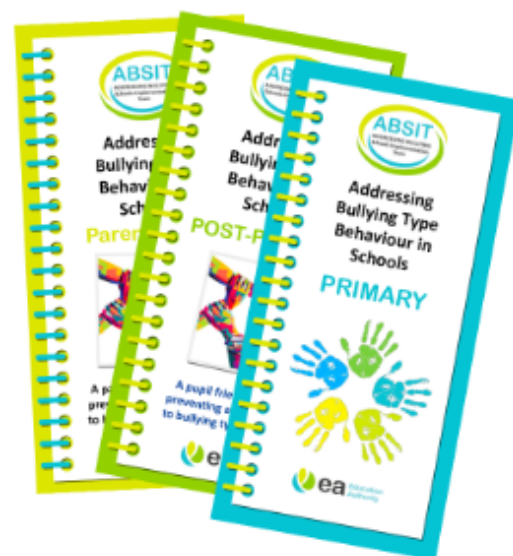
Addressing Bullying Schools Implementation Team

Following collaboration with over 100 schools throughout the region, the EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:

- The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
- School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
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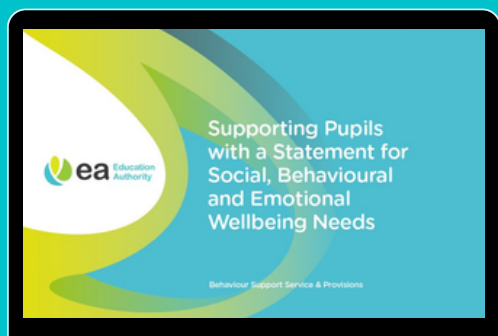




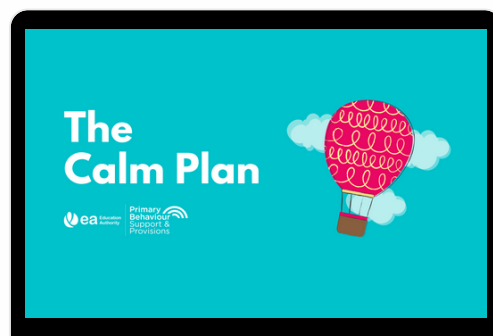
Upcoming PBS&P Training



Click the images below to register for these training sessions available to school staff



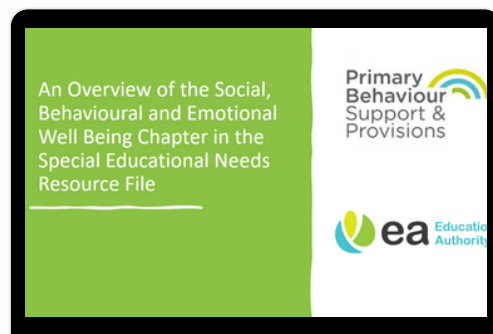
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
16 January, 23rd January & 30 January 2024
11:00am - 12:30pm
(Participants must attend all sessions)



Developing a Calm Plan
22 January 2024 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice
17 January & 24 January 2024 2:30pm - 3:45pm
(Participants must attend both sessions)



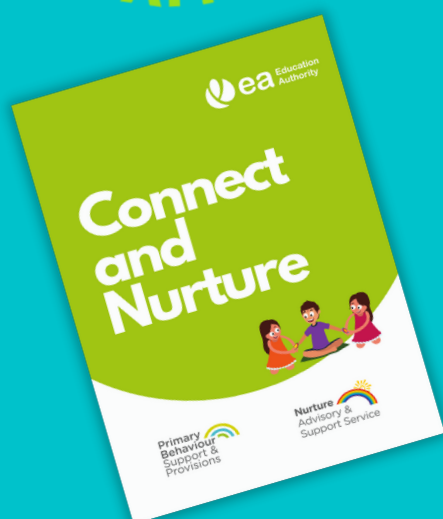
An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
18 January & 25 January 2024 2:15pm - 3:45pm
Participants must attend both sessions

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



Upcoming NASS Training Available

Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



Connect and Nurture (CAN)

06 February 2024

2:30pm - 3:30pm



Theraplay Informed Practice - activities to build attachment

20 February 2024

2:30pm - 3:30pm



Click the Nurture Advisory & Support Service logo to see all training available this year

Telephone Advice & Support Helpline



The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.

There were 510 calls to the helpline in September / October 2023



TASH CLOSURE

The helpline will be closed on the following dates:

- Fri 15 Dec 2023
- Fri 22 Dec 2023 to Friday 5 January 2024 (inclusive)

If you need to contact us when the helpline is closed you can email: primarybsp.enquiries@eani.org.uk



Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

The Primary Behaviour Support & Provisions (PBS&P) Service supports the personal, social and educational development of pupils with a Special Educational Need (SEN) arising from social, behavioural, emotional and wellbeing needs.

We do so by working together in partnership with children, educational staff, parents and carers and other professionals.

We provide support for children in pre-school settings, primary schools, learning support centres and special schools, as well as information, advice, training and guidance to families, carers and educational setting staff.

Scan the QR Code for information
on the following areas



How to access Primary Behaviour Support

How to get support for a child or young person.



Behaviour Support for a child

Find out about the support available for your child or young person.



Information for Schools Primary Behaviour Support

Find out about the support available to educational settings.



About the Primary Behaviour Support and Provisions Service

General information about the Primary Behaviour Support and Provisions Service and who they work with.



Useful Resources and Links - Primary Behaviour Support

Information and resources for school staff and parents in supporting children and young people.

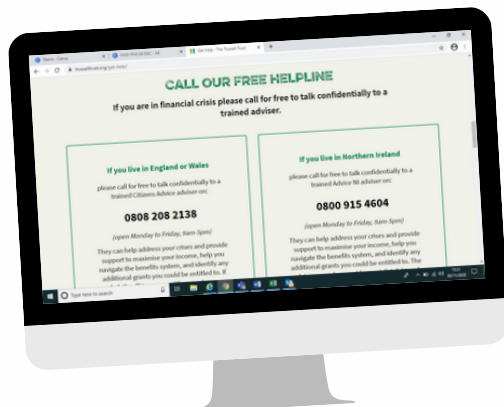


Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

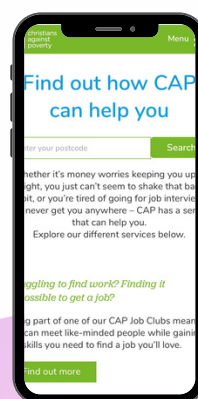
When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.

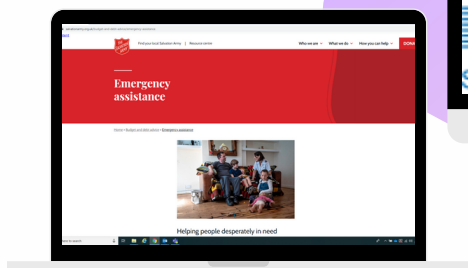


Click here

The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.



The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline

Childline

ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.