

# Sources of Support

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We want to make sure that all pupils, parents, carers and staff have access to the support they need and so have compiled a list of contacts for services we would frequently signpost people to.

## Ongoing Support from School

Website [www.cullodenacademy.com](http://www.cullodenacademy.com)

## Email Addresses for Pupil Support Team

Generic	<a href="mailto:culloden.academy@highland.gov.uk">culloden.academy@highland.gov.uk</a>
CP	<a href="mailto:george.skinner@cullodenacademy.org.uk">george.skinner@cullodenacademy.org.uk</a>
DV	<a href="mailto:vikki.forrester@cullodenacademy.org.uk">vikki.forrester@cullodenacademy.org.uk</a>
KS	<a href="mailto:somhairle.macdonald@cullodenacademy.org.uk">somhairle.macdonald@cullodenacademy.org.uk</a>
LG	<a href="mailto:jennifer.watt@cullodenacademy.org.uk">jennifer.watt@cullodenacademy.org.uk</a>
ASN Team	<a href="mailto:kevin.mcknight@cullodenacademy.org.uk">kevin.mcknight@cullodenacademy.org.uk</a> Principal Teacher/LG
	<a href="mailto:david.morrison@cullodenacademy.org.uk">david.morrison@cullodenacademy.org.uk</a> covers CP
	<a href="mailto:freya.jarnes@cullodenacademy.org.uk">freya.jarnes@cullodenacademy.org.uk</a> covers DV
	<a href="mailto:gordon.robinson@cullodenacademy.org.uk">gordon.robinson@cullodenacademy.org.uk</a> covers KS
Depute	<a href="mailto:tracey.lomas@highland.gov.uk">tracey.lomas@highland.gov.uk</a>

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## Partners

Social Care Team    01667 422880 or out of hours 08457 697284

NHS                    call 101 or <https://www.nhs.uk/>

Police                 call 101 or <https://www.scotland.police.uk/>

Skills Development Scotland SDS [SDS Scotland's national skills agency](https://www.sds.org.uk/)

Our SDS advisor    [fionna.dowell@sds.org.uk](mailto:fionna.dowell@sds.org.uk)

Highland Council Helpline 0300 303 1362

**Just Ask** This is a telephone support open Tuesday and Thursdays 1pm-4pm where you can speak directly to professionals for advice. The number is 07785 477686.

Those usually available are:

Dietitians, Educational Psychologists, Occupational Therapists, Physiotherapists, Primary Mental Health Workers, Speech and Language Therapists, School Nurses, Pre-school home visiting teachers, Autism Practitioner, Community Learning Disability Nurses.

## ASN Information

Chip+                 [www.chipplus.org.uk](http://www.chipplus.org.uk)

The Pines            <https://pinesautismhighland.org.uk/pines/>

Enquire              <https://enquire.org.uk/>

## COVID 19 specific

Parent Club         <https://www.parentclub.scot/topics/coronavirus>

## Domestic Abuse

Women's Aid        [Inverness Women's Aid: HOME](https://www.womensaid.org.uk/)

CAB                   [Help for domestic abuse](https://www.cab.org.uk/)

Police Scotland    [What is Domestic Abuse?](https://www.scotland.police.uk/)

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## Financial Support

CAB <https://www.citizensadvice.org.uk/scotland/>

Highland Council helpline 0300 303 1362

Food Banks [Highland Foodbank - Inverness & Nairn](#)  
[Foodbank](#) (Blythswood)

## Home Schooling Advice

Parentzone <https://education.gov.scot/parentzone>

## Mental Health Support

CAMHS [CAMHS Inverness Resources](#)

Young Minds <https://youngminds.org.uk/>

Childline [www.childline.org.uk](http://www.childline.org.uk)

Samaritans <https://www.samaritans.org/samaritans-in-scotland/>

LGBT Youth Scot [LGBT Youth Scotland | LGBT Youth Scotland](#)

Self Injury Support <https://www.selfinjurysupport.org.uk/>

Mental Health <https://www.samh.org.uk/>

## Sleep Concerns

Sleep Scotland [www.sleepscotland.org](http://www.sleepscotland.org)

Sleep Council [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org)

Image courtesy of Unsplash, Tofa Heblifa.