



# MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

29 April 2020

Dear Parents/Carers

## **DOMESTIC ABUSE**

With the increased pressure from lockdown, not being able to see family and friends, working from home, and helping your children with their work, it is inevitable that you will at times be feeling more stressed. If you find yourself reacting to situations due to this stress, which put your family at risk from being hurt, please seek advice to find ways to reduce the added pressures. Keep yourself and your family safe. This comes first.

It is a sad statistic that domestic violence has been increasing during this period of lockdown.

The attached flyers have information about who you can go to for help. If you are struggling with family pressures and are worried about yourself or other family members, you can contact us for help and advice. Email [enquiries@malcolmsargent.lincs.sch.uk](mailto:enquiries@malcolmsargent.lincs.sch.uk) with PASTORAL in the subject line. You do not need to give details in the email, and if nothing else, it might be useful to talk things through with someone, and be signposted to organisations which are offering further advice and support.

If you are the victim of domestic violence, please do not suffer in silence. Contact the helplines on the attached flyers, or contact us for support and advice.

Yours sincerely

Tim Cox  
Vice Principal