

## Community Wellbeing Newsletter

During these current times we are all trying to find our own way to deal with the situation. One thing to remember is that you are not alone we are all here to support you whether its school work, technology issues, mental health, financial support or just for a chat to a different person. We might not have all the answers but we will do our best to find out and support you.

### Questions to ask your child in self-isolation **YOUNGMINDS**



It's normal for children and young people to feel worried or anxious at the moment. We're all experiencing sudden changes to our lives and routines as we continue to live with lots of uncertainty about the coming weeks.

Here are five key things you can do to support the mental health and wellbeing of your child (Young Minds).

- Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
- Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
- Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
- Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
- Encourage your child to think about the things they can do to make them feel safer and less worried.

### School work.

All of you should have received lovely packs of work and links to website. These are great for keeping to routine and there are lots of ways to complete these : 2 hours a day or one task and then pick an activity to do then another task. You could make a timetable and give rewards when completed. However, as agreed with your teachers, you need to do what's best for you and your family.

Remember even activities in everyday life like cooking, playing music, jigsaws, making obstacle courses, and even watching movies can be learning experiences in themselves. Its about looking after the whole you in a way that makes you happy.



## YOUNGMINDS

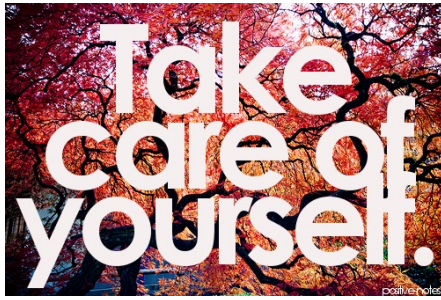
Young minds has a range of other advice you may find useful. You can find this at the links below:

[Helping your child with anxiety](#)

[Talking to your child about coronavirus](#)

[Tips for creating a routine during self-isolation](#)

The Young Minds Parents Helpline continues to operate during the pandemic. They can be contacted on 0808 802 5544 or go to the website for more information.



Public Health England has published guidance for parents and carers on supporting children and young people's mental health during the coronavirus pandemic. **Adults need to look after their own wellbeing too**

Mental health help can be found here

[Covid-19 Guidance](#)

[Looking of your feelings and body](#)



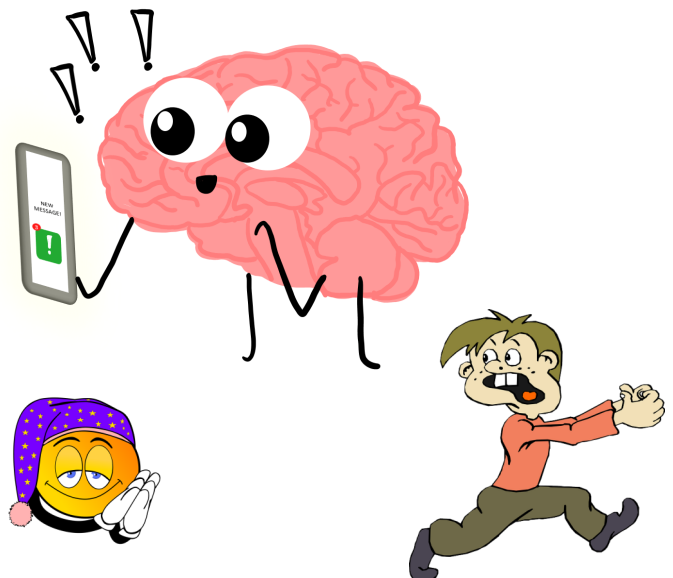
NSPCC have a helpline for parents and carers with counsellors for you to talk to, whatever your worry. Please reach out if you need help on 0800 800 5000, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or visit the [website here](#)



Every Mind Matters also has some good mental health tips to help us relax and enjoy our lives more and this includes specific information on [Coronavirus and wellbeing](#).

### **Tips and coping strategies for good mental health**

- Get Physical - walk /jog ,online exercise classes, e.g. Joe Wicks/Oti Mabuse gardening, kick a ball around even clean a cupboard out.
- Have a Plan -Try to keep in some kind of routine , sleep, meal times, exercise.
- Talk- to family, neighbours, friends each day Oh and the lovely teachers at school
- Join -a support group online ,e.g. Netmums, Action for children ,[National Autistic Society](#)
- Try to have some 'me time' ,e.g. have a bath, read a book or listen to music.
- Limit time on social media and looking at the news to reduce anxiety.
- Look after yourself. Being at home with family members for a long period is hard and challenging behaviour makes this even tougher. Think about:
  - What can I do if xy happens?
  - How is my breathing?
  - Can someone else step in?
  - Can you have time out after the incident?
  - Can you discuss it with someone else?
  - Do you have a phone buddy who will listen to you?
  - Plan breaks for yourself and take them even if the situation appears calm



### **Useful numbers and websites**

Samaritans 116 123 Free or [website here](#)

Calm 0800 58 58 58 or [website here](#)

Mind 0300 123033093 text 86463 or [website here](#)

Childline 0800 1111 or [website here](#)

Respect—Men's Advice line 0808 801 0327

Victim Support 0808 168 9111

National Domestic Violence Helpline 0800 2000 247

Please remember, there is no shame in using any of these services if you're finding things difficult. We all need a little help sometimes.

Please ask for help we are not only here for the children ,we are here for the whole family.