

## Family Wellbeing Pack during COVID19

### Changes to the delivery of school nursing services

#### School Nursing

This is a difficult time for all of us including our children and emotionally can feel quite overwhelming. Do not suffer alone.

The school nurse offices are being manned so please call your usual school nursing number for any advice. We are aiming to offer the best service to our families at this unprecedented time and we are now able to accept referrals into the school nursing service and if required a virtual appointment can be arranged. Your local school nursing team can be contacted either through your school or details can be found on the Southern Health website:

<https://www.southernhealth.nhs.uk/services/child-health-services/school-nursing/>

We also have our **ChatHealth** text messaging service for young people between the ages of 11-19. ChatHealth allows young people in Hampshire to text messages to the dedicated number; the messages are then delivered to a secure website. Once received, the school nurse will respond to the text within one working day. This service is manned by a duty School Nurse 8:30 – 4:30 Mon-Fri and we are planning to extend this service to 6pm during this time. We offer general health and wellbeing advice and can signpost to other services if necessary.

#### Where can I find support for my children's emotional wellbeing at this time?

- **ChatHealth for young people** - 07507 332160;
  
- **Hampshire Healthy Families**- [www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk) has information for parents about Covid-19 and links to other useful resources
  
- **Child & Adolescent Mental Health (CAMHS)** <https://hampshirecamhs.nhs.uk/help/young-people/>
  
- **Young Minds** - Support for children and young people including advice for carers. <https://youngminds.org.uk/>
  
- **Shout Crisis Text Line**- Text SHOUT to 85258 to text with a trained crisis volunteer 24/7 <https://www.giveusashout.org/>
  
- **Wessex Healthier together** - <https://what0-18.nhs.uk/>
  
- **Every mind matters** - <https://www.nhs.uk/oneyou/every-mind-matters/>

- **The Mix** (U25 advice line) [www.themix.org.uk](http://www.themix.org.uk) Freephone 08088084994 (daily 13:00-23:00)
  
- **Hampshire Youth Access** [www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk) 0282 147755
  
- **Coronavirus sanity guide** - [www.tenpercent.com/coronavirussanityguide](http://www.tenpercent.com/coronavirussanityguide)
  
- **Samaritans** 24 hrs a day on 116 123 or email support on [jo@samaritans.org](mailto:jo@samaritans.org) (response within 24 hrs)
  
- **Anxiety UK** - advice and helpline – 03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on 07537 416 905. There is also regular online support groups you can register for – [www.anxietyuk.org.uk/coronanxiety-support-resources](http://www.anxietyuk.org.uk/coronanxiety-support-resources)
  
- **Mind** - Coronavirus and your wellbeing [www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)
  
- **Mental Health Foundation** - Looking after your mental health during coronavirus outbreak [www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus)
  
- **OCD Action** - phone support – 0845 390 6232
  
- **Place2Be Talking to children about coronavirus** [www.place2be.org.uk/coronavirus](http://www.place2be.org.uk/coronavirus)
  
- **Health for Teens** - [www.healthforteens.co.uk/](http://www.healthforteens.co.uk/)
  

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- **Health for Kids** - [www.healthforkids.co.uk/leicestershire/](http://www.healthforkids.co.uk/leicestershire/)
  
- **Hampshire and IOW Crisis Line for young people aged 11-17:** Tele: 0300 303 1590

## HOW CAN I MAINTAIN MY OWN MENTAL WELLBEING DURING THIS DIFFICULT TIME?

During these times it is really important to allow space for self-care. Try to view this time as a challenge and not a crisis. Use it to make a positive difference to your life by enjoying pastimes you don't usually have the opportunity for and to catch up with those tasks you are always meaning to do.

Some ideas to get you started:

- Reading books- Hampshire Libraries have resources online
- Listening to music
- Cooking/ Baking
- Organise virtual gatherings with your friends using online platforms such as Zoom or House party
- Playing games- board games, games on your phone, puzzles (e.g. Sudoku)
- Organise your home – Team TOMM have a boot camp where you can follow the method to totally blitz your home - <https://www.theorganisedmum.blog/2017/06/26/1-week-boot-camp-for-when-youve-lost-control-of-the-housework/>
- Do the jobs you have always been meaning to do – organise photos, sort out the drawer you have been meaning to organise
- Gardening
- Do your nails, take a long bath and the other things you never get chance to do in your normal busy life
- Learn a craft on YouTube – knitting, crocheting, needle felting
- Singing – many choirs are meeting online – e.g. Monday - 8:00pm Pop Choir free on Mama Tribe on Facebook or the Sofa Singers free on a Friday at 11:00am
- Gratitude journal/ focus on positives
- Bullet Journaling - <https://www.goodhousekeeping.com/life/a25940356/what-is-a-bullet-journal/>
- Watch boxsets – Netflix, amazon prime, order some dvd's online
- Honest Guys guided sleep meditation on YouTube are great for relaxing and helping with sleep

### Exercise

- Go for a run – couch to 5k
- [www.downdogapp.com/](http://www.downdogapp.com/) healthcare free for healthcare staff/students teachers until 1st July 2020.

- [www.nhs.uk/live-well/exercise/free-fitness-ideas/](http://www.nhs.uk/live-well/exercise/free-fitness-ideas/)
- <http://www.wvactive.com/activities/home-workouts.html>

#### Free mental health printable's:

- <https://mentalhealthprintables.com/product-category/free/>
- <https://www.getselfhelp.co.uk/freedownloads2.htm>
- <https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>
- <https://www.justcolor.net/>

#### Useful apps:

- Calm
- Head space
- Worry tree

#### SUPPORT FOR MY CHILD WHILST OFF SCHOOL?

Information is available on the Hampshire County Council website about changes in services during the current Covid-19 situation can be found at.

<https://www.hants.gov.uk/socialcareandhealth/coronavirus#impacted-services>

#### HOME SCHOOL RESOURCES

##### Key Stage 1 and 2

- Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> (Lots of free resources for Primary age)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/>
- <https://www.redtedart.com>
- <https://www.bbc.co.uk/bitesize/levels/zbr9wmn> Blue Peter Badges
- <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> (If you have a stamp and a nearby post box.)
- <https://world-geography-games.com/world.html>
- Crash Course Kids <https://m.youtube.com/user/crashcoursekids> (For a young audience)
- <https://trockstars.com> Times Tables Rockstars
- National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.
- <https://scratch.mit.edu/explore/projects/games/> programming and coding)

- Prodigy Maths <https://www.prodigygame.com>
- Toy Theater <https://toytheater.com/> Educational online games
- Blockly <https://blockly.games> Learn computer programming skills - fun and free.
- <https://www.dragonbox.com/community/resources>
- [www.ictgames.co.uk](http://www.ictgames.co.uk) - ICT games for literacy and maths
- Premier League Stars [www.plprimarystars.com](http://www.plprimarystars.com) Videos and activities to support with Maths, Literacy, PHSE and PE
- BBC Supermovers [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers) Interactive videos to support with KS1 and KS2 Maths, Literacy, PHSE and PE learning.

### Older Children

- <https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>
- Big History Project <https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi disciplinary activities.
- iDEA Awards <https://idea.org.uk> Digital enterprise award scheme you can complete online.
- Crash Course <https://thecrashcourse.com> You Tube videos on many subjects
- Seneca <https://www.senecalearning.com> For those at GCSE or A level. Tons of free revision content. Paid access to higher level material.
- Futurelearn <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
- Openlearn <https://www.open.edu/openlearn/> Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

### Applicable for all

- <https://www.twinkl.co.uk>
- [www.topmarks.co.uk](http://www.topmarks.co.uk)
- BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
- <https://www.khanacademy.org/>
- Crest Awards <https://www.crestawards.org> Science awards you can complete from home.
- <https://themumeducates.com/>
- Tinkercad <https://www.tinkercad.com>
- British Council <https://www.britishcouncil.org/school-resources/find> Resources for English language learning
- The Kids Should See This <https://thekidshouldseethis.com> Wide range of cool educational videos
- Mystery Science <https://mysteryscience.com> Free science lessons
- Ted Ed <https://ed.ted.com>
- Free stories for kids of all ages : [www.stories.audible.com/start-listen](http://www.stories.audible.com/start-listen)
- <https://www.worldofdavidwalliams.com/elevenses/>

- <https://www.british-sign.co.uk> - sign language classes free for under 18's
- <https://www.aspire-sports.co.uk/aspire-active> Active Hub of free resources

### Fun for All

- The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities
- <https://www.tinkergarten.com/activities> Great resource for simple DIY activities that can be broken down into times, ages and skills
- <https://m.youtube.com/thebodycoachtv?uid=AxW1XT0iEJo0TYIRfn6rYQ> Daily PE/work out for children (and parents ) on YouTube. PE with Joe.
- <https://stories.audible.com> start-listen Free stories for children of all ages.
- Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.
- <https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>
- [www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga) Yoga videos designed for kids age 3+
- Go Noodle – You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun) [www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)
- The scouts have released 100 free things to do at home - <https://www.scouts.org.uk/the-great-indoors>
- Self care activities for children and young people : <https://www.annafreud.org/on-my-mind/self-care/>
- @National Marine Aquarium – shark feeding Wednesday on facebook – daily animal feeds including shark feeding and aquatic themed crafts
- [www.ptlibrary.org](http://www.ptlibrary.org) Hogwarts digital escape room

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