

# **FAMILY WELLBEING PACK - DURING COVID19**



# SCHOOL NURSING

We have entered another difficult period in the pandemic when we can feel emotionally overwhelmed, including our children. Please do not suffer alone.

The school nursing offices continue to be manned and to offer support and signposting options at this difficult time.

Hampshire Healthy Families website: <http://www.hampshirehealthyfamilies.org.uk> with our partner Barnardo's has information and resources. This includes details about online groups to support parents.

The school nursing service offer a Chat Health text advice line for parents of school aged children on 07507 332417.

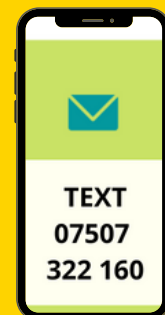
This service is provided by a member of the school nursing team 9-4 Monday-Friday excluding bank holidays. We offer general health and wellbeing advice and can signpost you to other services if necessary.



Our Chat Health text messaging service for young people between the ages of 11-19 on 07507 332160.

ChatHealth allows young people in Hampshire to text messages to the dedicated number for general health and wellbeing advice; the messages are delivered to a secure website. Once received, the school nurse will respond to the text within one working day.

This service is provided by a duty School Nurse 8:30 – 4:30 Mon-Fri.



Health Visiting Services also have a Chat Health text advice line for parents of pre-school children on 07520 615720. This service is provided by a duty Health Visitor 9-4 Monday-Friday excluding bank holidays. This service offers general Health Visiting advice and signposting.



Immunisations - The school age immunisation programme is still running in schools and community clinics.

It is important that your children continue to participate in this public health programme. The immunisation teams are still able to offer the nasal flu vaccination to children and young people in year R- year 7. Please contact the immunisation teams in your area to book an appointment.

The immunisation teams are liaising with schools planning the MenACWY & teenage boosters and HPV programmes. You will be contacted by the school or the immunisation team to inform you when your child's vaccination will be given. Staff from Southern Health will be adhering to social distancing guidance, and will be wearing PPE when delivering the immunisations.

Young people will be asked to sanitise their hands and wear facemasks when attending the session.

The vaccinations will not be offered by your GP practice.

For your immunisation team's contact details, please visit [www.hampshirehealthyfamilies.org.uk/school-age-immunisation](http://www.hampshirehealthyfamilies.org.uk/school-age-immunisation)

# WHERE CAN I FIND HELP FOR MY CHILDREN'S WELLBEING?



## **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/>

## **Mind**

Coronavirus and your wellbeing  
<https://www.mind.org.uk/information-support/coronavirus/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)

## **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)

## **OCD**

Action - phone support – **0845 390 6232**

## **Place2Be**

Talking to children about coronavirus  
[www.place2be.org.uk/coronavirus](http://www.place2be.org.uk/coronavirus)

## **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 examples are:



**Read books**



**Cook / Bake**



**Play board games/puzzles**



**Do jobs you've been meaning to do.**



**Virtual gatherings with friends**



**Listen to music**



**Learn a craft on YouTube – knitting, crocheting, needle felting, Woodwork**



**Go for a walk to a local park or bike ride**



**Gardening**



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



**Exercise**

- Go for a run – couch to 5k
- [www.downdogapp.com/](http://www.downdogapp.com/)
- [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>



**Mental Health  
printable & apps**

## Printable

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

## Apps

- Calm
- Headspace
- Worry Tree

If you feel suicidal or feel like you will harm yourself or others, it is important to tell someone.

Help and support is available right now, if you need it and you are not alone.

Call **111** who can offer specialist support or the Samaritans on **116 123**

Further information is available on <https://www.nhs.uk/conditions/suicide>

**IF YOU OR SOMEONE ELSE HAS HARMED THEMSELVES OR FEEL YOU  
NEED MORE URGENT SUPPORT CALL 999**

# WHAT SUPPORT IS AVAILABLE FOR MY CHILD WHILE OFF SCHOOL?

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

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



**Hampshire**  
County Council

## HOME SCHOOL RESOURCES FOR KEY STAGE 1 AND 2

### **Oxford Owl for Home**

<https://www.oxfordowl.co.uk/for-home/>  
(Lots of free resources for Primary age)

### **Nature Activities**

<https://naturedetectives.woodlandtrust.org.uk/nature-detectives/activities/>

### **Art**

<https://www.redtedart.com>

### **Blue Peter Badges**

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>  
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>  
(If you have a stamp and a nearby post box.)

### **Geography Games**

<https://world-geography-games.com/world.html>

### **Crash Course Kids**

<https://m.youtube.com/user/crashcoursekids>  
(For a young audience)

### **Times Tables Rockstars**

<https://trockstars.com>

### **National Geographic Kids**

<https://www.natgeokids.com/uk/>  
Activities and quizzes for younger kids.

### **Programming and Coding**

<https://scratch.mit.edu/explore/projects/games/programming-and-coding>

### **Prodigy Maths**

<https://www.prodigygame.com>

### **Toy Theater**

<https://toytheater.com/>  
Educational online games

### **Community Resources**

<https://www.dragonbox.com/community/resources>

### **ICT games**

[www.ictgames.co.uk](http://www.ictgames.co.uk)  
for literacy and maths

### **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.

# HOME SCHOOL RESOURCES FOR OLDER CHILDREN

## Class Room Magazines

<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



## 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.



# HOME RESOURCES FOR ALL

## Twinkl

<https://www.twinkl.co.uk>



## Top Marks

[www.topmarks.co.uk](http://www.topmarks.co.uk)

## BBC Learning

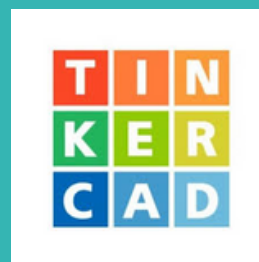
<http://www.bbc.co.uk/learning/coursesearch/>

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.



## Khan Academy

<https://www.khanacademy.org/>



## Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.



## Mum Educates

<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>



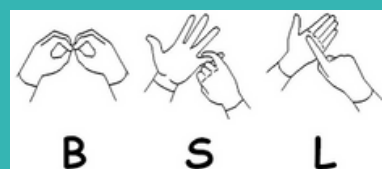
## David Walliams Books Online

<https://www.worldofdavidwalliams.com/elevenses/>

## British Sign Language Courses

<https://www.british-sign.co.uk>

sign language classes free for under 18's





# FUN FOR ALL

## The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities



## Tinker Garden

<https://www.tinkergarten.com/activities>

Great resource for simple DIY activities that can be broken down into times, ages and skills



## Joe Wicks PE

<https://m.youtube.com/thebodycoachtv?uid=AxW1XT0iEJo0TYIRfn6rYQ>

Daily PE/work out for children (and parents ) on YouTube. PE with Joe.



## Audible Stories

<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.



## 100 Things to Do indoors

<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>



## Cosmic Yoga

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

Yoga videos designed for kids age 3+



## Go Noodle

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun?)



## The scouts

<https://www.scouts.org.uk/the-great-indoors>

100 free things to do at home



## Self care activities for children and young people

<https://www.annafreud.org/on-my-mind/self-care/>

