NHS
Southern Health
NHS Foundation Trust

FAMILY WELLBEING PACK - DURING COVID19

Hampshire Healthy Families

Today's Health, Tomorrow's Future

January 2021

School Nursing

Version 1

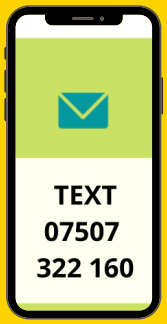
SCHOOL NURSING

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 07520 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

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

Hampshire Healthy Families:
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

The Mix
(U25 advice line) www.themix.org.uk
Freephone 08088084994 (daily 13:00-23:00)

Hampshire Youth Access
www.hampshireyouthaccess.org.uk
0282 147755

Coronavirus sanity guide
www.tenpercent.com/coronavirussanityguide

Samaritans
24 hrs a day on **116 123** or email support on jo@samaritans.org
(response within24 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

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

Place2Be
Talking to children about coronavirus
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

Do your nails, take a long bath and the other things you never get chance to do in your normal busy life

Gardening

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

Exercise

- Go for a run – couch to 5k
- www.downdogapp.com/
- 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/naturedetectives/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://ttrockstars.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
for literacy and maths

BBC Supermovers
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

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

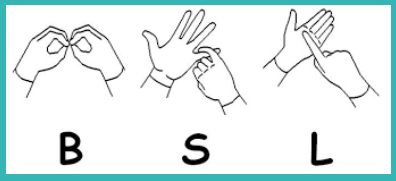
The Kids Should See This
https://thekidshouldseethis.com
Wide range of cool educational videos

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
Yoga videos designed for kids age 3+

Go Noodle
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/