

Every week, we will send different activities that will support you and your children.

wc 18th May 2020



Adult Support

Useful links

<https://www.bbc.co.uk/news/health-51873799>

Wellbeing

www.mind.org.uk

www.samaritans.org

www.nhs.uk

www.rethink.org

www.thinkaction.org.uk

<https://www.alcoholics-anonymous.org.uk/>

<https://www.forwardtrust.org.uk/our-services/community-drug-and-alcohol-services/swale-hu>

Legal Advice

<https://www.citizensadvice.org.uk/local/north-west-kent/>

Elderly

<https://www.ageuk.org.uk/>

<https://www.supportline.org.uk/problems/older-people/>

Coping in Quarantine: a few top tips

1. Remember that you are performing a service to society.
2. Stay active.
3. Establish routines.
4. Maintain social contact through the internet.
5. Take control of worrying intrusive thoughts.
6. A few news updates a day is enough.

Source: <https://krisepsykologi.no/how-to-cope-with-quarantine-isolation/>

Have a look at this site for some ideas around how to do these things!

Think about how you can maintain these vital well-being ingredients, whilst in quarantine

P Feeling Positive emotion

E Engagement (getting lost in an activity - Flow)

R Relationships

M Meaning

A Accomplishment



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Supporting the Family



Wellbeing and Mental Health

headspace

Headspace is designed to improve the health and wellbeing using meditation and mindfulness. It is free (subscription available as an option) and can be downloaded online, on iOS and android:

<https://www.headspace.com/>

Mindfulness activities can be found on YouTube for adults and children. Here are some to start with:

<https://www.youtube.com/watch?v=WhoIeqDJM6E>

<https://www.youtube.com/watch?v=nmFUDkj1AqQ>



Exercise

How to exercise whilst staying at home:

<https://www.bbc.co.uk/news/uk-51933762>

10 minute home cardio workout:

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>

The Mental Health benefits of exercise:

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

Play

Play is an essential part of our wellbeing and development. It is vital for enjoyment as well as social, emotional, intellectual and physical development. Adults need to play too, ensure you put some time aside for yourself!

Research shows that play has many benefits for children, families and the wider community, as well as improving health and quality of life. Recent research suggests that children's access to good play provision can:

- increase their self-awareness, self-esteem, and self-respect
- improve and maintain their physical and mental health
- give them the opportunity to mix with other children
- allow them to increase their confidence through developing new skills
- promote their imagination, independence and creativity
- offer opportunities for children of all abilities and backgrounds to play together
- provide opportunities for developing social skills and learning
- build resilience through risk taking and challenge, problem solving, and dealing with new and novel situations
- provide opportunities to learn about their environment and the wider community.



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Supporting the Family



Play Resources

Keep it simple. Play with children can be inexpensive. Use the environment around you to create play activities. Children tend to have great imaginations and/or clear ideas of how they want to play.

To help with skills such as turn-taking, improving the awareness of others and accommodating to others, board games and playing cards are good examples.



playHOORAY! Find them on Instagram, Facebook, Twitter and online. They offer play ideas for children and babies to keep them entertained: www.playhooray.co.uk

Staff Wellbeing

Waters Matrix: Impact of Relationship between School and Individual Responsibility for School Staff Wellbeing and Mental Health (V2)

(Mapped against 'Waters Index of Leadership Support for School Staff Wellbeing and Mental Health')

	High support for wellbeing and mental health of staff	Low/no support for wellbeing and mental health of staff
Staff take care of their own wellbeing and mental health	<p>Good school community wellbeing and mental health. Good individual wellbeing and mental health. Staff support one another. High retention. Low cover needs for teachers absent through stress. Supportive culture: staff support one another, including support for headteacher and SLT. Staff able to model resilience and self-care to pupils. Teaching and learning is strong. Low monitoring – staff trusted to do their jobs.</p> <p>Score = 3/4 Flourishing</p>	<p>Poor community wellbeing and mental health. Staff struggle to maintain wellbeing and mental health. Staff support one another to overcome lack of school support. Retention under pressure – some teachers can't cope and leave school and/or the profession. Cover under pressure – increases during school year. Staff struggle to model resilience and self-care to pupils. Teaching and learning is variable and dependent on teachers' energy levels and state of mind. Monitoring and micromanagement is high.</p> <p>Score = 1 Low</p>
Staff don't take care of their own wellbeing and mental health	<p>Good community support for wellbeing and mental health. Poor individual wellbeing and mental health – teachers don't take advantage of support available. Staff hide their lack of wellbeing and mental health. Retention is good but absenteeism (coming to work when ill) is high. Cover is under pressure and increases during school year. Staff model self-sacrifice to pupils but unable to effectively model resilience and self-care. Teaching and learning is variable and dependent on staff's energy levels and state of mind.</p> <p>Score = 2 Medium</p>	<p>Poor school community wellbeing and mental health. Poor individual wellbeing and mental health. Staff often work in isolation. Low retention. High cover needs for teachers absent through stress, increasing during the year. Staff unable to model resilience and self-care to pupils. High absenteeism. Teaching and learning is weak. However, negative monitoring increases poor mental health.</p> <p>Score = 2 or 3 (Toxic)</p>

Note: This is a 'best fit' model. Statements are not intended to be evaluated separately. Teach Well Alliance ©

Financial Advice

Financial pressures have a significant impact on wellbeing. Here are some resources to support a range of needs:

Government

<https://www.gov.uk/government/organisations/hm-revenue-customs>

<https://www.gov.uk/loq-in-register-hmrc-online-services>

Money Saving Expert

<https://www.moneysavingexpert.com/>

Money Advice Service

<https://www.moneyadviceservice.org.uk/en>

Step Change - free debt advice

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