

### **Well being and support update:**

We are aware that many families, particularly with elderly loved ones, will be personally affected by Covid-19 and the strain on those working on the front line and their families will be great. Please be aware that school is here to offer support in whatever way you feel we can – please don't hesitate to get in touch.

You might be noticing signs of increased anxiety in your child as they're spending more time indoors and isolated from their normal routine and social contact. These might include:

- Acting out – This might include things like picking fights with you or with siblings
- Becoming afraid to leave the house
- Distancing themselves from their friends and family
- Exhibiting intense emotions but being unable to talk about what they're feeling

In recent communications we have signposted some organisations that you may want to dip into for support and guidance as required, such as,

<b>Organisation</b>	<b>Contact Information</b>
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 03001233393 ( Monday – Friday 9am until 6.pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone : 08000684141 (Monday – Friday 9am until 10pm) Website: <a href="http://www.papyrus-uk.org.uk">www.papyrus-uk.org.uk</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116123 (Free 24 hour helpline) Website: <a href="http://www.Samaritans.org.uk">www,Samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>Young Minds</b> A charity dedicated to children's mental health	Phone : Parents' helpline: 08008025544 (Monday – Friday 9.30am – 4.00pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruise Bereavement Care</b> Support for grief and bereavement	Phone: 0808081677 ( Monday – Friday 9.30am – 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

The Royal College of Paediatrics and Child Health have put some information and guidance together for parents and carers regarding what to do when your child is unwell or injured. Remember that NHS 111, GP's and hospitals are still providing the same safe care that they have always done. The details can be found at <https://www.rcpch.ac.uk> . We would also recommend that if you need a deeper insight into the areas that may affect a child's

emotional wellbeing parents / carers can access support at the following link  
<https://www.nhs.uk/oneyou/every-mind-matters/> .

We would also like to signpost Jigsaw (South East) who are a local charity supporting bereaved children and those facing the loss of a loved one across Surrey. With the ongoing Covid-19 crises even more children and young people will be experiencing the death of a loved one or could be at home with a family member living with a terminal illness. Please find attached a flyer with all the details.

### **Helplines and websites for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

<b>Organisation</b>	<b>Contact Information</b>
<b>Shout</b> Free, confidential support via text, available 24/7	Text: SHOUT to 85258 in the UK to text a trained crisis volunteer who'll provide active listening and collaborative problem solving.
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	Call: 08088084994 for free ( 11am – 11pm daily)
<b>Childline</b> Confidential telephone counselling service for any child with a problem	Call 0800111 any time for free Have an online chat with a counsellor ( 9am – Midnight daily) Check out the message boards

### **The Oakwood Wellbeing Bulletin - Second edition**

Now let's take some time out for ourselves and others to help improve our well being in our homes and communities. We have added a variety of different activities and challenges that you can all participate in. Go on have a go .....

Look after yourself and each other.

The Oakwood Safeguarding Team