

CORONAVIRUS
HEALTH & WELLBEING EDITION

- PAGE 1 -

As a result of Covid-19, promoting general health and wellbeing has become more challenging with the majority of children and education staff learning and working at home as well as spending their leisure time at home.

This week's 6 page update bulletin will focus on other areas of health and wellbeing during the Coronavirus outbreak with information, resources and guidance for teachers, parents and pupils.

For MENTAL WELLBEING, please see UPDATE NO. 17.

For ONLINE SAFETY & REMOTE LEARNING please see UPDATE NO. 16.

ORAL HEALTH

FREE ONLINE ORAL TRAINING AND INFORMATION SESSIONS

For staff, parents and children on the following dates: 7th May 2020, 13th May 2020, 14th May 2020.

Please see the flyer below for more information (pdf of flyer also accompanying this bulletin).

To book, please contact Oral.Health@oxfordhealth.nhs.uk

PHYSICAL ACTIVITY

SLOUGH ACTIVE MOVER AMBASSADOR PROGRAMME FOR PRIMARY SCHOOLS

A special extension of the Active Movement Ambassador programme aims to encourage primary school children to lead the family in being active and healthy at home. Click on the title above for more information and to sign up for the programme.

PUBLIC HEALTH SLOUGH: ACTIVE HOME LIFE

Tips and suggestions to help keep you physically active while spending extended periods of time at home including sections for early years, children, adults and working from home. Click on the title above for more information.

ACTIVE SLOUGH

Online physical activity programme: three 30-minute exercise classes a day, Monday-Friday, broadcast live from the Active Slough Facebook page. Click on the title above to take you to the Active Slough page.

SEARCH SLOUGH LOCAL ONLINE EXERCISE AND ACTIVITIES

Use the tool to find out what's available online or by live stream to keep active while staying indoors. Click on the title above to follow the link.

RELATIONSHIPS, SEX & HEALTH EDUCATION

SERVICES FOR EDUCATION WEBINAR #4

The fourth webinar in the series supporting schools in their preparations for implementation of the new Relationships (Sex) & Health Education curriculum in September 2020. Click on the title above to access the webinar.

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- PAGE 2 -

ACCESSING HEALTHCARE & MEDICAL HELP

**ADVICE FOR PARENTS & CARERS ABOUT CHILDREN'S GENERAL HEALTH DURING THE CORONAVIRUS
OUTBREAK**

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when a child is unwell or injured. Click on the title above to download an advice sheet for parents and carers about accessing medical help for other health issues during the Coronavirus outbreak.

PARENTING

SLOUGH SAFEGUARDING PARTNERSHIP PARENTING INFORMATION

Information for parents and carers about parenting support and courses available in Slough. Click on the title above to access the information.

FREE ONLINE PARENTING GUIDES

Available to all Slough parents, grandparents and carers. Please circulate the information below to parents and carers at your school (pdf of flyer also accompanying this bulletin).

TEACHING PSHE REMOTELY

PSHE ASSOCIATION CORONAVIRUS HUB

Lesson materials, guidance and CPD podcasts for teaching PSHE remotely including a guide to adapting lessons for home learning. Most of the resources are available to non-members as well as members. Click on the title above for more information.

PARTNERSHIPS FOR CHILDREN ACTIVITY PACKS

Free, downloadable activity packs for primary aged children suitable for use at home.

Topics include: Creating a Routine, Our Feelings Diary, Staying Connected, Make a Worry Jar, Ways to Feel Better. Click on the title above to access the packs.

5-WAYS TO WELLBEING

#5 WAYS 5 DAYS NHS CHALLENGE

Children and young people are being invited to take the challenge to fit the NHS's Five Ways to Wellbeing into their week (#5ways5daysNHS) and nominate five other people on Instagram, Twitter or Facebook to do the same and help spread the word. Young Health Champions from some of Slough secondary schools have been involved in supporting this. See flyer below and click on the title above for more information and to get involved.

For #Coping Young Person's Guide and the # Coping 5 Ways to Wellbeing Primary and Secondary Guides with ideas for activities to try during the #5 Ways 5 Days challenge click [HERE](#)
(Pdf versions also accompanying this bulletin.)

A pdf of this flyer accompanies this bulletin. To book, please contact Oral.Health@oxfordhealth.nhs.uk



Free online training and information sessions

7th May 2020:
10.30 - Training for staff working with children
13.45 - Training for staff working with vulnerable adults
16.00 - General Oral Health information session

13th May 2020:
15.00 - Oral Health information session for parents and children (children must be accompanied online with a parent/guardian)

14th May 2020:
10.30 - Training for staff working with children
13.45 - Training for staff working with vulnerable adults
16.00 - Oral Health information session for parents and children (children must be accompanied online with a parent/guardian)

To book simply email Oral.Health@oxfordhealth.nhs.uk

 **Public Health**
Slough Borough Council

 **Slough Healthy Smiles**

 **HWS**

HEALTH & WELLBEING SLOUGH

Please circulate this information to parents and carers at your school. A pdf of the flyer accompanies this bulletin.
To book a place go to www.inourplace.co.uk and use the access code given in the flyer.



Online courses for parents & parents-to-be

FREE for parents, grandparents and carers*

From bump to 19 years, lifetime access

Go to www.inourplace.co.uk
Apply access code:
PARENTING
(Please note SURREY residents must use ACCESS CODE: ACORN)
Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account.
To return to the course(s) go to www.inourplace.co.uk and sign in!

ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • WINDSOR • SOUTH BUCKS

*FREE if you live in any of these areas

For technical support contact solihullapproach-parenting@heartofengland.nhs.uk or 0121 296 4448 Mon-Fri 9am-5pm



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Frimley Health and Care

FREE online courses for all residents!

Understanding Pregnancy, Labour, Birth and Your Baby - Available in English and Urdu
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS professionals.

Understanding Your Baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 yrs) - Available in English, Urdu, Polish, Arabic, Bulgarian, Chinese
Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding your teenagers' brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

Written by Psychologists, Psychotherapists, Health Visitors & NHS and Education professionals
Award winning • Not for profit

solihull.approach@heartofengland.nhs.uk
(+44) 0121 296 4448
www.solihullapproachparenting.com www.inourplace.co.uk

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#5ways5daysNHS challenge

For children and young people



Take up our challenge and help yourself and others to feel healthier, happier and more positive!

1. CONNECT
2. BE ACTIVE
3. TAKE NOTICE
4. KEEP LEARNING
5. GIVE



To join in

Fit the NHS's Five Ways to Wellbeing into your week by doing some fun activities



Share what you're doing and nominate five friends on Instagram, Twitter or Facebook to do the same with [#5ways5daysNHS](#)



Things are tough right now, but young people can support each other with their mental health – spread the word!



For lots of tips see our [#Coping Five Ways to Wellbeing guides](#) for primary and secondary school children.

To download pdf copies of the #Coping Young Person's Guide and the #Coping 5 Ways to Wellbeing Primary and Secondary Guides with ideas for activities to try during the #5 Ways 5 Days challenge click [HERE](#) (Pdf versions also accompanying this bulletin.)

#Coping

Young person's guide

How to look after your mental health and emotional wellbeing during the coronavirus outbreak

Looking after your mind as well as your body is really important. At the moment, because of the coronavirus (COVID-19) pandemic, we are all dealing with a lot of uncertainty and frustration. It's easy to feel a bit overwhelmed and worried by everything you're hearing about COVID-19, and that's completely normal.

There are resources available to help children and young people look after their mental health. In this guide we list some of the best self-help websites and apps out there – they are all free and trustworthy. If you do need more help, you are not alone – we've included information about a range of national helplines and local services that you can turn to.

Helpful websites – coronavirus and mental health

A number of organisations have published guidance on mental health considerations relating to the coronavirus outbreak.

YoungMinds	Lots of tips and information on looking after your mental health while you're self-isolating or practicing social distancing.	click here
	What to do if you are feeling anxious at the moment.	click here
Childline	Tips on how to cope during lockdown and help for if you are worried.	click here
The Children's Society	Support if you are struggling with any aspect of life during the coronavirus outbreak.	click here

Helpful websites – mental health in general

These resources are not specifically about the COVID-19 pandemic, but contain lots of good tips on looking after your mental health that you can try out straight away. Hopefully you'll continue to use them after the coronavirus crisis is over.

Anna Freud	A complete A-Z of strategies and activities to help you look after your emotional wellbeing.	click here
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	click here
The Children's Society's mental and emotional	Full of age-specific advice on issues that may be worrying children and	click here

Always make sure to keep yourself safe. Visit www.saferinternet.org.uk for more information.

#Coping

Five Ways to Wellbeing

During times of uncertainty – like when we all have to stay safe at home because of the coronavirus – it's even more important to look after our wellbeing. This guide is designed to help support you with physical and mental health and wellbeing. You can share this advice with your children to get the ball rolling and perhaps choose some activities from each of the Five Ways together.

The Five Ways to Wellbeing are five really simple actions you can do every day to help you feel healthier, happier and more positive. Why not try a few of them and even create your own list? Encourage other family members to think about how they can make the Five Ways to Wellbeing part of everyone's daily life at home.

#Coping

Family life during the lockdown

#Coping

Young person's guide

Also available

Why not take part in our fun #5ways5daysNHS challenge? We would love to see what you've been doing to improve your wellbeing! [Click here](#) for more information.

Connect

Connecting with people can make you and others feel special

- Draw a [support tree](#) that shows all the people you can reach out to – they could be people in your family or friends or neighbours. Even if you can only get in touch with them by phone or video messaging at the moment, that still counts!
- Ask your parents or carers about what their life was like when they were your age.

#Coping

Family life during the lockdown

#Coping

Young person's guide

Also available

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Connect

Connecting with people can make you and others feel special

- Get in touch with a relative who lives alone. This could be by phone or you could even sit down for a meal and video call each other.
- Set up a virtual book club with friends.
- Put up extra pictures of the people you care about as a reminder of the important people in your life.
- Watch the weekly round-up of upbeat stories in the BBC's [Happy News](#).
- Check in with your friends regularly to see how they're feeling.

Be active

Getting active is good for your mental and physical health

- Join Joe Wicks in his [PE with Joe workout](#) for children and young people at 9am every weekday. It's even more fun if you can get your friends involved via video link.
- Create a favourite music playlist and dance for 30 minutes every day.
- Be active, stay well and support a friend by taking part in the [Mayathon](#).
- Take a look at these ideas from [Sport England](#) on how everyone can remain active at home or create your own #stayinWorkOut on social media.
- Take up running. If you're just starting, try the [One You Couch to 5K](#) app by Public Health England.

Always follow government advice on COVID-19 social distancing