

Coventry & Warwickshire Covid-19 family wellbeing pack



Where can I find support for my mental health at this time?

- By Your Side - supporting families with emotional difficulties in pregnancy or following the birth of a child - currently twice weekly online support groups – Monday 10:30am – 11:30am and Wednesday 8:00pm – 9:00pm <https://www.facebook.com/ByYourSidePerinatal/>
- PANDAS charity for perinatal mental illness offer free telephone support Mon-Sun 9am-8pm on 0808 1961 776 or by email on info@pandasfoundation.org.uk (response within 72 hours)
- Helpful ways of mindfulness including online community chat groups <https://www.mindfulnessexercises.com/community>
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- Coronavirus sanity guide - <https://www.tenpercent.com/coronavirussanityguide>
- General info about Postnatal depression <https://www.nhs.uk/conditions/post-natal-depression/>
- Online supported CBT <https://italk.silvercloudhealth.com/signup/>
- Samaritans 24 hrs a day on 116 123 or email support on jo@samaritans.org (response within 24 hrs)
- Shout Crisis Text Line- Text SHOUT to 85258 to text with a trained crisis volunteer 24/7 <https://www.giveusashout.org/>
- Support for children and young people including advice for carers. <https://youngminds.org.uk/>

- 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
- Mind - Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Mental Health Foundation - Looking after your mental health during coronavirus outbreak <https://www.mentalhealth.org.uk/coronavirus>
- OCD Action - phone support – 0845 390 6232
- Place2Be Talking to children about coronavirus <https://www.place2be.org.uk/coronavirus>
- Big White Wall – A safe community to support your mental health <https://www.bigwhitewall.com/>
- Support for fathers - <https://dadmatters.org.uk/>
- Support for males struggling with mental health - <https://ittakesballstotalk.com/>
- Improving Access to Psychological Therapies (IAPT) services are for people with mild, moderate and moderate to severe, symptoms of anxiety or depression living in Coventry, Solihull or Warwickshire. It is a self-referral service - <https://www.covwarkpt.nhs.uk/iapt> - 02476 671090
- Relaxation exercises - <https://www.covwarkpt.nhs.uk/relaxation/>
- Mental health Matters – a free 24/7 confidential helpline providing support across Coventry & Warwickshire- 0800 616 171
- Crisis team – available for urgent crisis support – 02476 322744
- Parents in Mind – peer support during pregnancy or within 2 yrs of birth - <https://www.nct.org.uk/about-us/commissioned-services/parents-mind-perinatal-mental-health-peer-support/parents-mind-coventry-warwickshire>

If you feel suicidal or feel like you will harm yourself or others: Call 999 or attend your nearest accident and emergency department.



Where can I find out about changes to services during this time?

Midwifery

Warwick – Currently updating parents via a closed Facebook page for women in South Warwickshire. You can be added to the group by searching for groups – “Maternity Updates SWFT” or email Sally.talbot@swft.nhs.uk.

UHCW - Currently working on a closed Facebook page which is linked with UHCW and the midwives. The Facebook page will be closed to specific cohorts based on your due date. The primary focus on these groups is for women to forge virtual peer support with other women and families during this period of social distancing. You will be sent an additional invite letter for this service. Please note this is an 'opt in' only service and by no means mandatory.

In light of the current events, the decision was made to cancel all educational classes at UHCW to expectant parents for the foreseeable future. This decision has been made in line with government recommendations and is in the best interest of you and your baby.

They are also working on an online platform for birth expectations and support - information to follow. The contact details of your allocated midwife are printed on your antenatal green notes. However, please be aware that staffing may be changed to support the service of the NHS during this period. If you are unable to contact your allocated midwife, please call the community midwifery office - Coventry - 02476 967 424 Rugby – 01788 663 184

Health Visiting

Things are changing daily and constantly being updated. We are aiming to offer the best service to our families at this unprecedented time.

For health visiting contacts, we will discuss with you over the phone whether a home visit is necessary and if you are symptom free of COVID-19.

If you have already received an appointment letter we will contact you to discuss whether this will now be a face to face or telephone contact. If you are concerned that your baby is not gaining **weight** then we will have a phone conversation with you to assess feeding and your babies health and can organise a socially distanced weighing if we feel that it is necessary.



QUIT⁴BABY
COVID-19

Pregnant smokers can help to protect themselves from the increased risk of serious health consequences associated with Covid-19 by quitting smoking. Smoking compromises the immune system which may give the body less protection against the virus. Pregnant women are now classed as a vulnerable group who should follow government advice to reduce the chances of contracting COVID-19.

Helpline: 07917 227 004
 **www.quit4baby.co.uk**

Our friendly advisors are now supporting pregnant women over the telephone and providing FREE Nicotine Replacement Therapy for women who want to quit.

Go to [NHS.UK/coronavirus](https://www.nhs.uk/coronavirus) for information about the virus and how to protect yourself.

Service provided by
South Warwickshire 
NHS Foundation Trust



We are here to support with worries about your baby/child but also yourself. This is a difficult time for all of us emotionally and can be quite overwhelming. **Do not suffer alone, please call for support. The offices are being manned so please call your usual Health visiting number for any advice.**

We also have our **CHAT Health** text advice line on **07520615293**. This service is manned by a duty Health Visitor 9-5 Mon-Fri. We offer general Health Visiting advice and can signpost you if necessary.

School Nurse Parentline text chat service offering advice and support to school aged children - 07520 619 376

School Nurse ChatHealth text chat service offering advice and support to 11-19 year olds - 07507 331 525

General parenting advice - <https://ihv.org.uk/families/top-tips/>

Please note all Children's Centres are currently closed except for pre-booked midwifery appointments

Immunisations -the programme is still running as it is very important, however please check with individual surgeries that they are open in case of any sickness.

You can also visit the **SWFT page** on health visiting - <https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting> which has full clinic contact details.

Don't forget to join your local Health Visiting Facebook page for updates about the service.



Is there any support whilst my children are off school?

Residents of Warwickshire can apply for help with food and energy. This can be support with food parcels, food bank vouchers or with credit for energy. If your child is registered for Free School Meals you can also apply for six weeks of support to buy food whilst they are not at school.

Apply by calling on 0800 4081448 or emailing warwickshirelocalwelfarescheme@warwickshire.gov.uk

Home school resources

Nursery and Preschool/Early Years

- <https://www.redtedart.com>
- Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio> (Listening activities for the younger ones.)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJh2zL-6l8>
- The Imagination Tree <https://theimaginationtree.com> (Creative art and craft activities for the very youngest.)
- www.phonicsplay.co.uk (Currently free to use with username: marchzo and password: home)

- www.bbc.co.uk/cbeebies/shows/numberblocks (Ideas for counting and games with numbers)
- www.bbc.co.uk/cbeebies/shows/alphablocks (Letters and phonics)
- www.teachyourmonstertoread.com (Website is free, pay for app)
- Drama Tots UK go on an drama adventure in your own living room – free live session each weekday 10am 18months to 5 years – on Facebook
- Maddie Moate (CBeebies) Go Live sessions each week (Monday) 11am on Youtube: www.youtube.com/watch?v=b7bi3xOZpaM

KS1/KS2

- Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> (Lots of free resources for Primary age)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJhzzL-6l8>
- <https://www.redtedart.com>
- <https://www.bbc.co.uk/bitesize/levels/zbrgwmn> - Blue Peter Badges
- <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> (If you have a stamp and a nearby post box.)
- <https://world-geography-games.com/world.html>
- Crash Course Kids <https://m.youtube.com/user/crashcoursekids> (For a young audience)
- <https://trockstars.com> Times Tables Rockstars
- National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.
- <https://scratch.mit.edu/explore/projects/games/> (programming and coding)
- Prodigy Maths <https://www.prodigygame.com>
- Toy Theater <https://toytheater.com/> Educational online games
- Blockly <https://blockly.games> Learn computer programming skills - fun and free.
- <https://www.dragonbox.com/community/resources>
- www.ictgames.co.uk ICT games for literacy and maths
- Premier League Stars www.plprimarystars.com Videos and activities to support with Maths, Literacy, PHSE and PE
- BBC Supermovers www.bbc.co.uk/teach/supermovers Interactive videos to support with KS1 and KS2 Maths, Literacy, PHSE and PE learning.

Older Children

- <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
- Seneca <https://www.senecalearning.com> For those at GCSE or A level. Tons of free revision content. Paid access to higher level material.
- 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.

Applicable for all

- <https://www.twinkl.co.uk>
- 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.
- <https://www.khanacademy.org/>
- Crest Awards <https://www.crestawards.org> Science awards you can complete from home.
- <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>
- Free stories for kids of all ages : www.stories.audible.com/start-listen
- <https://www.worldofdavidwalliams.com/elevenses/>
- <https://www.british-sign.co.uk> - sign language classes free for under 18's
- https://www.aspire-sports.co.uk/aspire-active-hub?fbclid=IwAR1EiKRwn5LCsCMr7sx36_P5me22FW9xEZFgk8vjsbfwjYYIxpCoPVAwpjs - Active Hub of free resources

Fun for All

- The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities
- <https://www.tinkergarten.com/activities> Great resource for simple DIY activities that can be broken down into times, ages and skills
- <https://m.youtube.com/thebodycoachtv?uid=AxW1XToiEJooTYIRfn6rYO> Daily PE/work out for children (and parents) on YouTube. PE with Joe.
- <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.
- <https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>
- www.youtube.com/user/CosmicKidsYoga Yoga videos designed for kids age 3+
- Go Noodle – You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun) www.youtube.com/user/GoNoodleGames/featured
- Dear Residents – dearresidents.warwickshire@gmail.com - email them and they will allocate you a Warwickshire care home for your kids to send drawings to
- https://www.gruffalo.com/activities/activities?fbclid=IwARoXS7KgUM_gQoSzxAG9rGdNSI_M3t7FMb4awvupZ4xutAAguqbTTPGD6II - Gruffalo themed activities
- The scouts have released 100 free things to do at home - <https://www.scouts.org.uk/the-great-indoors>
- Self care activities for children and young people : <https://www.annafreud.org/on-my-mind/self-care/>
- @National Marine Aquarium – shark feeding Wednesday on facebook – daily animal feeds including shark feeding and aquatic themed crafts
- www.ptlibrary.org - Hogwarts digital escape room

- Cbeebies – Andy’s wild workouts - https://www.bbc.co.uk/programmes/po6tmmvz?fbclid=IwAR1ofSwyrJZBOXJnKOOeOH_pidGnc4Gu_jvfGa3-iQ3yDMYxHon8iSHXR51M
- Hobbycraft daily craft club

Days to remember

Tuesday - 9:30am – Silly Sports and Forest school – Mama Tribe

Tuesday - 10:30am - Dandy Development facebook live

Tuesday - 2:00pm – Kids Ballet – Mama Tribe

Wednesday – Didi Sports – Mama Tribe - 2:00pm

Thursday – Kid’s French – Mama Tribe – 9:30am

Thursday – Kid’s Musical Dots – Mama Tribe – 2:00pm

Saturday – Kids entertainer – Mama Tribe – 4:00pm

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 ideas to get you started:

- Reading books- Warwickshire Libraries subscribe to Borrow Box and you can hire e-books free of charge from their website - <https://library.warwickshire.gov.uk/>
- Listening to music
- Cooking/ Baking
- Organise virtual gatherings with your friends using online platforms such as Zoom or Houseparty
- Playing games- board games, games on your phone, puzzles (eg Sudoku)
- Organise your home – Team TOMM have a bootcamp where you can follow the method to totally blitz your home - <https://www.theorganisedmum.blog/2017/06/26/1-week-boot-camp-for-when-youve-lost-control-of-the-housework/>
- Do the jobs you have always been meaning to do – organise photos, sort out the drawer you have been meaning to organise

- Gardening
- Do your nails, take a long bath and the other things you never get chance to do in your normal busy life
- Learn a craft on youtube – knitting, crocheting, needle felting
- Singing – many choirs are meeting online – e.g. Monday - 8:00pm Pop Choir free on Mama Tribe on Facebook or the Sofa Singers free on a Friday at 11:00am
- Gratitude journal/ focus on positives
- Bullet Journalling -
<https://www.goodhousekeeping.com/life/a25940356/what-is-a-bullet-journal/>
- Binge on boxsets – Netflix, amazon prime, order some dvd's online
- Honest Guys guided sleep meditation on youtube are great for relaxing and helping with sleep



Exercise

- Go for a run – couch to 5k
- <https://www.downdogapp.com/healthcare> free for healthcare staff
- <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>
- <http://www.wvactive.com/activities/home-workouts.html>

Monday

- 8:30am – Fast Fitness – Mama Tribe free on Facebook
- 7:15pm - @LeamingtonSpaYoga – free online sessions on Facebook

Tuesday

- 11:00am – Zumba – Mama Tribe free on Facebook

Wednesday

- 7:30am - HIIT – Mama Tribe free on Facebook
- 7:00pm – Yoga – Mama Tribe free on Facebook

Thursday

- 11:00am - Pilates – Mama Tribe free on Facebook

Friday

- 9:00am - Work out like a Mama – Mama Tribe free on Facebook
- 11:30am - Focus and Wellbeing – Mama Tribe free on Facebook

Saturday

- 2:00pm - Baby Massage – Mama Tribe free on Facebook

Sunday

10:00am - Taking Back Control – Mama Tribe free on Facebook

8:30pm - Stretch & Relax – Mama Tribe free on Facebook

Free mental health printable's:

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

Useful apps:

- Calm
- Head space
- Worry tree
- Acceptance and Commitment Therapy – access to their app is currently free

