

## Hello Champions!

We hope that you are well and that you are staying safe in these strange and difficult times. We are sure that many of your roles have changed quite dramatically and it can take a while to adjust to these changes. We want to reassure you that we are still here for you and we will be providing you with lots of advice and resources around looking after yourselves and the children and young people that you work with.

First of all, Point 1 is open! Our hub in Norwich is continuing to operate and although the face-to-face service is no longer available, we are providing advice and support over the phone to children, young people and their families. As always, if you need advice yourself or want to direct a family to our services, our telephone number is **0800 977 4077** and our email address is [point1-support@ormistonfamilies.org.uk](mailto:point1-support@ormistonfamilies.org.uk). If you contact the service about a child, please include the following information so that we can follow up with the family:

- The young person's name, date of birth and postcode
- A contact number for the young person's family
- The young person's school and a contact from the school, including their contact details too
- Confirmation that you have parental consent to contact the service and that the family have been informed

Unfortunately, our Mental Health Champion training has been postponed, but we will keep you informed once we know new dates for the future.

There is a wealth of resources online around supporting schools and families through this pandemic. We will be sending you some of our favourites in this newsletter and be sure to keep an eye on the Ormiston Families Facebook page too.

### Supporting Schools

The **Anna Freud Centre** has released a booklet called '[\*Supporting Schools and Colleges\*](#)' which focuses on supporting the mental health and wellbeing of young people during times of disruption. It involves creating a wellbeing system at school for children and staff, which might include a lunchtime drop in for children to ask questions. Schools could also incorporate self-care into their days by encouraging children to write in journals, engage in breathing exercises and include daily exercise and healthy eating in the curriculum.



### Talking to children about the coronavirus

When something daunting and overwhelming happens, it can be difficult to know how to appropriately talk to children about it. It's important that they are informed, but how do we know what to tell them and how to say it? The NSPCC has developed a [useful guide](#) that parents and staff can use to help with those tricky conversations around the coronavirus. It includes advice around talking to children about death and loved ones becoming ill. It also provides guidance for children that are worried about food shortages and how to discuss those feelings. It also goes into the importance of trying to maintain a routine and giving the children a sense of control in their otherwise unpredictable lives. The Government have also released [guidance](#) around supporting children and young people's mental health and wellbeing during this crisis.

### Resources to share with families

It can feel challenging to know how to help families after we have lost the face-to-face aspect of our roles, but there are lots of resources we can share with families online. The Children's Commissioner has produced the '[Children's Guide to coronavirus](#).'



It breaks down the pandemic for children to understand and provides lots of ideas for families to use while they're at home together. It includes lots of links to activities that parents can access at home, as well as support for parents around discussing the virus with their children.

### Finally, looking after yourselves!

Now more than ever it is essential that we look after our own wellbeing so that we can be there for the families that need us. When lots of change happens at once, combined with worries about our families and our health, we can feel quite overwhelmed and super stressed! A useful tool that we can use to help us make sense of our stress and think of ways to reduce it is the *Stress Bucket*! Consider the things that are making you stressed and then consider strategies that are helpful in reducing stress (like delegating a task or taking a short break) rather than unhelpful strategies (like focusing on things that you cannot change). We have attached an example *Stress Bucket* that you can fill in yourself.

Lots of us now might be spending lots of time on our own or we might be away from our friends and family for a while and that can make us feel lonely. It's important to hold on to our connections with other people, and this [Ted Talk](#) helps to understand our loneliness and the

importance of human connections. Organise a [Google Hangout](#) with the people you love or watch a film together with [Netflix Party!](#)

Champions, you are **amazing**, and you continue to provide essential support for your communities in so many ways! If you have any questions or queries, please do not hesitate to ask!

**Best wishes,**

**The LINK Team**