

Hello Champions!

We hope you have had a lovely weekend and took some time to relax and look after your wellbeing! You are doing an **amazing** job on the frontline looking after the nation's children and young people, so thank you! We want to continue to support you by bringing you another round of resources and materials. This week has a wellbeing focus as we process the news of another 3 weeks in lockdown.

Just a reminder that Point 1 is open and available for telephone support for families. You can contact us on **0800 977 4077** or email at point1-support@ormistonfamilies.org.uk. Please include the name and date of birth of the young person, their postcode, their school and a contact within the school and a brief outline of your concerns.

Keeping up with research

This pandemic that we find ourselves in is such a new situation for everyone and academics are working hard to bring together the most recent and current research around mental health during a crisis. Emerging Minds is a group of researchers from various sectors working together towards understanding more about mental health. They have produced a series of webinars specifically focused on mental health in young people during the coronavirus outbreak. All webinars are free to join, you just have to book a place via Eventbrite. If you can't join the webinar live, some of them are available as recordings at a later date, such as their webinar on ['How can we best support children and young people with their worries and anxieties?'](#)



Future webinars include:

- **Teens, Screens and Quarantines: What can research tell us?** Friday 17th April 12pm - 1pm.
- **What can research tell us about social isolation and children and young people's mental health?** Tuesday 21st April 11am - 12pm.
- **Supporting children and young people with Autistic Spectrum Disorder at this time. What can research and clinical experience offer?** Thursday 23rd April 3.30pm - 4.30pm.

Looking after yourself via the Wellbeing Service

Some of you may be aware of the Wellbeing Service already. It is a service available to people living in Norfolk and Waveney that provides mental health support. You can refer yourself to the service without having to visit a GP. They have adapted their service in line with the coronavirus outbreak and are now offering free online webinars around wellbeing, as well as providing a free self-



guided [Mindful Living course](#). The webinars focus on different areas of wellbeing such as: everyday wellbeing tips, improving your sleep and an introduction to mindfulness. They have lots of dates for these webinars to ensure that they can suit all schedules! More details can be found [here](#). The courses are free, you just have to book a place online at least 24 hours of the course starting.

CBT at home

Many of us are aware of Cognitive Behavioural Therapy as a method for supporting the children and young people that we work with. However, CBT is also useful for adults that are experiencing stressful situations. The CBT Resource have developed a useful [guide](#) around managing stress and worry during the Covid-19 outbreak using a CBT approach that contains lots of useful tips and activities for managing uncomfortable feelings during this time. You may wish to combine this with further online learning and support through the Live Life to the Full programme. They offer a [free online course](#) around using a CBT approach to help us understand our thoughts and feelings, especially those that are negative and unhelpful. If you work for the NHS, you can get further access to courses for free during the coronavirus outbreak. This could be a resource that you direct the parents of a child or young person to as well if they are finding the situation difficult at the moment.

Making a plan

The Charlie Waller Memorial Trust has developed a [daily planner](#) designed for use for working at home, but it works well as a daily planner for life in lockdown regardless of whether you are working or not. It encourages you to plan your day, not only in terms of tasks to be done, but also encourages you to note down positive things that happen during the day, your goals for the day and even encourages you to track the water you drink! It also introduces a new 'five a day.' Their five a day looks at 5 things we can do each day to promote our wellbeing, these include: **connect** with the people around us, **be active** each day, **take notice** of the things around you like a bird in the garden or a beautiful sunset, **keep learning** things that interest you like taking up a new hobby or cooking a new recipe and finally, **give** something whether that is a phone call to a friend or sending a card to a loved one. The daily planner encourages you to think about how you can plan each of these 5 things into your day. If you find yourself feeling overwhelmed by the current crisis and how you are feeling, it may be worth planning in the grounding technique within the take notice section to help bring you back to feeling calm in the moment.

Five senses grounding tool

-  **5** things you can **see**
-  **4** things you can **feel**
-  **3** things you can **hear**
-  **2** things you can **smell**
-  **1** thing you can **taste**

Bitesize support!

Don't forget, from the 20th of April BBC Bitesize will be providing daily lessons for Year 1 to Year 10. The lessons have been created with teachers and other educational experts and feature a mix of videos, animations, practice activities, quizzes and games. They can be found here: <https://www.bbc.co.uk/bitesize/dailylessons>

Just One Norfolk

Information around how to access mental health advice and support for 0 -25's in Norfolk & Waveney has now been collated into a single location, at www.justonenorfolk.nhs.uk/mentalhealth. The key message is that you don't need a referral, you can get in touch straight away for advice and support. If you need more specialist help, they will make sure you get to the right person. The website includes all of the key phone numbers to call for support, including Point 1.

We understand that for many of you working on the frontlines, or for those of you who are struggling with reduced contact with the families that you work with, it can be very difficult to prioritise your own wellbeing. However, for you to be able to support for the CYP and families that you work with, you need to be looking after yourselves too! We hope that these strategies and resources go some way to supporting you during this crisis.

Many thanks,

The LINK Team