

Hello Champions!

We hope that you are well and staying safe. Hopefully you had a look at some of the apps for young people and the advice around supporting parents. It has been lovely to hear how some of you are sharing the advice from the newsletters with your colleagues. Hopefully the resources are helpful to you and your team at this time!

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.

Supporting key workers and their families

Many parents are worried about the impact that the virus is having on their children, and these worries may be even more pressing for parents that are keyworkers. Their increased exposure to the virus may be a real



cause for concern for themselves and their families. The British Psychological Society have produced [guidance](#) for parents that are key workers around helping their children adapt to the changes in their lives. It highlights signs that your child might be stressed and give strategies about how to support them through this time. It also talks about how to look after yourself as a key worker and ways to help balance work and home.

The BPS have also produced a [guide](#) for when your parent is a key worker. This advice is aimed at children and young people and looks at what a key worker is, why their parent(s) might be at work when others aren't, concerns about catching the virus from a parent and why their parent(s) might be acting slightly differently. It also gives support around managing their own worries and signposts to organisations that can help them.

The Anna Freud Centre have also developed guidance around how to talk to children and young people about their worries. The guidance is based on a CBT approach and offers 7 steps to supporting young people with their fears. The guidance can be found [here](#).

Online CPD for professionals and support for young people and parents

The University of Reading have produced a free online course via Future Learn called [COVID-19: Helping Young People Manage Low Mood and Depression](#). The course looks at practical ways to help young people manage their mood and maintain healthy habits, especially around sleep

and diet, during the coronavirus pandemic. It is aimed at young people themselves, parents and carers, teachers and other professionals working with young people. You may find it useful to access this course yourself, or perhaps it would be a useful tool to share with the young people and families that you work with. Some of the content draws from the University of Reading course, [Understanding Depression and Low Mood in Young People](#), which is also available for free and starts again on the 1st of June. Future Learn offers a variety of free online courses, many of which are around children and young people and mental health.

Looking after yourselves

We have now been in lockdown for around the time of a school summer holiday and although the new ways of working may be becoming routine, they may not be feeling normal! This can have an impact on wellbeing and as time goes on, we may be feeling like we are losing our way a little. Dr Emma Kell, teacher of 21 years and author, has written an article for [BBC Teach entitled Teachers – How to Stay Sane During a Pandemic](#). The article helps focus on what is important, connections with your students and being kind to yourself! As appreciation for teachers grows in the community, remember you are doing the best you can!

“This too shall pass, and as the birds have a very loud party outside and the stars are more visible than ever at night, I have a feeling we may just make it through as a profession stronger than ever.”

It is natural to be experiencing uncomfortable feelings around the current situation, whether that is anxiety around what the future holds or guilt about not seeing your students every day, and if you feel that these emotions are becoming overwhelming, support is available. [Education Support](#) offer free telephone support and counselling for all teachers, lecturers and staff in education across England, Scotland and Wales. Support is available all day and every day by calling **0800 562 561** or by texting a message to **07909 341229**. They also have an email support service which you can reach via support@edsupport.org.uk and an online chat service with a counsellor that you can find [here](#).

We hope that these resources are useful in supporting you in your practice and that you are staying safe and well!

Many thanks,

The LINK Team