

## Hello Champions!

We hope that you are well and staying safe! If any of you joined our #kindnessrocks project, we would love to see photos! You can post them to social media using the hash tag, or you can email directly to us! It's not too late to join in, simply decorate a rock with a message of kindness and hide it somewhere around Norfolk! Include the #kindnessrocks and @ormistonfamilies so that people know how to let us know!

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](mailto: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. Please also include confirmation of consent from the family.

### Managing change and transition

Many of you will be thinking about how to support children and young people in their transition back to school. Many of them



**Anna Freud  
National Centre for  
Children and Families**

may be feeling nervous, anxious, and unsure about what school is going to look like (like many of you are probably feeling too!) Anna Freud have created [guidance](#) around managing unexpected endings and transitions. It talks about communicating honestly with students and families, normalising anxieties and worries that children and young people are experiencing and focusing on everything that has been achieved at this time, rather than the losses. It also talks about the importance of fostering networks and if you haven't already, it may be useful to sign up to Schools in Mind. It is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. They have lots of useful resources in their regular newsletters, and you can sign up online [here](#). You can also watch an online discussion around this topic hosted by the Anna Freud Centre [here](#).

### Helping parents and carers to support young people

Anna Freud are also hosting a live Q&A with mental health and education experts around supporting parents and carers at this time. They will discuss how to keep parents engaged once schools are open again and how best to support parents that have their own mental health concerns at this time. The event is free and you can [sign up online](#) to receive the zoom details to join the Q&A. Alternatively, the Q&A will also be live streamed on the Anna Freud Centre [Facebook](#) page. The event takes place on **Thursday the 28<sup>th</sup> of May at 4.30pm.**

### **The coronavirus time capsule**

Company Three is a theatre company comprising of 11 – 19 year olds that has been created to show the audience what it means to be a teenager. They have created the Coronavirus Time Capsule and every week, they encourage teenagers to create videos that give an insight into their lives during lockdown. Aimed at young people over 11, schools are encouraged to join in where they can and take part in a video making challenge designed to help young people stay connected, build resilience, and express themselves during lockdown. If you work in a secondary school and feel that this is something your pupils might be interested in, you can find out more [here](#).

### **Filling your jug with Sharing Parenting**

Sharing Parenting delivers programmes for parents, families, and professionals to offer support in all areas, including mental health. They



have created a series of videos that can be accessed for free online and share great tips for parents around a variety of topics, such as active listening, sibling rivalry and effective discipline. The videos are really useful to watch as professionals, but you may also wish to share them with the families that you work with. They have recently created a video called filling your jug, which talks about how in order to look after our loved ones, we must also look after ourselves! An important message for everyone at this time. The video can be found [here](#).

We hope that these resources are useful and would love to hear back from you if there is anything you would like to see in future newsletters.

**Many thanks,**

**The LINK Team**