

HOWBRIDGE CHURCH OF ENGLAND JUNIOR SCHOOL

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Dear Parent/Carer

Following previous letters from last academic term that was sent to all parents, we would like to add more services and resources that maybe of interest to you. Looking after our physical and mental health is more important than ever during these unfamiliar and forever changing times. We appreciate how difficult it can be to know how to find the right services for our families and children when the usual forms of support do not seem as readily available.

As you can imagine, these services all have various access arrangements and offer different ways of supporting you and your families, therefore, please do understand that we cannot give technical advice or further information other than the links that you will find within this letter. If you need further help, we would encourage you to contact the services directly via the information provided on their websites.

These services will give families advice, guidance and strategies to cope with the current situation and methods in which you can support one another within your family.

Parent/Adult Resources

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

Emotional Wellbeing through Coronavirus:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus>

NSPCC; Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Kids Inspire: <https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/>

The Kids Inspire service remains open and the team are continuing to support families right across the county. If you need to speak with one of the team, you can still do so on one of the phone numbers. A member of the team will be available Monday - Friday between 9am – 5pm.

<https://www.flipsnack.com/annafreud/7-ways-to-support-children-and-young-people-who-are-worried-ft90r33pr/print-pdf.html>

Supporting yourself and your family:

Getting Help in Essex: <https://www.essex-gethelp.uk> Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic

For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&qclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkl6L37vTprESbG_wBoC8XwQAvD_BwE

The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people: <https://www.actionforhappiness.org/app>

Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>

Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>

NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides>

Essex Family Wellbeing Resource Hub: <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/> To support you and your family through the COVID-19 pandemic, Essex Child and Family Wellbeing Service has created a brand new resource hub.

Practical help and tips from us which may help you if you are newly bereaved under any circumstance, including a UK map to find your nearest support organisation: <https://www.thegoodgrieftrust.org/>

Parent Support Lines

Samaritans helpline 116 123:
https://www.samaritans.org/chatappeal3/?qclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE

Text support if you are experiencing a crisis by Give Us a Shout:
<https://www.giveusashout.org/about-shout/>

Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>

Helpline by Support line (any age): <https://www.supportline.org.uk/about/aims-of-service/>

Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>

Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>

Child/Young People Resources

The following resources will help children and young people to manage their own emotional wellbeing and mental health:

NHS approved mental health apps list: <https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Should you wish to talk to someone at school about any concerns you have or just fancy a chat, feel free to drop an email to office.howbridge@dcvst.org and a member of staff will contact you.

We hope that you continue to remain safe and healthy and that you find these external services informative and useful.

Kindest Regards

Mrs Alger
Pastoral Lead / Counsellor / Parent Support Advisor

