

DISCOVERY

Mulh Academy Trust

Wellbeing
Week beginning: 29.6.20

Spread love
not bugs,*
don't litter
masks and
gloves.

* Please dispose of PPE gloves
and masks responsibly, protect
the environment and help limit
the spread of Coronavirus.



Now that we're in lockdown, sadly home is more dangerous than ever for some children. That's why we're supporting the @NSPCC who are still here if you need advice or support, or you're worried about a child or young person. Please call their helpline on 0808 800 5000 or email help@nspcc.org.uk.

NSPCC

every mind
matters

Tips for dealing with loneliness:

- 1 Share your feelings
- 2 Learn something new
- 3 Find new ways to connect with people

Find out more at Every Mind Matters

(JUST SOME) EMOTIONS THAT YOU MIGHT FEEL DURING THE COVID-19 PANDEMIC



YOU ARE INVITED TO...

KIDS IN TUNE

FREE ONLINE MUSIC WORKSHOPS FOR KIDS
AGES 5 - 8

HELP YOUR CHILD DEVELOP THEIR
CONCENTRATION
CONFIDENCE
CREATIVITY

NO EQUIPMENT NEEDED!
BEGINNING WEDNESDAY 17TH JUNE @ 11AM

FIND US ON FACEBOOK

KIDS IN TUNE - MUSIC WORKSHOPS FOR CHILDREN

COVID-19 isolation may cause
tensions to rise and domestic abuse
to increase. Help is available.

Who can help me?
We can

YOU ARE NOT ALONE

EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, young people and families to contact in PLYMOUTH



CAMHS

FOR: CHILDREN AND YOUNG PEOPLE
UNDER THE AGE OF 18 / PARENTS / CARERS

All children and young people struggling with their mental health can call the helpline for advice and support.

Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



KOOTH

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support
for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT: www.kooth.com/index.php

or search for Kooth on a search engine

(this service
provides web
based information
and advice along
with chat based
conversations and
forums)

YOUNG DEVON

FOR: SECONDARY SCHOOL AGE
YOUNG PEOPLE

Someone to talk to for young people concerned
about their mental health or emotional wellbeing.

Available remotely through video calls, phone calls,
messaging or email at flexible times to suit young people.

Wellbeing - confidential and safe conversation with
one of our team to share any concerns you may have
and consider further support

- ◆ Counselling - receive counselling support
- ◆ Wellbeing cafe - where a group can share issues,
concerns and develop coping skills/strategies helped by
one of our team

CONTACT:

Call: 0800 2910 155

(Monday to Friday 9am to 5pm)

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org

Key websites

- POD www.plymouthonlinedirectory.com (includes SEND local offer)
- Young Devon www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit
- Kooth www.kooth.com/index.php
- Progeny www.theopenplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny

*Progeny is a whole school approach to supporting emotional health and wellbeing across school communities by working with schools and key partners

Guess the children's story:



HM Government

NHS

At the shops
wear a face
covering
if you can

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

Isn't it strange how something that
seemed impossible and scary a few
weeks ago now feels strangely normal?
Even if we are scared, we're still finding
it within us to face the world. Whether
that's in big or small ways, it still takes
courage. And isn't it reassuring that
even though life as we know it has
been turned completely upside down,
we're still able to find even the tiniest
of silver linings? Next time the world
decides to throw a challenge your way,
I hope you remember how resilient,
brave and capable you are. I hope you
look back and see all the strengths you
never give yourself enough credit for. ♥
Love, mellow doodles

Keeping kids safe online webinar

The Internet is an amazing place. Kids can play, create, learn, and connect – the possibilities are endless. But there are also risks.

To help, the NSPCC and O₂ are working together to offer free **30-minute webinars** for groups of parents, grandparents and carers, making it easy for you to keep your family safe online. Webinars are delivered by experienced NSPCC staff.

Topics covered include:

- Why children enjoy using the Internet and how it can help them, as well as the risks.
- Concerns that families might have about their child's use of the Internet.
- Exploring how families can navigate the digital landscape together, safely.

Free to join, the webinars offer lots of practical tips, as well as signposting to free resources and extra support for families.

If you'd like to organise a webinar on behalf of a group (community group, staff team, corporate supporter), or register your interest to attend a pre-recorded webinar, please contact

parentworkshops@nspcc.org.uk

“It was really informative – I feel more confident about talking to my daughter about staying safe online.”

