

# **Families in Focus Bulletin - Part 1**

## **Information and Support for Families, Parents/Carers and Young People during Coronavirus**

**April 2020**

Hello and welcome to the Citywide Bulletin from the Families in Focus team.

We thought this information looked interesting and that you might find it helpful. Please feel free to pass onto others.

**This Bulletin has grown so big that we have now split it into 2 parts as follows:**

**Part 1 – Information and Support for Families, Parents/Carers and Young People during Coronavirus**

**Part 2 – Information and Support for Practitioners during Coronavirus**

Please note that the information here is being shared by Families in Focus but if you require any further details you should contact the relevant organisation. All information is provided by the organisation and Families in Focus hold no responsibility for the contents. Bristol City Council does not endorse the organisations/activities and you should make your own checks to satisfy yourself on the quality of the services on offer. If you would like the information in a different language or format please contact the organisation/agency who will hopefully be able to help.

We cannot guarantee to include everything but will prioritise information on services or activities that practitioners will find useful in their organisation or to pass on to families.

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# **Community Service Updates and Information**

## Young People's Services and Support Directorate

### National Youth Agency

Guidance for Youth Workers during Covid-19 Outbreak.

<https://youthworksupport.co.uk/>

### 16-25 Independent People

At present MAPS will remain open with minimal staffing. This at present means 3 members of the 1625ip team in the office at any time with other home working and on standby. (awaiting confirmation re BCC staff). We will be making the following changes to the way we operate:

Triage assessments/ support appointments to be done by phone in the overwhelming majority of cases.

Callers to the office will have brief details taken and offered a call back. The use of the office by young people as somewhere to go to use computers is suspended.

Anyone we do see in the office will be screened for symptoms. We are expecting Statutory assessments to be done over the phone also.

If you need to refer please call on 01173327111 or use the webform <https://www.1625ip.co.uk/What-We-Do/Bristol-Youth-MAPS/Bristol-Youth-MAPS-Agency-Form-2018.asp>

### Learning Partnership West

#### **Keeping children and young people safe**

1st April 2020

During these difficult times, it's even more important that we all play our part in keeping children and young people safe.

Families in Focus have put two bulletins together to help parents, carers, families and practitioners to understand how to respond to concerns during the Coronavirus outbreak.

[Information & Services for Families, Parents, Carers & Young People](#)  
[Download](#)

[Information and Services for Practitioners](#) [Download](#)

LPW have begun to build a resource hub on our website for young people which includes activities to link to and English and maths etc.

<https://www.lpw.org.uk/resources/resources-for-young-people/>

## Creative Youth Network

What we are doing to protect our young people, staff and visitors from coronavirus

### Mark Coates

We wanted to update you all on our planning and response to the ongoing Coronavirus (Covid-19) spread.

Following government, NHS and Public Health England advice, we are taking action to protect our communities, the young people we work with and their families. We are particularly mindful of vulnerable people we as youth workers come in contact with, the numerous community groups which gather in our buildings and the need to be supportive, calm and proactive in this crisis situation.

**Following government advice, all of our buildings and face-to-face services are now closed. We are quickly organising digital alternatives for young people to talk online with youth workers and get the advice and support they need in this difficult time.**

Over the last week, we have been in constant communication over the phone, through text and social media with over 700 young people who we are currently working with, making sure they have information, advice and support. [We continue to take on referrals, getting in touch with young people remotely.](#)

We're quickly changing the way we work with young people, including organising creative sessions online, activities which groups can take part in remotely and digital exhibitions to enjoy from home.

We are working closely with Bristol City Council, South Gloucestershire Council and our numerous trust and grant funders to ensure the most vulnerable young people are supported throughout this crisis.

**We have also cancelled all room and venue hires to avoid mass gatherings in our buildings. The Station and the Kingswood Estate are now closed.**

We have reached out to all of our tenants and regular venue hire customers to ensure all are fully aware of the situation, including latest advice, and to discuss any financial or other difficulties this situation may have created.

We are updating our website at the moment with detailed information about each service and communicating directly to those affected by changes.

**This is a rapidly changing situation. If there are any changes, we'll keep you updated through [our website](#) and on [Facebook](#), [Twitter](#) and [Instagram](#).**

Updated on 24/03/2020

## Lawrence Weston Community Farm

### News from the Farm

During this extraordinary time, the farm is closed to the public but life for the animals carries on, and the staff are continuing to come in and look after them and take care of the farm. Here is a Spring update, so you don't miss out on all the new life that is still bursting forth at this time of the year!

The Farm team has been in contact with many people who have recently attended activities or volunteered with us and we will continue to try to find ways to support them.

## Hartcliffe Community Farm

**News from the Farm**                      24 March 2020

As of today Hartcliffe Farm has closed to the public. We have not taken this decision lightly but clearly protecting visitors, volunteers and staff must be our priority. We hope we will have a chance to reopen. The animals will continue to be fed and cared for. We will try to update you all with a virtual farm - photo love from our animals during this period. Take care and be safe.

**Hartcliffe Community Farm, Bristol, United Kingdom Call 0117 978 2014**

## Windmill hill city farm COVID-19 Update 24th March 2020

The city farm site, including the farm shop will be closed to the general public from 3pm TODAY.

There will be staff on-site to look after the animals during the shut-down period and our nursery will stay open for children of key workers only.

We have set up a phone service for our health and social care clients and will be talking to other local organisations about how we can all support vulnerable people at this difficult time.

The farm is still here and we will be busy exploring the best ways in which we can continue to connect with our local community. Suggestions and ideas welcome. Please email [info@windmillhillcityfarm.org.uk](mailto:info@windmillhillcityfarm.org.uk). We will get through this together and look forward to seeing you all soon.

**VIRTUAL TOUR**

While the advice centre is in *lockdown* to support the global efforts to curb the pandemic, you can ask a Filwood Hope advisor to contact you:

Send your name and contact details to:

Phone: **07712661241**  
SMS: **+447712661241**  
Email: **advice@filwoodhope.org**

### Contact a Filwood Hope advisor

#### Carers Support Centre

An update on our services during COVID-19

We encourage carers to make contingency plans as soon as possible, in the event of them becoming unable to continue to care for someone if they contract COVID-19. Carers must talk to family and friends now about this, to help reduce anxiety during this uncertain time.

If a carer has no support and becomes unwell and unable to care, they must call the number on their Carers Emergency Card, but only in the event of an emergency. Any carer who does not have a Carers Emergency Card must [visit our website](#) to register now. There is no charge.

For further support, carers can contact CarersLine  
0117 965 2200  
[CarersLine@carerssupportcentre.org.uk](mailto:CarersLine@carerssupportcentre.org.uk)

**The majority of our services to support carers are running and we are developing new ways of delivering support. All our services are free to carers in Bristol and South Gloucestershire.**

#### **CarersLine and CarersOnline**

If carers want to talk about issues relating to their caring situation, contact CarersLine:

0117 965 2200 (10am to 1pm Monday to Friday)

*Please note:* From Monday 6 April, CarersLine will also be open 2pm to 4pm, Monday to Thursday.

[CarersLine@carerssupportcentre.org.uk](mailto:CarersLine@carerssupportcentre.org.uk)

Carers should leave us a message and their phone number and we will get back in touch as soon as possible. We are responding to voicemails and emails on a regular basis.

### **One to One Carers Support**

Our team of Carers Support Officers is continuing to give [one to one support](#) over the phone. We have currently suspended home visits.

### **Carers Emergency Card**

It's never been more important for carers to have a Carers Emergency Card. All carers should register for one now. It is free to apply for a Carers Emergency Card. It's also important to make sure that details are up-to-date.

Details on the Carers Emergency Card and how to apply can be found on our [website](#).

### **Wellbeing services**

All these services are delivered by phone and are unaffected. They aim to give carers emotional support and 'me time' and help them become more resilient.

Befriending – we will match carers with trained volunteers who can provide conversation, companionship and emotional support. Volunteers will contact carers fortnightly at a time that is convenient. Contact Maria:

[mariad@carerssupportcentre.org.uk](mailto:mariad@carerssupportcentre.org.uk)

Mentoring – sometimes it helps for carers to talk to another carer. We link carers up with a trained mentor who is a carer or former carer. Contact Maria:

[mariad@carerssupportcentre.org.uk](mailto:mariad@carerssupportcentre.org.uk)

Counselling – a fully trained counsellor will give carers a safe, independent and confidential space for them to talk about their concerns. Carers can have up to 6 weekly sessions. Contact Wendy: [wendyf@carerssupportcentre.org.uk](mailto:wendyf@carerssupportcentre.org.uk)

### **Hospital discharge**

Our liaison workers are not able to work on wards, but are still able to support hospital discharge. [Click here](#) for our Hospital Carer Liaison Workers contact details.

### **Carers surgeries at GP practices**

Carers surgeries have been suspended, but we are able to give carers one to one support over the phone. Please contact CarersLine:

0117 965 2200

[CarersLine@carerssupportcentre.org.uk](mailto:CarersLine@carerssupportcentre.org.uk)

### **Young Carers**

We are continuing to provide support for young carers via telephone and email. However, we are not currently able to accept referrals by post, due to the office being closed.

Referrals can be made securely using our [webform](#). You can also download a referral form from [this page](#) to send from a secure email service or to our secure email service: [ycsecure@carerssupportcentre.org.uk](mailto:ycsecure@carerssupportcentre.org.uk)

All our young carer outings, workshops, activities and home visits have been suspended.

## [Bristol Autism Project.](#)

### **A strange new world...**

Many of our children are off school now, and with all of the soft plays, cinemas and other activities closing, our worlds have suddenly become very small. Single parents will be particularly isolated, especially those without family nearby.

Although we have had to stop all of our in-person support, we are offering personal support via our [membership scheme](#). Ironically, the scheme was meant to bring us all together face to face! However, as a small and flexible charity, we are able to move quickly in order to help those we support. Through our [membership scheme](#), we are offering help via our members-only Facebook group and email. There may be scope for video support through Zoom or Skype as the situation progresses.

Membership is free and comes with great perks - most of which will have to wait until we can see each other again. Right now, it's the best - in fact the only - way to get support from us while we are unable to support you in person.



**Please be sure to check your inbox - including your junk folder - for our welcome email.**

**Please share this email with friends or family you think could benefit from our support. Take care of yourselves and stay well.**



## Young Bristol

Young Bristol Statement – Coronavirus (COVID-19) (19/03/2020)

March 13, 2020 [Young Bristol Announcements](#)

Dear Parents/Guardians,

Following the latest guidance from the Government, Public Health England and Bristol City Council, Young Bristol has made the difficult decision to suspend delivery of our programmes with immediate effect. This means the following programmes will be closed from Thursday 19<sup>th</sup> March 2020:

- Community Youth Clubs
- Creative Programme
- Instructor Training Scheme
  - Outdoor Activities\*
  - Over 55s Club
  - Sports Programme
  - The Respect Project
- Youth Club on Wheels
  - Youth Voice

We will keep this position under regular review and will communicate updates as and when.

The closure of these programmes is not an easy decision, especially for those young people who rely on our programmes as safe and supportive spaces, however as an organisation we have to consider the wellbeing of our staff and young people. Therefore, all staff will also be working remotely from Friday 20<sup>th</sup> March. During this period all staff will still be contactable by their work email and/or phone.

During the uncertainty of this difficult time, we aim to continue to provide positive, inspiring and engaging alternative opportunities for young people to engage with us. Please follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [Youtube](#), where we will soon be sharing these opportunities.

We thank you for your continued support, and look forward to reopening the doors to our programmes at the earliest opportunity. For information regarding outdoor activity bookings and further updates please refer to our website [www.youngbristol.com](http://www.youngbristol.com).

Yours sincerely, **Lee Williams** CHIEF EXECUTIVE

## Avon Youth Club and COVID-19

Dear Parents/Guardians,

Following the latest guidance from the Government, Public Health England, Bristol City Council and Young Bristol, Avon Youth Club has no alternative but to close the Club with immediate effect.

During the uncertainty at this difficult time, we aim to continue to provide positive, inspiring and engaging alternative opportunities for young people to engage with us via Young Bristol. Please follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [Youtube](#), where we will soon be sharing these opportunities.

We thank you for your continued support to AYC, and look forward to reopening the doors at the earliest opportunity.

Yours sincerely,  
**David Sutton**

### [Access Sport Bristol](#)

0117 941 5829 [lucy.fisher@accesssport.co.uk](mailto:lucy.fisher@accesssport.co.uk)

UPDATE - UPDATED 25TH MARCH 2020 - As our thoughts were turning to Spring, new inclusive clubs opening and more children and young people having access to sport, a different kind of challenge emerged, with the constantly unravelling news of Coronavirus (COVID-19).

For our part as a charity that supports vulnerable and disabled children, our primary focus is the safety and welfare of all our beneficiaries, partners, supporters, ambassadors and staff. Access Sport have been following the official advice and guidance from the UK Government, the World Health Organisation, Public Health England and Sport England. Access Sport have currently stopped all face-to-face delivery and all partner clubs have been advised to cancel sessions.

We are especially mindful that there will be even more vulnerable and disabled young people and their families who are less active and feel isolated. The Access Sport team are here to help where we can. We will be posting regular tips to stay active on our social media channels and we are working with our clubs to stay in contact with club members.

[Access Sport Facebook](#), [Access Sport Twitter](#), [Access Sport Instagram](#), [#StayActiveWithAccess](#)

GENERAL ADVICE As you are aware, the situation surrounding Coronavirus (COVID-19) is changing daily and so our advice remains for you to check government guidance available at the links above.

## Kooth, Online support for young people

# Kooth.com

Ages 11-18

## Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

**To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.**

**kooth**





**kooth**

## We're still here

Children and young people can access free, online mental health support 365 days a year

-   
**Chat with a professional counsellor**
-   
**Read self-help articles**
-   
**Join peer-to-peer forums**

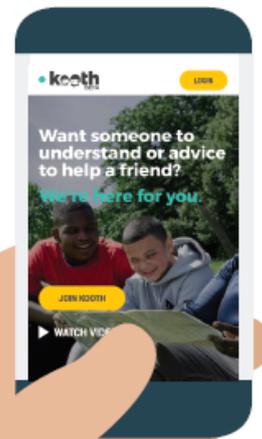
# How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.



[www.kooth.com](http://www.kooth.com)

<p>1 Click on the <b>Join Kooth</b> button located in the centre of the home page of the Kooth website</p>	<p>2 Choose from the drop down box the location you are in</p> <p>The place I live is...</p> <input type="text" value="Choose"/>				
<p>3 Click on the gender you identify with I am...</p> <table border="1"><tr><td>Male</td><td>Female</td></tr><tr><td>Agender</td><td>Gender Fluid</td></tr></table>	Male	Female	Agender	Gender Fluid	<p>4 Choose from the drop down box the ethnicity that best fits you</p> <p>My ethnicity is...</p> <input type="text" value="Choose"/>
Male	Female				
Agender	Gender Fluid				
<p>5 Add the month and year you were born</p> <p>I was born in...</p> <p>Year <input type="text" value="Choose"/></p> <p>Month <input type="text" value="Choose"/></p>	<p>6 Create an anonymous username (not your real name) and secure password</p> <p>I would like this username <input type="text"/></p> <p>My password will be <input type="text"/></p>				
<p>7 Choose from the drop down box to explain where you found out about Kooth</p> <p>Where did you learn about Kooth?</p> <input type="text" value="Choose"/>	<p>8 Click on the <b>Create Account</b> button to complete your registration</p>				

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team."

[www.kooth.com](http://www.kooth.com)

# Brooke Bristol Service



## Brook Bristol

Provided by:  
  
University Hospitals Bristol  
NHS Foundation Trust

### Sexual Health Services for the Under 20s

9<sup>th</sup> April 2020

**Our clinic remains OPEN and we are running an appointment based service including telephone consultations and postal services for contraception.**

**To book and speak with one of our team:**

**CALL: 0117 929 0090**

Mon-Thurs 12-7 Fri-Sat 12-5

**We are available and offering:**

- ✓ STI testing & treatment
- ✓ Condoms
- ✓ Contraception
- ✓ Emergency contraception
- ✓ Pregnancy testing

**Information and support on:**

- ✓ Relationships
- ✓ Sexuality & Identity
- ✓ Safer Sex
- ✓ Dating during COVID
- ✓ Online/Digital Safety

**For more information visit us at:**

**[www.brook.org.uk](http://www.brook.org.uk) and [www.unitysexualhealth.co.uk](http://www.unitysexualhealth.co.uk)**



# Bristol Refugee Rights



Despite Bristol Refugee Rights' Welcome Centre drop-in being closed, we are continuing to support asylum seekers with all urgent concerns regarding housing, money and their asylum claim. Our advice team is fully operational and are doing their best to be available 5 days per week, accessible by phone, email and WhatsApp. We are keeping in touch with our members, our team of volunteers are ensuring that the calls they make meet people's needs and aim to help reduce people's feelings of isolation. Parents who regularly access the Early Years Project are connecting on social media where they can, to share ideas for their little ones at home. We are working with our partner organisations in the sector to get the fastest support to people possible. For asylum seekers and refugees please see this leaflet, which is available in several languages, to explain what help is available:

[https://drive.google.com/open?id=10TSSrmaNOAhAAgbBbqS7MV3Raii\\_TkOt](https://drive.google.com/open?id=10TSSrmaNOAhAAgbBbqS7MV3Raii_TkOt)

## ACORN Community Support

*ARE YOU AFFECTED BY THE  
CORONAVIRUS OUTBREAK?*

**THE COMMUNITY IS COMING  
TOGETHER TO HELP!**

- ✓ *Stuck at home and need shopping?*
- ✓ *Need a prescription or post?*
- ✓ *Need a friendly call?*
- ✓ *Or something else a local volunteer could help with?*

***ACORN is organising local volunteers to support people in the community. This is how to get help:***

- 1-** visit [acorntheunion.org.uk/corona](http://acorntheunion.org.uk/corona)
- 2-** fill in the form
- 3-** a volunteer should call you. They'll ask what you need & arrange a time to help.

***If you do not have the internet, call:***

**07432473293**

***We also need volunteers! Sign up at  
[acorntheunion.org.uk/corona](http://acorntheunion.org.uk/corona)***

**ACORN**

*ACORN is a community organisation owned by members. We don't expect anything in return, but the more members we have the more we can do. You can join as a member online.*

## **Creative Youth Network**

**YOUTH WORKERS  
ARE HERE FOR YOU.**

**WE CAN SUPPORT YOU  
THROUGH ONLINE SERVICES.**

**THIS CAN BE TO SUPPORT  
WHATEVER ISSUES ARE  
GOING ON FOR YOU  
AT THIS DIFFICULT TIME  
OF LOCKDOWN.**

**Email: [referrals@creativeyouthnetwork.org.uk](mailto:referrals@creativeyouthnetwork.org.uk)**

**Call: 07436 161 986**

**Visit our website: [www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk)**

**#STAYHOME**



**CREATIVE  
YOUTH  
NETWORK.**

## Domestic Abuse Support

A purple poster with white and pink text. The text reads: "AT HOME SHOULDN'T MEAN AT RISK". The word "MEAN" is followed by a white circle containing a pink hand icon with a heart in the palm. In the top left corner, there is the HM Government logo and the text "HM Government". At the bottom left, it says "#YOUARENOTALONE" and at the bottom right, "FIND SUPPORT AT: gov.uk/domestic-abuse".

HM Government

**AT HOME  
SHOULDN'T  
MEAN   
AT RISK**

**#YOUARENOTALONE**

**FIND SUPPORT AT:  
gov.uk/domestic-abuse**

Find out how to get help if you or someone you know is a victim of domestic abuse.

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>



# WE ARE HERE TO HELP

Most of our activities are postponed but we will do all we can to support our community during this time.



## Young People

- Online 1 to 1 support and Mentoring
- Online interactive Youth Sessions - check out our social media
- Online Group mentoring support



## Community

- Online sign-posting and support
- Online Interactive competitions and skills share - Community Shop



## Emergency Food provision

- Referrals to local foodbanks/ support with accessing emergency provision
- Emergency fuel support
- Foodbanks at St Andrews Church, Avonmouth Road, Avonmouth, BS11 9EN



## Family Support

- Online/ phone support sessions
- Support with accessing other services
- Referrals to Aisling Bennett - [aisling.bennett@oasisuk.org](mailto:aisling.bennett@oasisuk.org) or 07788338701

**FOR MORE INFORMATION ON ANY OF THE ABOVE AND CURRENT UPDATES CONTACT US AND FOLLOW US ON SOCIAL MEDIA**

Email: [aisling.bennett@oasisuk.org](mailto:aisling.bennett@oasisuk.org)  
Telephone: 07788338701  
web: [www.oasisnorthbristol.org](http://www.oasisnorthbristol.org)  
facebook: @oasiscommunityshop and @juicyblitz  
twitter: @NorthOasis  
instagram: @oasishubnorthbristol

**Oasis Hub Support, North Bristol**



## COMING UP THIS WEEK!

### WEDS 15TH

**3.30PM / THE OTR DIGITAL HUB / WITH SAMMI / INSTAGRAM \*#**  
**6PM / RESILIENCE LAB / WITH PIPPA / ZOOM \*#**

### THURSDAY 16TH

**9AM / YOGA SESSION / WITH LEL / ZOOM \*#**  
**4PM / NATURE WORKS TEASER**  
**5.15PM / RESILIENCE LAB / WITH PIPPA / ZOOM \*#**

### FRIDAY 17TH

**12PM / FLEXIBLE THINKING / WITH BRONWEN**

### SATURDAY 18TH

**10AM / THE OTR DIGITAL HUB / WITH TIDRAH / INSTAGRAM \***  
**6PM / PET-TOGETHER / WITH LIAM / INSTAGRAM \***

**PLUS! DAILY MINDFULNESS TIPS FROM TRACY**

.....

**FOLLOW US ONLINE @OTRBRISTOL**

**TWITTER/FACEBOOK/INSTAGRAM TO JOIN US FOR THESE SESSIONS!**

**ALL CONTENT UPLOADED TO ALL SOCIAL SITES BUT \* = LIVE ON SPECIFIC PLATFORM**

**# = CLOSED GROUP, SIGN-UP REQUIRED**

**OTR Bristol**

<https://www.griefencounter.org.uk/serviceupdate/>

## **Coronavirus:**

### **Grief Encounter Service Update**

We know that during these challenging times, grief and bereavement will be especially hard. Due to the current government guidelines and NHS advice, all of our face-to-face support services, including all individual and group based work, have been suspended and replaced with a virtual service offering. We have unfortunately also had to suspend Grief Relief Kit mail-outs, as we protect the health and safety of our warehouse staff members.

We know that children, young people and their families will need advice and help more than ever, and so our helpline is open to all and operating its usual hours, 9am – 9pm Monday to Friday. We have increased our qualified and trained team, who are there to listen every day. You can call us free on 0808 802 0111, or log on to our live web chat for confidential support. You can also email us on [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk), and we will respond to all of your questions providing appropriate advice and information.

You are not alone. We are here to help you and offer support. We will be updating our advice regularly, and using our social media channels to offer additional support with counsellor led activity suggestions to help parents and carers support their children at home. As always, you can call us for any advice, anytime.

#### **Talking to children about the deaths of people they know in relation to Coronavirus.**

As the number of deaths continue to grow, children and young people will soon find themselves possibly knowing friends or acquaintances who have experienced the death of someone close to them. This is likely to make children fearful of their own loved ones becoming ill and dying. It's important to rationalise that fear, but with age appropriate understanding and reassurance.

When talking to a child about the death of someone important, it is vital that this is done by someone who is close to them and who they trust. Tell them as soon as you can and choose a safe and quiet space in which to do so, making sure you will not be disturbed.

Children's understanding of what death means, varies according to their age and stage of development. Ensure you use language that he or she will understand and use clear and simple words that express the finality of death, such as 'dead', 'death' and 'died, rather than 'gone away' or 'lost' which can sometimes be confusing. Only give as much information as is necessary at the time and remember they will only be able to assimilate a limited amount of information at any given time. Repeat any information they may ask for in a clear and calm way.

Ensure you give them the time and space to process the information you will have just imparted. Do not hide your own emotion from them. It is ok to be sad (or happy) and express your feelings, encouraging them to express their own feelings.

Tell them what might happen next and keep them up to date with any further information you have. It is ok not to have all the answers but to tell them you will find out anything you cannot answer and come back to them.

Re-assure them of your support and make sure they know they can talk to you about their feelings at any time. Try to ensure some routine in their lives, particularly in the weeks following the death as this will feel comforting and safe for them.

### **Sudden death from Coronavirus**

The nature of the virus means that deaths will be unexpected and sudden. Not only this, but isolation means that if a family member is affected, such as a grandparent, children are unable to see them, visit them in a hospital, and most importantly, say goodbye. Family rituals such as funerals and wakes, or other ceremonies post-funeral are also unable to take place as they usually would.

All of these factors make talking to children and young people about Coronavirus harder. Children may feel heightened fear, anger and confusion which needs to be confronted with reassurance, honesty and time.

### **How to say goodbye when attending a funeral isn't possible**

Current government guidelines and NHS advice mean that family, religious and cultural rituals after the death of a relative are not able to take place. Children and young people who experience the death of a loved in this outbreak may not be able

to say goodbye in the traditional way, and will, most likely be unable to attend a funeral.

The prospect of not being able to say goodbye can feel completely overwhelming and it is important to listen to and acknowledge the painful feelings that may surface when a child is unable to say goodbye.

Some things you may want to consider:

Talk to the Funeral Director as they are very caring professionals and will do their best to accommodate your wishes in relation to remembering the person who has died if there is a virtual funeral and helping to include those who cannot attend.

It is still important to explain to the child what a funeral is and explain that whilst it is a way to say goodbye to a loved one, together you will find other ways in which to do this. If there is to be virtual funeral explain some of the things they might see such as the coffin. Explain where the funeral will take place and what will happen. Explain what will happen to the person's body and the difference between a burial and cremation if appropriate.

You may want to create your own ritual and do something special together to remember the person who has died such as:

- Encourage your child to do a drawing, write a message/poem or choose a special item they might like to put into the coffin or have read out at the service.
- If the funeral is a cremation you may be able to let your child know that they will be able to be part of an ashes ceremony some time in a few months.
- Share their stories and photos of your loved one and make time to talk about and remember them.
- Do something creative, for example, create a 'Memory' box that a child can decorate and personalise. This is somewhere they can keep any treasured memories and something they can take out and re-visit providing a source of comfort in the days and weeks ahead.
- Set another future date to celebrate the life of the person who has died, perhaps when you might be able to visit the cemetery or a place that was special to them in the months ahead. Plan what this will look like and who you might like to invite to join you.

Make sure you keep the lines of communication open for children and young people and re-assure them that you are there to listen and support them at any time.

## Be your own boss free Enterprise courses



### Free Explore Enterprise Courses

21<sup>st</sup> – 23<sup>rd</sup> April

- ✓ Professional online course exploring self-employment
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- ✓ Get inspired with other young entrepreneurs
- ✓ Receive help writing your business plan and managing your finances
- ✓ Access business start-up funds
- ✓ 1:1 Business Mentoring
- ✓ Completely FREE!

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Call free 0800 842 842



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Prince's Trust  
Inspiring young lives

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# What constitutes a reasonable excuse to leave the place you live, NPCC



England only



## What constitutes a reasonable excuse to leave the place where you live

Regulation 6 of the The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020 states no person may leave the place where they live without a reasonable excuse. This does not apply to homeless people (Reg. 6(4)). CPS have produced a really useful practical guide as to what might and what might not constitute a 'reasonable excuse'. They have kindly allowed us to reproduce this to help officers, however each case still needs to be considered based on the individual facts as they present themselves.

Some public statements made soon after the adoption of the Regulations suggested that members of the public could only leave their homes if 'essential' to do so. However, this is not the test set out in the Regulations and there is no legal basis for a requirement in those terms to be imposed. The applicable threshold is that of 'reasonable excuse'.

This list is not exhaustive and officers are required to use their discretion and judgement in deciding what is and what isn't 'reasonable' in the circumstances.

	Likely to be reasonable	Not likely to be reasonable	Comments
Necessities	Buying several days' worth of food, including luxury items and alcohol.		There is no need for all a person's shopping to be basic food supplies; the purchase of snacks and luxuries is still permitted. In general terms, a person has a reasonable excuse to visit the shops which remain open to customers under the Regulations.  If a person is already out of the address with good reason, then it would not be proportionate to prevent the person from buying non-essential items.  Food could include hot food from takeaways.  'Obtain' includes purchasing, but could include collecting or sharing items, provided this is genuine.
	Buying a small amount of a staple item or necessity (eg, a newspaper, pet food, a loaf of bread or pint of milk).		
	Collecting surplus basic food items from a friend.		
	Buying tools and supplies to repair a fence panel damaged in recent bad weather.	Buying paint and brushes, simply to redecorate a kitchen.	The regulations specify maintenance and upkeep. This does not extend to renovation and improvements.

## England only

	Likely to be reasonable	Not likely to be reasonable	Comments
Exercise	Including: going for a run or cycle or practicing yoga. Walking in the countryside or in cities. Attending an allotment.		Exercise can come in many forms, including walks.  Exercise must involve some movement, but it is acceptable for a person to stop for a break in exercise.
	Driving to countryside and walking (where far more time is spent walking than driving).	Driving for a prolonged period with only brief exercise.	However, a very short period of 'exercise' to excuse a long period of inactivity may mean that the person is not engaged in 'exercise' but in fact something else.
	Stopping to rest or to eat lunch while on a long walk.	A short walk to a park bench, when the person remains seated for a much longer period.	It is lawful to drive for exercise.
	Exercising more than once per day - the only relevant consideration is whether repeated exercise on the same day can be considered a 'reasonable excuse' for leaving home.		
Work	A key worker or other essential worker travelling to work where it is not reasonably possible to work from home.		There is no requirement to be a key worker or essential worker in order to travel to work. Anyone can travel to work if it is not reasonably possible to work from home.
	A non-key worker or non-essential key worker travelling to work where it is not reasonably possible to work from home.	A person who can work from home choosing to work in a local park.	A request from an employer to attend the work place should be sufficient. But there is no requirement for the person to have any written proof of a need to go to work or volunteering. Police should not ask for ID documents or any other kind of document.
	A person delivering food packages to vulnerable people.	A person knocking on doors offering to do cash-in-hand work.	There is no requirement for volunteers to work for a registered organisation or charity. There is no requirement for the volunteering to be related to COVID-19.

	Likely to be reasonable	Not likely to be reasonable	Comments
Other reasons	Taking an animal for treatment.	Visiting a vet's surgery in person to renew a prescription (where this could be done over the phone).	Vet's surgeries remain open and so taking an animal for emergency treatment would qualify as a good reason (as the owner has a duty to preserve welfare). But visiting a vet's surgery where a call would suffice would not be reasonable.
	Moving to a friend's address for several days to allow a 'cooling-off' following arguments at home.		The Regulations allow people to move house. This means that individuals can move between households. But this should be a genuine move (ie, measured in days, not hours).
	Providing support to vulnerable people.	Visiting a friend in their address or meeting in public to socialise.	Social visits are not generally a good reason to leave home. However, there may be exceptional circumstances for a person to visit another (eg, a hospital authorising a particular person to visit).

# Coronavirus Government Advice



## SOCIAL DISTANCING

The Government has stopped all public gatherings of more than two people. You should be minimising time spent outside of the home and ensure you are 2 metres apart from anyone outside of your household.

## AVOID **ALL** UNNECESSARY TRAVEL



We want to remind everyone that you should only use your vehicle for essential journeys. Current Government advice states that this includes journeys for food shopping, medical need or to provide care or help to a vulnerable person. You should only travel to and from work if you cannot work from home.

## EXERCISE

People must stay at home as much as possible to reduce the spread of the virus. You can still go outside for exercise, for example for a run, walk with your dog, or cycle ride - alone or with members of your household. But you should avoid driving to a location away from home to carry this out.



## FIND OUT MORE / CONTACT US

Follow Government advice at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

To report a crime or seek advice about a crime or anti-social behaviour, please visit [www.avonandsomerset.police.uk/report](http://www.avonandsomerset.police.uk/report). If you are unable to report online, please call 101.

If you or anyone you know is in immediate danger always call 999.

Our officers are patrolling the streets as usual and will make clear the importance of social distancing at this time.

**We appreciate your co-operation**

**Avon and Somerset Police**  
**SERVE. PROTECT. RESPECT.**

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk) | Follow us on

**CORONAVIRUS**  
**#StayHomeSaveLives**



## **AVOID ALL UNNECESSARY TRAVEL**

Current Government restrictions mean you should not travel to this location for exercise. Each and every one of us has been instructed to avoid all unnecessary travel.

People must stay at home as much as possible to reduce the spread of the virus. You can still go outside for exercise once a day, for example for a run, walk with your dog, or cycle ride - alone or with members of your household. But you should avoid driving to a location away from home to carry this out.

When away from your home, we urge you to comply with Government measures around social distancing. You must minimise the time you are out of your home and stay at least two metres away from anyone else that isn't from your household.



### **FIND OUT MORE / CONTACT US**

Follow Government advice at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

To report a crime or seek advice about a crime or anti-social behaviour, please visit [www.avonandsomerset.police.uk/report](http://www.avonandsomerset.police.uk/report). If you are unable to report online, please call 101.

If you or anyone you know is in immediate danger always call 999.

Our officers are patrolling the streets as usual and will make clear the importance of social distancing at this time.

**We appreciate your co-operation**

**Avon and Somerset Police**  
**SERVE. PROTECT. RESPECT.**

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk) | Follow us on

# **Food Services**

## BS13, COVID-19 Food Response

### COVID-19 FOOD RESPONSE

**WE ARE MAKING AND  
DELIVERING FREE MEALS  
FOR PEOPLE WHO NEED  
THEM**

If you live in BS13 and your income has been affected, you're waiting for benefits, you're self-isolating, or are unwell and you are struggling to access food, please call us on

**0117 911 2719**

**OUR PHONE LINES ARE OPEN 10AM-5PM ON  
MONDAYS, WEDNESDAYS & THURSDAYS.  
WE WILL BE DELIVERING MEALS ON  
TUESDAYS AND FRIDAYS.**

**NO ONE SHOULD BE GOING HUNGRY**





The Gatehouse Centre, Hareclive Road, Hartcliffe  
Bristol BS13 9JN  
Registered Charity No. 1098339 / Limited by Guarantee No. 2845220

**Making BS13 Brilliant!**

Dear Colleagues

We are delighted to launch our new Heart of BS13 (formerly HHEAG) website this week and we encourage you to share it widely amongst your networks.

As we launch, our programmes are either currently suspended or in variation, but we are pleased to be working with local partners to deliver an [emergency food response](#) in BS13 and we will be resuming our usual services as soon as we are able.

Positive Minds is offering a limited service to current clients via phone contact and assessing local need.

We apologise for any cross posting and look forward to working with you soon.

[www.heartofbs13.org.uk](http://www.heartofbs13.org.uk)

With best wishes

Helen

**Helen Gunson**

**Positive Minds Manager**

**Tel: 0117 964 4670**

**Mob: 0788 0661 239**

**My Working Days are Monday, Wednesday, Thursday, Friday**

# Food Package Helpline

0117 325 0450

If you or someone you know needs access to food please call our helpline now. **Call anytime to leave a message and a volunteer will get back to you between 10:00 - 18:00 Mon - Fri**

Nutritious cooked meals delivered frozen **for free** anywhere in Bristol

**Everyone has a right to food.** We do not means test. **This is solidarity not charity**

## **We need volunteers:**

- delivery people
- phone line managers
- qualified cooks

## **Please email**

[bristol@nationalfoodservice.uk](mailto:bristol@nationalfoodservice.uk)

If you want to donate go to [justgiving.com/crowdfunding/national-food-service](https://www.justgiving.com/crowdfunding/national-food-service)

**Food Package Helpline**

# Helplines

## **Bristol Covid-19 Support Number**

**Bristol has a dedicated hotline for its most vulnerable citizens during the COVID-19 pandemic. Call the We Are Bristol support number:**

**0117 352 3011**



**Open from 8.30am-5pm,  
Monday to Friday,  
helping people obtain food supplies,  
medication, other essentials,  
and follow-up support.**

A dedicated telephone hotline has been launched in Bristol to help the city's most vulnerable citizens during the coronavirus pandemic and will offer a potential lifeline to isolated and worried residents across the city.

Freephone hotline support phone number is **0800 694 0184**

Call handlers will be available initially during office hours (8.30am-5pm, Monday to Friday) to provide support for people with a wide range of needs, including obtaining food supplies, other essential items and medication. They can also help arrange follow-up support with different organisations.

You can volunteer to support people in your community through Bristol City Council's Can Do website <https://candobristol.co.uk/activity/coronavirus--covid-19-%5Bofficial-volunteering---register-interest-w-bristol-city-council%5D>

## North Bristol Advice Centre



[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

Community Navigators - Free help & support for the over 50'S

**HELLO!** If you are over 50 and self-isolating, we can help

Our names are: Miranda & Lisa

We work at: North Bristol Advice Centre



Our phone numbers are: Miranda - 07927029875, Lisa - 07807959768

**If you are over 50 and self-isolating due to COVID-19 we can help with:**

- Picking up urgent shopping
- A friendly phone call for emotional support
- Urgent supply referrals on your behalf to Bristol City Council and other support services

Just call or text us and we'll do our best to help you (for free!)

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

## South Bristol Advice Centre



SBAS Provides Free, Professional, Confidential Advice and Information to Residents of South Bristol Seeking Help with Welfare Benefits and Debt.

Due to the Corona Virus Covid-19 we are unable to see clients face to face.

We are still able to help by;

**Phone for Debt 0117 9038358 or Mobile 07526067224**

**Phone for Welfare Benefits 0117 9851122 or 07957353427**

You Can - Drop off Paper work or Documents to our Main office at The Withywood Centre Tuesday and Wednesday between 10 and 12am

You Can Post to SBAS The Withywood Centre Queens Road Bishopsworth Bristol BS13 8QA

# **Parenting Services and Resources**



# **SUPPORTIVE PARENTS**

*The SENDIAS service for children,  
young people and their parents*

## **Supportive Parents Service Update**

*Our information, Advice and Support Service is operating as normal.*

*However, in line with Government advice we are not able to offer a face to face service at present and are operating a remote service. As far as possible Supportive Parents will continue with business as usual.*

*Please see attached a leaflet with further details about how we are delivering our service. Do share this with anyone you are working with who may wish to use our service.*

### **SP Service Update**

*We are keen to explore other ways in which we, as a SENDIAS service can work with partners to support CYP and their families at this difficult time. Please do contact us if you feel that we can be of assistance.*

*We wish you well*



## Service Update : **How we can Help**

**TELEPHONE SUPPORT:** Our Information, Advice and Support line service is operating as normal but calls are being diverted to an answer machine to enable remote working. We still aim to return all calls within 24 hours, Monday-Friday, between 9.30 and 4.30pm.

**PAPERWORK:** We offer One to One support via telephone and email, to support with any aspect of SEND including: preparing for annual review or tribunal, statutory assessment etc. Telephone or on-line translation service can be provided where needed.

**MEETINGS AND FACE TO FACE :** We are working with varied media options to communicate with service users such as face-to-face online meetings and may be able to dial into meetings where capacity and technology allow.

**INFORMATION AND SIGNPOSTING SERVICE:** We will provide an Information and signposting service through our social media, e-bulletin and website, including relevant updates about the COVID -19 virus and information from local authorities and the CCG. Browse Aloud is available on our website.

### ANY QUESTIONS / CONTACT:

**Telephone:** 0117 9897725 or

**Email:** [support@supportiveparents.org.uk](mailto:support@supportiveparents.org.uk)

**For more information see our News Page:**

<https://www.supportiveparents.org.uk/latest-news/>

**Facebook**

<https://www.facebook.com/SupportiveparentsPPS/>



# #OnlineSafetyAtHome

From Thinkuknow



Our second **#OnlineSafetyAtHome** pack is now available for you to share with parents and carers. These include new activities for:

- 4-5s , 5-7s ,8-10s, 11-13s, 14+

Download

Not sharing work over the next couple of weeks? All of our home activity packs will remain available on our [parents and carers website](#) for you to download at any time you choose.

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## Dealing with COVID-19: new articles for parents and carers

To help families through lockdown and social distancing, new articles on [Parent Info](#) tackle some of the key issues they are experiencing, including:

- [Separated parents managing arrangements to see their child](#)
- [Supporting teens to cope with lockdown](#)
- [Looking after their mental health while stuck indoors](#)
- [Starting difficult conversations about COVID-19 with their child](#)

You can make this support and advice more accessible by embedding the [Parent Info](#) newsfeed in your website for free.

## Unsolicited nudes: advice for teens

Unsolicited nude image sharing is when people share unwanted nudes. Young people have told us that this can feel 'normal' because it happens a lot, but that definitely doesn't make it okay.

Our [new article for teens](#) includes advice on what they can do if they receive an unwanted nude.

Continue to check out our [Twitter](#) and [Facebook](#) for updates on the latest Thinkuknow advice and resources, and get in touch with us at [ceopeducation@nca.gov.uk](mailto:ceopeducation@nca.gov.uk) for further support or to share feedback on our new packs.

Best wishes, CEOP Education Team

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# Goal progress chart

Name

Please choose one goal that you would like to focus on for your child and one goal for yourself. Over the course of the parenting programme, you can track your progress in achieving your goals on this chart.

A) Goal for my child; .....

Session	Date	Today I would rate my progress to this goal? (please circle the appropriate number below)										
Remember a score of <b>zero means no progress has been made towards a goal</b> , a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two												
1		0	1	2	3	4	5	6	7	8	9	10
2		0	1	2	3	4	5	6	7	8	9	10
3		0	1	2	3	4	5	6	7	8	9	10
4		0	1	2	3	4	5	6	7	8	9	10
5		0	1	2	3	4	5	6	7	8	9	10
6		0	1	2	3	4	5	6	7	8	9	10
7		0	1	2	3	4	5	6	7	8	9	10
8		0	1	2	3	4	5	6	7	8	9	10
9		0	1	2	3	4	5	6	7	8	9	10
10		0	1	2	3	4	5	6	7	8	9	10

B) Goal for myself as a parent; .....

Session	Date	Today I would rate my progress to this goal? (please circle the appropriate number below)										
Remember a score of <b>zero means no progress has been made towards a goal</b> , a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two												
1		0	1	2	3	4	5	6	7	8	9	10
2		0	1	2	3	4	5	6	7	8	9	10
3		0	1	2	3	4	5	6	7	8	9	10
4		0	1	2	3	4	5	6	7	8	9	10
5		0	1	2	3	4	5	6	7	8	9	10
6		0	1	2	3	4	5	6	7	8	9	10
7		0	1	2	3	4	5	6	7	8	9	10
8		0	1	2	3	4	5	6	7	8	9	10
9		0	1	2	3	4	5	6	7	8	9	10
10		0	1	2	3	4	5	6	7	8	9	10

# Advice for parents during coronavirus

## Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 <p><b>RED</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Becomes pale, mottled and feels abnormally cold to the touch</li><li>• Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts <b>grunting</b></li><li>• Severe difficulty in breathing becoming agitated or unresponsive</li><li>• Is going blue round the lips</li><li>• Has a fit/seizure</li><li>• Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li><li>• Develops a rash that does not disappear with pressure (the 'Glass test')</li><li>• Has testicular pain, especially in teenage boys</li></ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>
 <p><b>AMBER</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (<b>recession</b>) or <b>head bobbing</b></li><li>• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li><li>• Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down</li><li>• Has extreme shivering or complains of muscle pain</li><li>• Babies under 3 months of age with a temperature above 38°C / 100.4°F</li><li>• Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li><li>• For all infants and children with a fever above 38°C for more than 5 days.</li><li>• Is getting worse or if you are worried</li><li>• Has persistent vomiting and/or persistent severe abdominal pain</li><li>• Has blood in their poo or wee</li><li>• Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li></ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&amp;E</p>
 <p><b>GREEN</b></p>	<p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"><li>• You can continue to provide your child care at home. Information is also available on NHS Choices</li><li>• Additional <b>advice</b> is available to families for coping with crying of well babies <b>ICON</b></li><li>• Additional <b>advice</b> is available for children with complex health needs and disabilities.</li></ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

# **Mental Health Services and Resources**

# Bristol Mental Health Employment Service



10-12 Picton Street  
Montpelier  
Bristol  
BS6 5QA

Office: 0117 9232741

[enquiry.bmhemployment@richmondfellowship.org.uk](mailto:enquiry.bmhemployment@richmondfellowship.org.uk)

Opening times: Monday to Friday 9am until 5pm

Hello

Bristol Mental Health Employment Service, is part of Bristol Mental Health; a partnership of statutory and volunteer organisations funded by the NHS.

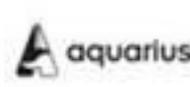
We offer support to people who are experiencing mental health difficulties which is affecting their ability to sustain or find employment.

During this unprecedented health crisis we are relaxing our criteria to include anyone who has wellbeing support needs – this can include their employment situation but does not need to.

If you are unsure of how we can support you and the people you are supporting please contact us and one of the services Employment Advisors will be happy to discuss what we can offer.

We look forward to hearing from you.

Services provided by Bristol Mental Health are funded by the NHS and delivered by a range of organisations which are identified at [www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)



We're a new group of expert charities being built to inspire recovery nationwide

# Psychoeducation and skills

## Introduction

Welcome to this guide to videos for psychoeducation and skills.

I have found videos to be an interesting and memorable way of sharing information in both therapy and supervision sessions. This document provides links and descriptions of helpful videos which range from approximately 30 seconds to 15 minutes in duration. Some videos have been found as I have searched for resources to support my work, and others have been recommended by colleagues. Topics include emotion regulation skills, psychoeducation about trauma and the brain, therapeutic metaphors and service user accounts of their experiences. Most are available on YouTube.

Psychoeducation can be helpful for explaining human responses to life events and why we experience emotional reactions. It can also help to set out the rationale for developing emotional regulation skills such as relaxation, breathing and grounding exercises. Video resources can assist us to learn and practice new skills and techniques.

### *How to use these videos*

I have found it helpful to select appropriate videos for clients or colleagues, and then to watch these together followed by discussion. It is possible that seeing the full list may be overwhelming for some clients, and the content of some videos may be distressing or unhelpful. Support may be required with some content.

### *The importance of the relationship*

Whilst compiling these videos, I found an impactful short animation about empathy that I had watched during clinical psychology training. Although I wanted to include it, I couldn't see how it fitted with the rest of the content. However, when I re-watched it I realised that it probably should be the first video in this guide. Dr. Brené Brown's short film on empathy concludes that, "*Rarely can a response make something better. What makes something better is connection*". This seems like an important place to start.

[https://www.youtube.com/watch?v=1Evwgu369Jw&list=PLgBh1bDK7Jg\\_VJOeqYzP5Z3jebaSbmLy&index=2&t=0s](https://www.youtube.com/watch?v=1Evwgu369Jw&list=PLgBh1bDK7Jg_VJOeqYzP5Z3jebaSbmLy&index=2&t=0s)

Thank you for reading the guide and I hope you find it useful. I would welcome your feedback and any suggestions for videos to include in future updates.

Sally McGuire

Clinical Psychologist

### **Acknowledgements**

Thank you to those who have recommended resources, including: Dr Megan Cowles, Dr Mia Foxhall, Dr Cara Haines, Dr Rowena Pagdin, Dr Morwenna Roberts, Dr Nick Stewart. To recommend links to include in the next version of this guide, please contact [sally.mcguire@nhs.net](mailto:sally.mcguire@nhs.net) 4

## Emotions

### **Alfred & Shadow: What are Emotions and How do They Work? (7 mins 3 secs)**

An animated video using the characters Alfred and Shadow to explain what emotions are, how they can be helpful and unhelpful, and how to change them.

<https://www.youtube.com/watch?v=SJOjpprbfeE>

### **Alfred & Shadow: A Short Story About Self-Criticism (5 mins 26 secs)**

An animated video using the characters Alfred and Shadow to explain how to challenge the internal critical voice. [https://www.youtube.com/watch?v=VP7R\\_WIm6-M](https://www.youtube.com/watch?v=VP7R_WIm6-M)

## Emotional Regulation, Relaxation and Grounding Skills

### **Introduction to Grounding Exercises (6 mins 46 secs)**

This video explains the benefit of 'grounding' exercises, and why using the body and the senses can help to induce feelings of calm. The narrator explains what happens in the body and brain when grounding exercises are used.

<https://www.youtube.com/watch?v=agdpFsKGdOE>

### **Anxiety Management Skills (Various)**

This is a playlist of videos of different anxiety management exercises, including grounding, guided imagery and relaxation, mindfulness, and breathing exercises.

<https://www.youtube.com/playlist?list=PLiUrrIiqidTVNQB5GrD2uh-bmfUGGwh-z>

### **Progressive Muscle Relaxation (15 mins 58 secs)**

This video made by Newcastle Upon Tyne NHS Trust guides the listener through a 15-minute progressive muscle relaxation video.

<https://www.youtube.com/watch?v=912eRrbes2g>

### **Meditation 101 – Introduction to Meditation (2 mins 01 secs)**

A short animation introducing the basics of mindful meditation and why it can be helpful.

<https://www.happify.com/hd/meditation-101-animation/>

### **Soothing Rhythm Breathing (9 mins 28 secs)**

The narrator guides the listener through a soothing rhythm breathing exercise. Soothing rhythm breathing comes from Compassion Focussed Therapy which helps people to deal with difficult emotions, particularly those relating to self-criticism. Soothing rhythm breathing aims to tone down or turn off the threat system.

[https://www.youtube.com/watch?v=QsGek\\_AEDJI](https://www.youtube.com/watch?v=QsGek_AEDJI)

### **Three Minute Breathing Space (3 mins approx)**

The narrator guides the listener through a 3-minute mindfulness exercise.

<https://www.youtube.com/watch?v=rOne1P0TKL> (Male Voice)

[https://www.youtube.com/watch?v=Eq\\_z-B8JtTQ](https://www.youtube.com/watch?v=Eq_z-B8JtTQ) (Female Voice)

### **Defusion From Thoughts - Mindfulness Exercise (9 mins 37 secs)**

This guided mindfulness exercises guides the listener to become aware of thoughts without getting caught up in them. <https://www.youtube.com/watch?v=9T5bvsysc5Tw>

### **Safe Place Imagery (12 mins 50 secs)**

The narrator guides the listener to develop an image of a safe place image that can help with feeling safe and relaxed. [https://www.youtube.com/watch?v=5\\_8noKPP8NQ](https://www.youtube.com/watch?v=5_8noKPP8NQ)

## **Stress**

### **Understanding and Managing Stress (2 mins 32 secs)**

A short animated video which uses the 'stress bucket' analogy to illustrate different human capacities for handling stress which is influenced by genetics and life experiences. It explains how different coping strategies (or 'taps' on the bucket) can release water (stress) from our bucket so that it does not overflow. [https://www.youtube.com/watch?v=CZTc8\\_FwHGM](https://www.youtube.com/watch?v=CZTc8_FwHGM)

## **Trauma, Brain and Body**

### **What is Trauma? (10 mins 3 secs)**

A video created in Avon & Wiltshire Partnership Mental Health Trust which gives an overview of trauma including the differences between single-event and complex trauma. <https://youtu.be/vMsr7ZSI6As>

### **Trauma and the Brain (8 mins 44 secs)**

An animated video created by NHS Lanarkshire and partners which shows two police detectives interviewing a young lady who is reporting rape, and how they learn to take a trauma-informed approach to interviews once they have attended trauma training. Shows the impact of trauma on the brain, particularly on memory. <https://www.youtube.com/watch?v=4-tcKYx24aA>

### **Fight or Flight basics (4 mins 10 secs)**

A short animation showing how primeval people used the fight or flight responses for survival, but how the automatic response may at times be unhelpful in the modern world. <https://www.youtube.com/watch?v=aDVQXbNrpKU>

### **Fight Flight or Freeze Response (3 mins 5 secs)**

A short animation explaining the human responses of fight, flight or freeze which are used for survival, and the physical sensations felt in the body. [https://www.youtube.com/watch?v=jEHwB1PG\\_-Q](https://www.youtube.com/watch?v=jEHwB1PG_-Q)

### **The Three Main Parts of the Brain (3 mins 07 secs)**

An animated video by Dr Russ Harris which demonstrates a simple way to explain the three main components of the brain and their functions. <https://www.youtube.com/watch?v=5CpRY9-MIHA>

### **Evolution of the Human Mind (3 mins 37 secs)**

An animated video by Dr Russ Harris which explains how survival skills which were once essential for survival can be less helpful in the modern world. The video shows that difficult thoughts and feelings are part of normal human responses. <https://www.youtube.com/watch?v=kv6HkipQcfA&feature=youtu.be>

### **The Brain and Trauma (5 mins 36 secs)**

An animated video by Dr Russ Harris which describes what happens in the brain during trauma. The video uses four metaphors to explain brain function: the Data Analyst,

Emergency Alarm, Security Guard and Mission Control.

<https://www.youtube.com/watch?v=a-ddSEHRWVg>

### **Understanding Trauma: Learning Brain vs Survival Brain (4 mins 57 secs)**

A video explain the impact of trauma on the brain, specifically that it can become ‘stuck’ in survival mode which makes it more challenging to learn and remember new information.

<https://www.youtube.com/watch?v=KogaUANGvpA>

### **The Truth about Unwanted Arousal (15 mins 16 secs)**

A TED talk by Emily Nagoski which discusses how an automatic response from the body’s arousal system can mean that non-condordant physical arousal can occur during traumatic sexual experiences. <https://www.youtube.com/watch?v=L-q-tSHo9Ho>

### **The Flop Response for Survival (0 mins 32 secs)**

This video shows an animal using the automatic ‘flop’ response to survive an attack.

<https://www.youtube.com/watch?v=Lupt2qajcJg>

### **Child Development and Childhood Trauma**

Trauma and the Window of Tolerance (6 mins 47 secs)

An animation showing the impact of trauma on a child’s ‘window of tolerance’ of emotions, and the importance of widening the window. <https://youtu.be/Wcm-1FBrDvU>

### **Adverse Childhood Experiences (ACEs) (5 mins 43 secs)**

An animation by Public Health Cymru showing the lifelong impact of adverse childhood experiences and how adult intervention can support children experiemcing ACEs.

<https://www.youtube.com/watch?v=XHgLYI9KZ-A>

### **Attachment Theory: How Childhood Affects Life (7 mins 35 secs)**

An overview of attachment theory including the different attachment styles.

<https://www.youtube.com/watch?v=WjOowWxOXCg>

## **Neurodevelopment**

### **Autism Explained (5 mins 30 secs)**

An animated video called “Amazing Things Happen” developed by Alex Amelines which explains autism from a child’s perspective. <https://m.youtube.com/watch?v=6fy7gUIp8Ms>

### **Hearing Voices**

Compassion for Voices (5 mins 13 secs)

A short animation narrated by Eleanor Longden (who has personal experience of voice-hearing) and Rufus May (Clinical Psychologist) about voice hearing using a compassion-focussed approach. The video looks at the link between voices and the threat, soothing and drive systems. <https://www.youtube.com/watch?v=VRqI4lxuXAw>

### **Engaging with Voices (Various)**

A series of 14 short videos each of which feature a conversation between Elizabeth Svanholmer (who has personal experience of voice hearing), Rufus May (Clinical Psychologist) and Charlie Heriot-Maitland (Clinical Psychologist) about how to engage with and understand voices using a compassion-focussed approach.

<https://openmindedonline.com/portfolio/engaging-with-voices-videos/>

## People with Experience

### Personal experiences of mental health difficulties (Various)

The mental health charity MIND's website has some videos of people sharing their experiences of different mental health problems. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

### Voice Hearing (14 mins 17 secs)

In this TED talk, Eleanor Longden talks about her experiences of voice-hearing and recovery. <https://www.youtube.com/watch?v=syjEN3peCJw>

### Sexual Trauma (3 mins 46 secs)

In this video, a male rape survivor talks about his experience of recovering from trauma. Includes brief discussion of the flight, flight, freeze and flop responses, and his experiences of accessing therapy. [https://www.youtube.com/watch?v=3MfVv\\_ljeSE](https://www.youtube.com/watch?v=3MfVv_ljeSE)

### Cognitive Behavioural Therapy (CBT)

CBT explores the links between cognitions (thoughts, images, beliefs), behavioural responses and their impacts on emotions and wellbeing. An introduction to the concepts within CBT can be found in this article: <https://theconversation.com/explainer-what-is-cognitive-behaviour-therapy-37351>

### CBT Demonstration Videos

The Centre for Clinical Interventions in Perth, Western Australia, has developed a series of videos to demonstrate the use of CBT strategies. Topics include: vicious cycle of depression, vicious cycle of anxiety, thought diaries, and behavioural activation. <https://www.cci.health.wa.gov.au/Training/Demonstration-Videos>

### CBT Techniques: Identifying Unhelpful Thinking Patterns (Part 1: 1 min 51 secs; Part 2: 2 mins 23s secs)

A two-part animation which explains 12 common unhelpful thinking patterns.

Part 1: <https://www.youtube.com/watch?v=bK5-NwAxWNM>

Part 2: <https://www.youtube.com/watch?v=woEtYFz3U7Y>

### Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) an approach which suggests that we can learn to allow painful or distressing experiences, rather than fighting against them. The approach also emphasises the importance of identifying and living according to personal values.

#### Values and Goals

The values focused v goal focused life (3 mins 51 secs)

An animated video by Dr Russ Harris which uses Acceptance and Commitment Therapy (ACT) to explain the difference between values and goals-driven life.

<https://www.youtube.com/watch?v=eiPxLpYlw4I>

### Therapeutic Metaphors

The Unwelcome Guest (4 mins 20 secs)

This metaphor illustrates how to live according to personal values despite unwanted or uninvited difficulties. <https://youtu.be/VYht-guymF4>

Passengers on the Bus (4 mins 51 secs)

This metaphor uses the idea of passengers on a bus who represent unwelcome, unwanted or difficult experiences. By fighting, struggling with or giving in to these passengers, the bus driver is no longer in charge of the route or life direction. It shows that finding different ways to respond to the passengers enable the driver to keep heading in the chosen direction.

<https://www.youtube.com/watch?v=Z29ptSuoWRc>

#### **Demons on the Boat (4 mins 46 secs)**

This metaphor shows the importance of living a life that is heading in a valued direction, no matter how far the distance to travel. The video shows how demons (representing difficult experiences, thoughts or feelings) try to divert the course. However, by sailing on towards the valued direction, some demons will get bored and give up and others will be accepted and managed. <https://youtu.be/z-wyaP6xXwE>

#### **The Struggle Switch (3 mins 02 secs)**

The metaphor of an on/off switch is used to show that struggling against difficult experiences and feelings can make these experiences even more distressing and uncomfortable.

<https://youtu.be/rCp1116GCXI?list=PL3Hwe3nmoGuf-hYDRjHG4OPWxpmGFPppk>

#### **Quick Sand (4 mins 50 secs)**

This metaphor shows that wrestling with something unwanted can create stuckness and repeated unhelpful patterns. Through acceptance of the situation and trying a different approach, a way forward may be found to release the stuckness.

<https://www.youtube.com/watch?v=7DGupVaIwEY&feature=youtu.be&list=PL3Hwe3nmoGuf-hYDRjHG4OPWxpmGFPppk>



## LEADING LIGHTS EDUCATION & WELLBEING

BRINGING LOVE

**Glow** aims to make three key differences for these children, young people and their families:

- Improve social, emotional and mental health
- Reducing feelings of isolation and being better able to make friends and build supportive peer relationships
- Being better able to thrive in education and improve educational outcomes.

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 - 10:00 a.m.					
10:00 - 11:00 a.m.	Realising Talent - Closed Session				
11:00 - 12:00 a.m.					
12:00 - 1:00 p.m.		Bristol Scholars Helpline			
1:00 - 2:00 p.m.					
2:00 - 3:00 p.m.	Remix Primary				No Filter
3:00 - 4:00 p.m.			Parents Helpline	Children's Helpline	
4:00 - 5:00 p.m.					
5:00 - 6:00 p.m.					

Realising Talent: These are CLOSED sessions

### **Remix Primary Online Mentoring Group -Referral only please email [shona@leadinglightseducationandwellbeing.org.uk](mailto:shona@leadinglightseducationandwellbeing.org.uk)**

These online sessions are for primary school age children with mental health needs particularly by those with significant anxiety and social isolation:

- small group creative therapeutic sessions provide specialist learning and wellbeing provision
- There is a strong wellbeing focus for these sessions since they provide opportunity to make friends within a safe environment reducing social isolation.
- Proactively addresses emotional and mental health
- Emphasis on building on key curriculum skills and creating enjoyment of learning across subjects.

**Bristol Scholars telephone Helpline** : These are CLOSED sessions for our Bristol Scholars group

Please text or call:

- Sarah Louise - 078914087
- Ben - 07584 423472

**Parent's Telephone Helpline: This is open to any parents effected by mental health and SEND needs form themselves and their children who need advocacy and support from specialists or just someone to chat to.**

- Sarah Louise - 078914087
- Ben - 07584 423472
- Shona - 07497308748

**Children's and Young Peoples Telephone Helpline:**

This is open to children and young people effected by mental health and SEND needs form themselves and their children who need advocacy and support from specialists or just someone to chat to someone. Call or text:

- Sarah Louise - 078914087
- Ben - 07584 423472
- Shona - 07497308748

### **No Filter: Referral only please email [shona@leadinglightseducationandwellbeing.org.uk](mailto:shona@leadinglightseducationandwellbeing.org.uk)**

These online sessions are for secondary school age children with mental health needs particularly by those with significant anxiety and social isolation:

- Small group mentoring sessions for young people aged 14+ will be focused on resilience and thrive mentoring for young people struggling with social isolation or who have been bullied and will help in building relationships, confidence and develop resilience..
- This mentoring project provides opportunity to build friendships in a safe environment and enables access to talking, narrative, and creative arts therapies to build resilience.
- It reduces social isolation and provide opportunities to create positive peer networks

## Mental Health and Emotional Wellbeing Online Support

Young Minds:

<https://youngminds.org.uk/>

Mind:

<https://www.mind.org.uk/>

Kooth:

<https://www.kooth.com/>

NHS Every Mind Matters:

<https://www.nhs.uk/oneyou/every-mind-matters>

NHS Mental Health Helplines:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

NHS Approved Apps:

<https://www.nhs.uk/apps-library/category/mental-health/>

**\*All apps are free to download**

### Mental health

**What's up** – Therapy methods to help with depression, anxiety, stress and more and coping strategies

**Mindshift CBT** - Specifically for teen/young adults who have anxiety. Helps you face intense emotions and learn how to rethink living with anxiety

**Dare Break Free From Anxiety** – Audio techniques for anxiety, panic attacks, insomnia and stress

**CBT Thought Diary** - CBT tool - journal in your phone to record and track your negative thoughts and helps you to challenge and rephrase them

**DBT Coach** -

**#selfcare** - beautifully designed relaxation companion

**Gratitude: personal growth and affirmations journal** - daily gratitude journaling in your phone

**Daily affirmations** - fill your day with positivity

### For support

**You** – A social network platform encouraging mindfulness, gratitude and wellbeing in your day, giving you tasks and prompts for you to complete to improve your wellbeing

**7 Cups** – Chat 1:1 with a trained listener anytime about anything on your mind. Listeners aren't therapists or counsellors, but trained volunteers.

**Elefriends** – A supportive online community from the mental health charity

*Mind*

**WYSA** – stress, depression, anxiety therapy chatbot

**Youper** – chatbot who checks up on you, based on therapy

### **Games with mental health benefits**

**Happify** - science-backed games to reduce stress, help you live a happier life

**Superbetter** - battling anxiety or stress through a superhero game

**Antistress, relaxing, anxiety and stress relief game** - calming and satisfying games

### **Self-harm and suicide**

**Calm harm** - Focuses on 'breath, relax, express, distract, comfort' to relieve self-harm urges

**Self-heal** – Help for now and help for longer term for self-harm

**Stay Alive** - suicide prevention app

### **Mindfulness**

**Headspace** – Guided mindfulness meditation course

**Calm** – Guided mindfulness and breathing exercises

**Breatheball** - Guided deep breathing made simple as you follow the inhale and exhale prompts

**Let's meditate sleep & guided meditation** - Guided exercises

**Rootd** – Anxiety relief in your pocket

**Happy not perfect** - daily quick 8-step routine to help you boost your feel-good hormones and relax anywhere. The workout features breathing and journaling exercises, meditations, inspiring quotes and mood tracking

**Mandala colouring book** - mindful adult colouring on your phone

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**Mandala colouring book** - mindful adult colouring on your phone

### Physical health

**Couch to 5K** - realistic goals and support to get you into running, guided recordings as you run

### Productivity help

**Forest: stay focused** - using the pomodoro technique (breaking down study into 25 minute intervals) helping you stay focus when working

**Streaks** – Helps you to form good habits

**Glan** - time management support with daily targets and work timers when needing productivity support

**Productive - habit tracker** - useful if you are wanting to make some changes

**Lofi radio** - 24 hour continuous relaxing lofi tunes for study background

### General games as a good distraction

Draw classic (connects you with another player)

Quiz Up (connects you with another player)

Scrabble GO (connects you with another player)

2 player games free (connects you with another player)

Candy crush

Crazy kitchen

Wordscape

Pictoword

Brain test: tricky puzzles

Elevate - brain training games

Just dance

Cooking mama

Mario kart

Simulator games

The Sims

My School - You're the Teacher

Rollercoaster Tycoon

Hotel Empire Tycoon

Animal Restaurant

Life Simulator 3 - Real life

## **MORE IDEAS FOR YP TO DO AT HOME.....**

- Create a youtube channel for your hobby (vlogging, gaming, singing, makeup, film reviews)
- Journaling (look online for journal prompts)
- Crafting (check out pinterest for ideas!)
- Rearrange or redecorate your bedroom
- Cooking (e.g. homemade soups, curries, pasta dishes, chinese dishes, pizzas, a roast dinner)
- Baking (cake, brownies, cookies, tiffins, crumble, banana bread, muffins, biscuits)
- Making TikTok videos
- Make an instagram account for your pet
- Make music playlists for different moods on Spotify
- Put together your own cookbook with your favourite recipes
- Have a pamper session (face mask, manicure)
- Play around with photography
- Make a instagram account for your hobby (art, food, beauty)
- Try out graphic design
- Blogging
- Video production
- Create a list of must watch movies - and work your way through them!
- Have a digital clear out
- Podcasts - could be entertaining or educational
- Reading -
- Nonfiction, fiction, magazines
- Drawing
- Painting -
- Acrylic, oil, water colours
- Learning or playing instruments
- Singing
- Dancing
- Gaming
- Browse the App store for some new free Apps
- Do some deep spring cleaning
- Tidying your room
- Create a Depop account gather some old clothes to sell      Gather some charity shop bags of unwanted items
- Watch some inspirational TED Talks
- Make a list of your goals in life
- Do some simple stretches
- Follow a Youtube exercise video
- Follow a Youtube Yoga video
- Board games, charades, card games
- Learn a language on Duolingo
- Make a bucket list
- Blogging / making pinterest boards
- Get arty with collages
- Scrapbooking
- Browse Buzzfeed for some quizzes
- Learn a new skill
- Knitting / sewing / textiles
- Bring the outside in and plant flowers
- Writing -free writing, writing about your emotions, story writing, fan fiction,
- Binge watch a boxset
- Calligraphy
- Aerobics / zumba videos on youtube
- Puzzles
- Song writing, poetry writing
- Have a themed dinner (mexican, italian, indian)

# Resources

# Crisis Plan

BROUGHT TO YOU BY



BLURTTOUT.ORG

HAVING A CRISIS PLAN IN PLACE CAN BE EXTREMELY HELPFUL IN TIMES OF DIFFICULTY.

Download or print out this document, fill it in and keep in a safe place to refer to when you need it. You may also want to share it with people who help you, such as your GP, MH team, and loved ones you might call on in a crisis.

1. WHAT IS A CRISIS TO ME? (e.g. feeling unsafe, self-harm urges, suicidal thoughts etc)

2. THINGS THAT CAN LEAD TO A CRISIS: (what experiences, situations can trigger suicidal/unsafe feelings?)

3. WHAT ARE THE TYPICAL THOUGHTS I HAVE WHEN I'M IN CRISIS? (e.g. 'I'm a waste of space', 'things will never get better', 'I don't deserve to be here')

4. WHAT ARE THE TYPICAL FEELINGS I HAVE? (e.g. hopelessness, sadness, anxiety)

5. WHAT ARE THE TYPICAL PHYSICAL SENSATIONS? (e.g. shaking, tightness in chest, heavy limbs)

*Continue* →

---

6. WHAT BEHAVIOURS DO I CARRY OUT WHEN I'M IN CRISIS? (e.g. withdrawing, self-harm, risk-taking)

7. WHAT CAN HELP ME WHEN I FEEL LIKE THIS? (e.g. call Samaritans, talk to a friend, watch comedies on Netflix)

8. HOW CAN OTHERS HELP ME WHEN I'M IN CRISIS? (e.g. reassure me you don't hate me, watch a film with me, take me for a drive)

9. WHAT DOES NOT HELP OR MAKES THINGS WORSE? (e.g. being alone, staying in the house, going on social media.)

10. IF I'M STILL STRUGGLING, THIS IS MY PLAN TO GET MORE SUPPORT: (e.g. Use my crisis card, call a loved one, contact my GP)

11. POSITIVE THOUGHTS TO REMEMBER DURING DIFFICULT TIMES: (e.g. I have overcome similar struggles, people care about me, this too shall pass, etc).

**Teach**

**Bitesize**

**Skillswise**

## **BBC – Skillswise and Bitesize.**

The Skillswise resources are easy to use and support improving Eng + Maths Functional Skills.

Bitesize has different options for Primary, Secondary and Post 16 activities.

<https://www.bbc.co.uk/teach/skillswise>

<https://www.bbc.co.uk/bitesize>

## **Into Film Educational Activities**

Primary and Secondary age educational activities centring around film

[https://www.intofilm.org/news-and-views/articles/activities-for-young-people-to-do-at-home?utm\\_source=Into+Film+-+Master&utm\\_campaign=7a9ffa5d4e-Home-study-1&utm\\_medium=email&utm\\_term=0\\_a1465a9b17-7a9ffa5d4e-139416399](https://www.intofilm.org/news-and-views/articles/activities-for-young-people-to-do-at-home?utm_source=Into+Film+-+Master&utm_campaign=7a9ffa5d4e-Home-study-1&utm_medium=email&utm_term=0_a1465a9b17-7a9ffa5d4e-139416399)

# ∴ An Utterly Useful Self-Care Planner ∴

Keyword this week: .....

OBSTACLES / REFLECTION:

□ □ □ Self-Care non-negotiables

	HYDRATION	MOOD
Monday —	☺☺☺ ☺☺☺ ☺☺	
Tuesday —	☺☺☺ ☺☺☺ ☺☺	
Wednesday —	☺☺☺ ☺☺☺ ☺☺	
Thursday —	☺☺☺ ☺☺☺ ☺☺	
Friday —	☺☺☺ ☺☺☺ ☺☺	
Saturday —	☺☺☺ ☺☺☺ ☺☺	
Sunday —	☺☺☺ ☺☺☺ ☺☺	

# Self-care Alphabet

- Allow yourself to dream
- Be honest about what you need
- Create/craft something
- Drink a mug of soothing tea
- Eat foods which nourish you
- Forgive yourself
- Go on a walk in nature
- Have a long soak in a bubbly bath
- Invest in yourself
- Join a [support group](#)
- Kite, fly one
- Learn to say no to the things you want to say 'no' to
- Make a blanket fort
- Nap
- Own who you are, embrace your you'ness
- Play, it's not just for kids
- Question your icky boundaries, work on them
- Read books, not just self-help/improvement ones
- Stop making New Year's Resolutions, choose a feeling or a key word instead
- Take time out for you
- Upgrade a tatty item
- Vocalise your needs
- Write a journal or a letter to someone
- Xenial – be as kind to yourself as you would be to others
- You matter, you are important and worthy
- Zzz, 7-9 hours per night

# Self-care Worksheet

Not sure where to start? Need a personal self-care plan? We've put together a worksheet to help you figure out what could contribute to your daily self-care practice. Answer these questions and refer back to them when you need some inspiration.

I'd like to feel...

The things that comfort me are:

The top three people I enjoy spending time with:

The three people who make me feel icky:

Things I'd like to try (food, crafts, adventures):

Dreams which still play on my mind:

The teeniest of steps I could take towards one of those dreams is:

Three items I'm putting up with/could do with an upgrade:

My favourite smell is:

# **Activities for children and Young people**



- We are in touch with our families directly to help signpost both resources and practical support available to them at this time.
- **We are currently seeking funding to enable us to provide vulnerable families (especially those with no internet access) with physical activity packs and craft resources (felt tips, pencils, glue, scissors etc).**

[Click here to view our Stay At Home Activity Pack](#)

Here at Unique Voice, we recognise the importance of creativity and play in children's lives. Whilst practising social distancing, we want to encourage families to pursue creative outlets.

Inside this pack you will find lots of different activities that you can partake in with the young people in your household, school or share with families that need additional support. We have chosen activities that require as little resources as possible to ensure there are plenty of things for young people to do without having to leave their home. These activities can be done just for fun or can even be incorporated into home learning.

We do hope that this pack proves to be useful to you, your young people and their families.

Best wishes,  
The UV Team



## We'll see you soon, but for now...

Jump to:

- [Experience Bristol from your sofa](#)
- [Interesting facts about Bristol](#)
- [Colour in Bristol](#)
- [How to 'Pay it forward in Bristol'](#)
- [Instagram picks: Bristol architecture](#)

In response to the current coronavirus pandemic, the UK government has advised against all unnecessary travel. We are supporting this message by bringing you some fun Bristol content to enjoy until we can welcome you to our city once more. We hope to see you soon, but in the meantime stay home and stay safe.

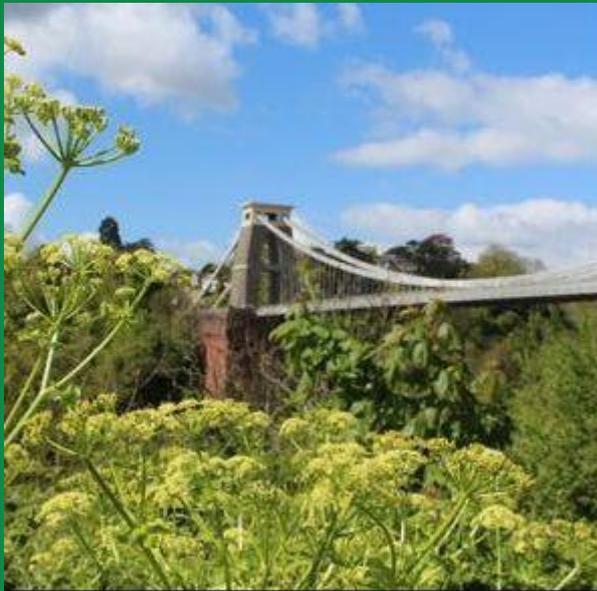
[Read more about](#)

[COVID-19 in Bristol](#)

## Experience Bristol from your sofa

Explore Bristol's heritage, street art, galleries, historic museums, music and top attractions online with these virtual tours, podcasts and playlists.

[Find out more](#)



## Interesting facts about Bristol

Bristol is a vibrant city and has managed to rack up many interesting stories - but how many of these facts did you know before?

Let us know if you have any other interesting trivia about the city, and we'll add it to the list!

[Read more](#)

## Colour in Bristol!

Whether you're looking for activities for the kids (however old!), a way to unwind or just want to enjoy a piece of Bristol from your home, print off our colouring-in sheets featuring some of the city's most recognisable scenery and attractions from some of the city's wonderful artists.

[View more](#)

## How to 'Pay it forward' in Bristol

These are uncertain times for the tourism and hospitality industry, with businesses all closed while we stay home.

Buy vouchers to use at a later date or make a donation to support Bristol businesses from home.

[Find out more](#)



## Instagram picks: Bristol architecture

Every week we're challenging our followers on Instagram to tag us in the best photo they've previously taken of Bristol, on a particular theme.

Here are the highlights from our most recent challenge, 'Bristol architecture'.

[See our picks](#)



GUIDE



BLOG



SPECIAL OFFERS



**REVIEW 100: A SOCIAL MEDIA REVIEW WRITING COMPETITION**

01 APR 2020

5 mins



**As the coronavirus/COVID-19 situation continues across the UK, and many schools are closed, we're keen to continue providing ways to keep young people meaningfully occupied. This is why we've launched a brand new review writing competition on our social media channels to help young people flex and develop their literacy and analytical skills.**

Encourage young people to write a review of any film they watch in 100 words or less. Then, simply send us a photo of their review on [Twitter](#) or [Facebook](#), and include the entrant's age, and the winner will receive a £20 Amazon voucher. A winner will be awarded every two weeks - just remember to tag us in each post and use the hashtag **#Review100**.

For more information follow the link below:

[https://www.intofilm.org/news-and-views/articles/review-100-competition?utm\\_source=Into+Film+-+Master&utm\\_campaign=f07a485c00-home-learning-4-ah&utm\\_medium=email&utm\\_term=0\\_a1465a9b17-f07a485c00-139416399](https://www.intofilm.org/news-and-views/articles/review-100-competition?utm_source=Into+Film+-+Master&utm_campaign=f07a485c00-home-learning-4-ah&utm_medium=email&utm_term=0_a1465a9b17-f07a485c00-139416399)

## Arts and Crafts activities, Community Learning

### COMMUNITY LEARNING



Family fun– arts and crafts activities together

Starts soon, FREE course, using a closed facebook group

This FREE online family learning course offers activities for you and your child /children at home, using recycled materials you may have already at home. The tutor will use a closed facebook group.

Try your hand at some new design/craft skills. Find out about other online courses on offer.

**Course would suit:** Adults aged 19+ and your child/children up to key stage 2.

Our courses are for adults with few or no qualifications.

Find more details online at

[www.communitylearningwest.net](http://www.communitylearningwest.net) or contact Suzanne for more information on 07887451776.

[suzanne.gaffney@bristol.gov.uk](mailto:suzanne.gaffney@bristol.gov.uk)



BRISTOL  
LEARNING CITY

EMPLOYMENT  
SKILLS &  
LEARNING



# Young Bristol Boredom Busters

Bringing inspiring, creative and educational content to young people online!

This week we announced our first 'Boredom Busters' programme of daily content that we will be sharing across our Facebook, Twitter, Instagram and YouTube channels, providing opportunities for young people and their families to break up their day and try something new, fun and inspiring.

Content will be based around Young Bristol's programmes focusing on:

- Creative Sessions,
- Getting Active,
- Outdoor Activities,
- and Wellbeing Support & Advice.

We hope these videos will bring a smile to peoples faces, as well as giving young people the opportunity to see a familiar face. Each video will be led by our team of Youth Club Staff and Programme Leads.

We aim to provide engaging content for young people of all age. Providing vital packs to young people most in need

Young Bristol's team will be distributing educational, sports and creative packs to the most vulnerable and in need young people that our programmes work with across Bristol. These vital packs will also enable the young people to access valuable online resources, to support them in staying engaged during this period of programme closure.

Keep an eye on our social media channels for more updates on this work!

## Encouraging young people to stay at home

Young Bristol, as part of a consortium of Targeted Youth Services, Bristol City Council, and Avon and Somerset Police; will be working to ensure that young people understand the Government's Guidelines and are staying safe at home.

A team of Youth Workers from Young Bristol are part of conversations taking place across Bristol, to roll out detached community youth work, to inform and engage with those young people still actively using community spaces.

We're launching our first programme of Boredom Busters to get young people inspired, creative and active!

Make sure to follow us across our channels to tune in for some fun activities and conversations with the Young Bristol team. **BOREDOM BUSTERS: What You Will Need!** 🎧

You can get involved via our Facebook, Twitter, YouTube or Instagram pages. See you then 😊



# Boredom Busters

WITH YOUNG BRISTOL!



## MONDAY

**1pm**  
**Making Monsters**  
with Phoebe

**5pm**  
**Get Active!**  
with Romaine

## TUESDAY



**1pm**  
**Design Envelopes**  
with Lisa

**5pm**  
**Creating Structure**  
with Shea

## WEDNESDAY

**1pm**  
**Make Easter Rabbits**  
with Andy

**5pm**  
**How to Edge A Kayak**  
with Lisa

## THURSDAY



**1pm**  
**Get Active!**  
with Romaine

**5pm**  
**Keeping Busy**  
with Michelle

## FRIDAY



**1pm**  
**Easter Egg Hunt**  
with Andy

**5pm**  
**How to Forward Paddle**  
with Lisa



### WHERE TO FIND US:

Facebook @worksforyoungpeople  
Instagram @Young.Bristol  
Twitter @Young\_Bristol  
Youtube Young Bristol

# Bristol Autism Support

## Bristol Autism Support Activities and Resources

### How are you?

That's the first thing I am asking everyone I come in contact with (electronically, of course). How are you? How are your children? Are you all coping with all this change and disruption? My daughter Emily and I are self isolating - simply because I can't get her out of the house! She is happy at home at least.

I thought I'd best take some time to share with you the ton of resources and activities that have crossed my desk. A lot of people are doing some very innovative things to keep our kids (and us) well and happy.

Before I get stuck in, I need to send a HUGE thank you to [Woodspring Golf Club](#), who over the last year have raised an incredible £2,000 for us. We have already used some of this money to buy mobile phones that our volunteers can use to support parents remotely. Thank you so much, Woodspring!

### Virtual activities and other resources

There are so, so many things to tell you about here. I want to share with you some specific, local things and also some links to other newsletters that have more national activities and things you can access.

The [Out and About short breaks consortium](#) (part of Bristol City Council) have created an awesome [Family Activity Pack](#)

Bristol Bears Community Foundation have set up [Bears at Home](#) to help us keep active  
[Access Sport](#) have created a page of [inclusive at-home activities](#)



Matthew Richards, a local music facilitator who works extensively with autistic individuals, is running virtual therapeutic music sessions. Ring Matthew on 07920 407490 or email him at [engageandimmerse@hotmail.co.uk](mailto:engageandimmerse@hotmail.co.uk) to learn more

Jamie Ross, who runs the [Bristol Adventurer's Guild](#) for autistic individuals who are into Dungeons and Dragons, is running online sessions. Ring Jamie on 07725 849480 or email him on [info@bristoladventurersguild.co.uk](mailto:info@bristoladventurersguild.co.uk) for more details.

The [Autism Page](#) has written a great post on [How to manage life on lockdown](#)

The wonderful, Henleaze-based inclusive dance class [Flamingo Chicks](#) have compiled [this fab list of resources](#)

The charity [Contact](#) has created this [guide to entertaining children at home](#)

Temple Grandin gives these [tips for helping autistic kids cope during Coronavirus](#)

[Twinkl](#) have created a free SEND school closure home learning resource pack. They are also giving away a free month of premium content which you can use to download visuals, time tables and all sorts of helpful things. Just go to <https://www.twinkl.co.uk/offer> and enter promo code CVDTWINKLHELPS

The [Challenging Behaviour Foundation](#) have created an advice sheet for managing behaviours at home during the pandemic. [Click here to view and download this information.](#)



**Become a Friend of BAS to help us support more parents remotely during Coronavirus**  
**[Click here to learn more about our monthly donation scheme](#)**

## **Mental health things**

Lots of virtual mental health and wellbeing support on offer...

Counsellor Diane Taylerson is doing Skype sessions. [Click here to visit her website.](#)

Tom Powell Coaching is doing wellbeing coaching online. Email Tom to learn more at [tom@tompowellcoaching.co.uk](mailto:tom@tompowellcoaching.co.uk)

Keynsham-based psychologist [Louise Hilliar](#) is offering online coaching sessions for a variety of issues for individuals aged 16 and over who are autistic and/or have ADHD. [Click here to learn more.](#)

[Emma Edwards](#) of [Shine](#) is offering hypnotherapy and yoga sessions via Zoom

Sound therapist and reiki practitioner Julie Crocker is offering distance healing. Message her via [her Facebook page](#) to get in touch



Niki Blake of [Tranquil Sole Reflexology](#) is offering talking therapy sessions via WhatsApp, phone, Zoom or whatever works for you. Ring her on 07733 242345 for more information.

Jenny MacSharry of [Positive Vibrations Healing](#) is offering distance healing. Visit her Facebook page to learn more

## Essential life things

The grocery stores seem to be settling down a bit in terms of getting shopping. As parents of autistic children, we are 'vulnerable' because we are carers, which gives us priority to delivery slots. To be put on the vulnerable customer list, you need to ring the supermarket you are registered for home delivery with (you may be able to register on the phone as well). Here are the customer care numbers for the main grocery stores:

**ASDA** 0800 952 0101

**Morrison's** 0345 6116111

**Ocado** 0345 6561234

**Sainsbury's** 0800 636262

**Tesco** 0800 505555

MP Thangham Debonnaire has written a blog post about [food deliveries for vulnerable people](#)

There are some independent Bristol businesses who are delivering food and other things. Check out [the map of delivering businesses](#)

In our search to find businesses that would deliver personal care items we found [LuxPlus](#) which is a bit more expensive than a shop but not too dear. Of course there is also Amazon. Remember to shop via [Amazon Smile](#) and choose us as your charity so we'll get a percentage of your purchase.

Also, [Sensory Direct](#), [Sensory Oojamabobs](#) and [Fledglings](#) are still open for sensory and specialist disability items.

## Please join our membership scheme

We've had a wonderful response to our new [membership scheme](#). Our our members-only WhatsApp and Facebook groups are offering lovely support, and we are providing as much virtual support by phone and email as we possibly can. We'll even be running support group meetings via Zoom from this week! Please [join us](#) today.

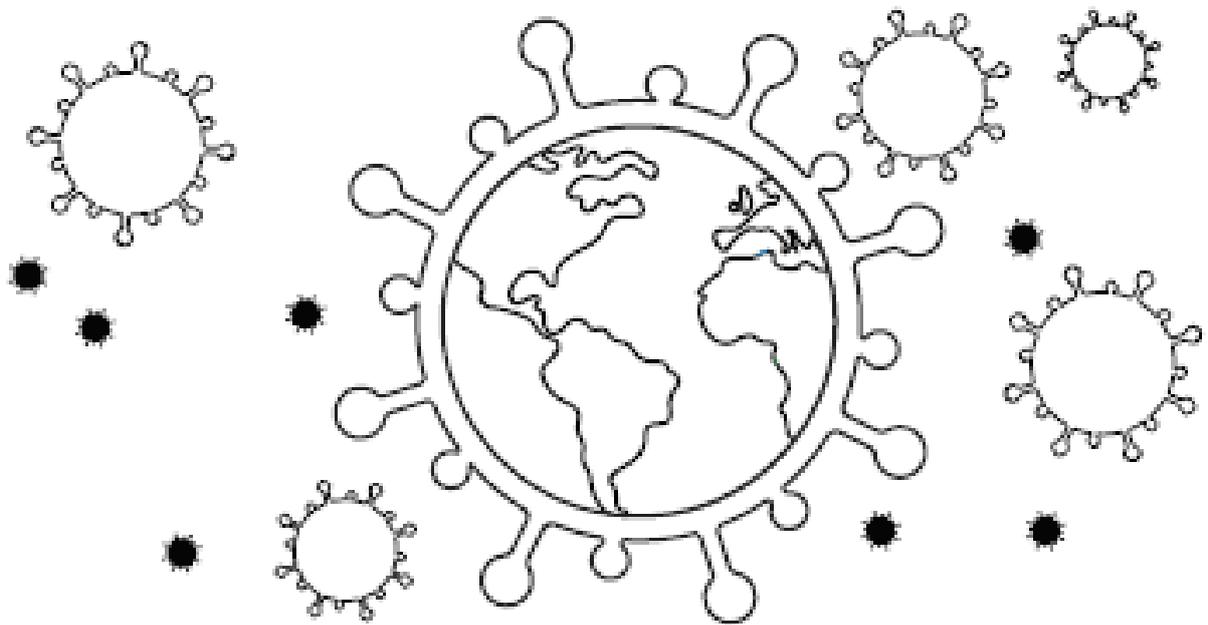


All the best,

*Kate Laine-Toner, Founder and Director Copyright © 2020 Bristol Autism Support,*

*Registered Charity Number 1186287, All rights reserved.*

# MY 2020 COVID-19 TIME CAPSULE



BY: \_\_\_\_\_

## YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



0 x 11.00 in

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

# ♡♡ ALL ABOUT ME ♡♡

I AM \_\_\_\_\_  
YEARS  
OLD

I STAND \_\_\_\_\_  
INCHES  
TALL

I WEIGH \_\_\_\_\_  
POUNDS

SHOE SIZE \_\_\_\_\_

MY FAVOURITES

TOY: \_\_\_\_\_

COLOUR: \_\_\_\_\_

ANIMAL: \_\_\_\_\_

FOOD: \_\_\_\_\_

SHOW: \_\_\_\_\_

MOVIE: \_\_\_\_\_

BOOK: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

PLACE: \_\_\_\_\_

SONG: \_\_\_\_\_

MY BEST FRIEND/S:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

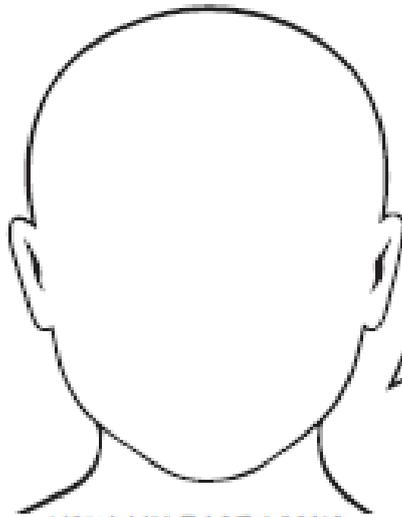
WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_

# HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

---

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WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

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THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

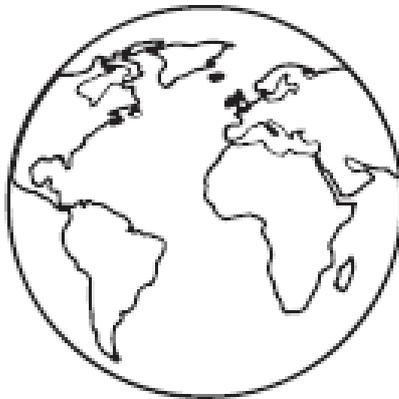
<b>1</b> _____ _____ _____	<b>2</b> _____ _____ _____	<b>3</b> _____ _____ _____
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# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

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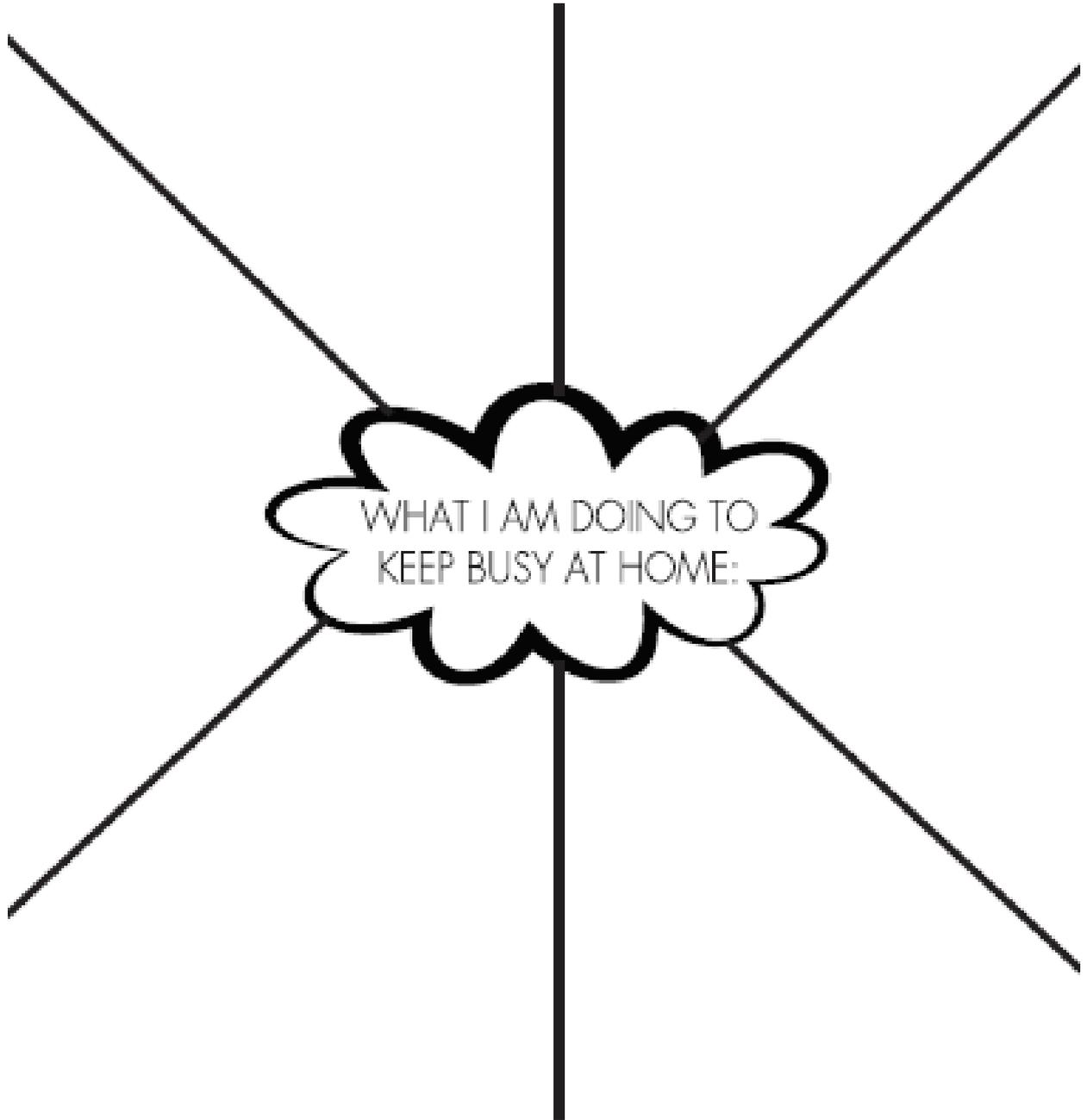
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HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!



# SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?  
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE  
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

# OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME  
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE

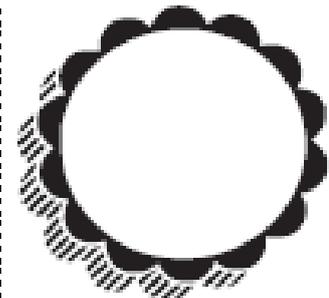




# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_

GOAL/S FOR AFTER THIS:

