

# Newsletter #2

As we enter our 3<sup>rd</sup> month of lockdown, looking after our mental health and wellbeing is more important than ever. Not only have we been dealing with the huge restrictions and disruptions to our daily lives but we now have to navigate a new chapter as the country begins a phased return to 'normality'. The expectations and uncertainty around this will be unsettling and challenging for many of us. Reflecting on the experiences we have all gone through over these last several weeks is a golden opportunity to recognise how we have coped, adapted and just tried to carry on and it's important to celebrate this as a major achievement. In recognition of the significant journey we have all already been on, this edition of the WSA Newsletter aims to pull together a range of organisations and resources that you can turn to for extra support should you need it during these challenging times.

It's OK to not be OK - asking for help is an act of Bravery!

## Local Support for Children and Young People

### HeyMind – mental health support and services throughout Hull and East Yorkshire

If you need someone to talk to we are continuing to support pupils (and parents and staff!) in your school with our listening service which is non-judgemental and confidential. Email [WholeSchoolApproach@hey mind.org.uk](mailto:WholeSchoolApproach@hey mind.org.uk) to make an appointment. Visit [Heymind.org.uk](http://Heymind.org.uk) for more info on our other services or call 01482 240200

### ERVAS – East Riding Voluntary Action Service

In response to Covid 19 they have a virtual youth hub with lots of information for young people, a telephone support service and also a virtual form and youth-drop where you can discuss your thoughts and experiences with others. If you are aged between 10 and 25, visit [www.ervas.org.uk/youngpeople](http://www.ervas.org.uk/youngpeople)

### Kooth.com

Offering online counselling and a host of resources for young people aged 11-25 in East Yorkshire and Hull. Visit [www.kooth.com](http://www.kooth.com)

### The Warren Youth Project

Currently offering telephone, text or online counselling service.

Contact 01482 218115 or email [counselling@thewarren.org](mailto:counselling@thewarren.org)

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# Local Support for Children and Young People

## Cornerhouse

Working with young people around sexual health and emotional wellbeing.

Contact via [www.wearecornerhouse.org](http://www.wearecornerhouse.org) or through social media

@wearecornerhouse

## School Nurse Service (chcp)

For confidential health advice and support for 11-19 year olds text

SCHOOLNURSE to 61825 or call 01482 344301 or email

[chcp.hullcypcommunityservices@nhs.net](mailto:chcp.hullcypcommunityservices@nhs.net)

## General Support & Resources for Children and Young People

By text

### In a crisis?

Anxious? Worried? Stressed?  
SHOUT offer free 24/7 text service  
Text Shout to 85258 or visit  
[Giveusashout.org](http://Giveusashout.org)

Online

[Mind.org.uk](http://Mind.org.uk) has a raft of information and advice online including an A-Z of mental health.

[Elefriends.org.uk](http://Elefriends.org.uk) is a supportive online community where you can be yourself

[Youngminds.org.uk](http://Youngminds.org.uk) offer advice on how to support and look after yourself

By app

### Think Ninja

Free access to resources during Corona crisis. Self-help skills and knowledge for young people (10-18 years old) who maybe experiencing increased anxiety and stress during this time.

By phone

### Childline

To talk to someone about anything offering 1-2-1 counselling online or on the phone between 9am-12am

08001111

[Childline.org.uk](http://Childline.org.uk)



## Resources for Key Worker Parents & Children of Key Workers

At the end of this newsletter we have included 2 booklets created by The British Psychological Society in response to the Corona virus crisis;

'Advice for children and young people - When your parent is a Key Worker'

'Advice for Key Worker parents - Helping your child adapt'

HeyMind have created range of educational workshops around Mental Health and Wellbeing available to watch now on your school's online hub.

# Local Support for Adults

## Mental Health

HeyMind for more information on how we can support visit [hey mind.org.uk](http://hey mind.org.uk) or Tel: 01482 240200 or text 0752063344 or the info line on 01482 240133

## Domestic Abuse

Hull Womens Aid 01482 446099

Hull Domestic Abuse Partnership 01482318756

Online Web Chat for isolated Domestic Abuse Victims (10am – 12pm Mon- Fri) – <https://chat.womensaid.org.uk> – if ongoing support is required, onward referrals are made to local DAP's.

## Covid 19 Support

CallER - East Riding Befriending Service (8am-10pm) – ran by HEY Smile and ERYC for isolated residents – 01482 215929

East Riding Council Covid 19 Helpline– 01482 393919

Beecan – Coronavirus Community Support Hub for the East Riding -

<https://coronavirus.beecan.org/#localareaupdates>

Hull City Council Helpline – 01482 300 307

Hull Street Angels - Volunteers are available to help with shopping, delivering mail, collecting parcels, picking up prescriptions and befriending people by having an active telephone line that they can call and speak with one of the volunteers. Contact 07497696597 or 07580032779.

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

## Rough Sleepers

Emmaus Helpline – free phone for rough sleepers – 0800 066 2169

## Food Banks/Food Support

Jubilee Foodbank in Hull is still providing food.

The Hinge (Bridlington) – providing emergency food parcels – 07840701476 / 07955069744

Meals on Wheels - <https://www.nnetwork.org.uk/partnerships/meals-on-wheels-services-in-hull/>

# National Support for Adults

National Domestic Abuse Helpline 0808 2000 247

The Men's Advice Initiative 08088010327

Samaritans 116123

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

National Mind - <https://www.mind.org.uk/information-support/coronavirus/>

Wellbeing & Coping Resource - <http://learn.4mentalhealth.com/>

# Tips for working during Covid 19

## Remember...

- You are part of a team & share collective responsibility – you are not alone!
- This will end. We can get through it **together as a team**. We may get bruised but not broken.
- There is no 'right' way to feel if you are struggling, it's ok to speak to a trusted colleague. **Its ok not to be ok.**
- Avoid thinking in terms of 'should' e.g. I should be doing more/coping better
- Others will be struggling too. Don't read into remote communications and assume a short email means a colleague is unhappy with you. Remote working takes away our ability to read body language. Interactions with colleagues may feel different because they are struggling too.
- Not everything will be in your control to influence. **Accept what you can't change and focus on things you can.**
- If you are worrying more than usual, examine them objectively. **Separate them into hypothetical (haven't happened yet) and those that are real and present.** This will help you focus on the worries you can do something about.
- Things are happening at pace and mistakes are being made. **Forgive others and yourself. Be kind to yourself and others.** At times like this there is no 'perfect'.
- Stress can influence the way we behave – we may speak quicker, be forgetful or feel tired and have trouble sleeping. If you see these symptoms in colleagues, **ask them if they are ok.**
- **Working from home is hard!** Juggling being a parent/carer/partner/cleaner/cook is difficult.
- Recognise it's important to **take time for yourself and make time for your family!** Try to separate home and work time.

## Tips for keeping well:

- Try and keep a routine
- Sleeping can be affected during stressful periods. **Try not to worry about waking early or having difficulty getting to sleep** - this can make things worse. Accept this transient change but do flag with your line manager if you need to.
- The change in diet, exercise, lack of fresh air and sunlight can all impact wellbeing. **Try to get fresh air every day and avoid snacks that might cause a sugar rush and subsequent swift drop** – this can affect concentration, sleep and mood. **Go for a walk and leave electronics behind.**



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www.bps.org.uk

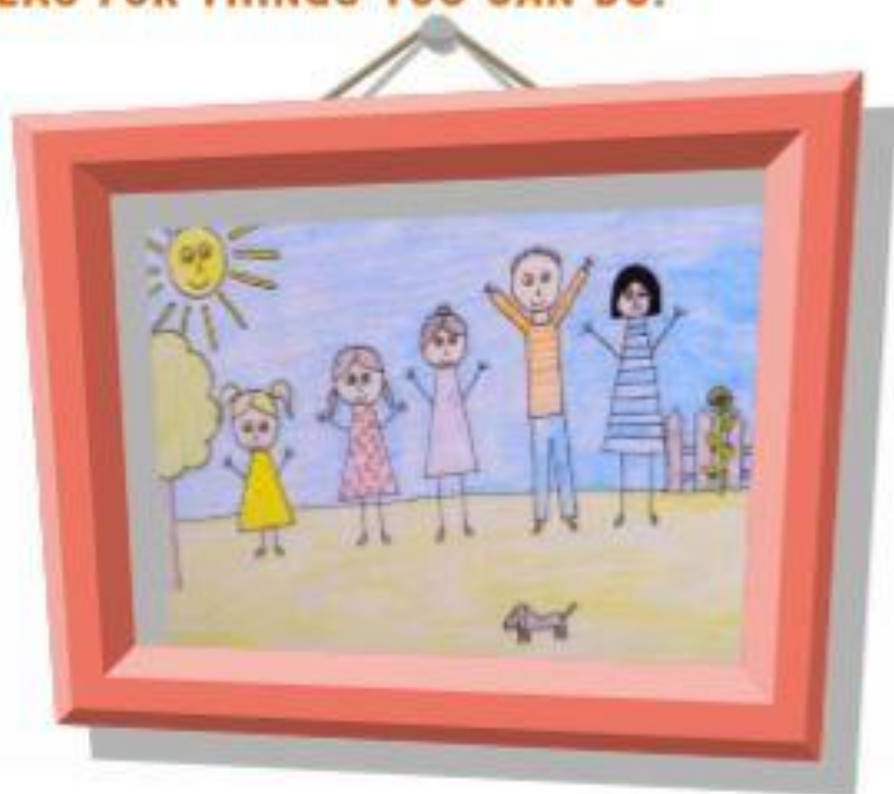
# WHEN YOUR PARENT IS A KEY WORKER

Advice for children and young  
people during the Coronavirus



**IF ONE OR BOTH OF YOUR PARENTS IS A KEY WORKER, THIS BOOKLET WILL HELP YOU UNDERSTAND SOME OF THE CHANGES THAT HAVE HAPPENED BECAUSE OF THE CORONAVIRUS PANDEMIC.**

**CORONAVIRUS HAS CHANGED LOTS OF THINGS AND YOU MAY HAVE LOTS OF QUESTIONS. WE HAVE TRIED TO ANSWER SOME OF YOUR QUESTIONS AND HAVE SUGGESTED SOME IDEAS FOR THINGS YOU CAN DO.**



**WE'LL BE TALKING ABOUT MUMS AND DADS, BUT REALLY WE MEAN ANYONE WHO IS LOOKING AFTER YOU. THIS MIGHT BE A FOSTER MUM OR DAD, OR A GRANDPARENT, OR SOMEONE ELSE.**

# WHAT IS A KEY WORKER?

A key worker is someone who has a job that helps people keep safe and healthy. All of these people are key workers:

People who work in a hospital or a care home.

A teacher, people who work for the emergency services, like a police officer or fire fighter, or a paramedic.

People who work in food factories, shops, supermarkets, delivery drivers, and bus or train drivers.

Journalists, people who collect our bins or deliver our letters and lots more jobs that help keep the country running.

**If your parent is a key worker they are doing a very important job.**



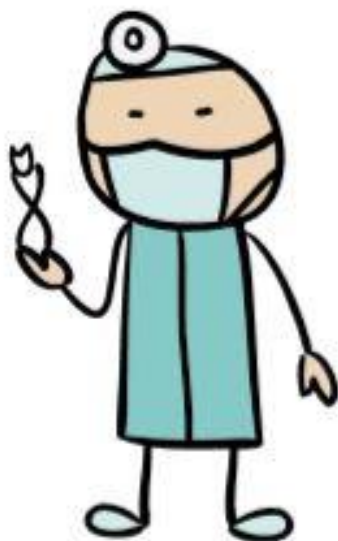
## WHY ARE MY PARENTS WORKING SO MUCH?

If your parent is a key worker, they are probably working more than usual.

Some key workers are working more hours because their jobs have become busier, or because other people they work with are ill.

For example, if your mum or dad delivers parcels they may have even more parcels to deliver.

If they work in a supermarket or food shop, they may have to work a bit more to make sure everyone can get enough food.



### Things you can do

**If your mum or dad is working more hours you might need to do more to help at home, but make sure you don't do too much.**

Talk to your mum or dad about this and make sure you have plenty of time for other things, like talking to your friends on social media, keeping up with any schoolwork you have been asked to do, and having fun!

**You might be worried about how hard your mum or dad is working.**

It is really important to let your mum or dad know if you are worried about them working more. Even if your mum or dad looks very busy or stressed, it is important to tell them how you are feeling. You could talk to them when you have some quiet time together.

**We're sure you'll also have other ideas for things that can help your family.**



## WHY ARE MY FRIENDS' PARENTS AT HOME WITH THEM?

The government has asked most people to stay at home to stop people from catching Coronavirus from each other. This means some parents are staying at home instead of going out to work, and some parents are doing their jobs from home. Not everyone can do their job from home.

Those who work from home might be working on a computer or having lots of phone calls.

Some other people (like hairdressers, or people who work in a restaurant) can't do their job from home and so are not able to work at the moment.



## WILL MY MUM OR DAD GET CORONAVIRUS?

Although a lot of people might get Coronavirus, most of them won't get very ill.

People who get Coronavirus will stay at home until they are better. Some will need to go to hospital, but most will get better and go home. A few people do not get better, but remember that most people do get better. It is important for you to remember this if you are feeling frightened.

People who are key workers have been told what to do to stay safe. If your mum or dad has a job working with people with Coronavirus, they might have special clothing to wear to help keep them safe.

This is called personal protective equipment (PPE) and includes masks and special aprons.

Your mum or dad will also do everything they can to keep themselves well so that they can spend time with you.

### Things you can do

If you are worried about PPE then you should talk to your mum or dad about this.

You can ask your mum, dad and family to tell you how they are keeping safe.

You could talk to them about things that you would like them to do so that you would worry less.

# AM I SAFE? MIGHT I CATCH IT FROM MY MUM OR DAD?

We know that some children have had Coronavirus, but the doctors tell us that Coronavirus does not usually make children very ill. Most children who get Coronavirus may get a cough and a temperature and feel unwell, but will stay at home and get better. Very few children have to go to hospital with Coronavirus. Children seem to be good at getting better from the virus.

## Things you can do

Wash your hands with soap and water. You need to do this for 20 seconds to wash away the virus, which is about the same amount of time it takes to sing the Happy Birthday song through twice.

Use tissue when you cough and sneeze and put them in the bin straight away, then wash your hands with soap for 20 seconds.

Make sure you eat and drink enough, and get plenty of rest and sleep.

When you go outside make sure you don't stand or walk too close to other people – try to keep two metres apart from anyone you don't live with.

**These are all really helpful things that will help keep you well generally!**

## WHY CAN'T I HUG OR TOUCH MY PARENTS AS SOON AS THEY COME HOME?

We know that Coronavirus spreads when we are too close to someone who has the virus.

It is very important that we do what we can to stop spreading it.

Remember that Coronavirus doesn't like soap and hot water, so washing hands and washing clothes are very important.

So if your mum or dad is a key worker and has been out at work, it might be important that they get clean and get changed before they give you a hug.

### Things you can do

Let your parent get washed and change their clothes, and then you should be able to hug them. They will probably really like a hug.

## WHY AM I STAYING WITH ANOTHER ADULT?

If your mum or dad is a key worker who works in a hospital or care home looking after people with Coronavirus, they might need to sleep in a different house or a hotel while the Coronavirus is still around.

They are doing this so that they don't give the virus to the rest of your family.

They will have made this really hard decision in order to keep you safe.

### Things you can do

You will probably be missing your mum and dad a lot and that's normal. Remember to talk to the adult who is looking after you about this. It's okay to say you are missing your mum or dad.

If your parent is staying somewhere else, there are lots of things you can do to keep in touch with them, like ringing or using video calls, writing them letters, or sending them drawings. Talk to your mum or dad about any ideas you might have about how you can keep in touch.

Remember that you also need to take care of yourself. Keep yourself busy and do things that you enjoy doing. This will help.



## WHY IS MY PARENT BEING DIFFERENT WITH ME?

**Mums and dads might behave differently at the moment for a lot of reasons.**

- Many parents will be very tired as they are working so hard and this might change how they behave.
- Many adults and children are not sleeping very well as they are worried.

**It might also be because they are worried.**

- Coronavirus has meant that there are more things around for adults to worry about.
- Your mum or dad might be worried about a lot of things like money or work. You do not need worry as well, these are adult things.
- When parents are worried, it can change how they feel. They might get cross more easily and be sad and cry.



Remember there are lots of reasons why parents might be behaving differently like being tired and being worried and not because of you.

You might feel sad or angry because your mum or dad can't spend a lot of time with you and do the fun things you usually do.

### Things you can do

Now that you know how important your parent's job is, you can feel very proud of yourself and them. This might help with all the feelings that are around.

Remember that your parents' worries are not your fault.

You can tell your mum or dad that you have noticed that they seem worried or upset and ask if there is anything you can do to help.

There are some small things you could do to help your parents. These are things like playing games and having fun; giving hugs and cuddles (once they've got showered and changed from work); singing your favourite songs together; looking at photos together and talking about memories of fun times.

Talk to your family if you have any ideas of your own that will help. What other ideas can you think of?

## CAN I STILL TELL MY PARENTS MY WORRIES?

YES! Talking to your mum or dad and sharing your worries with them is very important as they will be able to help you with these. You can also talk to other adults that care about you, like grandparents, aunties, uncles and teachers.

### Things you can do

If your mum or dad is working or living somewhere else, you can also talk to other adults in your family, or the teachers you might be seeing if you are still going to school.

There are lots of things you can try out, to help you talk about your worries and feelings.

Some people like to keep a diary, others like to write them down and put them in a feelings box.

You can ask your parent to spend some time every day or week talking about what you have written down.

Your parent will want to hear about things that have made you happy and things that you have done, so be sure to tell them about these things too!

**Remember that if you are really worried you can still talk to:**

#### Childline

You can make a call from Facetime, phone them, or just visit their website for advice.

☐ [www.childline.org.uk](http://www.childline.org.uk)

☎ 0800 1111

#### Young Minds

Their website has lots of advice about dealing with worries about Coronavirus, or how to cope with isolation or just if you feel anxious.

☐ [www.youngminds.org.uk](http://www.youngminds.org.uk)

There might be other organisations that you could talk to. Or if you are still going to school, you can also talk to one of your teachers. Ask an adult to write any useful numbers below.



## MY SCHOOL IS CLOSED SO WHY DO I STILL HAVE TO GO?

Most schools have been closed to help slow down the spread of Coronavirus. Some schools are open to help look after children of key workers.

If you have to go to one of these schools, it may not be in your usual school. There will be children from different schools mixed up together, and possibly children of different ages. Your friends and classmates may not be there. You may recognise some teachers, but it may not be your usual class teacher who is looking after you. So it might feel a bit strange or you might be worried.

### Things you can do

You can talk to the teacher who is there about your worries and also see if you and your new friends have any ideas about how to make you feel less anxious. What questions can you ask your new teacher to get to know them better?

You won't be doing your usual school work, but instead lots of arts, crafts and games. This is probably fun but you might be worried about getting behind in your school work. Even though this is a different type of work, it is still really important and you will be learning new things and practicing skills you already have!

It is important to talk to an adult if you are worried about work you are missing out on. You might have some ideas about what you want to do about this.



## REMEMBER...

**You are important too.** Key workers are really important during Coronavirus, but if your mum or dad is a key worker you are really important too.

**Talk about your feelings.** Make sure you talk to your mum or dad about how you feel, especially if you are worried. Even if they are busy they will want to talk.

**Keeping having fun.** Make sure you keep doing all the things that are important for you – playing, talking to friends, and having fun.

**Talk about your worries.** Talk to your mum and dad if you are worried that they might get Coronavirus.

**Understand how PPE works.** Talk to them about how their PPE (Personal Protection Equipment) keeps them safe – if you are worried then tell them.

**Your mum and dad are still there for you.** Your mum and dad are working hard to keep themselves and you safe – this means some things might be different, but they are still there for you.

**Grown ups can get very tired.** Or they can get very worried about things and this may make them shout or cry. We all get upset and it's okay to talk to them about it.

**Hugs are great.** Once your mum and dad has come home from work, showered and changed their clothes. Showering and changing their clothes is one of the things they are doing to keep you safe.

**It's okay to miss your mum and dad.** If they have to stay away from home because they are a key worker, then make sure you talk to them about how you can keep in touch with each other. It's okay to miss them – they will miss you too.

**School will be different.** If you are still going to school because your mum and dad is a key worker, then it will be different, but different can be okay.




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# ADVICE FOR KEY WORKER PARENTS

Helping your child adapt  
to changes due to the  
Covid-19 pandemic.





**IT IS NATURAL FOR CHILDREN TO BE EMOTIONALLY AFFECTED BY THE CORONAVIRUS PANDEMIC. THESE EFFECTS MAY BE SHORT TERM OR LONGER TERM.**

## **SOME OF THE EFFECTS WILL BE GOOD BUT SOME MIGHT BE MORE WORRYING.**

Your child might have worries about coronavirus and how it has affected their lives. Helping your child understand and adapt to these changes may add extra stress and worry to you.

We hope this information will help you and your children through the pandemic and to make more of the changes into good ones.

## **ARE MY CHILDREN LIKELY TO BE EMOTIONALLY AFFECTED BY THE CORONAVIRUS PANDEMIC? WILL THEY BE AFFECTED BY ME BEING A KEY WORKER?**

Changes for parents can also affect their children. Many of the changes in this pandemic are outside of your control and so please be kind to yourself about the impact of them. It might be helpful to remember that all the care and support that you have given to your children already will help to protect them emotionally.

Children have their own ways of coping, based on what has happened in their lives so far and different children react differently.

Some children will be less troubled but others might be more worried, stressed, or frightened. When children feel like this, they can find being away from their parent more difficult and be very clingy. This may be more difficult for you to cope with as a key worker as you still have to go to work. Children may also be worried about your safety and worry that they will catch the virus from you.

When children are more worried or stressed their behaviour often changes. Young children especially often show their stress rather than talk about it.

## Your child might:

Be more clingy.

Change their sleep or eating patterns.

Wet the bed or have nightmares.

Become angry or upset more easily.

Seem to be more naughty.

**These are all signs that your child might be unsettled by the changes in their life. For many children these things will settle when they feel less stressed.**

## What you can do

### **Ask your child questions.**

Children often have a good imagination and can be creative. They might make up stories or draw pictures that give clues about their feelings. You can talk to them about their pictures and stories. It may help them ask any questions they have about coronavirus.

### **Give your child choice where you can.**

Feeling out of control leaves children feeling unsettled. Ask them to help plan an activity, let them decide what to play or what family meal will be cooked.

### **Make sure that your child's routine is as regular as possible.**

Children do better when they know what to expect. This is important when there is more stress and worry around.

### **Bedtime routine is especially important.**

Make a plan with your child if you will miss part of a routine so that someone else can step in and they know you are thinking about them. Many families have special routines e.g. how you say goodnight to each other, and it is important for these to carry on as much as they can.

### **Help your child understand how they feel and to share their feelings.**

Children might struggle to understand that feelings in their body (e.g. butterflies in the tummy) can mean they feel worried. Helping to name their feelings can help them understand how they feel. Spending time together playing, drawing, telling stories can all help a child tell you how they feel. Reading, watching TV or films together and using the internet together might mean your child can talk to you about something they have seen. Sharing how you are feeling in simple ways that they can understand can also help.

**Find time for your child.**

Set some time aside every day for your child to have some time with you. If this is not possible because of your work, try to make sure this happens with another trusted adult. In this time, your child should have all of your attention and the time should be led by them.

**Talk to your child.**

If you have been at work, ask your child about their day and give lots of praise for what they did during this time. Your child might ask you about your day – think of one or two things to tell them about. These should be things that are suitable to your child's age.

**Children need to feel safe and secure.**

Making sure that a child feels loved and valued by their parents during this crisis will be of greater benefit to them than a parent spending precious time doing times tables and spelling tests. Tables and spellings will be there after the crisis.

We have created a leaflet for children of key workers called **When your parent is a key worker** which you might find helpful to show or read through with your child.



## HOW CAN I MANAGE THE DEMANDS OF HOME AND WORK?

As a key worker you will have lots of different things you need to manage – your child's home routine, home schooling, going to work, and all of the jobs around the house. Sometimes you will feel too tired after work and need to rest. It is good to remember that even small things will make a difference to your child's happiness so spending small chunks of time listening to them, reading with them, and playing games will all help.

Many parents say that they feel overwhelmed at times and can struggle to feel like they are doing a good job at everything. Just like it is natural for your child to feel worried and stressed about these changes to life, it is natural for you to feel this way sometimes too.

Even small things can make a difference to your child's happiness.

### What you can do

#### **Be kind and honest with yourself.**

You are not super human! Spend time every day reminding yourself of what you have achieved – whether it is in work or at home.

#### **Do what you can in the time that you have.**

Make a list of tasks and decide which are more important.

#### **Trying to be with your child for special moments will be important.**

If you miss something exciting or special, make sure you spend time with them talking about it.

#### **Remember that there is a lot of advice out there.**

You will know what is best for you and your family and so try to remember that not all advice will work for you.

#### **If your child is in school, talk to your child's teacher about how things are going.**

Explain that you are a key worker and arrange to speak at a time that is convenient for you both.

## CHILDCARE IS A PROBLEM AND MY CHILD NEEDS TO GO TO A DIFFERENT CHILDCARE PROVIDER/ SCHOOL

If you have to go to work, childcare may be an issue. You might feel torn between your role as a key worker and being a parent. You or your child might be worried about unfamiliar childcare.

### What you can do

**Accept that you are in a difficult situation and there might not be a perfect answer.**

Focus on things you can do to make the situation feel better, such as:

- giving your child a photo or other item to take with them to school;
- arranging to text them during the day;
- thinking about how the adults who will be looking after them can get to know them better.

**Talk to your partner, family, friends, employer and school about how this could work for you.** Others might have ideas to share about what has helped them and their child. Employers might be able to be flexible to help you. Schools might be able to reassure you.

**If your child is old enough, asking them for their ideas for what will help them.**

This is a good way of helping them feel in control. Developing a positive story about why you need to go to work will help them to feel more positive about why it is important.



## WHAT IS THE BEST WAY TO MANAGE CHILDCARE FOR YOUNGER CHILDREN

You might need to make different childcare arrangements during the coronavirus pandemic. This might be more difficult and cause additional stress. You might need to leave your child with someone who is unfamiliar to you and them, and so you will need

to develop trust in them quickly. Talk to family and friends, to your employers and your childcare provider if you have worries about this. It is important that you can ask any questions you need to, and to feel reassured about your child being well cared for.

### What you can do

**Home is best.** If possible arrange for the carer to care for your child at home.

**Moving between locations.** Spend time with the carer and your child making sure that the child knows that you are comfortable with the carer.

**Comfort items.** Give your child something of yours to keep such as a favourite item of clothing.

**Your child's toys.** Make sure your child has their own toys with them.

**Consistent routines.** Ask the carer to follow your routine.

**Familiar conversations.** Ask the carer to talk about you and the family to your child, so that they hear about familiar things.

**Bedtime routine.** If they are staying elsewhere make sure your child has their own bedding and other items they will feel more at home with. Ask the carer to copy your usual bedtime routine including reading your child's favourite bedtime story.

**Communicate with technology.** Use telephone or video call your child to wish them goodnight or even read their story for them if you can.

## WHAT CAN I DO TO ENSURE THAT MY TEENAGER IS CARED FOR?

Most school-based childcare provision only includes children up to age 14 (Year 9). You can think about how your teenager will be supported if staying at home during the school day.

Teenagers will have had big changes too – like not seeing their friends, changes to exams, and feeling like they are missing out at an important time.

### What you can do

**Talk to your child about the changes and how they feel about them.**

If possible, your child should be involved in making a plan. Accept that this plan is probably not going to be what you or your child would have wanted at this time in their school life, but you are working together to find the best possible solution under the circumstances.

**Ensure your child has contact with friends and other important people in their life.**

This could be family, family friends – these people may have helpful knowledge and skills that might help your child with school work, too!

**Keep regular routine and regular contact by phone.**

This will help them feel connected to you when you are not there.

**Find ways for your teen to feel that they are using their time productively.**

This might help them to feel more in control of their future. This might be catching up on learning, to give them a ‘head start’, or learning new skills or contributing to the local community. Talk with them about what will work for them.



## HOW DO I MANAGE FAMILY LIFE WHEN I AM WORRIED ABOUT PASSING ON THE INFECTION?

All key workers will have guidance about infection control – this might include rules around showering, changing clothes etc. Younger children might find it difficult to adapt to these, as they might not understand all of the things we need to do to keep healthy.

You can read more about this in [Talking to children about illness](#). Prepare your child as much as possible, and even make it into a game for younger children may help them to adapt to the changes to routine.

### What you can do

#### **Explain to your child why you need to do things differently.**

Tell them what you need to do, and why you need to do it. For younger children, keep this simple – mummy or daddy needs to wash their clothes and body to help keep them clean. For younger children, making this into a game such as ticking off a list and giving the parent a star when they have done their tasks may help them feel involved and make it fun.

#### **Involve your child as much as possible and as is safe (if they are interested!)**

Your child could make a chart or list to remind the family of things that need to be done, like washing their hands. They might have a 'special job', such as getting out the nice soap and towels for when you return.

#### **If you become unwell with the virus, explain to your children about the importance of following medical advice.**

Make sure they see that you know what to do and know what they need to do.

#### **Try to plan ahead if you can.**

You could create a rest space which can be used if anyone feels like they need a break or feels unwell. This could be used if someone in the house later gets unwell and needs to isolate.

#### **Think about how you explain the illness to your child.**

Try to be honest about the risks but don't give complicated information. Letting your child know that you and everyone you work with are following all the advice to stop you getting sick will help reassure them.



## HOW CAN I HELP MY OWN STRESS AND WORRY LEVELS?

It is natural that adults feel worried and stressed about the pandemic too. It can be helpful for children to see adults showing a range of feelings, but it is sensible to think about how you feel and whether your child will pick up on this. Lots of things are outside of our control, such as other people's behaviour, but there are some things we can do to help feel less worried. Make sure you look after yourself too, and your children will benefit from this. There are lots of different apps, articles and advice out there on 'self care'. Not everything will work for everyone. Try a few different things until you find something that will work for you.

The British Psychological Society have written an excellent advice leaflet for health professionals called [The psychological needs of healthcare staff as a result of the Coronavirus pandemic](#), and this would be useful for all key workers.

It is natural that adults feel worried and stressed about the pandemic too.



## What you can do

### **Make sure you look after yourself.**

Eating regularly, drinking enough water and getting enough sleep will help you have more energy to spend time with your family.

### **Noticing and accepting how your feelings may affect your mood and behaviour.**

Letting people know if you are feeling tired or worried can help – it can help you and it can help them to know how you are feeling.

**Try breathing exercises or keeping a journal.** There are lots of ideas you can try to help you relax your feelings, from slowing your breathing down, doing some exercise (see [NHS](#)) – or writing down worries and concerns will help you.

**Understand this will pass.** Thinking about this situation as a ‘different’ period of time in your life which will end.

**Focus on what you can control and not what you can't.** Only worry about things that are your responsibility – try not to take on worry about things that you cannot do anything about.

Try to keep things as ‘normal’ as much as possible.

**Set yourself and the children goals and treats to work towards.** In normal life there are things to look forward to such as trips to parks, restaurants etc. While we are in social isolation we need new treats. What feels like a treat now?

**Find new skills and games to do as an individual or as a family.** Some families are planting seeds, some are learning new things, like singing or crafts.

**Be kind to yourself.** You are not super human. Focus on what you have achieved today.

**Keep some balance.** Try to avoid falling into a cycle of sleeping, working, eating, and repeating. Do something fun for yourself and your family. Make sure there is something fun to do each week.

**There are free resources being made available for key workers.** There is free access to [Headspace](#), [deliveroo vouchers](#), and other [discounts](#). Make use of these as it will help you to feel valued.

## HOW CAN I HELP MY CHILD WITH WHAT THEY ARE HEARING ABOUT CORONAVIRUS ON THE NEWS AND FROM OTHER PEOPLE?

Children like adults may be feeling overwhelmed by the information in the media and that we are all hearing from each other. Children will react to this information differently, and some of their behaviours may seem odd or unusual to you e.g. 'playing Corona chase in the garden'.

See the leaflet we have written for children called [When your parent is a key worker](#).

### What you can do

#### Try not to worry about these behaviours.

It's just them making sense of the world through play. Children may also react by behaving like they did when they were younger – you may see bed-wetting, thumb sucking and such behaviours.

#### Having a parent as a key worker might mean that Coronavirus is talked about more in your home.

Keep an eye on how much conversation there is about Coronavirus and make sure it is not causing extra worry to the children. If you are worried then keep the Coronavirus talk for when they are not about and talk about more 'normal' things that you would like them to be thinking about instead.

#### Helping your children to understand about the virus in an age appropriate way.

This might help them and reduce some of the behaviours that are worrying you. Take a look at the free information book from Axel Schaffer called [Coronavirus: A book for children](#) which is a great resource for children aged 5–9.

**WE WISH YOU THE VERY BEST AND THANK YOU FOR THE HARD WORK YOU ARE DOING FOR US ALL.**



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The British Psychological Society is a registered charity which acts as the representative body for psychology and psychologists in the UK. We support and enhance the development and application of psychology for the greater public good, disseminating our knowledge to increase public awareness.

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# Local Support for Adults

## Domestic Abuse

Hull Womens Aid 01482 446099

Hull Domestic Abuse Partnership 01482318756

Online Web Chat for isolated Domestic Abuse Victims (10am – 12pm Mon- Fri) – <https://chat.womensaid.org.uk> – if ongoing support is required, onward referrals are made to local DAP's.

## Covid 19 Support

CallER - East Riding Befriending Service (8am-10pm) – ran by HEY Smile and ERYC for isolated residents – 01482 215929

East Riding Council Covid 19 Helpline – 01482 393919

Beecan – Coronavirus Community Support Hub for the East Riding -

<https://coronavirus.beecan.org/#localareaupdates>

Hull City Council Helpline – 01482 300 307

Hull Street Angels Volunteers are available to help with shopping, delivering mail, collecting parcels, picking up prescriptions and befriending people by having an active telephone line that they can call and speak with one of the volunteers. Contact 07497696597 or 07580032779.

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

## Rough Sleepers

Emmaus Helpline – free phone for rough sleepers – 0800 065 2169

## Food Banks/Food Support

Jubilee Foodbank in Hull is still providing food.

The Hinge (Bridlington) – providing emergency food parcels – 07840701476 / 07955069744

Meals on Wheels – <https://www.nnetwork.org.uk/partnerships/meals-on-wheels-services-in-hull/>

Self-help skills and knowledge helps people (10-18 years old) who maybe experiencing increased anxiety and stress during this time.

Mind.org.uk has a range of information and advice online including an A-Z of mental health. Elefriends.org.uk is a supportive online community where you can be yourself. Youngminds.org.uk offer advice on how to support and look after yourself.

## Childline

Childline.org.uk offering 1-2-1 counselling online or on the phone between 9am-12am 0800 111



## Resources for Key Worker Parents & Children of Key Workers

Over the next pages we have included 2 booklets created by The British Psychological Society in response to the Corona virus crisis; 'Advice for children and young people - When your parent is a Key Worker' 'Advice for Key Worker parents - Helping your child adapt' see next page...

The final page of the newsletter pulls together support resources for adults

National Domestic Abuse Helpline

0808 2000 247

The Men's Advice Initiative

08088010327

Samaritans 116123

**National Websites/ Resources**

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

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

Elefriends – online peer support community - <https://www.mind.org.uk/information-support/support-community-elfriends/>

Wellbeing & Coping Resource - <http://learn.4mentalhealth.com/>

# Tips for working during Covid 19

## Mental Health

HeyMind for more information on how we can support visit [hey mind.org.uk](http://hey mind.org.uk) or Tel: 01482 240200 or text 0752063344 or the info line on 01482 240133

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

HeyMind – mental health support and services throughout Hull and East Yorkshire

If you need someone to talk to we are continuing to support pupils (and parents and carers) who are struggling with the current situation. For judgemental and

Emmas Helpline – free phone for rough sleepers – 0800 056 2169

Food Banks / Food Wages School Approach @ [hey mind.org.uk](mailto:hey mind.org.uk) to make an appointment. Visit [hey mind.org.uk](http://hey mind.org.uk) for more info on our other services or call

01482 240200  
The Hinge (Bridlington) – providing emergency food parcels – 07840701476 / 07955069744  
[www.ervas.org.uk](http://www.ervas.org.uk) – East Riding Voluntary Action Service

In response to Covid 19 they have a virtual youth hub with lots of information for young people, a telephone support service and also a virtual form and youth-drop

where you can discuss your thoughts and experiences with others. If you are aged between 10 and 25, visit [www.ervas.org.uk/youngpeople](http://www.ervas.org.uk/youngpeople)

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

Offering online counselling and a host of resources for young people aged 11-25 in East Yorkshire and Hull. Visit [www.kooth.com](http://www.kooth.com)

[The Warren Youth Project](http://www.thewarren.org)

Currently offering telephone, text or online counselling service.

Contact 01482 218115 or email [counselling@thewarren.org](mailto:counselling@thewarren.org)

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