

Family Support Newham

CAMHS Saturday Pop-Up Service

www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946

Bookable 40min video-conference slots for families not open to CAMHS. First come first served basis.

Newham CAMHS Workshops

www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238

For any families with children in Newham. Parents/carers can sign up to any workshops they are interested in. These are:

- Coping with anxiety (27th May)
- Managing my mood (10th June)
- Managing anger (24th June)
- Managing worries (8th July)
- Parenting and self-care (22nd July)
- Mindfulness and self-care (5th August)

Your Time booklet & referral form: Your Time is a new service aimed at supporting vulnerable children and young people aged 10 -18 (up to 25 for SEND and Care Leavers) through the Covid-19 crisis by providing a regular weekly catch-up with a professionally trained and trusted adult.

Renewal Programme- Supporting Families with no recourse to public funds

Newham Foodbank- See a member of Monega's Early help Team for a Foodbank Voucher.

#HelpNewham is a new service set up by Newham Council to respond to COVID-19. It provides to residents in Category A (see definition below):-

1. Food and essentials
2. Family boxes (with nappies, sanitary towels, condoms, formulae, some basic books/toys),

3. Prescription delivery and
4. Telephone chat/befriending service.

It is intended to support and compliment the work of the faith, VCS sectors and local mutual aid groups who are focusing on all other residents who may need support.

The school can refer you to this service. Please contact the school if you would like a referral to be made on your behalf.

[#Help Newham Referral Form](#)

Supporting Children

During these unprecedented times, you may find yourselves having some challenging conversations with your child about the world today. We believe in supporting the wellbeing of all our pupils and have therefore attached some information and links below to help you have these conversations:-

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/
www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/

Government guidance on supporting children and young people's mental health during the coronavirus:-

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

'Many ways to share a hug' - Social Story

https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf

Ten tips for talking to your child

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

How to tell children and young people that someone is seriously ill

<https://www.winstonswish.org/telling-children-young-people-serious-illness>

A lovely, printable 14 day mindfulness activity challenge

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>

A coronavirus story

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>

Dr Chris and Dr Xand are here to tell you why the coronavirus might not be as scary as it sounds.

<https://www.bbc.co.uk/newsround/51342366>

Action for Happiness - Coping Calendar

<https://www.actionforhappiness.org/calendars>

Telephone Helplines

Samaritans - Call 116 123 or email jo@samaritans.org (24 hours a day, 365 days a year)

If you need to talk to someone, the Samaritans can help- they offer emotional support and a listening ear 25 hours a day, 365 days a year. This is a freephone number that can even be called from a mobile that has no credit. Your call will not appear on the phone bill.

Childline - Call 0800 1111 (24 hours)

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

NSPCC Helpline - Call 0808 800 5000 or email help@nspcc.org.uk

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

CALM Helpline - Call 0800 58 58 58

<https://www.thecalmzone.net/>

Confidential support for men, 7 days a week, 5pm to midnight, free

National Domestic Abuse Helpline - Call 0808 2000 247

Free, confidential, 24 hour helpline

<https://www.starsdorset.org>

Women's Aid - Live Chat <https://chat.womensaid.org.uk>

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors>

Information and support for women experiencing domestic violence

Apps for Wellbeing and Mental Health

Stop, Breathe and Think App

<https://www.stopbreathethink.com>

Check in with how you're feeling and try short activities tuned to your emotions

Smiling Mind App

<https://www.smilingmind.com.au>

A great app with age specific mindfulness resources, including a new resource, 'Thrive Inside'.

Thrive Inside is a special program to help you stay psychologically healthy while you're spending extended periods of time at home.

Cosmic Kids Yoga and Mindfulness App

<https://www.cosmickids.com>

This app often has a two week trial available

Calming Activities

Childline Calm-Zone

<https://www.childline.org.uk/toolbox/calm-zone>

An activity for grounding and calming

Just Breathe

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

A video aimed at children to help them feel calmer

150 Sensory Learning Ideas

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas>