

Warwickshire School Health & Wellbeing Service

December 2020 Newsletter



A monthly update from your school nurse team

Here's the latest update from WSHWBS, with wellbeing tips, resources and details of useful services for Warwickshire families. Remember, we're here to support you in these strange times: get in touch using the details on page 3.

Practise the 5 Ways to Wellbeing this festive season

With Warwickshire under strict restrictions to prevent the spread of coronavirus, December this year will feel a little different. Because of this, it's really important to look after our wellbeing (that goes for children, young people and parents/carers too!). The 5 Ways to Wellbeing are research-based steps we can take to improve our wellbeing. They are:

Connect

Be active

Keep learning

Give

Take notice

You can find out all about the 5 Ways to Wellbeing and what each one means [here](#).

Wellbeing Activities

We've put together some activities designed to help all ages achieve these steps to wellbeing and enjoy the festive period - all of which are low cost or free:

- Stay active and learn** on the [National Trust website](#), where you can plan a wintery walk, learn eco crafts, try Peter Rabbit activities and learn about squirrel spotting.
- Connect and learn** with a virtual event from the Museum of Natural History set to take place Friday 4th December. Solve a series of puzzles to save a missing museum specimen, learning about the natural world along the way. [Details here](#).
- Help children and young people **learn, connect and give** with these [BBC Goodfood Christmas Baking Projects for Kids](#) and [Hanukkah craft projects](#). Children will be rewarded for their hard work by having lovely gifts to share with loved ones.
- Some of us may be getting 'Zoom fatigue', but keeping in touch with loved ones is really important for our wellbeing. To keep things fresh, why not try adapting the games you usually play at Christmas, such as charades or Pictionary, to work over video - or do some festive [virtual crafts](#) or baking together.
- Taking notice** is about noticing and embracing the small things in life. For example, when you're out on a walk, ask children what they can see and feel - perhaps they feel cold and can see their breath in front of them. Ask them again when you get back indoors and see how their answer changes! Learning to take notice can help us all to feel present in the moment and get more out of ordinary days.

BBC Wellbeing Toolkits

The BBC have created a useful [parent/carers wellbeing toolkit](#) full of ideas and activities. There's also a brilliant [parent/carer wellbeing toolkit for children with SEND](#).

Affordable energy: Stay warm this winter

Many families struggle to heat their homes through winter, due to difficulty paying utility bills, problems with energy providers, or issues with appliances. Living in a cold home can lead to poor health and a decreased sense of wellbeing.



Act On Energy is a charity that works across Warwickshire and surrounding areas to help people save money and heat their homes more efficiently. Their services are free of charge and include:

- Support and advice over the phone on keeping warm and reducing energy bills.
- Support accessing funding for emergency heating replacements (for eligible families).
- Free low-cost energy installs (efficient light bulbs, draught-proofing etc.).
- Additional support for vulnerable families (low-income households/families with small children etc.).

To find out more, visit www.actonenergy.org.uk or call their free advice line: **0800 988 2881**

Something's Not Right

Lockdown has been difficult for everyone. Some young people might have particular worries about things that have happened at home, not knowing where to go when they're scared, being at school, exams and futures, or coping with mental health. If this sounds like you or someone you know, visit childline.org.uk/somethings-not-right for support.



Emotional and mental health

Lots of children and young people may struggle with their mental health at some point. It's important they know that they're not alone, it's OK to tell someone how they feel, and there are lots of people around to support them. Here are some links for support and advice for children, young people and parent/carers around struggles with emotions, anxiety or low mood:



For children and young people

[Young Minds](#) - mental health support

[CW RISE](#) - local mental health services

[Childline coping at Christmas](#) - support for young people struggling over the holidays

[NHS Every Mind Matters](#) - mental health and self-care for young people

[GOV UK](#) - easy-read guide to looking after your feelings & body during COVID-19

For parents/carers

[GOV UK](#) - guidance for supporting CYP mental health during the pandemic

[CW RISE](#) - advice & support for parents/carers, including workshops & useful resources

[Young Minds](#) - help for parents/carers worried about your child

[NHS Every Mind Matters](#) - looking after a child or young person's mental health



For urgent support with mental health for children and young people, please call the RISE Crises team on: **02476 641 799** (8am and 8pm) or **0300 200 0011** (overnight)

Coronavirus (COVID-19)

As of Wednesday 2nd December, Warwickshire will be under Tier 3 restrictions to prevent the spread of coronavirus. Find out what these restrictions mean [here](#). Schools will remain open and pupils should continue to attend. Over Christmas, it will be possible to form an exclusive 'bubble' with two other households. You can read more about this [here](#) - bear in mind spending time with elderly or vulnerable relatives puts them at risk.

If a child or young person has health or wellbeing concerns during this period of increased restrictions, a school nurse can provide support. Please get in touch using the details below.

Remember:



Wash hands



Cover face



Make space

[Latest government guidance](#)

[NHS advice and symptom checker](#)

[WCC family guidance](#)

[Support accessing food in Warwickshire](#)

[Young Minds advice on talking to children about coronavirus](#)

[Coronavirus resources for people with autism](#)

Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing: get in touch using the details below for free, confidential advice.

Parents/carers

Service mainline: 03300 245 204

Text Parentline: 07520 619 376

Children/young people 11–19 years

Text ChatHealth: 07507 331 525

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?



www.compass-uk.org/services/wshwbs

