



## A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

It's Wellbeing Wake-Up time! These fun weekly videos for primary school children and parents/carers are filled with activities you can try as a family to promote wellbeing: [cutt.ly/wellbeing-wakeup-4](https://cutt.ly/wellbeing-wakeup-4)

## Carers Week

This week is Carers Week, a chance to raise understanding of what it means to be a carer and to provide support to those with caring responsibilities.

### What does being a carer mean?

Being a carer means supporting somebody who needs help because they are ill, disabled, or misusing drugs or alcohol. It means doing this for free, usually for a relative or partner, as apposed to being a paid care worker. Being a young carer means taking on this responsibility from a young age because someone close to you needs this kind of support.

### What sort of things might a carer have to do?

Caring can involve lots of different things. It might mean helping someone get washed and dressed, making meals for them, or helping them manage their medication. It could also mean providing emotional support, or all of these things. Being a young carer often means taking on responsibilities that a parent usually has, such as shopping, cooking, and taking care of younger siblings. Watch this video to better understand what it means to be a young carer: [cutt.ly/day-in-the-life-young-carer](https://cutt.ly/day-in-the-life-young-carer)

### Challenges of being a carer

Being a carer can be a challenge. For adults, juggling caring with other responsibilities may cause financial strain, exhaustion, mental and physical health problems, and difficulties in relationships. Being a young carer can affect self-confidence, cause struggles with education due to missing school or not being able to complete homework, and in some instances can lead to bullying. Carers may feel isolated in their role, particularly in the current pandemic.

### If you are a carer, remember to ask for help

You don't have to do everything alone. There is support available for both adult and young carers. Take a look at our resources below which include local support groups, and remember, we are here to help as well. If you're a young carer struggling with school work, tell a teacher who will be able to help you get the right support. Remember, you are doing a brilliant job and are a very special person who is making a difference in the lives of others.

#### Resources - for adult carers

[warwickshire.gov.uk/carers](https://warwickshire.gov.uk/carers)  
[www.carersuk.org](https://www.carersuk.org)  
[carers.org](https://carers.org)  
[cutt.ly/nhs-carers](https://cutt.ly/nhs-carers)

#### For young carers

[warwickshireyoungcarers.org.uk](https://warwickshireyoungcarers.org.uk)  
[cutt.ly/childline-young-carers](https://cutt.ly/childline-young-carers)  
[cutt.ly/nhs-young-carers-rights](https://cutt.ly/nhs-young-carers-rights)  
[cutt.ly/yc-covid-loneliness](https://cutt.ly/yc-covid-loneliness)  
[cutt.ly/naomis-story](https://cutt.ly/naomis-story)

#### DID YOU KNOW?

As many as 1 in 5 children in the UK are young carers!



## Useful links

### Returning to school after lockdown

Gov guidance for parents/carers:

[cutt.ly/gov-guidance](https://cutt.ly/gov-guidance)

Illustrated story for younger children about 'Going to school in a bubble':

[cutt.ly/illustrated-book](https://cutt.ly/illustrated-book)

Animation for children 'While we can't hug':

[cutt.ly/while-we-cant-hug-video](https://cutt.ly/while-we-cant-hug-video)

Advice for parents/carers on supporting your child as they return: [cutt.ly/supporting-school-return](https://cutt.ly/supporting-school-return)

### Activities to do at home

Change4Life activities & games:

[nhs.uk/change4life/activities](https://nhs.uk/change4life/activities)

Try out some 5-minute crafts:

[cutt.ly/5-minute-crafts](https://cutt.ly/5-minute-crafts)

'Try this at home' activities from NHM: [cutt.ly/nhm](https://cutt.ly/nhm)

Simple, healthy recipes for kids:

[cutt.ly/bbc-recipes](https://cutt.ly/bbc-recipes)

### Home learning resources

Home Learning Fun Facebook group:

[cutt.ly/facebook-learning-fun](https://cutt.ly/facebook-learning-fun)

Compass celebrity learning timetable:

[cutt.ly/learning-timetable](https://cutt.ly/learning-timetable)

Free education & fun downloads for children:

[cutt.ly/free-activities](https://cutt.ly/free-activities)

Info and education resources for children and young people with SEND: [cutt.ly/SEND-education](https://cutt.ly/SEND-education)

STEM home learning resources:

[stem.org.uk/home-learning](https://stem.org.uk/home-learning)

### COVID-19 family guidance

Compass info & resources for parents/carers:

[cutt.ly/coronavirus-parents-carers](https://cutt.ly/coronavirus-parents-carers)

Resources for people with autism and families: [cutt.ly/autism-resources](https://cutt.ly/autism-resources)

Information for Warwickshire families: [warwickshire.gov.uk/fis](https://warwickshire.gov.uk/fis)

Support accessing food:

[cutt.ly/accessing-food-advice](https://cutt.ly/accessing-food-advice)

Refuge Domestic Abuse Service Warwickshire:

**Call 0800 408 1552**

[cutt.ly/refuge-warwks](https://cutt.ly/refuge-warwks)

### Emotional and mental health resources

Resources for professionals, parents/carers and young people: [camhs-resources.co.uk](https://camhs-resources.co.uk)

Every Mind Matters: Coronavirus & wellbeing [nhs.uk/oneyou/every-mind-matters](https://nhs.uk/oneyou/every-mind-matters)

Young Minds Coronavirus support:

[cutt.ly/young-minds-coronavirus](https://cutt.ly/young-minds-coronavirus)

RISE resources: [cwrise.com](https://cwrise.com)

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

**02476 641 799** between 8am and 8pm

**0300 200 0011** outside these hours



## 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 aged 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/warwickshire-school-health-wellbeing-service](https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service)