
Family Support

Lady Manners School

Dear All, I hope you are all keeping well and safe during this period of social distancing. The family support team wish to share useful contacts and resources to allow you to seek support and help you look after your wellbeing. Let us know if you have anything useful to share with other families; resources you have found; activities you've done at home or pictures of your rainbows!



Whilst we are all thinking about staying safe and keeping our physical health safe, it's easy to forget our mental health. This will be particularly important now that many of the things you would usually do aren't accessible at the moment, or the space you had for yourself is shared or under pressure. Using the "5 ways to wellbeing" can help to ensure you are looking after yourself and your family. I will focus on a different way each week.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



This time...the first way... **CONNECT**

Being socially distanced or self-isolated, this one can be tough, but more important than ever to take note of!



How are you doing with this?

Some ideas to help achieve **Connection**



- **“Special time”**: Connect with children and young people in your home, by agreeing a time period to have “special time”. Be completely with them, taking part in whatever activity they would like, allowing space for connection and being heard. Ensure you aren’t distracted by phones; work or other tasks you need to do.
- **Spread the rainbow**: children all over the world are painting, chalking and gluing rainbows to create connection at a time when we can’t visit our friends, display yours and see how many you can find on your walk.
- **Social media**: keep in touch with family and friends using video calls, share a meal or a drink, play a quiz or have a cuppa.
- **Vision boards/positivity board**: Spend some time collecting images that mean something to you. Put them all together on a poster to create a vision board to capture your dreams and goals and feelings. You can also use it as a positivity reminder. You can use this to connect to each other by sharing your ideas with each other, but also connect to what is important to you.



Something to try:

Make a calm Jar

This is a great tool to bring yourself back to the moment and for soothing and calming and improving focus.



You will need:

Small jar (make sure it will hold liquid tightly)

Clear glue

Glitter (any colours you like)

A few drops of food colouring

Hot water

Whisk or a stick

- 1. Pour glue and hot water (tap water is okay) into the jar and mix with a whisk.** The glue gives the liquid a different thickness and makes impressive swirls of glitter.
- 2. Add some glitter.** You can start with 1-2 tablespoons of glitter. I prefer to combine both chunky and finer glitter. For a pink jar I used red hearts, purple, pink and iridescent glitter. Iridescent glitter will give a nice lighter look, so be sure to try it out.
- 3. Add a drop or two of food colouring to give it more excitement.**
- 4. When everything is blended, put the lid on and give it a good shake so the glitter is dispersed throughout.**
- 5. Then let it cool without the lid.**
- 6. You can secure the lid with super glue.**

Experiment with the amount of glue and glitter to make it work for you.

<https://blissfulkids.com/mindfulness-kids-teens-calming-glitter-jar-aka-mind-jar/>



Useful Resources:

citizens
advice

CAB (Citizens Advice) across High Peak and North Dales

Phone: 0300 456 8390 <http://www.ddcab.org.uk> (main bases in Glossop, Buxton and Matlock)

Citizens Advice Derbyshire Districts runs a **Universal Credit 'help to claim' project**. This is to support people with applying for Universal Credit and any other issues up to receiving first payment. We are now based in all job centres across Derbyshire Districts, to see one of our advisers please enquire at your local job centre or contact us on our help to **claim helpline: 0800 144 8 144**



ADDICTION (Drugs/Alcohol) Support

<https://www.changegrowlive.org/young-peoples-service-derbyshire/info>

Derbyshire CGL is a free and confidential drug/alcohol outreach service for young people. Tel: 01773 303646

Email: derbyshire@cgl.org.uk



DOMESTIC ABUSE Support

There is one helpline number in Derbyshire for reporting or discussing domestic abuse

Phone: 08000 198 668 Glossop, High Peak and North Dales areas are supported by

<http://www.crossroadsderbyshire.org>

SAFEGUARDING Advice

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111



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

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

ONLINE Emotional Well-being Support

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

- an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



kooth

Qwell

Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics. <https://www.qwell.io/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

A link to the Young minds website offering suggestions to try and help limit worries.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

YOUNGMINDS
fighting for young people's mental health

