

# Family Wellbeing Pack

For during the coronavirus outbreak

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## Health Visiting Support

Things are changing daily and constantly being updated. We are aiming to offer the best service to our families at this unprecedented time.

Most Health Visiting contacts are now either a video consultation or telephone. Some essential visits continue to be done face-face and we will discuss with you over the phone whether a home visit is necessary.

We are extending our Duty line service to Monday-

Sunday, 9-5. Please feel free to call us if you have any concerns or questions. We can offer support for families with children 0-5 years old with things such as feeding, weaning, sleep, behaviour, development, toilet training etc. as well as provide emotional support and signposting to mental health services.



We are here to support with worries about your baby/child but also yourself. This is a difficult

time for all of us emotionally and can be quite overwhelming. **Do not suffer alone, please call for support.**

### **How can I maintain my own mental wellbeing during this difficult time?**

During these times it is really important to allow space for self-care. Try to view this time as a challenge and not a crisis. Use it to make a positive difference to your life by enjoying pastimes you don't usually have the opportunity for and to catch up with those tasks you are always meaning to do.

Some ideas to get you started:

- Reading books

- Listening to music
- Cooking/ Baking
- Organise virtual gatherings with your friends using online platforms
- Playing games - board games, games on your phone, puzzles (eg Sudoku)
- Organise your home
- Do the jobs you have always been meaning to do – organise photos, sort out the drawer you have been meaning to organise

### **Useful apps:**

Bedtime stories, white noise, relaxations and meditations are all useful to distract your thoughts and focus the mind, especially if you are having trouble sleeping.

- Headspace
- Calm

### **Suggestions for what to do with small children in the home**





## Nursery and Preschool/Early Years:

- **Craft ideas** - <https://www.redtedart.com>
- **Cbeebies Radio**  
<https://www.bbc.co.uk/cbeebies/radio> (Listening activities for the younger ones.)
- **The Imagination Tree** -  
<https://theimaginationtree.com> creative art and craft activities for the very youngest
- **Interactive phone games** currently free -  
[www.phonicsplay.co.uk](http://www.phonicsplay.co.uk)
- **Letters and phonics** -  
[www.bbc.co.uk/cbeebies/shows/alphablocks](http://www.bbc.co.uk/cbeebies/shows/alphablocks)
- **Reading** - [www.teachyourmonstertoread.com](http://www.teachyourmonstertoread.com)
- **Drama** - Drama Tots UK go on a drama adventure in your own living room - free live session each weekday 10am 18months to 5 years - on Facebook
- **Entertainment** - Maddie Moate (CBeebies) Go Live sessions each week (Monday) 11am on Youtube:  
[www.youtube.com/watch?v=b7bi3xOZpaM](http://www.youtube.com/watch?v=b7bi3xOZpaM)
- **Counting and number games** -  
[www.bbc.co.uk/cbeebies/shows/numberblocks](http://www.bbc.co.uk/cbeebies/shows/numberblocks)
- **Activity ideas for different ages** -  
<https://hungrylittleminds.campaign.gov.uk>

## Fun for All

- **The Artful Parent**  
<https://www.facebook.com/artfulparent/> Good, free art activities
- **DIY** <https://www.tinkergarten.com/activities> - Great resource for simple DIY activities that can be broken down into times, ages and skills
- **Daily PE/work out** for children (and parents) on YouTube. PE with Joe.<https://m.youtube.com/thebodycoachtv?uid=AxW1XT0iEJo0TYIRfn6rYQ>
- **Free stories for children of all ages** - <https://stories.audible.com/start-listen>
- **Learn languages for free** - Web or app Duolingo <https://www.duolingo.com>.
- <https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors>
- **Yoga videos designed for kids age 3+** - [www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)
- **Go Noodle** - YouTube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun) [www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)
- **Gruffalo themed activities** - <https://www.gruffalo.com/activities/activities>
- **The scouts** have released 100 free things to do at home - <https://www.scouts.org.uk/the-great-indoors>
- **Self care activities** for children and young people : <https://www.annafreud.org/on-my-mind/self-care>
- **Shark feeding Wednesday** on facebook

- @National Marine Aquarium - daily animal feeds including shark feeding and aquatic themed crafts
- **Hogwarts digital escape room** - [www.ptlibrary.org](http://www.ptlibrary.org)

## **Other Daily Virtual Activities**

**Richmond Children's Centres** – uploading daily classes for young children including Crafty Tales baby sessions. They have also uploaded information sheets with ideas to do with babies such as 'singing with baby', 'baby messy play' and a printable black and white shapes sheet. Parents in any borough can request to join the group.

<https://www.facebook.com/groups/2139131246410763>

**Mama Tribe on Facebook have a timetable of free daily classes**

<https://www.facebook.com/mamatribeuK>

Monday – 11am – Kids Yoga

Tuesday - 9:30am – Silly Sports and Forest school

Tuesday - 2:00pm – Kids Ballet

Wednesday – Didi Sports

Thursday – Kid's French

Thursday – Kid's Musical Dots

Saturday – Baby Massage

**Mini Music Makers** – daily music classes for children at 10am

<https://www.facebook.com/minimusicmakers>



*Image taken from PANDAS Foundation Instagram page*  
**Where can I find support for my mental health at this time?**

### **Free helplines and online support groups:**

**PANDAS charity** for perinatal mental illness offer free telephone support Mon-Sun 9am-8pm on 0808 1961 776 or by email on [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk) (response within 72 hours). They also have a very helpful Instagram page

**Cocoon Family Support** are running a London wide peer support group using Zoom every Tuesday and

Thursday morning 10-11. It is a safe space to discuss all things pregnancy, new parenthood and mental health related led by an experienced and trained peer supporter. Join the group on Zoom:  
<https://zoom.us/j/263329262>

**Anxiety UK** - advice and helpline – 03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on 07537 416 905. There are also regular online support groups you can register for – [www.anxietyuk.org.uk/coronanxiety-support-resources](http://www.anxietyuk.org.uk/coronanxiety-support-resources)

**OCD Action** – phone and email support and virtual groups <https://www.ocdaction.org.uk>

**Shout Crisis Text Line** - Text SHOUT to 85258 to text with a trained crisis volunteer 24/7  
<https://www.giveusashout.org>

### **NHS Talking Therapy Services**

These services are continuing to provide assessments and treatment over the phone and via video call and so you can still access therapeutic support from your own home. You can either self-refer online or speak to your Health Visitor and they can refer you. If you are pregnant or a parent of a child aged under one you will be prioritised and contacted within 2 weeks of referral.

**GP surgeries are still providing telephone assessments and can discuss possible medication**



**options with you should you feel that you would benefit from this. Your Health Professional can also refer you to additional community mental health teams which continue to operate. If you feel suicidal or feel like you will harm yourself or others call 999 or attend your nearest accident and emergency department.**



## **Other Mental Health and Coronavirus Resources**

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

Mental Health Foundation - Looking after your mental health during coronavirus outbreak

<https://www.mentalhealth.org.uk/coronavirus>

Place2Be Talking to children about coronavirus

<https://www.place2be.org.uk/coronavirus>

Supporting young people's mental health during coronavirus

<https://www.annafreud.org/coronavirus>

### **Government Advice**

**Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.**

**You can get up-to-date information and advice on the virus here:**

- <https://www.gov.uk/coronavirus>
- <https://www.nhs.uk/conditions/coronavirus-covid-19>

**You should only leave the house for:**

- 1. shopping for basic necessities, for example food and medicine, which must be as infrequent as possible**
- 2. one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household**
- 3. any medical need, or to provide care or to help a vulnerable person**

**4. travelling to and from work, but only where this absolutely cannot be done from home**

**Wash your hands for 20 seconds with soap and hot water whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can't wash your hands straightaway, use hand sanitizer and then wash them at the next opportunity. Stay 2 metres apart from anyone outside of your household and stay at home if you are feeling unwell.**

*This information resource was created by Ettie Dolman Specialist PIMH Health Visitor – Wandsworth and Richmond with special thanks to Eileen O'Sullivan, Nadine Anderson and Claire Townsend, Specialist PIMH Health Visitors - South Warwickshire NHS Foundation Trust and Leanne Howlett, Chair - By Your Side*