



**Southern Health**  
NHS Foundation Trust

# **FAMILY WELLBEING PACK - DURING COVID19**

**Hampshire  
Healthy  
Families**



*Today's Health. Tomorrow's Future*

January 2021  
Health Visiting  
Version 1

# HEALTH VISITING

We aim to offer the best service to our families at this unprecedented time.

For health visiting contacts, we will be in contact with you as we would normally and will discuss with you, whether a home visit is necessary and if you are symptom free of COVID-19.

If you have already received an appointment letter we will contact you to discuss whether this will now be a face to face or video contact. If you are concerned that your baby is not gaining weight then we will have a conversation with you to assess feeding and your baby's health and can organise a socially distanced weighing if we feel that it is necessary.

We are here to support with worries about your baby/child but also yourself. This is a difficult time for us emotionally and can be quite overwhelming. Do not suffer alone, please call for support. The offices are being manned so please call your usual Health visiting number for any advice.

We also have our CHAT Health text advice line on 07520 615720. This service is provided by a duty Health Visitor 9-4 Monday-Friday excluding bank holidays. We offer general Health Visiting advice and can signpost you to other services if necessary.

Hampshire Healthy Families website- <http://www.hampshirehealthyfamilies.org.uk/> with our partner Barnardo's has information and resources that will be kept up to date at this time. This includes details about online groups to support parents at this time.

These online groups include introduction to solids workshops, Five to Thrive programme & others

Infant Feeding advice is available via Chat Health, your health visiting service and also by contacting The National breastfeeding helpline on 0300 100 0212

(09:30 am to 09:30 pm every day)

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

General parenting advice

<https://ihv.org.uk/families/top-tips/>

Immunisations – the programme is still running as it is very important: please check with individual surgeries



# WHERE CAN I FIND SUPPORT FOR MY MENTAL HEALTH AT THIS TIME?



## **NHS 111**

Phoning **111** or online at <https://111.nhs.uk/> for support for mental health

## **Speak to your GP**

Contact your local GP to arrange an appointment

## **Samaritans**

24 hrs a day on **116 123** or email support on [jo@samaritans.org](mailto:jo@samaritans.org) (response within 24 hrs)

## **Shout Crisis Text Line**

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

## **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)

## **Helpful ways of mindfulness**

including online community chat groups  
<https://www.mindfulnessexercises.com/community>

## **NHS Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters/>

## **Coronavirus sanity guide**

<https://www.tenpercent.com/coronavirussanityguide>

## **General info about Postnatal depression**

<https://www.nhs.uk/conditions/post-natal-depression>

## **Italk**

Online support and access to service:  
<https://italk.silvercloudhealth.com/signup/>

## **Young Minds**

Support for children and young people including advice for carers.  
<https://youngminds.org.uk/>

## **Anxiety**

UK - advice and helpline – **03444 775774** (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on **07537 416 905**.

There is also regular online support groups you can register for.

[www.anxietyuk.org.uk/coronanxiety-support-resources](http://www.anxietyuk.org.uk/coronanxiety-support-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>

## **OCD Action**

phone support – **0845 390 6232**

# WHERE CAN I FIND SUPPORT FOR MY MENTAL HEALTH AT THIS TIME?



## **Child and Adolescent Mental Health Service (CAMHS)**

<https://hampshirecamhs.nhs.uk>

## **Place2Be**

Talking to children about coronavirus <https://www.place2be.org.uk/coronavirus>

## **Get Self Help**

<http://www.getselfhelp.co.uk/selfhelp.htm>

## **Support for fathers**

<https://dadmatters.org.uk/>

## **DadPad**

Support for Fathers in Hampshire

<https://thedadpad.co.uk/>

## **It takes balls to talk**

for males struggling with mental health \_

<https://ittakesballstotalk.com/>

## **Wessex Healthier Together**

Information available about mental health and about children's health at:

<https://what0-18.nhs.uk/>

## **ICON**

Guidance for coping with a baby who is crying

<http://iconcope.org>

## **Homestart**

A charity that provides support to parents and children

[https://www.home-start.org.uk/?gclid=EAlaQobChMI66LYyK-I6QIVEO7tCh2H4gFFEAYASAAEgITgfD\\_BwE](https://www.home-start.org.uk/?gclid=EAlaQobChMI66LYyK-I6QIVEO7tCh2H4gFFEAYASAAEgITgfD_BwE)

## **Health for Under 5's**

Support with concerns about your sleep and your baby sleeping

<https://healthforunder5s.co.uk/sections/baby/stress-free-sleep-for-you-and-your-baby/>

# WHERE CAN I FIND SUPPORT FOR MY MENTAL HEALTH AT THIS TIME?



## Contact your Health Visiting team

Contact information is detailed in your Personal Child Health Record (red book) or can be found on the Hampshire Healthy Families website [www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)

The Health Visiting team continue to be here to support you if you have worries about your baby/child or yourself. This is a difficult time therefore please contact us for additional support if you need it.

## Hampshire Lanterns Peer Support group

Facebook group for women who have experienced mental health problems

<https://hampshirelanterns.com/contact-us>

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**If you feel suicidal or feel like you will harm yourself or others it's important to tell someone.**

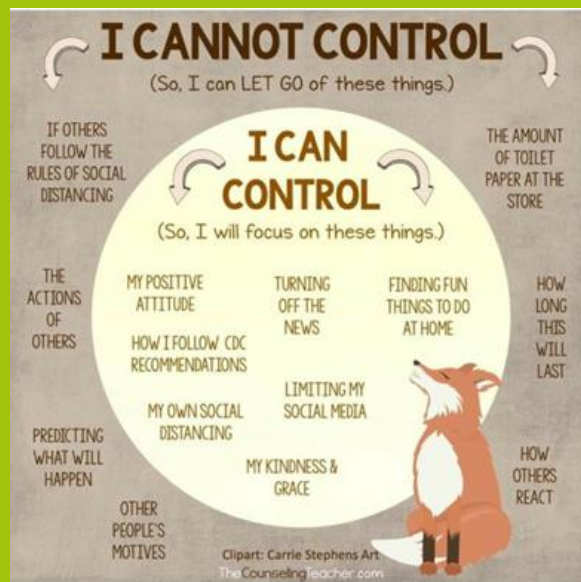
**Help and support is available right now if you need it and you are not alone.**

**Call 111 who can offer specialist support or the Samaritans on 116 123**

**Further information is available on <https://www.nhs.uk/conditions/suicide/>**

**If you or someone else has harmed themselves or feel you need more urgent support call 999**

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# 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 examples are:



**Read books**



**Cook / Bake**



**Play board games/puzzles**



**Do jobs you've been meaning to do.**



**Virtual gatherings with friends**



**Listen to music**



**Learn a craft on YouTube – knitting, crocheting, needle felting**



**Do your nails, take a long bath and the other things you never get chance to do in your normal busy life**



**Gardening**

# HOW CAN I MAINTAIN MY OWN MENTAL WELLBEING DURING THIS DIFFICULT TIME?



**Exercise**

- Go for a run – couch to 5k
- [www.downdogapp.com/](http://www.downdogapp.com/)
- [www.nhs.uk/live-well/exercise/free-fitness-ideas/](http://www.nhs.uk/live-well/exercise/free-fitness-ideas/)
- <http://www.wvactive.com/activities/home-workouts.html>



**Mental Health  
printable & apps**

## **Printable**

- <https://www.getselfhelp.co.uk/freedownloads2.html>
- <https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>
- <https://www.justcolor.net/>
- <https://pinterest.co.uk/pin/335096028499205274/>

## **Apps**

- Calm
- Headspace
- Worry Tree

If you feel suicidal or feel like you will harm yourself or others, it is important to tell someone.

Help and support is available right now, if you need it and you are not alone.

Call **111** who can offer specialist support or the Samaritans on **116 123**

Further information is available on <https://www.nhs.uk/conditions/suicide>

**IF YOU OR SOMEONE ELSE HAS HARMED THEMSELVES OR FEEL YOU  
NEED MORE URGENT SUPPORT CALL 999**

# WHAT SUPPORT IS AVAILABLE FOR MY CHILD WHILE OFF SCHOOL?

## HOME SCHOOL RESOURCES FOR NURSERY PRESCHOOL/EARLY YEARS

**Cbeebies Radio** <https://www.bbc.co.uk/cbeebies/radio>

(Listening activities for the younger ones.)



**Nature Detectives**

[https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?](https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BY)

[fbclid=IwAR1LsIILM15BY](https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BY)

[MoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJh2zL-6l8](https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BY)



WOODLAND  
TRUST

**The Imagination Tree**

<https://theimaginationtree.com>

(Creative art and craft activities for the very youngest.)



**Phonics Play**

[www.phonicsplay.co.uk](http://www.phonicsplay.co.uk)

(Currently free to use with username: march20 and password: home)



**Numberblocks**

[www.bbc.co.uk/cbeebies/shows/numberblocks](http://www.bbc.co.uk/cbeebies/shows/numberblocks)

(Ideas for counting and games with numbers)



**Alphablocks**

[www.bbc.co.uk/cbeebies/shows/alphablocks](http://www.bbc.co.uk/cbeebies/shows/alphablocks)

(Letters and phonics)



**Teach your monster to read**

[www.teachyourmonstertoread.com](http://www.teachyourmonstertoread.com)

(Website is free, pay for app)



**Drama Tots UK**

A drama adventure in your own living room – free live session each weekday 10am

18 months to 5 years – on Facebook



**Maddie Moate (CBeebies)**

Go Live sessions each week (Monday) 11am on

Youtube: [www.youtube.com/watch?v=b7bi3xOZpaM](https://www.youtube.com/watch?v=b7bi3xOZpaM)





# WHAT SUPPORT IS AVAILABLE FOR MY CHILD WHILE OFF SCHOOL?

Information is available on the Hampshire County Council website about changes in services during the current Covid-19 situation.

<https://www.hants.gov.uk/socialcareandhealth/coronavirus#impacted-services>



**Hampshire**  
County Council

## HOME SCHOOL RESOURCES FOR KEY STAGE 1 AND 2

### Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>  
(Lots of free resources for Primary age)

### Nature Activities

<https://naturedetectives.woodlandtrust.org.uk/nature-detectives/activities/>

### Art

<https://www.redtedart.com>

### Blue Peter Badges

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>  
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>  
(If you have a stamp and a nearby post box.)

### Geography Games

<https://world-geography-games.com/world.html>

### Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>  
(For a young audience)

### Times Tables Rockstars

<https://trockstars.com>

### National Geographic Kids

<https://www.natgeokids.com/uk/>  
Activities and quizzes for younger kids.

### Programming and Coding

<https://scratch.mit.edu/explore/projects/games/programming-and-coding>

### Prodigy Maths

<https://www.prodigygame.com>

### Toy Theater

<https://toytheater.com/>  
Educational online games

### Community Resources

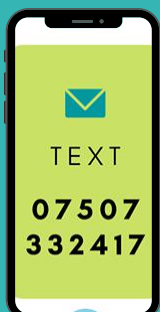
<https://www.dragonbox.com/community/resources>

### ICT games

[www.ictgames.co.uk](http://www.ictgames.co.uk)  
for literacy and maths

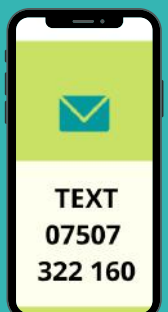
### BBC Supermovers

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)  
Interactive videos to support with KS1 and KS2  
Maths, Literacy, PHSE and PE  
learning.



School Nurse ChatHealth text chat service offering advice to parents of children aged 5-19 in Hampshire – **07507332417**  
(Monday to Friday 9 am – 4:30pm excluding bank holidays)

School Nurse ChatHealth text chat service offering advice and support to 11-19 year olds - **07507 332160**  
(Monday to Friday 09:30 am – 4:30 pm excluding bank holidays)



# HOME SCHOOL RESOURCES FOR OLDER CHILDREN

## Class Room Magazines

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>



## Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.



## iDEA Awards

<https://idea.org.uk>

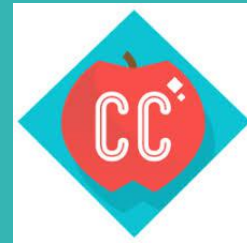
Digital enterprise award scheme you can complete online.



## Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects



## Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).



## Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it.

Adult level, but some e.g. nature and environment courses could well be of interest to young people.



# HOME RESOURCES FOR ALL

## Twinkl

<https://www.twinkl.co.uk>



## Top Marks

[www.topmarks.co.uk](http://www.topmarks.co.uk)

## BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.



## Khan Academy

<https://www.khanacademy.org/>



## Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.



## Mum Educates

<https://themumeducates.com/>

## Tinkercad

<https://www.tinkercad.com>



## British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

## The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos



## Mystery Science

<https://mysteryscience.com>

Free science lessons



## Ted Ed

<https://ed.ted.com>



## David Walliams Books Online

<https://www.worldofdavidwalliams.com/elevenses/>

## British Sign Language Courses

<https://www.british-sign.co.uk>

sign language classes free for under 18's



# FUN FOR ALL

## The Artful Parent

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

Good, free art activities



## Tinker Garden

<https://www.tinkergarten.com/activities>

Great resource for simple DIY activities that can be broken down into times, ages and skills



## Joe Wicks PE

<https://m.youtube.com/thebodycoachtv?uid=AxW1XT0iEJo0TYIRfn6rYQ>

Daily PE/work out for children (and parents ) on YouTube. PE with Joe.



## Audible Stories

<https://stories.audible.com>

start-listen Free stories for children of all ages.



## Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.



## 100 Things to Do indoors

<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>



## Cosmic Yoga

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

Yoga videos designed for kids age 3+



## Go Noodle

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun?)



## The scouts

<https://www.scouts.org.uk/the-great-indoors>

100 free things to do at home



## Self care activities for children and young people

<https://www.annafreud.org/on-my-mind/self-care/>



## Cbeebies – Andy's wild workouts

[www.bbc.co.uk/programmes/p06tmmvz](http://www.bbc.co.uk/programmes/p06tmmvz)



## Acknowledgements

We are very grateful to Eileen O'Sullivan, Nadine Anderson, Claire Townsend, Specialist PIMH Health Visitors - South Warwickshire NHS Foundation Trust and Leanne Howlett, Chair - By Your Side for their kind permission to use the Coventry and Warwickshire COVID-19 Family Wellbeing Pack as the template to create this information relevant to Hampshire.