



The coronavirus (COVID-19) pandemic has had a dramatic impact on family life as we all deal with the pressures of School and College closures, working remotely, social distancing - it's a lot to navigate, especially for parents.

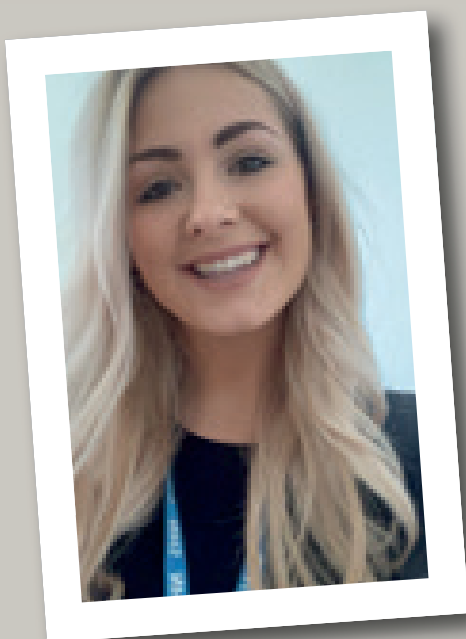
At Craven College, we value the key role that parents play in the education and wellbeing of their children and young people. We thought it would be a useful idea to publish a Health and Wellbeing Bulletin for parents and guardians, with a set of handy tips to help manage this new "temporary" normal.

COVID-19 has affected all of us in different ways and it's important that we consider the impact on young people. We know that they may be feeling anxious or uncertain, with interruptions to their daily routine, study and future plans leaving them in a state of limbo. They may also be feeling frustrated and disconnected, missing their social contacts and activities.

### COLLEGE UPDATES

You can find all of the latest updates from the College on our website: <https://www.craven-college.ac.uk/coronavirus-update/>

A reminder that Craven College continues to support those students eligible for free meals during this time with a BACS payment of £15 per week in order to shop at supermarkets which are most convenient for families to access.



### COLLEGE SERVICES

In each edition we will introduce you to a member of the Student Support team at Craven College and how they can be accessed. Here's Jamie Wilford.

"Hi I am Jamie and I am Craven College's new Educational Mental Health Practitioner. I am part of a large team who work for the NHS. I will be working 2-3 days a week at Craven College to support young people with mental health difficulties. I am currently training as a low intensity cognitive behaviour therapist for the NHS which just means I will be able to provide students with interventions to support with anxiety and depression and possibly some other areas too.

I know it is a really strange time at the moment so I just wanted to offer our service to you and try to support you any way we can. Please feel free to get in touch. Just email us on [mhst@bdct.nhs.uk](mailto:mhst@bdct.nhs.uk). In the email please include your name, Craven College and your preferred contact number and I will be in touch to see how I can support you."

Public Health England has published some valuable guidance on supporting children and young people's mental health and wellbeing during COVID-19. Here are some points you may wish to consider.



### **LISTEN AND ACKNOWLEDGE**

Children and young people may respond to stress in different ways. Signs may be emotional (upset, anxious or angry), behavioural (withdrawn) or physical (problems sleeping). Listen to them, acknowledge their concerns.

**MindEd** is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.



### **PROVIDE CLEAR INFORMATION**

One of the best ways to achieve this is by talking openly about what is happening and providing honest answers to any questions they have.

Reliable sources of information include **GOV.UK** or the **NHS website**. Try and cut down on the amount of coronavirus news – enough to keep you and your family informed but not overwhelmed.



### **CONNECT**

Support safe ways for children and young people to maintain social interaction with their friends, via phone or video calls. As young people will be using the internet more during this period you may want to get advice about what internet connected devices are and how to keep safe at **NSPCC**.



### **EXERCISE**

Plan time outside if you can do so safely or see **Change4Life** for ideas for indoor games and activities. Young people may want to choose a workout from the range of online exercise videos available at **NHS Fitness studio**.



### **CREATE A NEW ROUTINE**

Life is changing for all of us for a while. Routine gives children and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine. College Tutors are in touch with all students to support continued learning at home, encourage them to engage with this.

Children and young people with learning disabilities can feel a loss of control in times of uncertainty such as the coronavirus (COVID-19) pandemic. They may need more support or adapted explanations about the outbreak. See the **easy-read coronavirus (COVID-19) guide** to looking after your feelings and your body for ideas.

**Young Minds** provides advice about mental health and behaviour problems in children and young people up to the age of 25. You can call the **Parents' and Carers' Helpline** on 0808 802 5544.

It's also really important to also look after your own mental wellbeing during the pandemic, see the **guidance on how to look after your own mental health and wellbeing** or visit **Every Mind Matters** for further support.



### **ANY QUESTIONS?**

Do you have any questions that you would like to ask us? – We will be using this section of the Bulletin to answer some of your frequently asked questions. Please get in touch, details below.

We hope that you have found this first edition bulletin useful. **STAY SAFE**