



Suggested activities and information for schools, parents & carers

Cwm Taf Morgannwg Healthy School & Pre-School Schemes

Yellow fill = fersiwn Cymraeg

Here is a list of resources and support agencies, which may be of use to School Staff, Parents or Carers during this time of self-isolation at home. Please feel free to share and also tag the Cwm Taf Morgannwg team on Twitter with any activities:

@CTMHealthysch/@YsgolionIachCTM

Sections-

1. Specific advice relating to COVID-19
2. Websites with health and wellbeing activities
3. Other information and useful Hubs
4. Information and Social Support Services for parents/carers




Section 1: Specific advice relating to COVID-19




<p>Guidance for parents & carers on supporting children & young people's mental health and wellbeing during the Coronavirus (Covid-19) outbreak</p>	<p>This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.</p> <p>https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</p> <p>On the PHW website all the Easy Read versions of Covid-19 guidance are available. The link to this site is https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources/. Both English and Welsh versions of the Easy Read are available at this link.</p>
<p>COVID-19: guidance for educational settings</p>	<p>Guidance for schools and other educational settings in providing advice about the novel coronavirus, COVID-19.</p> <p>https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19</p> <p>Guidance on social distancing in educational settings: https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-social-distancing-in-education-and-childcare-settings</p>

<p>Health and well-being for school staff and learners: coronavirus</p>	<p>Health & Well-being for school children & staff:</p> <p>https://gov.wales/health-and-well-being-school-staff-and-learners-coronavirus</p> <p>https://llyw.cymru/iechyd-lles-staff-ysgolion-dysgwyr-coronafeirws?_ga=2.222245208.151851285.1586850024-1648977911.1545147398</p>
<p>Coronavirus social distancing guidance</p>	<p>Guidance on Social Distancing:</p> <p>https://gov.wales/coronavirus-social-distancing-guidance</p> <p>https://llyw.cymru/coronafeirws-cadw-pellter-cymdeithasol?_ga=2.247288132.151851285.1586850024-1648977911.1545147398</p> <p>Guidance for Vulnerable people:</p> <p>https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-to-protect-extremely-vulnerable-people-shielding/</p>
<p><i>Please note that guidance was to date when accessed on 9th April 2020 though is regularly being updated. Please check that you are accessing the most up to date version.</i></p>	




2. Websites with health and wellbeing activities


Physical activity

	<p>Cardiff City Foundation</p> <p>A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.</p> <p>https://www.cardiffcityfcfoundation.org.uk/pages/category/digital-resources</p>
	<p>Play Wales/ Chwarae Cymru</p> <p>Parents and carers are facing a worrying time as schools and activities that normally keep their children active are closed. Despite this new stress, children will still want and need to play. Follow the links below to some ideas and activities to keep children active while at home</p> <p>https://www.playwales.org.uk/eng/news/1288-playing-actively-in-and-around-the-home</p> <p>https://www.chwaraecymru.org.uk/cym/cartref</p>
	<p>CBeebies Andy's Wild Workouts</p> <p>CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.</p> <p>https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player</p>

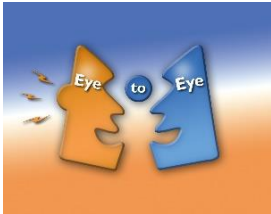




	<p>The Daily Mile</p> <p>With most schools now closed – but children still needing to keep healthy – we would like to introduce all families across the UK to The #DailyMileAtHome. It is an easy and fun way to keep fit and maintain good health and wellbeing for you and your children.</p> <p>https://thedailymile.co.uk/</p>
	<p>Change 4 Life</p> <p>The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities.</p> <p>https://www.nhs.uk/change4life/activities The following link will take you to Disney themed indoor activities. https://www.nhs.uk/10-minute-shake-up/shake-ups</p>
	<p>Health Matters Busy feet</p> <p>Physical activity to music https://www.youtube.com/watch?v=MugzDiGDYjo</p>


Healthy Eating and Cooking


	<p>Food a Fact of Life - British Nutrition Foundation</p> <p>A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16. There are currently 54 activities/resources to support remote learning at home. Over the coming week's further resources and activities will be posted.</p> <p>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>
	<p>Change for Life</p> <p>Includes food facts, recipes, activities, apps, currently has ideas of 'how to stay healthy at home!' https://www.nhs.uk/change4life Also: NHS Eat Well.</p> <p>British Dietetic Association Healthy eating: Food Fact Sheet</p>
	<p>Veg Power</p> <p>'Get your kids eating more veg'. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.</p> <p>https://vegpower.org.uk/downloads/</p>

	<p>Cooking Together Wales</p> <p>Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales – and via their new Cook-a-long webpage which include many links to Welsh words that relate to cooking.</p> <p>Website: https://www.cookingtogether.co.uk/cook-a-long Facebook: https://www.facebook.com/cookingtogetherwales/ Twitter: https://twitter.com/cook_together1</p>
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Mental and Emotional Wellbeing






 <p> Eye to Eye.doc</p>	<p>Eye to Eye Counselling</p> <p>Eye-to-Eye Young People’s Counselling Service offers free and confidential counselling to young people aged 10 to 25 years in schools and the community in Rhondda Cynon Taf.</p> <p>There are occasions when it can be difficult to cope with a problem on your own. It is times like this that counselling may be able to help.</p> <p>https://www.eyetoeye.wales/</p>
	<p>The Exchange</p> <p>The Exchange offers free and confidential counselling to young people aged in Schools and the community in Merthyr Tydfil.</p> <p>In Merthyr, the best number to use to contact us is 07955 903755 or on line chat at www.exchange-counselling.com</p>
<p> Early Help Leaflet ~ English ~ Final ~ Ju</p> 	<p>The Early Help Team Bridgend</p> <p>The Early Help Team can support children & families in lots of different ways- many of which are described in the attached flyer. Referral for school based counselling or support in Bridgend, can be via the attached referral process or via self-referral. You may like to speak to your child’s school to do this for you or alternatively contact the Early Help screening team to self-refer on 01656 815420.</p> <p>Platform Out of Hours CYP and Counselling service</p> <p>The Platform for the counselling service and the out of hours service for Children and Young people and adults is Clare Price 01656 650686</p>




	<p>Action for Happiness</p> <p>The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new ‘Coping Calendar’ - 30 actions to look after ourselves and each other as we face this global crisis together.</p> <p>https://www.actionforhappiness.org/calendars</p>
	<p>Childline</p> <p>Offering support to Children online, on the phone - Anytime 0800 1111 ‘No worry is too big or too small’</p> <p>https://www.childline.org.uk/</p> <p>https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</p> <p>App also available: Childline For Me</p>
	<p>MEIC</p> <p>Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.</p> <p>Tel: 080 8802 3456 Text: 84001</p> <p>https://www.meiccymru.org/ https://www.meiccymru.org/cym/</p>
	<p>Mind Hub</p> <p>This has been created by young people, for young people. It provides information and links to services in relation to emotional health and well-being.</p> <p>http://www.mindhub.wales/</p> <p>http://hybmeddwl.cymru/</p>
	<p>Stonewall (Young Stonewall)</p> <p>Help, updates and guidance from the LGBT community for young people.</p> <p>https://www.youngstonewall.org.uk/</p>
	<p>Young Minds</p> <p>Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus.</p> <p>https://youngminds.org.uk/</p>
	<p>Mental Health Foundation</p> <p>Access a free downloadable guide to help you overcome fear. Also available in Welsh.</p> <p>https://mentalhealth.org.uk/publications/overcome-fear-anxiety Mental Health Foundation Looking after your mental health during the coronavirus outbreak</p>

	<p>Papyrus</p> <p>An organisation set up for the prevention of young suicide, and offers support to young people. Telephone: 0800 068 41 41 https://papyrus-uk.org/ https://papyrus-uk.org/?lang=cv</p>
	<p>WICID.tv and the Youth Engagement & Participation Service (YEPS)</p> <p>Are both funded by the Welsh Government to work with young people aged 11 to 25 years old in Rhondda Cynon Taf. Their website covers information and advice on a wide range of topics https://www.wicid.tv/</p>
	<p>Samaritans</p> <p>An organisation that provides confidential emotional support. Telephone: 116 123 24 hours, 7days/week</p> <p>Welsh language line: 0300 123 3011 open daily 7pm – 11pm</p> <p>https://www.samaritans.org/?nation=wales</p>
	<p>Mental Health & Well-being Toolkit</p> <p>A free toolkit with resources and tips to help support the mental health and wellbeing of school staff, parents, carers and children.</p> <p>https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/</p>
	<p>Agenda</p> <p>A free, bilingual Primary and Secondary School resource for teachers and educational practitioners. It contains starter activities and case studies which teachers can adapt to help children explore a variety of topics including feelings and emotions; friendships and relationships; body image; consent; gender and sexuality equality and rights.</p> <p>https://learning.nspcc.org.uk/research-resources/2019/agenda-promoting-positive-relationships-schools-communities#article-top</p>




Safety, Hygiene / Online Safety

	<p>CEOP (Child Exploitation and online protection)</p> <p>Families can make a report to CEOP if they are worried about online abuse or the way someone has been communicating with a child online. Also there are free downloadable home activity packs for all ages, including parents and carer help sheets.</p> <p>https://www.thinkuknow.co.uk/parents/ CEOP safety centre https://www.ceop.police.uk/safety-centre/</p>
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	<p>UK Safer Internet Centre</p> <p>Online safety tips, advice and resources to help children and young people stay safe online.</p> <p>https://www.saferinternet.org.uk/</p>
	<p>Childnet</p> <p>A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary.</p> <p>https://www.childnet.com/resources/supporting-young-people-online</p> <p>https://www.childnet.com/resources</p>
	<p>School Beat</p> <p>A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behavior and community. Ages 5-16</p> <p>https://schoolbeat.cymru/en/</p> <p>https://schoolbeat.cymru/cy/</p>
	<p>Tenovus Sun Safety Awareness</p> <p>Advice on how to stay safe in the sun and ideas and guidance on becoming a Sun Safe School</p> <p>https://www.tenovuscancercare.org.uk/your-health/skin-cancer-and-sun-safety/</p>
	<p>E-bug</p> <p>Use the Antibiotic Guardian Youth badge to support home schooling. Help your child learn how to prevent the spread of infection.</p> <p>https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</p> <p>There is also a section for students which is divided into three sub-sections – Junior, Senior and Young Adult. Young Adult is available in English only. Each sub-section contains information and activities that can be accessed at home by students with the support of parents and carers. https://e-bug.eu/</p>
	<p>Hand Washing Guidance</p> <p>Wash your hands with soap and water often – do this for at least 20 seconds.</p> <p>NHS handwashing poster NHS website</p>



	<p>NSPCC PANTS Underwear rule</p> <p>With the help of the friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse.</p> <p>https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/ https://learning.nspcc.org.uk/research-resources/schools/pants-teaching</p>
	<p>Designed to Smile</p> <p>Information and advice for parents and professionals on tooth brushing and maintaining healthy teeth and gums while tooth brushing at home</p> <p>http://www.designedtosmile.org/welcome-croeso/welcome/ http://www.designedtosmile.org/welcome-croeso/croeso/?lang=cy</p>
	<p>Child Accident Prevention Trust</p> <p>Offer a range of free child safety advice to professional, parents and carers on a range of risks and potential hazards</p> <p>https://www.capt.org.uk/Listing/Category/stay-home-stay-safe</p>




Eco / Nature

	<p>Eco Schools</p> <p>Follow @EcoSchoolsWales on Twitter to see their bilingual weekly #EcoSgolionAdref #EcoSchoolsAtHome theme.</p> <p>https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/</p>
	<p>RSPB</p> <p>There are loads of great ideas and resources to help children and families connect with nature, with some simple activities they can do at home.</p> <p>https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</p> <p>https://hwb.gov.wales/news/articles/4aaf380c-1c97-458c-a14b-3848e293e59e https://hwb.gov.wales/news/articles/4aaf380c-1c97-458c-a14b-3848e293e59e</p>
	<p>Wildlife Trust</p> <p>The focus on this website is looking after yourself and nature, and has lots of activities and ideas for all ages, whether they are indoors or in the garden.</p> <p>https://www.wildlifetrusts.org/kids-and-families</p>








	<p>National Children's Gardening Week</p> <p>A range of activities related to nature and gardening.</p> <p>https://www.childrensgardeningweek.co.uk/fun-things-to-do/</p>
	<p>The Woodland Trust</p> <p>A range of ideas, resources and activities for young people to enjoy.</p> <p>http://www.treetoolsforschools.org.uk/categorymenu/?cat=activities</p>

3. Other information and useful hubs

<p>Mental Health Help Line for Wales:</p> 	<p>Mental Health Help Line for Wales</p> <p>Resources for in coping with mental health issues have been published on the Call helpline web site: 0800 132 737 http://callhelpline.org.uk/COVID19.asp</p> <p>With a specific page for young people http://callhelpline.org.uk/COVID19Young.asp</p>
	<p>Children's Commissioner for Wales Information Hub</p> <p>There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.</p> <p>https://www.childcomwales.org.uk/coronavirus/</p> <p>https://www.complantcymru.org.uk/coronafeirws/</p> <p>A series of bilingual videos on the Facebook page can help parents find cheap and easy ways to make fun at home and also a few videos on general household wellbeing tips https://www.facebook.com/childcomwales/</p>
<p>Parenting, Give it Time</p>	<p>Parenting, Give It Time</p> <p>These pages have information, tips and ideas on guiding your child's behaviour in a positive way and on a number of other important topics about being a parent.</p> <p>https://gov.wales/parenting-give-it-time https://llyw.cymru/magu-plant-rhowch-amser-iddo?_ga=2.95096540.1303206338.1586947186-1787632173.1580481820</p>

	<p>5 Ways to Well-being</p> <p>Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.</p> <p>https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</p> <p>http://www.wales.nhs.uk/sitesplus/862/page/83969</p>
	<p>NSPCC</p> <p>Help and information about keeping children safe. Articles about reducing anxiety at home.</p> <p>https://www.nspcc.org.uk/</p>
	<p>Parent Info</p> <p>Tips for keeping everyone's spirits up as much as possible as we self-isolate.</p> <p>https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</p>
	<p>Dewis Cymru</p> <p>Information about well-being in Wales, and information about local organisations and services that can help.</p> <p>https://www.dewis.wales/ https://www.dewis.cymru/</p>
	<p>MIND</p> <p>Support and advice for young people struggling with their feelings.</p> <p>https://www.mind.org.uk/information-support/for-children-and-young-people/</p> <p>https://www.mind.org.uk/cy/gwybodaeth-ar-gyfer-pobl-ifanc/</p> <p>Offers support on a range of mental health issues.</p> <p>Telephone: 0300 123 3393 Mon – Fri 9am – 6pm Text: 86463 https://www.mind.org.uk/</p>
	<p>Cruse</p> <p>Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: 0808 808 1677 (free) Mon & Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm. Email: helpline@cruse.org.uk https://www.cruse.org.uk/</p>

4. Information and Social Support Services for parents/carers

 Safeguarding Children poster [202]	<p>Cwm Taf Morgannwg Safeguarding Board</p> <p>Please see attached poster, which has been prepared on behalf of the Safeguarding Board in relation to Coronavirus, looking out for others and reporting any safeguarding concerns within RCT, Merthyr or Bridgend.</p>
	<p>Welsh Women's Aid</p> <p>A support service for women and young people affected by domestic abuse.</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</p>  Silent 999.docx
<p>NATIONAL TRADING STANDARDS Scams Team</p>	 5193 Coronavirus Scam Postcard V3.pc
	<p>Citizen's Advice Bureau (CAB)</p> <p>All advisers are still available to give advice over the phone, and where necessary a telephone appointment for this can be made. You can also email any queries. Tel: 0300 3309 082 Email: help@citizensadvicesnpt.org.uk Web: www.citizensadvice.org.uk</p>
	<p>NHS Fitness Studio</p> <p><u>NHS fitness studio</u> has 24 instructor-led videos across our aerobics, exercise, strength and resistance, pilates and yoga categories. They also have other fitness plans including <u>gym free workouts</u> and <u>sitting exercises</u>.</p>
	<p>Alzheimer's Society</p> <p>Most of our school resources create Dementia Friends, which is an Alzheimer's Society initiative changing the way people think, act and talk about dementia. There are already millions of Dementia Friends in Wales! Students who complete the activities will be awarded a badge and a poster for their school</p> <p>https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-teaching-resources/schools</p> <p>Coronavirus advice for people affected by Dementia https://www.alzheimers.org.uk/coronavirus</p>

	<p>Help Me Quit</p> <p>Quitting smoking is not easy, but it is easier with the right support. For free, local support to stop smoking across Merthyr, RCT or Bridgend- get in touch.</p> <p>www.helpmequit.wales/ https://www.helpafiistopio.cymru/ 0808 599 1764</p>
	<p>Barod</p> <p>Barod offers free and confidential support and guidance to anyone who is affected by drug or alcohol use, either their own or someone else's in RCT or Merthyr.</p> <p>https://barod.cymru/ https://barod.cymru/cy/</p> <p>The single point of contact for referrals into substance misuse services in Merthyr or RCT is DASPA. Individuals and professionals can refer into DAPSA using the telephone number 0300 333 0000</p>
 	<p>WCADA</p> <p>WCADA offers free and confidential support, guidance and treatment to anyone who is affected by alcohol and/or drug use, either their own or someone else's in Bridgend. WCADA can be contacted on: 01656 667717. www.wcada.org</p> <p>SWITCH</p> <p>Switch is a designated young person's alcohol and drug service within WCADA offering free and confidential advice, information and support to young people under the age of 25 in the Bridgend area.</p> <p>The SWITCH team can be contacted:</p> <p>Bridgend: 01656 667717</p> <p>AADAS</p> <p>The Alcohol and Drug Assessment Service (Single point of contact for Bridgend Substance Misuse Services) Can be contacted on: 01792 530719.</p>

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