

In our 10th week of lockdown we are in some ways finding the slow ease out of lockdown just as tricky as easing in to it, and many of us are wrestling with the question of how exactly we will return to a semblance of normality in all aspects of our lives. Now a degree of uncertainty and unpredictability has entered in to the loosening of lockdown we are all wanting clarification and clear guidance which has not been fully clarified and leaves all of us feeling uncertain, in what are challenging times for us all. Protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus. Please do look at the links provided this week to support yourself, your loved ones and members of your community.

### **Giving your mind something to focus on**

In this time of uncertainty no-one is happy every day and full of energy. The EFL Trust and Mind last year launched "Have Your Mate's Back" campaign which uses the power of football to help improve the nation's health and wellbeing. The EFL offers free fitness sessions online (FIT FANS online) which can be accessed free on YouTube.

Charlie Webster's honest article shares how a lot of people are using running at the moment for their mental health and something to focus on:

<https://www.bbc.co.uk/sport/football/52675866>

In addition, Webster has spoken to different sports stars about their journey with mental health and wellbeing for her new podcast "My Sporting Mind": <https://mysportingmind.podbean.com>

### **Favourite site of the week**

Do you want to impress your friends with a few magic tricks?

<https://www.thesprucecrafts.com/magic-tricks-for-beginners-and-kids-2267083>

### **Resources to help you and your family**

For the most up to date government advice re coronavirus:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

### **Warwickshire produce a service newsletter**

Family Information Service newsletter

Warwickshire's Family Information Service is available to help families, parents, carers and professionals with advice and one-to-one support on issues including family relationships, housing, parenting support, health and wellbeing and much more. Click on the link below for further information:

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1190428?e=1775539138>

**Parents Helpline:** If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

### **Young Minds Crisis Messenger:**

If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support

The Young Minds website is here: <https://youngminds.org.uk/>

**Heads Together**

Heads Together have published a free toolkit with resources and tips to help address anxiety arising from these challenging times. The toolkit includes a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/getting-started/coronavirus-and-mental-health/>

Anxiety for children and adults about Covid-19 is real. Help and support is available at:

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>

Mind have created a children and young people's survival kit, which includes signposting information for both local and national organisations that can provide support/information on mental health and wellbeing:

<https://cwmind.org.uk/information-centre-for-young-people/>

Set up primarily for young people and their carers has useful exercises, links and information provided by National Mind and Coventry and Warwickshire Mind.

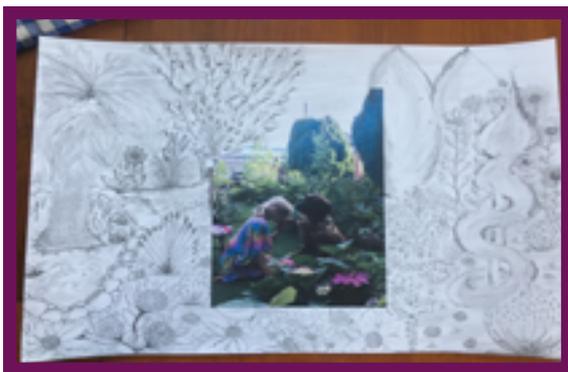
**To discuss any aspect of Mental Health you can email: [WSA\\_Bilton@cwmind.org.uk](mailto:WSA_Bilton@cwmind.org.uk) or check out their website: [cwmind.org.uk](http://cwmind.org.uk)**

**Wellbeing Challenge**

Each week (whilst in lock down) the character and culture team will be setting a wellbeing challenge for you to complete from items you have in your own home. There will be a weekly winner/s who will receive vouchers. Entries must be sent to [Louise.Ansell@biltonmail.com](mailto:Louise.Ansell@biltonmail.com)

**We were really impressed by the entries for #kindnessmatters and the #naturecraftchallenge**

Winners :Weronika Modzelewska in Year 7 #kindnessmatters #naturecraftchallenge. Who incorporated both challenges in one and Chloe Marlin in Year 8#naturecraftchallenge

**Next challenge**

What can you create with toilet paper? Perhaps origami animals or flowers? Use your imagination.

#toiletpaperchallenge

We look forward to seeing your entries

Please ensure that your entries are either labelled #kindnessmatters or #naturecraftchallenge

And submitted to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com) by 12.30 on 8th June