

**It is a strange week with a number of amenities opening in the latter part of the week but with Ministers imposing the first so called “cluster -buster” measures on Leicester in an attempt to halt a spike in Covid-19 cases in the city. The spike in Leicester should be a warning to everyone that the risk has far from disappeared. Leicester’s social make-up is like many cities across the Midlands and the North of England , whoafter restrictions ease-or are flouted-may soon be headed in the same direction**

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 (as there has been a number of updates and new resources made available) to support yourself, your loved ones and members of your community.

### **Supporting emotional well-being**

#### **Help to protect against preventable diseases**

During COVID-19 local GPs have reported a drop in the uptake of pregnancy, infant and preschool booster vaccinations in Warwickshire.

Attending routine vaccination appointments is important, as it helps to stop an outbreak of serious vaccine-preventable diseases such as Measles, Meningitis and whooping cough.

If you are pregnant or have young children, it's important that you continue to attend your scheduled vaccination appointments on time. If you cancelled these appointments during lockdown, please re-book now. Your GP surgery will have all the necessary precautions in place to keep you and your child safe from COVID-19. If you have any questions about the steps they have put in place, why not talk to the receptionist to help ease your concerns.

Attending your routine vaccination appointments not only protects you and your children from very serious illnesses, but also protects more vulnerable people who would be at a greater risk if they were to contract these diseases.

If you're unsure about the schedule and when vaccinations are due, check your child's Red Book or visit the NHS website below.

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

If you need further advice, call your GP or text Warwickshire health visitors on CHAT Health: 07520 615293 anytime (responses Monday to Friday 9am to 5pm).

#### **Chat Health**

Chat Health is a texting advice service run by health visitors and school nurses, dependant on your child or young person's age. Questions about your **pre-school child**, or your own health and well being ? You can text 07520 615293 at any time. A health visitor will aim to text you back within 2 hours during normal working hours (Monday to Friday 9am to 5pm, excluding bank

If you are the parent or carer of a **child in school**, you can text a school nurse on 07520 619376. You will get a reply during opening hours (Monday to Friday from 9am to 5pm).

If you are **11 to 19 years old** you can text a school nurse on 07507 331525. You will get a reply during opening hours (Monday to Friday from 9am to 5pm).

<https://www.warwickshire.gov.uk/healthchat>

#### **Schemes to support with food throughout the summer holiday**

If your child does not start school until September and you require support with food, please contact the Warwickshire Local Welfare Scheme.

The Warwickshire Local Welfare Scheme helps vulnerable residents at times of unavoidable crisis when they have no other means of help.

If your child is already attending school and eligible for free school meals, please contact your child's school for information on the Covid Summer Food Fund voucher scheme.

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting>



**Online Safety**

Be aware of IOT (internet of things). Bluetooth speakers and wearable devices such as fitness watches, tablets and toys with connectivity do allow do allow young people to access content that may not be appropriate and allow them to make app purchases with one click purchasing.

National Online safety has a whole school community approach to e-safety with a weekly post #wakeupwednesday on social media platforms facebook, LinkedIn and Twitter these are written by industry professionals and give insights into games, apps and websites:

<https://nationalonlinesafety.com/>

For further information and guidance look at: <https://www.thinkuknow.co.uk/> <https://safeinwarwickshire.com/cybercrime/>

As more of our social interactions become online, please see our reminder of updated government guidance on staying safe online:

<https://www.gov.uk/guidance/covid-19-staying-safe-online>

**Resources to help you and your family****YoungMinds Crisis Messenger:**

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

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

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.

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**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 to help and support your family.

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1190928?e=1775539138>

**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)

**A MASSIVE WELL done to Phoebe in Year 11 for her cake representing Diversity.**

Next week the challenge is:

“What I have achieved in lockdown ?”.

This could be anything whether it is painting a picture, improving a skill, decorating your house. We want to know. Send your entries to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com)

All entries must be submitted to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com) by 12.30 on 6<sup>th</sup> July 2020

