

Coronavirus - Special Email Update March 2020

Dear Parents' Voice Supporter

Everyone is worried, life is not normal. The word being used all the time is “unprecedented” and it’s pretty accurate - it’s incredibly unlikely that any of us have experienced anything like this before. This is NOT a panic update, but I (Sue) feel we can not ignore this crisis and that you, our valued supporters, would not expect us to do so! So here goes ...

This email is filled with links to what I hope is useful information, as up-to-date as possible. Having said that, these are unusual circumstances, and I am not an expert in any of this so if there’s anything missing or a broken link somewhere (I’ve tried to check them), sorry! Apologies in advance for any inconsistencies in formatting!

You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

- 1) Latest information and advice
- 2) Information for children/young people (and talking to them)
- 3) Mental health
- 4) Carers/Special Educational Needs and Disabilities (SEND)
- 5) School closures
- 6) Community

1) Latest information and advice

These are official or trusted/recommended sources. Some were included in our previous March email but may have been updated.

<http://bit.ly/NHScorvir20> - NHS overview of Coronavirus (symptoms, dos and don'ts)

<http://bit.ly/WCCcor0nV> - Worcestershire County Council page

<http://bit.ly/GOVsocdis20> - Social Distancing (Public Health England)

<https://bit.ly/WCCcovupd> - Coronavirus update by Dr Kathryn Cobain, Worcestershire’s Director for Public Health (short Youtube film)

<http://bit.ly/WHOCv20> - World Health Organization’s latest information including “Your Questions Answered” and “Protect Yourself” pages.

<http://bit.ly/RCOGcov19> - Covid-19 and pregnancy (Royal College of Obstetricians and Gynecologists)

<http://bit.ly/RCMcovres> - Professional bodies’ response to government advice for pregnant women

<http://bit.ly/MaTAcov19> - Covid-19 Rights and benefits during pregnancy and maternity leave (Maternity Action)

<http://bit.ly/BDAcovnut> - Frequently Asked Questions about Covid-19, food and nutrition (general but also includes sections about pregnancy, diabetes, Crohns)

<https://bit.ly/BEATcov19> - eating disorders and Coronavirus (BEAT)

<http://bit.ly/GOVcovSI20> - Government advice about self-isolation for people with symptoms of Covid-19

<http://bit.ly/LBCslfis20> - short film about how to self-isolate (LBC)

<http://bit.ly/NHSwashhnd20> - short film about washing hands (NHS)

<http://bit.ly/NHSwyh20> - the best way to wash hands (NHS)

2) Information for children/young people (and talking to them)

<http://bit.ly/YMcovpar> - talking to your child about coronavirus (Young Minds)

<http://bit.ly/WSLTcorss> - social story (Worcestershire Speech and Language Therapy)

<http://bit.ly/NEWScov19> - Coronavirus: what is being done to tackle the virus? (Newsround)

<http://bit.ly/NWRDcov19> - Coronavirus, why it might not be as scary as it sounds (CBBC)

<http://bit.ly/NHShwsh20> - child-friendly song from the NHS about washing hands

<http://bit.ly/CMIcov19> - talking to kids about Coronavirus (Child Mind Institute - NB: American)

3) Mental health

<http://bit.ly/RMIcov19a> - managing your mental health during the Coronavirus outbreak

<http://bit.ly/YMcoranx20> - what to do if you're anxious about Coronavirus (Young Minds)

<http://bit.ly/AFNCov19mh> - Coronavirus, mental health, wellbeing (Anna Freud National Centre for Children and families)

<http://bit.ly/YMcovpar> - talking to your child about coronavirus (Young Minds)

<http://bit.ly/AFNCcov19> - guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption (Anna Freud National Centre for Children and families)

<https://bit.ly/IMwellbg> - guide to wellbeing apps for children (Internet Matters)

<https://bit.ly/NIPitbanx> - recognising anxiety disorders factsheet (Nip In The Bud)

<http://bit.ly/MINDcv19> - Coronavirus and your wellbeing (MIND)

<https://bit.ly/A4Hcovcpci> - coping calendar (Action for Happiness)

<http://bit.ly/blurtnews8> - Self-care for when the news is terrifying (Blurt Foundation)

<http://bit.ly/CONcoranx20> - science-based strategies to cope with coronavirus anxiety

<http://bit.ly/YMsisol20> - Looking after your mental health while self-isolating

<http://bit.ly/BLURTCovhh> - Coronavirus Helpful Hub (Blurt Foundation)

<https://bit.ly/BEATcov19> - eating disorders and Coronavirus (BEAT)

<http://ow.ly/gOIY50yLWh8> - Guardian article about emotionally preparing for quarantine (suggested by Young Minds)

4) Carers/Special Educational Needs and Disabilities (SEND)

<http://bit.ly/CGraysscvcv20> - Carol Gray social story about coronavirus for anyone on the autistic spectrum

<https://bit.ly/AEMcov19> - autism, anxiety and Coronavirus (Autism East Midlands)

<http://bit.ly/MCAPcor19> - Easy Read guide to Coronavirus (Mencap)
<http://bit.ly/WSLTcorss> - social story (Worcestershire Speech and Language Therapy)
<https://bit.ly/NAScov19> - coronavirus (National Autistic Society)
<https://bit.ly/ACTDchcov> - Coronavirus - advice for the Duchenne community (Action Duchenne)
<http://bit.ly/CUKcorv20> - advice for carers (Carers UK)
<https://bit.ly/RMIcarcov> - advice for carers of those with severe mental illness (Rethink Mental Illness)

5) School closures

From next Monday 23rd, schools are open only for some children who absolutely need to attend. This is for parents who are “Key Workers” - people whose jobs are vital to public health and safety - or children who are classed as vulnerable in some way (eg: children with an Education Health and Care Plan, young carers). You can find the [Government guidance](#) to schools [here](#), which gives details of which children can attend. NB: if it’s possible for a child to be cared for at home, they should be; however, they should not be looked after by grandparents or other relatives who are advised to be stringently social distancing (eg: over 70 or with underlying health conditions).

The following links may be useful for families at home:

<http://bit.ly/GON00dle> - GoNoodle, videos and activities
<http://bit.ly/TodPact15> - 15 ways to keep active indoors (Today’s Parent)
<https://bit.ly/IMwellbg> - guide to wellbeing apps for children (Internet Matters)
<http://bit.ly/JWBCy0utb> - the Body Coach TV; from Mon 23rd there will be daily PE with Joe Wicks at 9am
<http://bit.ly/C4L10minshkup> - 10 minute Disney shake-ups (Change 4 Life)
<https://bit.ly/CHPonres> - online boredom-busting resources (Chatterpack)
<https://bit.ly/IMgamesgf> - amazing games guide for families (Internet Matters)

The National Trust is letting people access its parks and gardens free of charge and RSPB reserves are also open. (Any cafes, restaurants and buildings at these locations are closed.) People should observe the social distancing guidance while visiting!

6) Community

There have been numerous examples of scared people acting selfishly (eg: buying enough pasta and toilet rolls for several months - or years and community nurses being verbally abused) but there are also many examples of people offering to help others.

You can find local groups online (Facebook, Nextdoor) if you are able to help anyone who may be self isolating or needing help to collect shopping, prescriptions etc.

Worcestershire County Council has set up the [Here2Help](#) page where you can register how you can help (volunteering goods, services, assistance) - find it here: <http://bit.ly/WCCh2h20>.

Here2Help has 5 simple steps to look after yourself and others. Councillor Lucy Hodgson talks about these 5 steps in this short film: <https://bit.ly/WCCh2hyt>.

If you are struggling to find food in the supermarket and need ideas for using what you actually have, Jack Monroe (@BootstrapCook) is going live on Twitter at 5pm every day with #JackMonroesLockdownLarder.

Finally, we know it's hard to feel positive at this time. But, today is the spring equinox and the International Day of Happiness! Life is not normal but it goes on and we can get through this (we must), the world continues to turn and the sun still shines (sometimes!).

Stay safe, enjoy and appreciate time with your family and remember that this too shall pass - you can't calm the storm, but you can calm yourself; the storm will pass.

That's all for this update, thank you for reading it, I hope some of it has been useful!

You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

Thank you for your continued support in 2020, we really do appreciate it :)

Sue and the Parents' Voice Committee

Parents' Voice - Worcestershire

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