

## Late April 2020 Email Update

### Dear Parents' Voice Supporter

Yes, it's another update! We have been sending more than usual and hopefully you don't mind; the Coronavirus situation is constantly changing with new information and resources to help families being published, so we're passing on details regularly.

Thank you to everyone who emailed to tell us how they're getting on and about any information which might be helpful. Some of you said you find our updates really helpful (even if you don't read through every single word) and pass them on to others - thank you, we appreciate such lovely feedback. Final thanks also to those of you who asked about how we (the committee) are - so far we're all generally OK, we appreciate you asking..

Without further ado, on to the main part of the email ....

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) Parents' Voice news
- 2) Coronavirus/Covid-19
- 3) Mental Health
- 4) Surveys and consultations
- 5) Health

#### 1) Parents' Voice news

i) We haven't had a Coffee and Chat for some time and it's unlikely to happen for a while. However, some people are feeling isolated and so we're looking at whether a Virtual Coffee and Chat might work. Obviously you'd have to make your own coffee/tea etc but we can all provide some chat (and whatever is said during Coffee and Chat stays in Coffee and Chat - sometimes it's good to talk with others who aren't family or close friends!). Please tell us if you're interested in this (so we can set it up and invite you to join us) - just email [<info@parentsvoice.co.uk>](mailto:info@parentsvoice.co.uk) with the subject "Coffee" and tell us you'd like to join in.

ii) While the schools are closed for most children, many parents are now in charge of their children's school work at home, Last Sunday (19th) we published the first of two blog posts about this, [A letter to parents worried about homeschooling during the coronavirus pandemic](#). A second will be on the site soon (so you might like to check occasionally), but you can find the first post here: <https://bit.ly/PVh0m3sc>.

iii) We are updating our site with links to all sorts of information relating to coronavirus (general info, some links specific to Worcestershire, some about mental health, things to do

while staying home etc). The post was updated last weekend (18th, after our email went out), and as mentioned previously some of the external sites listed are also updated occasionally, so you may want to check them regularly.

You can see the current list of links by visiting our [Useful Information page](#) and then scrolling down to click on the Coronavirus button or visit it directly with this link:

<https://bit.ly/PBcovinfopost>.

## 2) Coronavirus/Covid-19

Sadly more than 20,000 people in the UK have now died in hospital with coronavirus. As the numbers grow, it's important to remember that each one was an individual - someone's child, parent, sister, brother, grandparent, aunt, niece.

We are all affected by this virus because we are all likely to know someone who has had it - and it's also important to remember that most people who catch coronavirus do recover. Meanwhile, I'm sure everyone feels grateful to the key workers who are keeping services (and the country) running, and especially those who work in care or the NHS. If you're one of them, **Thank You!**

These new links to information (since our last update) will be on our website soon:

[5 tips for family wellbeing while staying at home](#), Action For Children  
[Supporting happy parental relationships](#), Worcestershire Children First/Here2Help  
[Coping practically and emotionally during the Covid-19 outbreak](#), Family Lives  
[Support during Covid-19](#), Worcestershire Starting Well Partnership  
[COVID-19: tips to help separated parents cope](#), Parent Info (CEOP and Parent Zone)  
[Message of reassurance for Worcestershire residents](#), Youtube message by Elaine Carolan, Worcestershire County Council's Interim Strategic Director for People Services  
[Stay at home for Ramadan](#), Public Health Matters  
[Coronavirus social story](#), Makaton (free to download)  
[BBC Bitesize](#), BBC lessons, videos and activities for ages 3 - 16+  
[Activities at home](#), Museums Worcestershire colouring in sheets and activities  
[Education resources and keeping children entertained - arts and crafts](#), Worcestershire Children First  
[Getting back to school at home](#), Internet Matters  
[Home schooling tips](#), Action For Children  
[Charles Darwin learning activities for 7 - 11 year olds](#), Cambridge University Darwin Project  
[Online safety home activity packs](#), Think U Know (new packs released each fortnight)  
[Keeping your child safe online parent's helpsheet. primary](#), Think U Know  
[Keeping your child safe online parent's helpsheet. secondary](#), Think U Know  
[Home and garden safety checklist](#), RoSPA  
[SHARE checklist](#), Government site to avoid spreading misinformation

If you need help for any reason because of the coronavirus outbreak, do visit the [Here2Help](#) site to see if they can help you: <http://bit.ly/WCCh2h20>.

Don't forget to check out links to information already on our website: <https://bit.ly/PBcovinfopost>,

### 3) Mental Health

This is a growing concern for many people while normal activities are restricted. According to the Mental Health Foundation, almost a quarter of adults (24%) living under lockdown have felt loneliness. The group most affected are 18 - 24 year olds (44%) followed by 25 - 35 year olds (35% - more than one third). Feelings of loneliness more than doubled during lockdown. (These findings are from a survey of 2221 adults - you can read more about it here: <http://ow.ly/Kdiv50zort9>.)

The following are a few links to some useful information:

[Look after your mental health and wellbeing when staying at home](#), Mental Health Foundation

[Loneliness during coronavirus](#), Mental Health Foundation

[Children's Self-care kit](#), pdf download by Sheffield NHS Trust

[Advice for parents, carers and people that work with children and young people](#)

(Supporting those with worries about Covid-19), Emerging Minds, University of Oxford, University of Southampton

[Coronavirus: maintaining the lifeline for children receiving treatment](#), Anna Freud National Centre for Children and Families

[Talking to a child who's worried about coronavirus](#), NSPCC

[Living with the pandemic if you already have mental health problems](#), Mental Health Foundation

[Parents' tips for looking after yourself in lockdown](#), Young Minds

[Looking after your mental health while working during the coronavirus outbreak](#), Mental Health Foundation

### 4) Surveys and consultations

These are all related to coronavirus, most about mental health!

i) [Survey for parents of children aged 2 - 4 years](#) about coping during the coronavirus pandemic and supporting children's mental health, (Universities of Oxford, Reading and Southampton and Emerging Minds: <https://bit.ly/CoSprec0v>.)

ii) Healthwatch Worcestershire has a [survey to help Health and Care services understand your experience of coronavirus](https://bit.ly/HWWc0vsur). By taking part you can help them understand how information is reaching people and the impact of service changes. You can find it here: <https://bit.ly/HWWc0vsur>.

We've already told you about these two surveys/consultations:

iii) On 15th April Ofqual launched a short [consultation](https://bit.ly/GOVqu4lcov) about how to implement arrangements for awarding GCSE, AS and A Level grades. You can find the [consultation](https://bit.ly/GOVqu4lcov) here: <https://bit.ly/GOVqu4lcov>. **It closes on 29th April.**

iv) [Co-Space study about Coronavirus and children's mental health](https://bit.ly/CoSp4ce), for parents/carers of children of "school age" (4 - 16 years); after you complete it your child can respond if aged 11+: <https://bit.ly/CoSp4ce>

### 5) Health

There's concern that people are not accessing medical help (whether going to A&E or getting a GP appointment) because of concern about the coronavirus. Sir Simon Stevens, Chief Executive of NHS England, has emphasised that people should still use the NHS for the treatment of serious illnesses and emergencies. You can watch a [short video](https://bit.ly/NHSchexc0v) about this here: <https://bit.ly/NHSchexc0v>.

The Royal College of Paediatrics and Child Health has [information for parents](https://bit.ly/ROShgs4f) here: <https://bit.ly/ROShgs4f> (their guidance poster is attached).

The press have reported that urgent cancer referrals have dropped by 80% in some areas. This seems to be because people do not want to go to a surgery or hospital in case they catch coronavirus or they do not want to overload the health service.

You should find a graphic from The Grace Kelly Trust about the symptoms of childhood cancer attached to this email; if you are worried about your child's health, please contact your doctor.

That's all for this update, thank you for reading it! Stay home and stay safe everyone.

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**

Email: [info@parentsvoice.co.uk](mailto:info@parentsvoice.co.uk) Web: [www.parentsvoice.co.uk](http://www.parentsvoice.co.uk)

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