

Coronavirus Wellbeing Information

It is a very difficult time and people may be feeling many different emotions. We have put together some resources for both adults and children which you may find helpful, remember **self-care isn't selfish**.

Stories around coronavirus and it's effects:

[While we can't hug](#) – a lovely story from Faber publishing to explain what we can do to connect with each other even when we can't be physically close to our friends and family.

This is a [story by ELSA](#) to help children understand if someone they know has coronavirus and what it actually means.

[Small Paul](#) – A story of being brave, staying positive, being resilient and knowing that every will go back to normal soon

[A story](#) and animation with downloadable activities to explain the Corona virus to children

[A story](#) by mindful heart for younger children

A more factual [story by ELSA](#) (support for Social and emotional development) for older children

For parents and carers:

For information to support parents looking after children and young people during this time – [click here](#)

A list of websites with different resources and activities on how to support your children and the whole family through this time from Calderdale council – [click here](#)

For children and young people:

For information directed at children and young people from Calderdale council - [click here](#)

[CAMHs](#) have set up a website with lots of resources to support your child's mental health these include books, videos, downloadable resources and even apps. They also have a coronavirus specific section.

[Taking time out with time out!](#) For daily activities and well-being tips for children have a look at the time out website. Instead of lots and lots of resources they are focussing on one activity a day to encourage well-being. They have also started a listening line for 10-19 year olds who are struggling with lock down, missing friends or just need someone to talk to. The phonedlines are open Wednesday 1-4pm and the number is 01422 345154.

Elsa Support have put together a special [well-being calendar](#) for June – on it are loads of different and easy activities you can do at home to support your children's well-being during this difficult time.

[Hungry Little Minds](#) -There are lots of fun activities for those children in early years on this website too

The charity Scope has made some special [Mindful Monster cards](#) that you can download for free. They are lovely little activities to do with children of any age and promote positive thinking, concentration, relaxation and creativity in a fun way.

If you enjoy being outside and are still looking for your 'nature' fix whilst remaining at home then forestry England is just what you need. They have introduced a free weekly newsletter called [forest fix](#), it is packed full of activities and free downloads to keep the children busy and to help you and your family remain connected to nature whilst staying at home.

For adults:

It is important to look after yourself as well as your children there are lots of different websites to use but here are some specific to the current situation

[Mind](#) has added a special page to their website dealing with coronavirus, how it can impact your well-being and what you can do to support yourself

[The Mental health Foundation](#) has got some specific resources and ideas for looking after your health during the corona virus outbreak

'**Hear for you**' is a COVID-19 telephone and advice support line for Calderdale run by Overgate. It is open 7 days a week from 10am to 6pm on 01422 378172. This is available to adults working in health and care services and also to anyone with a relative suffering from COVID-19 or who has been bereaved. Click [here](#) for more information

Healthy minds Calderdale have now re-opened their Safespace service which offers emotional support for those in distress during the weekends and evenings. Safespace is now available every evening from 6.30 – 10.30pm. The last call taken will be at 10pm. To contact Safespace you can call 01422 345154, contact by Facebook (Safespace Calderdale) or email safespace@healthymindsalderdale.co.uk. Calls are being diverted to staff on duty where will take some brief details and arrange a call back for you at an agreed time. Please be aware that the call may come from a withheld number. If lines are busy, please leave a message and a member of the team will call you back. Facebook and email contacts will also be monitored and responded to during the evening. They are working on a text messaging service – we will post details here as soon as this is available.

ChatHealth is brought to you by Healthy Futures Calderdale, and is an NHS-approved secure and confidential text messaging service. It allows you to get in touch with a healthcare professional, at the touch of a button, for advice and support about physical health or emotional wellbeing. The specialist teams can support families with things like: **sleep, bullying, healthy eating, allergies, continence, safeguarding, sexual health, behavioural problems, emotional wellbeing, relationships, drugs and alcohol, bereavement, puberty and growing up, complex health needs, and body worries**, and can signpost or refer on to other services as appropriate. To access the service: TEXT 07480 635297 (young people) or 07507 332157 (parents/carers) to start a conversation.

From 9.00am to 5.00pm Monday to Friday, we have experienced clinicians waiting to help. Messages outside this time frame will receive an automated response letting you know when you will receive a reply, and who to contact to get immediate help. Their clinicians can also be contacted by calling **0303 330 9974**.

For information concerning children aged 0-5, families can contact the Calderdale Public Health Early Years' Service: 030 0304 5076

Noah's Ark offers emotional and well-being support to parents/carers to offload their worries and concerns: a space to explore their situation a little and their thinking about their relationships with and support of their children and young people. They will listen, support, offer advice where they can and signpost to other services where appropriate. Phone support is available for parents/carers Monday – Friday between 10am and 4pm – starting Monday 27th April 2020. Parents/carers will be able to request a call back from a member of the Noah's Ark Centre staff team by sending their brief details and request for a call to the following email addresses depending on if children are at primary or secondary schools.

Primary schools email: pri.sch.cal.support@noahsarkcentre.org.uk

Secondary schools email: sec.sch.cal.support@noahsarkcentre.org.uk

A new Calderdale [Mum to Mum Breastfeeding Support Group](#) has been set up on Facebook. The page is a private, local Facebook Group where Breastfeeding Peer Supporters can chat to local mums, answer questions and give support. All questions are answered by trained Breastfeeding Peer Supporters.

Calderdale council have advice and support on domestic violence and have information in different languages including polish, Urdu and Czech as well as English. Click [here](#) for further information.

For women, Calderdale Staying Safe (Women's Centre) offer free and confidential support by phone: 01422 323339 (daytime) or they have a website you can visit – click [here](#)

For men, Respect men's advice line have a website (click [here](#)) and contact number 0808 8010327 should you need it

Bereavement support:

There are many useful websites that can give you information and advice during this difficult time and we have listed some below – please remember school are still here for you too. We are all part of the same community and want to help in anyway we can so please get in touch.

[NHS information on bereavement support](#)

[Cruse bereavement](#)

[Childhood bereavement network](#)