

Guide to Supporting Well-being



The Current situation

We are all facing uncertain times due to this unprecedented situation and its impact on our lives.

We know how stressful this time is for all our students, staff and their families and we know that having children and young people at home, often when people are trying to work themselves, adds another layer of pressure. As a result, it is even more important than usual that we consider not only our physical health but also our mental health. Feeling concerned and anxious is entirely normal when we're faced with such an unparalleled situation.

As proud members of our community we aim to be there for all our students and parents and are contactable at any time. We also hope to provide information and links to help you and your family stay safe and well.

Looking after Yourself

Taking care of our own mental health is something we can all do; looking after your own well-being means that you'll be best placed to look after others. Although time is always limited, especially when caring for children, try to plan your days to include something from each of the following categories:

1. Be Active - get regular exercise everyday (even with Jo Wicks)
2. Take Notice - take a break from the news and social media and enjoy the little things
3. Stay Connected - in a world of social distancing this is hard but reach out and call friends and family
4. Value your community - Plympton and Plymouth are a community and as such we'll care for each other
5. Keep Learning - there is a range of online free resources that can bring something new to each day

Looking after your children

Children will need what they always need: love, attention and support. The following tips might also be helpful:

- Try and keep to a routine that promotes a sense of normality that children will find reassuring
- Keep boundaries firm and make it clear that you expect the same standards as usual
- Make sure they get some time to burn off energy every day
- Ensure children do some learning every day. Continuing with their learning helps promote a sense of normality and purpose, as well as keeping them up to date for when they are back at school
- Find opportunities for children to interact with their friends remotely as contact is especially important

School Support

Home Learning: If you have a query regarding home learning please contact your class teacher via their school email.

Photos of all types of home learning can be sent to photos@psmps.co.uk, Mrs Tompkins will then upload the photos to our social media platforms in order to share your child's adventures with the other children in their class/school.

The main school email st.maurice.primary.school@plymouth.gov.uk is monitored regularly.

Sources of Social Support

Plymouth Labour Community - 07786 683074 plymouthlabourcommunity@gmail.com . They offer:

- A pick up and drop off for prescriptions
- A telephone service for friendly conversation and support
- A connection to food suppliers and other services in the city that may help

Arterne are also offering local support. You can contact them on 07554665461 or email enquiries@arterne.com

Devon and Cornwall Food Action provide food boxes delivered to your doorstep for a £10 service charge, the value of the box is £30

Request forms can be obtained from alan.dunne@devonandcornwallfoodaction.org

Sources of Emotional Support

Samaritans -0116 123 -<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind UK- www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

BBC-www.bbc.co.uk/news/health-51873799-How to protect your mental health

Parenting Pressures Family Action : 0808 802 6666 www.family-action.org.uk/what-we-do/children-families/familyline/

Family Lives (previously Parent line): 0808 800 2222 www.familylives.org.uk/how-we-can-help/confidential-helpline/

Gingerbread Single Parent Helpline: 0808 802 0925 www.gingerbread.org.uk

Grandparents Plus: 0300 123 7015 www.grandparentsplus.org.uk

Special Needs Jungle: www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyoneelse/#Update

Mencap: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

Other Services

PDAS -0800 4582558 (Freephone) pdas@sanctuary-housing.co.uk (www.sanctuary-supported-living.co.uk/pdas)