

# Gosden House School

## Support for physical and emotional wellbeing

These really are the most unusual times for all of us and our families. It is hard to escape the news and the fear and anxiety it can instil in us. It can be hard to maintain a balanced perspective, especially when families are isolated from friends and relatives

Of course, children with additional needs, as we know, require something special from their families and community and so for all of them and all of their carers, the challenge is so much greater as you try to help their understanding and keep them busy and safe at home.

I have been liaising with organisations and services across the County and beyond to find advice and information that may be helpful. There is a lot out there, but of course actually being able to access the help is difficult due to high demand.

Below are a few suggestions and links.

**Foodbanks and Community Fridges-** If you are experiencing hardship as a result of employment or benefit issues, some of these are still operating in some capacity and some deliveries can apparently be arranged for self-isolating families in need, but this varies area by area. If you need further information email [parenthelp@gosden-house.surrey.sch.uk](mailto:parenthelp@gosden-house.surrey.sch.uk)



If you are on Facebook, many communities in Surrey have Community Association or Community Board pages where you can check what is available to support people in their community. As always with on line connections, beware of scams!

For recent updates on how benefits have changed due to Covid 19, see the following from Surrey Welfare Rights Unit.

<https://www.swru.org/covid-19-updates/>



## **Surrey County Council**

**Community Helpline number: 0300 200 1008 (Monday to Friday: 8am to 6pm, Saturday and Sunday: 10am to 2pm)**

We have set up a new community helpline to direct you to services that can help during the coronavirus pandemic.

This community phone line is here for two things:

1. To help direct residents who need support, if friends and family are unable to help with such things as picking up shopping, prescription collections or having someone who can be a telephone friend, and other services that can help.
2. To provide advice on where to register your offer of help to support your community.

The Community Helpline will not be able to provide any public health advice (please use existing services such as 111) or answer general enquiries relating to council services (these should be directed to our [standard contact page](#)).

## **Self isolation help and support**

The Government have [published guidelines on how and when](#) to self isolate at home.

## **Stay connected keep in touch**

With many people working from home, children not at school and many in self isolation it's important to keep in touch with the outside world and keep yourself entertained. Some people may struggle with being on their own for periods of time so it's important to look after yours and other people's mental health.

## **Health and Wellbeing**

- Keeping fit – there may be opportunities for virtual gym classes or put those keep fit DVDs on
- Mindfulness is a good way of keeping you calm. Try some yoga at home or meditation
- Visit [Healthy Surrey](#) for tips on health and wellbeing to keep you well
- [Active Surrey](#) also have ideas for keeping active whilst being at home.

## **Mental health support**

If you feel like you're struggling on your own there is no need to feel alone. There is help and advice on hand visit the [Healthy Surrey Mental Wellbeing](#) web page.

[Every Mind Matters](#) provides practical self-care tips and guidance and has a free NHS-approved online tool which helps people build an action plan to deal with stress and anxiety, boost their mood, improve their sleep and help them feel more in control.

## **Helplines**

- The Mental Health Crisis Helpline is there for adults 0800 915 4644 24 hours a day 7 days a week.
- For children and young people the [Children and Young People's Havens](#) are offering a phone service available every week day from 4pm - 8.30pm and weekends 12pm - 6pm. Call 07773008435
- [The Samaritans](#) are available to call for free 116 123.
- [CALM](#) - The Campaign Against Living Miserably have a 5pm - Midnight helpline 0800 58 58 58 and also a webchat if you need to talk to someone.
- [The Brigitte Trust](#) is expanding its telephone support service to offer emotional support to any adult in the Surrey area who is vulnerable, lonely, isolated, bereaved or a carer who needs someone to chat to.



For more information please contact the Service Co-ordinator Sarah Pattenden on 07469 932192 or email [sarah.pattenden@briggittetrust.com](mailto:sarah.pattenden@briggittetrust.com)

- Text SMS contact for the Surrey and Borders Partnership NHS Foundation Trust crisis line – 07717 989 024
- Text SMS contact for Give Us A Shout - 85258

### **Boredom Busters**

Here are some ideas to make sure you keep boredom at bay. Maybe now's the time to plant that vegetable patch, or to finish those DIY projects you started.

### **Stay Connected**

- Have virtual meetings and conversations via Skype – it's nice to see another human face
- Phone a friend – check up on friends and make sure they're okay
- Make Spotify playlists and share with friends
- In a book club? Could you do this virtually?

### **Entertainment**

- You can download [E-books, audiobooks and E-Magazines from Surrey libraries](#)
- The [online reference library has a huge collection of information sources](#) ranging from historical newspapers to a music streaming service.

The Surrey online library is available for free. If you're not already a Surrey library member [you can join online.](#)

### **Things to do with the kids**

- Get kids involved in recycling at home with [The Wastebuster challenge.](#)
- Have a look at the shortlisted book titles for this year's [Children's Book Awards.](#)

### **Learn something new**

- YouTube have great [how-to guides to learn new skills](#), like knitting, learning a new language or even beginners yoga
- The Open University are [offering free online courses](#)

### **Other ideas**

- Spring clean your house and rearrange your wardrobe
- Get creative with your leftover food here are some recipes with some hints and tips from the [Surrey Environment Partnership.](#)

### **Personal Safety:**

If you have concerns for your own or other people's safety:

Police 999 in an emergency

[SW Surrey \(Gfd/Waverley\) Domestic Abuse Helpline](#) Telephone 01483 898884 M- F 9am-4pm

Website <https://www.swsda.org.uk/>



Your Sanctuary – <https://www.yoursanctuary.org.uk/>

Helpline: 01483 776822

Lucy Faithful Foundation – STOP IT NOW! [Confidential Helpline: 0808 1000 900](https://www.stopitnow.org.uk/)

<https://www.stopitnow.org.uk/>

**For children:** <https://www.childline.org.uk/> Call 0800 1111

### **Contact Children's Services**

If you are concerned about the safety of a child or young person you can contact the Surrey Children's Single Point of Access (SPA).

The SPA is based at **County Hall** and acts as the front door to children's services in Surrey.

The SPA provides residents and people who work with children in Surrey with direct information, advice and guidance about where and how to find the appropriate support for children and families.

**Availability:** 9am to 5pm, Monday to Friday

- **Phone:** 0300 470 9100
- **Out of hours phone:** 01483 517898 to speak to our **emergency duty team**.
- **Email:** emails are dealt with during normal office hours
  - **For concerns for a child or young person:** [csmash@surreycc.gov.uk](mailto:csmash@surreycc.gov.uk)
  - **For concerns for an adult:** [ascmash@surreycc.gov.uk](mailto:ascmash@surreycc.gov.uk)
- **SMS:** 07527 182 861 (for the deaf or hard of hearing)
- **VRS:** **Sign Language Video Relay Service**
- **Fax number:** 01483 519862

If you have **already been in touch** with children's social care services and would like to contact your allocated social worker or family support worker directly, **please find your local area number below**. For any general or non-safeguarding concerns in relation to an adult (including young adults) please **contact Adult Social Care**.

**On line Safety:** As it is likely that young people will be spending more time on line, we ask parents to be especially vigilant in protecting them from harm in the digital world. Keep the conversations going and check in on their online activity from time to time. It may not make you popular, but we know that it saves risk and heartache in the long run. Advice is available: <https://www.net-aware.org.uk/>

**And finally, this new website is well worth checking out for Carers needs and coping ideas. You may want to share some of them with your children, if developmentally appropriate:**

<http://learn.4mentalhealth.com/>

“This website, co-funded by NHS England, has been designed by a group of people who want to help anyone who is struggling with the very challenging situation we are all in, to feel a bit calmer and find new ways to help them cope.

We hope that 1000s of people will look at this website and together we can use the resources it offers, so that even though we are not physically with each other, we can feel connected ‘virtually’.



Even if at the moment you're facing things on your own, or feel like you're alone, we hope you can still feel supported and connected to others in some way.

Things may be especially hard for you if you are a young carer, or a carer....”

**#stayhome #staysafe**

[parenthelp@gosden-house.surrey.sch.uk](mailto:parenthelp@gosden-house.surrey.sch.uk)



*Annie Welch*

*Home/School Link Worker*