



Dent CE Primary - Family Support and Well-Being

Dear Parents and Carers,

We hope that this finds you, your family and loved ones well.

As part of our home learning support during the coronavirus situation, we have been compiling a short list of publications and websites which offer well-being advice and support to individuals and families.

Many of the sites listed include pdfs that you can access, together with links to web-based videos and other interactive resources. We hope that you might find the resources helpful, whether in supporting your children or taking care of your own mental health and well-being needs. Some of the sites also offer information on how to access services such as online parenting support.

We would suggest that you keep the well-being resource list for future reference in case it might be of use to you over the coming weeks and months. In the meantime, we would encourage you to get in touch with either myself, your child's teacher or Mrs Edwards if you have any well-being concerns.

With best wishes,

Mandy Robinson (Senco and Well-being Lead)



Dent CE Primary - Family Support and Well-Being

Action For Children

This is both a local and national organisation that provides support to parents. The national website offers advice and activities for: 0-5 parenting (Dots); young people's emotional wellbeing (Build Sound Minds); and family wellbeing and relationships (Relationship Advice).

They can be reached through a local South Lakes Facebook page:

Facebook - <https://www.facebook.com/South-Lakeland-Child-and-Family-Support-Service-112040337049049/?ref=bookmarks>

and the Action for Children's national website: <https://www.actionforchildren.org.uk/support-for-parents/>

Heartsmart

As many of you will be aware, we use the Heartsmart resources in school in our well-being sessions and assemblies. The children enjoy the various stories and activities and have fun learning about how to be 'heartsmart' with Boris the robot. The Heartsmart team are currently providing free well-being resources for families through their website and Youtube channel.

<https://www.heartsmart.family/>

Anna Freud National Centre for Children and Families

This is a children's mental health charity with over 60 years' experience of caring for young people and their families. Their website offers both general well-being advice and has a new section specific to the advice given in response to the current coronavirus situation.

<https://www.annafreud.org/>

Young Minds

Young Minds is a charity that works to improve the emotional health and well-being of children and young people in the UK. They offer a range of support and advice for parents and their website includes a section specifically to support those who may be struggling with self-isolation, coronavirus, and the impact it has on mental health.

<https://youngminds.org.uk/>



Dent CE Primary - Family Support and Well-Being

MindEd for Families

This website, which has been produced by several national health organisations, is funded by the Department of Health and the Department for Education. It offers a variety of support to enable parents to look after their own and their family's mental health and well-being needs.

<https://mindedforfamilies.org.uk/young-people>

NFU Mutual/Yellow Wellies.org

Yellow Wellies.org, an independent charity, established by NFU Mutual, has produced a pdf:

A Guide to Coping with the Stresses of Covid-19

Which can be found on their website on:

<https://www.nfumutual.co.uk/about-us/coronavirus/mental-wellbeing/>

and at: www.yellowwellies.org

Cruse Bereavement Care

Cruse is a national charity that offers support, advice, and information around bereavement.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

They also have a website specifically for children and young people:

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