**Supporting Health and Wellbeing**

**Supporting our Staff**

|  |  |  |
| --- | --- | --- |
| **Reading** | **Webinars/ Podcasts/E-Modules** | **Video Clips** |
| **Royal College of Psychiatrists:**  **“Going for Growth” -An outline NHS staff recovery plan post-COVID19 (outbreak 1)** <https://www.rcpsych.ac.uk/docs/default-source/about-us/covid-19/going-for-growth-version-3-05-05-20.pdf?sfvrsn=7cf71c97_4>**Anxiety and Coronavirus –** NHS Lanarkshire guidance [https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/](https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/%20) **NHS Forth Valley – If you’re ill** [https://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/mental-well-being/](https://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/mental-well-being/%20) **NHS Forth Valley Self Help Guides** [https://www.selfhelpguides.ntw.nhs.uk/forthvalley/](https://www.selfhelpguides.ntw.nhs.uk/forthvalley/%20) **How to look after your mental health during the Coronavirus outbreak** [https://mentalhealth.org.uk/coronavirus](https://mentalhealth.org.uk/coronavirus%20) **5 Ways to Wellbeing** [https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/%20) **COVID- 19 SHINE mental health and wellbeing advice sheets for schools** We have put together three simple mental health advice sheets for schools to support pupils, school staff and parents/carers and families during the COVID-19 pandemic. You will find them on our website: <https://shine.sphsu.gla.ac.uk/covid-19/> | **Transferring the Emotional Load webinar:** <https://www.youtube.com/watch?v=OGR69hYvfw0&feature=youtu.be>**HWB Recovery Plan Webinar (West Lothian**): <https://www.youtube.com/watch?v=DSr41GUOf2g>**Free podcast from The Centre on the Developing Child at Harvard University.** The first guest of this special series is Centre Director Dr. Jack Shonkoff. He and host Sally Pfitzer discuss how to support healthy child development during a pandemic, including the importance of caring for caregivers. They also talk about what we’ve already learned as a result of the coronavirus, and what we hope to continue learning. <https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-a-different-world/?utm_source=announcement&utm_medium=email&utm_campaign=covid_podcast>**SAMH module for teachers:**  <https://www.samh.org.uk/about-mental-health/elearning-for-teachers>**Free Stress Management Course (NHS Fife):**  [https://www.youtube.com/playlist?list=PLCt6GGXbRmi8h-gSrgc7AvYvZSZluTrcB](%20https%3A/www.youtube.com/playlist?list=PLCt6GGXbRmi8h-gSrgc7AvYvZSZluTrcB)Tes is hosting a series of free webinars which aim to prepare educational staff of all levels for the return to school in the 'new normal'. Topics include mental health and resilience, co-production, bereavement and assistive technology<https://www.bigmarker.com/series/sen-show-series1/series_summit> **Psychosocial First Aid****https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support** | **Face Covid-19:** [**https://www.youtube.com/watch?v=BmvNCdpHUYM**](https://www.youtube.com/watch?v=BmvNCdpHUYM)How To Respond Effectively To The Corona Crisis   In this brief animation, Dr Russ Harris, author of the international best-seller The Happiness Trap, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it. |
| **Reflective Questions** | **Web Links** | **Falkirk Council Services** |
| How did staff connect before lockdown? Can they still do this? Or are alternatives required?What can you do to recognise, share and acknowledge different staff’s experiences of the Covid-19 pandemic?Which self-care strategies do staff find most effective?How can staff support one another?Do some staff need more targeted support from peers or senior leadership team?*(taken from Back to School Using a Psychological Perspective to support re-engagement and recovery, British Psychological Society, May 2020)* | **Falkirk HWB Blog**: <https://blogs.glowscotland.org.uk/fa/falkirkhwb/>**Breathing Space** 0800 83 85 87 or [https://breathingspace.scot/](https://breathingspace.scot/%20) **FDAMH – Falkirk District Association for Mental Health – Online resources** <https://www.fdamh.org.uk/find-online-help/> **Education Scotland- staff wellbeing wakelet:** <https://wakelet.com/wake/7ae44302-d330-413c-b1b1-7ba25b786c7b>**Clear Your Head** has produced tips to help you look after yourself and get through these uncertain times. With ideas about how you can keep moving, create a routine, find things you enjoy and keep connected with friends and family - finding time for any of these will help to clear your head. <https://clearyourhead.scot/>**EIS HWB resource**<https://www.eis.org.uk/Member-Support/HWResource>**Talking and Listening Skills through HWB during our recovery phase**<https://blogs.glowscotland.org.uk/fa/LiteracyStrategy/2020/07/17/talking-and-listening-skills-developing-and-applying-through-hwb-during-our-recovery-phase/> | **Working from home:** <https://falkirk.gov.uk/employees/coronavirus/wellbeing/remote-working.aspx>**Wellbeing tips and contacts**: <https://falkirk.gov.uk/employees/coronavirus/wellbeing/mental.aspx>**Staff Well Being Contact Centre** 01324 590 350 (Mon to Fri 9-5pm). (Went live on 27/04/20).**Falkirk Educational Psychology Service** <https://blogs.glowscotland.org.uk/fa/epspractitioners/> |

**Supporting Children and Young People**

|  |  |  |
| --- | --- | --- |
| **Reading** | **Webinars/ E-Modules** | **Web Links** |
| **Mental health advice for young people -** Dr Jon Goldin, Vice Chair Child and Adolescent Psychiatry Faculty RCPsych, offers advice for young people dealing with anxiety during the coronavirus (COVID-19) crisis. <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health>**Scot Gov- Wellbeing of Pupils to be Prioritised:** https://news.gov.scot/news/wellbeing-of-pupils-to-be-prioritised**Children’s Anxiety and long term mental impacts of Covid-19:** <https://www.latimes.com/california/story/2020-05-07/coronavirus-anxiety-children-long-term-mental-health-impacts>**Corona Times**: This journal is written by a team of young journalists who are ***Members of Children’s Parliament*** (MCPs), aged between 8 and 14 years old. In this journal they explore how children get news and information about the pandemic, from lockdown, to the Coronavirus itself, and the changes that are being implemented concerning life in the coming weeks and months. <https://www.childrensparliament.org.uk/category/news/>  | **Free Additional Support Needs webinars from Children in Scotland:** [**https://www.eventbrite.co.uk/o/children-in-scotland-20206726841?utm\_source=phplist5981&utm\_medium=email&utm\_content=HTML&utm\_campaign=Free**](https://www.eventbrite.co.uk/o/children-in-scotland-20206726841?utm_source=phplist5981&utm_medium=email&utm_content=HTML&utm_campaign=Free)**NSPCC Virtual Assembly (Ant and Dec & David Walliams)**[**https://www.facebook.com/watch/?v=780607855808660**](https://www.facebook.com/watch/?v=780607855808660)**Online Blackmaileducation resource for 15-18 year olds**A resource from NCA-CEOP, ‘Online Blackmail’ aims to help learners identify characteristics of blackmail online, understand the impact it can have, and how they can access help if they experience it.   It is a structured one hour session designed to be delivered by professionals in schools/colleges, youth groups and other settings as appropriate. Resources can be downloaded from the Think You Know site where there is also a section for parents and carers [www.thinkuknow.co.uk/professionals/resources/online-blackmail](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.thinkuknow.co.uk%2Fprofessionals%2Fresources%2Fonline-blackmail&data=02%7C01%7Ccpcscotland-liaison%40strath.ac.uk%7C85e3e25fa91240077b7c08d823e25a6f%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637298802855265319&sdata=h%2BJg%2FrR%2Fo4Ix6r0W8EiYvEHt8%2FzJF4xY7cGz0c%2Fjy%2Bc%3D&reserved=0). [www.thinkuknow.co.uk/parents/articles/online-blackmail/](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.thinkuknow.co.uk%2Fparents%2Farticles%2Fonline-blackmail%2F&data=02%7C01%7Ccpcscotland-liaison%40strath.ac.uk%7C85e3e25fa91240077b7c08d823e25a6f%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637298802855275322&sdata=CWNR%2FdzxCPaRkFRGxrMFFFg8xF7mMcqlTVilaRVjqQM%3D&reserved=0).  | **Calming Techniques**: Free resources to help children and adultswith sleep, meditations, mindfulness and more.<https://www.calm.com/blog/take-a-deep-breath>**Young Scot- Managing Emotional Wellbeing Resource:** [**https://t.co/LhJkmu9qQf?amp=1**](https://t.co/LhJkmu9qQf?amp=1)**An NHS information site on anxiety in children** This resource includes sections on how to spot signs of anxiety and gives tips on how to help. There are useful links to films on building self-esteem in children and to another website that explains relaxation techniques to use with children. [**https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/**](https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/)**Falkirk Educational Psychology Service** <https://blogs.glowscotland.org.uk/fa/epspractitioners/>**Coping skills for children and young people. T**his website provides strategies used by child therapists for calming anxiety, including ideas to calm down, books to read and videos that can help. <https://copingskillsforkids.com/calming-anxiety> |
| **Reflective Questions** | **Video Clips** | **Other** |
| How will staff take account of a child’s developmental stage in their planning for the blended learning approach?Is knowledge of child development apparent in the way that the environment is organised e.g. in the nursery or classroom?How can we build in short doses of patterned rhythmic/movement activities throughout the day?How do we communicate with staff, families and children that school buildings and classrooms will be safe?How do we provide a warm and welcoming environment whilst adhering to the new rules, processes and structures? What do we need to create some rhythm within the daily structure to promote a sense of calm? How can we ‘meet and greet’ at the school or classroom door while being physically distant?In what ways can we communicate and reinforce new rules and structures clearly to children and young people to increase familiarity?How do we show that children and young people’s experiences and views are valued and held in positive regard? How do we remain emotionally close but physically distant? How do we promote attunement and engagement with children and young people taking account of physical distancing? How do we continue to check in with children who need reassurance, from a physical distance? How do we ensure that children who are in school on different days continue to connect with each other and develop a sense of belonging as a peer group?  | **Misinformation about COVID-19: how to figure it out** : In this media literacy activity, students analyse videos for messages about what to do about misinformation about the COVID-19 pandemic. [**https://www.projectlooksharp.org/front\_end\_resource.php?resource\_id=501**](https://www.projectlooksharp.org/front_end_resource.php?resource_id=501)A book for children: **Coming back to school in a bubble**<https://drive.google.com/file/d/1YiMP8KUhBpeMElwQNxOZeHW4yedb3YrD/view?fbclid=IwAR3XnhErwyRG0ZRCkVVTtixZ-O29LauIdRpO0xAejookUohVxBvkhGz_ZY4>Also on YouTube: <https://www.youtube.com/watch?v=XUXDX0WFyno&feature=youtu.be>Social Story - Bubble Groups by Reachout ASC [**https://www.reachoutasc.com/attachments/article/13/School%20Bubble%20SS%20.pdf**](https://www.reachoutasc.com/attachments/article/13/School%20Bubble%20SS%20.pdf)Short video for children - Maintain connection whilst staying physically distant <https://www.youtube.com/watch?v=2PnnFrPaRgY> | **World Health Organisation ‘coping with stress’ poster** - this can be printed and put up to provide useful guidance around coping with stress during the COVID-19 outbreak. <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2>**Coping with anxiety poster:** <https://twitter.com/CEC_EPS/status/1270995829915033603/photo/1>**Wellbeing Support Lessons**: <https://young.scot/campaigns/national/aye-feel>**CAMHS resources:** <https://www.camhs-resources.co.uk/>**Who Cares? Scotland Advice Line**Who Cares? Scotland has launched a new permanent Advice & Support line for care experienced young people and care leavers of any age following feedback from the helpline set up at the start of the COVID-19 public health emergency [https://www.whocaresscotland.org/new-advice-support-line/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.whocaresscotland.org%2Fnew-advice-support-line%2F&data=02%7C01%7Csusan.mitchell%40strath.ac.uk%7C95e058d2af9b47aa12f908d8270de0a0%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637302287844162492&sdata=pWjx7anjdeOO%2Fk7Ovt3lk3GMenJMFehtXeUBB7A6xGg%3D&reserved=0)  |

**Supporting Parents and Carers**

|  |  |  |
| --- | --- | --- |
| **Reading** | **Webinars** | **Video Clips** |
| **Supporting children and young people with worries about COVID-19** | Emerging Minds (University of Reading, University of Oxford) Advice for parents, carers and people that work with children and young people. Fantastic information source with interactive ways of supporting children and young people understand about corona virus and ways to support their mental wellbeing. <https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf>**Understanding sleep in adolescents** Scientists are still working to understand all the ways that sleep keeps us healthy. They have found that teens who get more sleep tend to eat a better diet and maintain a healthy weight. Getting enough sleep is linked to better grades and mental health. <https://www.sciencenewsforstudents.org/article/getting-enough-sleep-health-BMI-learning> **An NHS information site on anxiety in children** This resource includes sections on how to spot signs of anxiety and gives tips on how to help. There are useful links to films on building self-esteem in children and to another website that explains relaxation techniques to use with children. [**https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/**](https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/)The Guardian reports that residential children’s homes are warning of the risks of online grooming and child sexual abuse for vulnerable young people spending more time online during the lockdown: [https://www.theguardian.com/society/2020/jul/08/sharp-increase-in-uk-child-sexual-abuse-during-pandemic](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.theguardian.com%2Fsociety%2F2020%2Fjul%2F08%2Fsharp-increase-in-uk-child-sexual-abuse-during-pandemic&data=02%7C01%7Csusan.mitchell%40strath.ac.uk%7C1a52fae8b795478ec91e08d823250286%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637297989168642897&sdata=4CPX29Y5RUkyv9O4RCP5ktiE%2BHFWXJu6FifwmN8ooCU%3D&reserved=0) |  | **Positive Parenting Campaign.** This campaign encourages parents find positive ways of addressing challenging behaviour. See [Frustration](https://www.youtube.com/watch?v=-44xjbjBGq0) and [Bedtime](https://www.youtube.com/watch?v=nB8NSPNnS64).Parent/Carers guide to live streaming: <https://www.youtube.com/watch?v=6S5cFxoTATs>**Parentclub ‘Back to School’ Campaign**TV ad: [https://youtu.be/3QZJhkNJIHk](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F3QZJhkNJIHk&data=02%7C01%7Csusan.mitchell%40strath.ac.uk%7Ceba67045d627445e64a508d834ccadf3%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637317400988075129&sdata=RgQe9a70eLyS8Myr7Y3PPaaiKtA4P6ogCU1jHYAC1L8%3D&reserved=0) Digital content: [www.parentclub.scot/startback](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.parentclub.scot%2Fstartback&data=02%7C01%7Csusan.mitchell%40strath.ac.uk%7Ceba67045d627445e64a508d834ccadf3%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637317400988085122&sdata=E2c5yQdI8Mhpp7EiycbAlIWAMRb7JsXexbz%2Bw5dUGxw%3D&reserved=0) |
| **E-Modules** | **Websites/Other** | **Other** |
| **Free access to the Solihull Approach** This is a universal resource for parents and carers from the antenatal period to 19 years. Offering a series of modules containing interactive activities, quizzes and video clips. The information is just as relevant for anyone supporting or working with children and young people. The following courses are available: • Understanding pregnancy, labour, birth and your baby • Understanding your baby • Understanding your child • Understanding your teenager's brain To access these courses for free, you need to use the access code TARTAN. [**https://inourplace.heiapply.com/online-learning/**](https://inourplace.heiapply.com/online-learning/) | **Scottish Government Parent Club Covid 19** Communications Toolkit to help support parents with tips and ideas and provide clear guidance during these unprecedented times. The toolkit will be updated on an ongoing basis. <https://www.parentclub.scot/topics/coronavirus?age=0> | S**cottish Commission for Learning Disabilities**- Self Help Book<https://www.scld.org.uk/covid-19-guided-self-help-booklet-series/>**CAMHS resources**: <https://www.camhs-resources.co.uk/>**Parent Helplines:** <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>**Falkirk Educational Psychology Service** <https://blogs.glowscotland.org.uk/fa/epspractitioners/> |