

Oxford Health NHS Trust

Health Visiting Team

Covid-19 Family Wellbeing Pack



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During Covid-19 we are all having to live our lives very differently and this is causing a lot of anxiety and stress for a lot of people. Resources are being reduced and moved to help out on the frontline fighting the Corona Virus and many face to face contacts with families have stopped for safety reasons as I am sure you are aware. It can seem very daunting and even though many members of our health visiting service have been re-deployed we are still running a Duty Advice line, so please do call us if you are struggling.

In the last few weeks there has been an influx of new websites for support, voluntary organisations being set up, ideas for the children to keep them entertained etc and it can feel quite overwhelming.

This pack has been produced from information that we have received as a health visiting team that we feel may be useful for you. There are some national websites which we recommend and some local support information for you. We hope you find it useful and if there is anything that you feel needs to be added or taken out please call your health visiting team and let them know.

What to do and where to seek help if your child is unwell

The Healthier Together website is great for support and help with minor illnesses/rashes/emergency advice. It uses a traffic light system of how to manage your child's symptoms at home/when to see medical support from a GP/when to go to A&E <https://what0-18.nhs.uk/popular-topics/coronavirus>

It has been updated with coronavirus information

Part 1 – Support and resources for you and your families mental health

Mental Health Support/general advice for all

Talking Space Plus <https://www.oxfordhealth.nhs.uk/talkingspaceplus/about/us/> Free Talking Therapies for a range of mental health issues for all adults. They are still taking referrals. Online referral form.

Oxfordshire MIND - <https://www.oxfordshiremind.org.uk/>

A new 24/7 mental health helpline has just been launched across Oxfordshire and Buckinghamshire (during Covid-19 Pandemic). Please call the following numbers for advice when needed. It will operate 24 hours a day, seven days a week and temporarily takes pressure off 111 for people who need mental health care when their situation it is not life threatening.

Like 111, people can call when they need to find out when and where to get help and to access support from mental health professionals.

During office hours, people who already use mental health services should contact services directly using the numbers in their care plan.

Oxfordshire and Buckinghamshire Mental Health Helpline:

- **Adults: 01865 904 997**
- **Children and young people: 01865 904 998**

If you experience mental health crisis at the weekend, you can get support with

Oxford Safe Haven by calling 01865 903 037 or Banbury Safe Haven by calling 01295 270004 or 07851246546

The Safe Haven is an out-of-hours, non-clinical space offering crisis support, signposting, safety planning and listening support over the weekend.

The Safe Haven is open on Friday, Saturday, Sunday & Monday from 6pm until 10pm.

The referral line is open from 5pm on the day of the service and the last entry is at 9pm.

NHS 111 – dial 111 – open 24 hours

Samaritans – Freephone 116 123 – open 24 hours

Saneline – 0300 304 7000 – 4.30 pm to 10.30 pm daily

Rethink – 0845 456 0455 – 10 am to 2 pm Monday to Friday

FRANK – 0800 77 6600 – open 24 hours

No Panic – 0844 967 4848 – 10 am to 10 pm

[Stay Alive](#) Suicide Prevention Mobile Phone App

[Elefriends](#) safe online space to listen, share and be heard

Shout Crisis Text Line- Text SHOUT to 85258 to text with a trained crisis volunteer 24/7 <https://www.giveusashout.org/>

Anxiety UK - advice and helpline – 03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on 07537 416 905. There is also regular online support groups you can register for – www.anxietyuk.org.uk/coronanxiety-support-resources

<https://www.nhs.uk/oneyou/every-mind-matters/>

Specialist Perinatal Mental Health support if you have recently had a baby (within last year) – or you can use the general numbers above

If you are feeling low, depressed or have increased anxiety please call your health visitor team as they will be happy to support you.

See Talking Space Plus above (woman in the perinatal period are prioritised) .You can self-refer

PANDAS charity for perinatal mental illness offer free telephone support Mon-Sun 9am-8pm on 0808 1961 776 or by email on info@pandasfoundation.org.uk (response within 72 hours)

General info about Postnatal depression <https://www.nhs.uk/conditions/post-natal-depression/>

Action on Postpartum psychosis – for those who have been suffering/suffered from Postpartum psychosis and their carers – [supphttps://www.app-network.org/peer-support/ort](https://www.app-network.org/peer-support/ort) available

Perinatal Mental Health Partnership Facebook -
<https://www.facebook.com/PerinatalMHPartnershipUK/>

Best Beginnings <https://www.bestbeginnings.org.uk/>

Free NHS-accredited Baby Buddy app offering evidence-based information and self-care tools to help parents during pregnancy and early stages of parenting.

App users also have access to a confidential, text-based Crisis Messenger which provides 24/7 support for new and expectant parents who are feeling extremely anxious or overwhelmed.

Maternal OCD <https://maternalocd.org/>

Peer support available, email info@maternalocd.org to arrange

For local Peer Support – Motherkind Café Oxford

Please join through their Facebook page Motherkind Café – East Oxford
<https://www.facebook.com/themotherkindcafe/>

The Motherkind Café is a peer support group for mothers suffering from mild to moderate depression/those finding it hard coming to terms with motherhood etc. The Café is based in East Oxford but is open to everybody across Oxfordshire. During the Pandemic they are having a fortnightly closed FB chat, and on the alternate Friday holding a closed zoom discussion group. A great way to meet other friendly mums in the local area who are feeling /have felt like you are now.

Mental Health Support for my Children

Oxfordshire and Buckinghamshire Mental Health Helpline open 24/7 (during Covid-19 Pandemic)

- **Children and young people: 01865 904 998**

Child and Adolescent Mental Health Services Oxford 01865 902515

Support for children and young people including advice for carers. <https://youngminds.org.uk/>

Supporting young people's mental health during coronavirus

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

Place2Be - Talking to children about coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>

Healthier Together Website – Details on how corona virus has been affecting children and gives hints on how to talk to children about it <https://whato-18.nhs.uk/popular-topics/coronavirus>

If you are having anxiety particularly about the Corona Virus the following websites can help

Your local health visiting team can offer support, please call them.

Mind - Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mental Health Foundation - Looking after your mental health during coronavirus outbreak <https://www.mentalhealth.org.uk/coronavirus>

OCD Action - phone support – 0845 390 6232 - <https://maternalocd.org/>

Support for Fathers

<https://dadmatters.org.uk/> <https://www.app-network.org/peer-support/>

<https://thedadpad.co.uk/> - also comes as an App

<http://www.fatherhoodinstitute.org/>

Pandas Dads Facebook Page – Pandas dads volunteers are on hand to offer support and information 7 days a week

<http://www.pandasfoundation.org.uk>

If you feel suicidal or feel like you would harm yourself or others. Call 999 or attend your nearest Accident and Emergency Department

What can I be doing to look after myself at this time?

During these times it is really important to allow space for self-care. Try to view this time as a challenge and not a crisis. Use it to make a positive difference to your life by enjoying pastimes you don't usually have the opportunity for and to catch up with those tasks you are always meaning to do.

Some ideas to get you started:

Listening to music

Cooking/ Baking

Organise virtual gatherings with your friends using online platforms such as Zoom or Houseparty

Playing games- board games, games on your phone, puzzles (eg Sudoku)

Organise your home – Team TOMM have a bootcamp where you can follow the method to totally blitz your home - <https://www.theorganisedmum.blog/2017/06/26/1-week-boot-camp-for-when-youve-lost-control-of-the-housework/>

Do the jobs you have always been meaning to do – organise photos, sort out the drawer you have been meaning to organise

Do your nails, take a long bath and the other things you never get chance to do in your normal busy life

Learn a craft on youtube – knitting, crocheting, needle felting

Singing – many choirs are meeting online – e.g. Monday - 8:00pm Pop Choir free on Mama Tribe on Facebook or the Sofa Singers free on a Friday at 11:00am

Bullet journaling - <https://www.goodhousekeeping.com/uk/news/a564696/how-to-start-a-bullet-journal/>

Binge on boxsets

Keep a gratitude journal (see below) Exercise

Learn to dance – You tube or dance schools are offering online tutorials

Go for a run - Couch to 5 K

www.nhs.uk/live-well/exercise has free fitness ideas

◆ gratitude journal ◆

morning gratitude

before you begin your day, list 10 things you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

what I'm learning from my challenges

list three obstacles and what you're learning from them

1.

what I'm learning:

2.

what I'm learning:

3.

what I'm learning:

people I'm grateful for

list 5 people who made your life a little happier today. these could be friends, family or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

the best part of my day

choose one moment of your day that made you happy and focus on it for 5 minutes before bed

Useful Apps

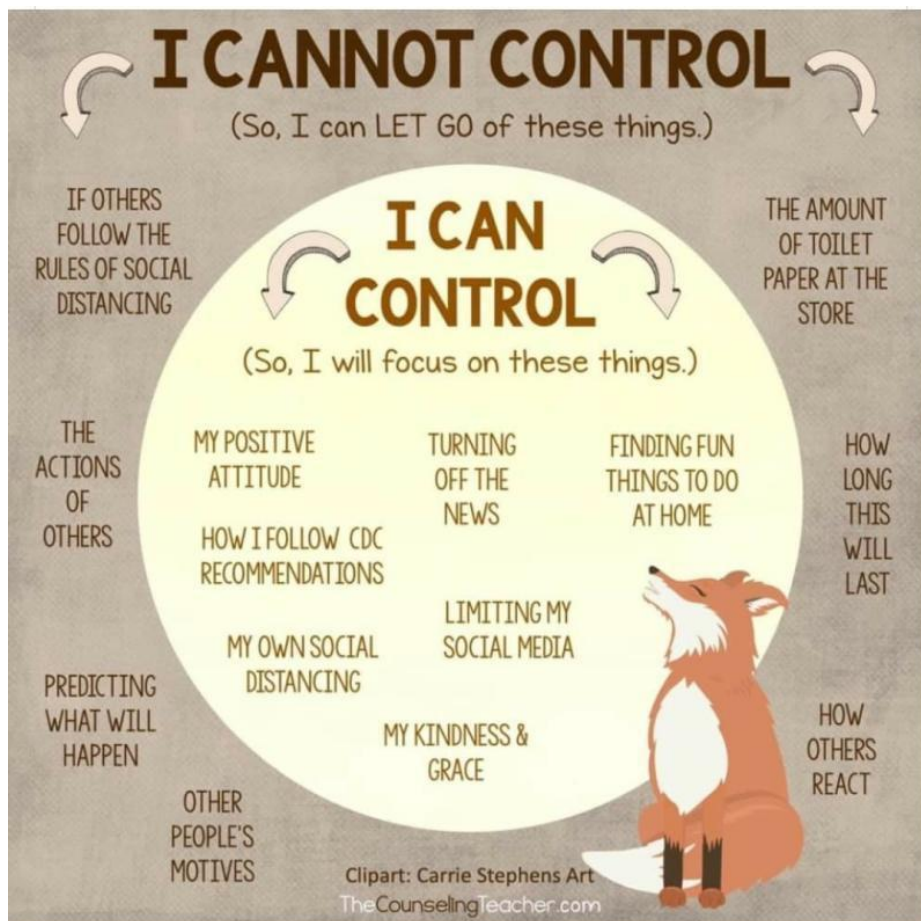
Calm
Head space
Worry tree
Acceptance and Commitment Therapy – access to their app is currently free

Self-help

The NHS Website has lots of ideas and approved apps to help with your mood
<https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

Free online courses launched at Oxfordshire Recovery College

Coping with stress and anxiety, healthy sleep and cooking on a budget among subjects in summer term
<https://www.oxfordhealth.nhs.uk/news/free-online-courses-launched-at-oxfordshire-recovery-college/>



Part 2 – Your Services – keeping updated during Covid-19

Midwifery

For updates on Oxfordshire Midwifery service please go to their website <https://www.ouh.nhs.uk/maternity/default.aspx> for the most up to date information, or look at the Oxon Maternity voices facebook group.

Up to date information on maternity and Covid 19 – Royal College of Obstetricians and Gynaecologists
<https://www.rcog.org.uk/coronavirus-pregnancy>

Health Visiting

Things are changing daily and constantly being updated. We are aiming to offer the best service to our families at this unprecedented time.

Oxfordshire Health Visiting Teams are working a reduced service due to staff members being re-deployed. However, we are still here for advice and are running a Duty Advice Line . We are here to support with worries about your baby/child but also yourself. This is a difficult time for all of us emotionally and it can be quite overwhelming. **Do not suffer alone, please call for support. The offices are being manned so please call your usual Health visiting number for any advice.**

Parenting Advice

General parenting advice - <https://ihv.org.uk/families/top-tips/>

Getting to know your baby

Whilst we are stuck indoors it is a great time to get to know our babies better. An excellent resource for this is The Association of Infant Mental Health. They have some videos you can watch all about attachment and the different baby states that each child goes through. Did you know there were 4 different sleep states – find out more <https://aimh.org.uk/getting-to-know-your-baby/>

Having problems attaching to your baby?

If you feel that you are having difficulty attaching to your baby/child. Please do not worry about it, it can happen to us all, there are many reasons why this might occur ie. a traumatic birth/past childhood experience etc. Your health visitors can support you with this and signpost to other agencies who can help. Don't suffer and worry – let us know! Please call you local health visiting team for support.

What to do and where to seek help if your child is unwell

The Healthier Together website is great for support and help with minor illnesses/rashes/emergency advice. It uses a traffic light system of how to manage your child's symptoms at home/when to see medical support from a GP/when to go to A&E <https://whato-18.nhs.uk/popular-topics/coronavirus>

It has been updated with coronavirus information

Immunisations

Immunisations: - the programme is still running as it is very important, however please check with individual GP surgeries that they are open in case of any sickness.

Domestic Abuse – are you feeling frightened, scared??

Is social isolation making your life miserable? Are you frightened of your partner? Support is still available for you. Please do not let it go on, but ask for help. For more advice see <https://www.reducingtherisk.org.uk/cms/>

In an emergency situation call 999

Additional Health Visitor Information

You can also visit the Oxford Health NHS Trust website page on health visiting - <https://www.oxfordhealth.nhs.uk/health-visitors/useful-links/>

Don't forget to join your local Health Visiting Facebook page 'Oxfordshire NHS Health Visitors' for updates about the service.

Breastfeeding

For up to date advice on breastfeeding and covid-19

<https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/>

You can also ask your health visiting team for advice – call your local health visiting team



OBS is still here to help!



While our drop-ins are suspended, OBS facilitators can provide 1:1 support by video

Submit a Help Request at

http://bit.ly/obs_help

Registered Charity 1176948

Part 3 – During Covid-19 many organisations have been working to support those most vulnerable or in need. Please use the following links to see what is available for you?

Oxfordshire Support Systems and Local Contacts in your local community

<https://ocva.org.uk/> links to other sources of support in the community

<https://www.oxfordshireallin.org/local-support-groups> Oxfordshire All in, support groups that have been set up around the county – these are being added to all of the time.

<https://www.turn2us.org.uk/> charity to support those in financial need

<https://www.citizensadvice.org.uk/local/north-oxon-south-northants/contact-us/> CAB Banbury/Bicester

<https://citizensadvicewestoxon.org/> CAB West Oxfordshire

<http://www.banburyshirecitizenproject.org.uk/> Banburyshire Advice Centre
<https://www.familylives.org.uk/> parenting support

<https://www.reducingtherisk.org.uk/cms/> Domestic abuse helplines.

<https://www.netmums.com/support/netmums-parenting-course-welcome> online Family Links course

<https://www.home-startbanbury.org.uk/> Home-Start Banbury, Bicester and Chipping Norton

<http://home-startoxford.org.uk/> covering Witney

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page> Family information directory

https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/practitioner_toolkit.page Practitioner's Toolkit A-Z of information and links to support

Claims for Statutory Sick Pay and entitlements due to the Coronavirus: <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Part 4 – Information on Finances and Debt during Covid-19

FINANCES AND DEBT INFORMATION DURING CORONAVIRUS

COVID-19 Finances and Debt Factsheet – April 2020

- **Help to make Benefit Claims.**

The website below provides information about coronavirus and claiming benefits. It will continue to be updated. Please check this page regularly for updates on the arrangements the Department for Work and Pensions is making to support those who are affected by coronavirus.

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

The website covers:

- Provides options available if you cannot work due to coronavirus,
- What to do if you're already claiming benefits,
- How to make new claims.

Before you make a claim for **Universal Credit**, you will need:

- your bank, building society or credit union account details (call the Universal Credit helpline if you do not have one)
- an email address
- [information about your housing](#), for example how much rent you pay
- details of your income, for example payslips
- details of savings and any investments, like shares or a property that you rent out
- details of how much you pay for childcare if you're applying for help with childcare costs

If you do not provide the right information when you apply it might affect when you get paid or how much you get.

You will also have to verify your identity online. You'll need some proof of identity for this, for example your:

- driving license
- passport
- debit or credit card

Please find below a link to make a claim:

<https://www.gov.uk/universal-credit/how-to-claim>

Universal Credit helpline: Telephone: 0800 328 5644
Monday to Friday, 8am to 6pm

Entitled To <https://www.entitledto.co.uk/> provides further information about making and amending benefit claims.

National Debtline have also produced a very useful factsheet that covers many topics that will be causing concern for families.

<https://www.nationaldebtline.org/EW/factsheets/Pages/coronavirus-advice-and-support/help-and-advice.aspx>

It is updated on a regular basis. The factsheet covers the following:

- **Help with your Rent**

If you cannot afford to pay your rent or already have arrears, **contact your landlord** as soon as possible to discuss your situation. If your landlord is unhelpful, contact:

- Shelter on 0808 800 4444. https://england.shelter.org.uk/what_we_do
- CAB - <https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

- **Help with your Council Tax payments**

Councils in England have received guidance from the Government on how they should use new funding to help households in their area.

Council Tax Reduction (needs to be claimed separately from Universal Credit).

<https://www.gov.uk/apply-council-tax-reduction>

Apply directly to your local council:

- Cherwell District Council: 01295 227000.
<https://www.cherwell.gov.uk/info/236/council-tax-discounts-and-exemptions>
- Oxford City Council: 01865 249811.
https://www.oxford.gov.uk/info/20026/housing_benefit_and_council_tax_reduction/394/apply_for_housing_benefit_andor_council_tax_reduction
- South Oxfordshire District Council: 0345 302 2313
<http://www.southoxon.gov.uk/services-and-advice/council-tax-and-benefits/council-tax>
- Vale of White Horse District Council: 01235 422422.
<http://www.whitehorsedc.gov.uk/services-and-advice/council-tax-and-benefits/council-tax>
- West Oxfordshire District Council: 01993 861000.
<https://www.westoxon.gov.uk/council-tax-and-benefits/council-tax-support/>

- **Help from your Energy Provider,**

Energy providers have agreed that the disconnection of credit meters will be completely suspended. Also, if you are self-isolating and unable to top up your pre-payment meter, you can:

- nominate a third party for credit top ups;
- have a discretionary fund added to your credit; or
- have a pre-loaded top up card sent so that your supply is not interrupted.

If you are struggling to manage repayments to your energy provider contact them to see what help they can provide. New guidance means that your debt repayments and bill payments could be reassessed, reduced or paused where necessary.

More information can be found on your energy providers website.

- **Help from your Water Company**

Water companies have agreed to help customers in a variety of ways because of the coronavirus crisis. WaterUK have said that companies are:

- stopping new court applications on unpaid bills during the current restrictions, and stopping any enforcement visits;
- actively offering payment breaks or payment holidays for anyone in financial difficulties as a result of coronavirus; and
- adjusting payment plans urgently to help with sudden changes in household finances.

Each water company will have its own scheme, contact them directly to see what help can be provided.

A full list of possible support and more detail can be found on Water.org website:

<https://www.water.org.uk/news-item/water-companies-step-up-action-to-help-customers-in-need/>

Useful link: <https://www.citizensadvice.org.uk/consumer/water/water-supply/problems-with-paying-your-water-bill/help-with-paying-your-water-bills/>

Changes to jobcentre appointments

People receiving benefits do not have to attend jobcentre appointments for three months, starting from Thursday 19 March 2020.

People will continue to receive their benefits as normal, but all requirements to attend the jobcentre in person are suspended.

You should not attend the jobcentre unless directed to do so for an exceptional purpose.

People can still make applications for benefits online if they are eligible.

If you apply for Universal Credit you will need to make an appointment for your new claim

interview. This interview will take place by telephone with a work coach. You will be given the number to call to book this appointment when you have submitted your claim.

If you're already claiming Universal Credit and think you may have been affected by coronavirus, please contact your work coach as soon as possible. You can do this using your [online journal](#)

<https://www.moneyadvice.service.org.uk/en/articles/coronavirus-what-it-means-for-you>

Support for the employed

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>

Going to work

You should work from home unless it is impossible for you to do so.

Sometimes this will not be possible, as not everyone can work from home. Certain jobs require people to travel to their place of work – for instance if you operate machinery, work in construction or manufacturing, or are delivering front line services.

[See the full guidance on going to work.](#)

Staying at home

If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

[See the stay at home guidance for more information.](#)

Furloughed workers

If you and your employer both agree, your employer might be able to keep you on the payroll if they're unable to operate or have no work for you to do because of coronavirus (COVID-19). This is known as being 'on furlough'.

You could get paid 80% of your wages, up to a monthly cap of £2,500.

If your salary is reduced as a result of these changes, you may be [eligible for support through the welfare system](#), including Universal Credit.

[Check if you could be covered by the Coronavirus Job Retention Scheme.](#)

Sick pay

You can get £94.25 per week Statutory Sick Pay (SSP) if you're too ill to work. It's paid by your employer for up to 28 weeks.

If you are staying at home because of COVID-19 you can now claim SSP. This includes individuals who are caring for people in the same household and therefore have been advised to do a household quarantine.

To check your sick pay entitlement, you should talk to your employer, and visit the [Statutory Sick Pay \(SSP\) page](#) for more information.

SSP start date

We are legislating for SSP to be paid from day 1, rather than day 4, of your absence from work if you are absent from work due to sickness or need to stay at home due to COVID-19. Once the legislation has been passed, this will apply retrospectively from 13 March. You should talk to your employer if you are eligible for SSP and need to claim.

Proof of sickness

If you have COVID-19 or are advised to stay at home, you can get an 'isolation note' by visiting [NHS 111 online](#), rather than visiting a doctor. For COVID-19 cases this replaces the usual need to provide a 'fit note' (sometimes called a 'sick note') after 7 days of sickness absence.

Support for self-employed through the Self-employment Income Support Scheme (eligibility criteria can be found in link below)

The **Self-employment Income Support Scheme (SEISS)** will support self-employed individuals (including members of partnerships) whose income has been negatively impacted by coronavirus. The scheme will provide a grant to self-employed individuals or partnerships, worth 80% of their profits up to a cap of £2,500 per month. Read more about [eligibility for SEISS](#)

You should not contact HMRC about accessing SEISS now. HMRC will use existing information to check potential eligibility and invite applications once the scheme is operational.

The Self-employment Income Support Scheme will be treated as earnings in Universal Credit. Your Universal Credit payment will adjust in response to changes in your earnings.

If you need financial help whilst waiting for SEISS, check your [eligibility for Universal Credit](#)

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Debt advice via National Debtline

Call them for free debt advice on:

Tel: 0808 808 4000 or Webchat with an adviser

Monday to Friday: 9am - 8pm

<https://tools.nationaldebtline.org/dat-reg>

Stepchange are another organisation that can provide debt advice.

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

Working rights during Coronavirus

For parents wanting to know about their working right due to the impact of the Coronavirus, ACAS are available to provide advice and guidance.

The below link provides advice for people having to take time off to look after someone.

<https://www.acas.org.uk/coronavirus/time-off-work-to-look-after-someone>

ACAS Helpline 0300 123 1100

Open Monday to Friday, 8am to 6pm.

Disability benefits – what is the impact?

<https://www.gov.uk/government/news/coronavirus-update-benefit-reviews-and-reassessments-suspended>

- there will be no new reviews or reassessments across all benefits for three months – this includes Universal Credit (UC), Employment and Support Allowance (ESA), Personal Independence Payment (PIP), Disability Living Allowance, Attendance Allowance and the Industrial Injuries Disablement Benefit.
 - face-to-face assessments for all sickness and disability benefits have been suspended for the next 3 months including for any new claims.
 - PIP claimants, if an assessment has already taken place this will continue to be processed. If an assessment has been scheduled, claimants will be contacted by the assessment provider to discuss how this will be taken forward.
 - ESA and UC claimants whose cases have been referred to the provider will be contacted to take this forward.
-

Scams Awareness

Also, to warn you that there are fraudulent websites being set up – screenshot of one attached – which are trying to fool people into giving their card details.

<https://www.moneyadvice.service.org.uk/en/articles/universal-credit-scams>

Part 5 – Ideas for home schooling and entertaining the children

IDEA'S FOR HOME SCHOOLING – KEEPING YOUR CHILDREN ENTERTAINED

Nursery and Preschool/Early Years

- <https://www.redtedart.com>
- Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio> (Listening activities for the younger ones.)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsllLM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJh2zL-6l8>
- The Imagination Tree <https://theimaginationtree.com> (Creative art and craft activities for the very youngest.)
- www.phonicsplay.co.uk (Currently free to use with username: march20 and password: home) www.bbc.co.uk/cbeebies/shows/numberblocks (Ideas for counting and games with numbers)
- www.bbc.co.uk/cbeebies/shows/alphablocks (Letters and phonics)
- www.teachyourmonstertoread.com (Website is free, pay for app)
- Drama Tots UK go on an drama adventure in your own living room – free live session each weekday 10am 18months to 5 years – on Facebook
- Maddie Moate (CBeebies) Go Live sessions each week (Monday) 11am on Youtube: www.youtube.com/watch?v=b7bi3xOZpaM
- Early Years Toolkit from Early Years Team, information for practitioners and parents.
- <https://www.bbc.co.uk/tiny-happy-people>

KS1/KS2



Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> (Lots of free resources for Primary age)

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsllLM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJh2zL-6l8>

<https://www.redtedart.com>

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn> - Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> (If you have a stamp and a nearby post box.)

<https://world-geography-games.com/world.html>

Crash Course Kids <https://m.youtube.com/user/crashcoursekids> (For a young audience)

<https://trockstars.com> Times Tables Rockstars

National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.

<https://scratch.mit.edu/explore/projects/games/> (programming and coding)
Prodigy Maths <https://www.prodigygame.com>
Toy Theater <https://toytheater.com/> Educational online games
Blockly <https://blockly.games> Learn computer programming skills - fun and free.
<https://www.dragonbox.com/community/resources>
www.ictgames.co.uk ICT games for literacy and maths
Premier League Stars www.plprimarystars.com Videos and activities to support with Maths, Literacy, PHSE and PE
BBC Supermovers www.bbc.co.uk/teach/supermovers Interactive videos to support with KS1 and KS2 Maths, Literacy, PHSE and PE learning.

➤ Older children

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>
Big History Project <https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi disciplinary activities.
iDEA Awards <https://idea.org.uk> Digital enterprise award scheme you can complete online.
Crash Course <https://thecrashcourse.com> You Tube videos on many subjects
Seneca <https://www.senecalearning.com> For those at GCSE or A level. Tons of free revision content. Paid access to higher level material.
Futurelearn <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
Openlearn <https://www.open.edu/openlearn/> Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Applicable for all

<https://www.twinkl.co.uk>
www.topmarks.co.uk
BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> - This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
<https://www.khanacademy.org/>
Crest Awards <https://www.crestawards.org> Science awards you can complete from home.
<https://themumeducates.com/>
Tinkercad <https://www.tinkercad.com>
British Council <https://www.britishcouncil.org/school-resources/find>
Resources for English language learning
The Kids Should See This <https://thekidshouldseethis.com> Wide range of cool educational videos

Mystery Science <https://mysteryscience.com> Free science lessons
Ted Ed <https://ed.ted.com>
Free stories for kids of all ages : www.stories.audible.com/start-listen
<https://www.worldofdavidwalliams.com/elevenses/>
<https://www.british-sign.co.uk> - sign language classes free for under 18's
https://www.aspire-sports.co.uk/aspire-active-hub?fbclid=IwAR1EiKRwn5LCsCMr7sx36_P5me22FW9xEZF9k8vjsbfwjYYIxpCoPVAwpjs - Active Hub of free resources

Fun for all

The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities
<https://www.tinkergarten.com/activities> Great resource for simple DIY activities that can be broken down into times, ages and skills
<https://m.youtube.com/thebodycoachtv?uid=AxW1XToiEJooTYIRfn6rYQ>
Daily PE/work out for children (and parents) on YouTube. PE with Joe.
<https://stories.audible.com/start-listen> Free stories for children of all ages.
Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.
<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>
www.youtube.com/user/CosmicKidsYoga Yoga videos designed for kids age 3+
Go Noodle – You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun)
www.youtube.com/user/GoNoodleGames/featured
https://www.gruffalo.com/activities/activities?fbclid=IwARoXS7KgUM_gQQSzxAG9rGdNSI_M3t7FMb4awvupZ4xutAAguqbTTPGD6II - Gruffalo themed activities
The scouts have released 100 free things to do at home -
<https://www.scouts.org.uk/the-great-indoors>
Self care activities for children and young people :
<https://www.annafreud.org/on-my-mind/self-care/>
@National Marine Aquarium – shark feeding Wednesday on facebook – daily animal feeds including shark feeding and aquatic themed crafts
www.ptlibrary.org - Hogwarts digital escape room
Cbeebies – Andy's wild workouts -
https://www.bbc.co.uk/programmes/po6tmmvz?fbclid=IwAR1ofSwyrJZBQXJnKOOeOH_pidGnc4GujvfGa3-iQ3yDMYxHon8iSHXR51M
Hobbycraft daily craft club

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