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Newsletter



How are you doing?

This is an uncertain time for us all, but have you stopped to ask yourself how you are doing?

- Are you managing to stay connected with loved ones?
- What about staying physically well? Whatever that looks like for you...
- How are you feeling?

Public Health Wales are here for you. Below you will find some help and advice on looking after yourself and your loved ones during isolation. They have also included some links to partner organisations for further help.

[How are you doing?](#)

Supporting Children and Young People During COVID-19

A number of organisations have produced specific information to support children and young people during this unsettling time.

[Schoolwell](#) - directory of links for school staff mental health and wellbeing -

[UK Government](#) guidance on supporting children and young people's health and wellbeing during the Covid -19 epidemic

[Children's Commissioner for Wales](#) information hub on Covid -19 provides support for parents, as well as activities for children, care advice and advice for children and young people.

[Meic Cymru](#) A virtual helpline is available to support children and young people during the Covid-19 crisis. Children, young people, and the professionals who work with them can access vital information, advice and advocacy from Meic Cymru, the bilingual, Welsh Government-funded helpline during the COVID-19 crisis. The service will continue to run as normal, and is contactable via:

- Freephone: 080 880 23456
- Text 84001
- Instant message on the Meic website

[NSPCC](#) Learning has published a coronavirus page which pulls together a list of services and resources to support professionals' work with children, young people and families during the coronavirus pandemic. It includes information and advice on: undertaking remote teaching safely, the current UK government safeguarding guidance for schools; how to have difficult conversations with children.

For Parents and Carers: Play in Crisis



Playing is central to children's physical, mental, social and emotional health and well-being. Through play, children develop resilience and flexibility, which contributes to physical and emotional well-being. Play involves children doing as they wish in their own time and in their own way. It has the key characteristics of fun, uncertainty, challenge, flexibility and non-productivity.

[Click here to download the toolkit](#)

Activity Packs – COVID-19 Support



Hafan Cymru support staff have teamed up with the qualified teachers within Spectrum to provide a range of age appropriate activity packs for parents/caregivers to use with children and teenagers during the COVID-19 Coronavirus lockdown and isolation period. Please feel free to download these resources! Scroll through the first resources and you will find some newly added resources on Healthy Relationships, Wellbeing and Resilience

[Click here](#)



COVID-19 Guidance to parents and carers to support families to stay safe, healthy and learning

The COVID-19 virus has meant that we have all had to make changes to the way we live our lives. During this time schools and settings are closed to most children and their learning will need to continue in a different way. The most important thing for your children is to make sure that they are able to Stay Safe and Stay Learning.

[Click here](#)



And finally.....

LET'S PLAY - LET'S PLAY - LET'S PLAY - LET'S PLAY - LET'S PLAY

<p>START</p>	<p>Name four fairytails.</p> 	<p>Name four things that run on gasoline.</p>	<p>Name four capital cities.</p>	<p>Third thing that the four leaf clover represents.</p> 
<p>Name four animals that live in the sea.</p>	<p>Name 4 things that are bad luck!</p>	<p>Name four things that you can eat with a spoon.</p>	<p>Name four things that can fly!</p> 	<p>Name four thing you can decorate with at Christmas.</p>
<p>Name four animals that are black and white.</p>	<p>Name 4 ball games.</p> 	<p>Name four American dishes.</p>	<p>Name four things you can eat for dessert.</p>	<p>Name four things you can have in a pencil case.</p>
<p>Name four things that are hot and you can drink.</p>	<p>Name 4 things you can put in your toilet bag.</p>	<p>Second thing that the four leaf clover represents.</p> 	<p>Name four famous athletes.</p>	<p>Fourth thing that the four leaf clover represents.</p> 
<p>One of things a four leaf clover represents.</p> 	<p>Name four last names.</p>	<p>Name four things you can use eggs for!</p>	<p>Name four ways of communication!</p>	<p>Name four things you can open.</p>
<p>Name four things that need electricity.</p>	<p>Switch places!</p>	<p>Name four American states.</p>	<p>Name four types of accommodation.</p> 	<p>Name four things with a screen.</p>
<p>Name 4 things that are supposed to bring good luck</p> 	<p>Name 4 things you can cut!</p>	<p>Relax! -no question here!</p> 	<p>Name four vegetables!</p>	<p>END</p>

NAME 4 THINGS... BOARD GAME

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