

After yesterdays announcement from Kirsty Williams, we have collated some information which may prove beneficial to both staff and pupils during this time.....

In light of yesterdays announcement by Kirsty Williams, Camarthenshire Healthy Schools Team have compiled a list of some useful resources which will provide you with useful information, tips, hints and advice about returning to school after Lockdown and how support can be provided to both pupils and staff -

Mental Health Foundation website which is updated daily and includes useful information:

[returning-school-after-lockdown](#)

A Thinkpiece: A Recovery Curriculum - Loss and Life of our Children and Schools post pandemic, Professor Barrie

Carpenter: <https://www.evidenceforlearning.net/recoverycurriculum/>

5 Ways to help Children heal when Schools re-

open:<https://marymered.com/2020/04/14/five-ways-to-help-children-heal-when-schools-reopen/>

7 ways to Support a Worried a Child by the Anna Freud's National Centre for Children & Families: <https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>

An infograph with tips on how to comfort pupils from a distance - available from the Charlie Waller Memorial Trust website: https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/386fed_488a8c5c88ea4794ac21c0fb7e0a1cb9.pdf

How to speak to Children about COVID-19: <https://www.cwmt.org.uk/talking-to-children-about-covid19>

Worried about the Coronavirus and cancelled

exams: <https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/f5207689-927a-41eb-8fb4-9d28e43051ac>

A Well-being action plan and Wellness Toolbox for Pupils, which can be found on the Charlie Waller Memorial Trust website: https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_fbfe78e9b19147f38db1731f04cb937c.pdf



We are still available to speak to any young people who wish to continue with their counselling sessions. We can do this via phone/email/text, at present and may look at other options in the next few weeks.

If you are on any of our waiting lists, someone will be contacting you shortly to let you know what is happening with your referral.

Please get in touch still if you want to make a referral for counselling support:

Info shop counselling enquiries – 07800689039/07808787643 or

email – outside_in@wrexham.gov.uk

School counsellors: between school hours 09:30-3:30pm on their allotted day in school

Penley – Contact Tracey on – 07800689088 - Monday

Clywedog – Contact Sharon – 07800689039 – Thursday & Friday

Contact Tanya - 07808787643 – Monday

St. Joseph's – Contact Louise - 07753771781 - Monday

Darland – Contact Louise - 07753771781 Monday

Or Janet - 07800999001 Tuesday

Ruabon – Contact Janet - 07800999001 Monday & Thursday

Rhosnesni – Contact Lisa - 07808787532 Tuesday & Thursday

Morgan Llwyd – Contact Lisa - 07808787532 - Monday

Contact Tanya – 07808787643 - Friday

St. Christophers – Contact Julie Edwards – 07584378333 – Thursday

Grango – Contact Julie Edwards -07584378333 - Friday

Bryn Alyn – contact Julie Hawkins – 07800687001 – Monday & Tuesday



The INFO shop provides free and confidential information and support for young people aged 11-25

You can still speak to a youth worker/advocate over the phone by contacting one of the following numbers

between 12pm-3pm.

Mon - 07585103649

Tue/Thur - 07584440126

Wed - 07585103631

Fri - 0780068882

email infoshop@wrexham.gov.uk

We can also provide support by

Text

email

zoom

Whatsapp



Examples of support include sexual health info/foodbank vouchers/personal support/financial assistance/referrals to other agencies

For further details visit www.youngwrexham.co.uk





Your place to find information,
news and advice in wrexham

[Young Wrexham](#)

At **Young Wrexham** we understand the current challenges that are facing **young** people and families of having to stay at home and the intensity that this can bring with it



NSPCC Safeguarding during Coronavirus

Schools across the UK are having to adapt to new ways of working due to the coronavirus (COVID-19) pandemic. During this challenging time, it's important that safeguarding and child protection remains a crucial part of schools' work. This page will take you through the things you need to consider to help ensure your school, college or academy is keeping children safe during this time

[NSPCC](#)

Carefirst - Available to all WCBC Staff

Who are Care first? With ever increasing pressures at work and home, there are times when we all need some extra support to balance the demands of everyday life. Care first are an independent, leading provider of professional employee support services. Care first employ professionally qualified Counsellors and Information Specialists, who are experienced in helping people to deal with all kinds of practical and emotional issues such as Wellbeing, family matters, relationships, debt management, workplace issues, and much more...

How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online. The EAP can provide information booklets, articles, resource information on support services in your local area and even short term face-to-face counselling to help get you back on track.

Online Services –

- The Care first **Lifestyle** website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires and online counselling in real-time.
- The Care first **Zest** website is an online personal and interactive Wellbeing portal which helps you identify which areas of your Wellbeing may need some focus and gives you all the tools, information and support you need to make positive changes. This unique health management resource helps you enhance your Wellbeing and lead a healthier lifestyle.



Care first *Zest*

Part of the Care first suite of wellbeing services

Care first *Zest* website and mobile app is your free interactive health and personal Fitness portal, including:



Personal Training Programme – Improve Cardio, Strength, Conditioning and Flexibility. Personal progress is tracked graphically and programmes are automatically updated as you



Tailored Weight Management Programme – Calorie controlled programme which interacts dynamically with your personal fitness programme



Interactive Food and Exercise Diary – Record foods consumed and activities completed on a daily basis. The interactive food cupboard allows you to create balanced meals, menus and food lists



Set your own Goals – Complete your confidential online assessment and select the goals that are important to you and your wellbeing



Mobile Application – Update your healthy lifestyle progress on your personalised mobile app. Monitor how the small changes in your daily routines impact your physical and emotional wellbeing

Step 1 Go to the website below and enter your organisational code

www.welshframework-zest.co.uk

Organisation code: wf1

Step 2 Set up your personal username and password

Step 3 Start planning a healthier, happier You!

Care first 01452 623200

www.care-first.co.uk

And finally.....

What did the
traffic light
say to the car?

Don't look!
I'm about to change.

The goal is not to
change
who you are

but to become
more of who
you are
at your best.

- Sally Hogshead