

SAFEGUARDING UPDATE

WE GET IT...

In recent weeks, it is not only adults but children and young people alike who are finding themselves in uncharted waters in what can only be described as unprecedented times. As parents and carers trying to balance homeworking, parenting, home schooling and football tasks and challenges we know time at home can be stressful for all. To try and support you and your family through these challenging times, we've pulled together the latest information on child safety online, information from the NHS on mental health both for parent/carers and children and to end some free online educational and selfcare resources.



Keeping your children safe online

- Setting up parental controls:
A checklist for different parental controls that can be set.
[Click here](#)
- Education for children about online safety: Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.
[Click here](#)
- Online safety with links, step by step guides and advice for parents.
[Click here](#)
- Detailed guides for smartphones and other devices of different makes:
[Click here](#)
- Detailed guides for different social media apps and how to make them safer for children:
[Click here](#)
- Broadband and mobile phone controls:
[Click here](#)
- Young people can report a concern about grooming or sexual abuse to CEOP and get support from a specialist Child Protection Advisor.
[Click here](#)

Online Safety

- Resources from The Children's Society's prevention team.
[Click here](#)
- The latest advice issued by the Home Office about how parents and carers can help keep their children safe whilst online.
[Click here](#)
- Excellent website and useful information for children, parents and carers.
[Click here](#)



Healthy Mind



Trying to calm your children's nerves and concerns around Covid-19 can be difficult when your own nerves are a little frayed.

If you have concerns about your mental health or your children's the MINDED website developed by the NHS has lost of useful advise for parents.

This website is constantly being monitored and updated by health professionals from all over the UK.

ONE PACK

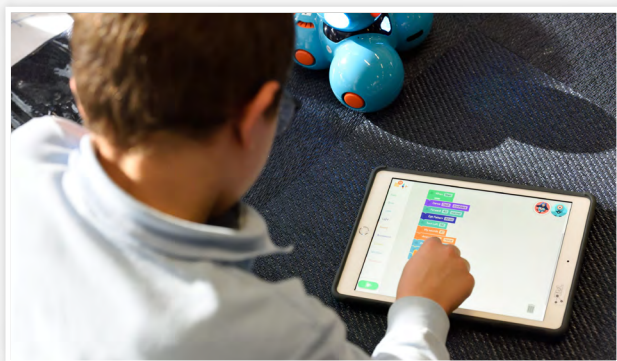
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Self Care

In very simple terms it underlines the actions in which an individual can take to help manage, maintain or restore their mental health and wellbeing.

For those struggling with their mental health implementing selfcare strategies can feel overwhelming and at times downright impossible but selfcare can be as simple as taking 5 to have a hot cup of tea and read your favourite blog.



Educational Resources

- **www.gov.uk** have provided a wealth of online educational resources that are free.
[Click here](#)
- **www.twinkl.co.uk** create educational resources for parents and teachers. Use the code **PARENTSTWINKLHELPS** to access for free.
[Click here](#)
- **www.teachyourmonstertoread.com** is an excellent game which helps teach children to read. Their computer version is free.
[Click here](#)
- **www.ttrockstars.com** provides daily times tables practice. Create an account for 2 adults and 3 children for £7.20 per year.
[Click here](#)
- **WORDSCAPES** available on apple or android combines word searching and crosswording helping to focus the mind on those spellings.

Chilled-out activities

www.lwrfitness.com: Lucy Wyndham-Read provides hundreds of free workout videos from 7 minutes to 45 minutes long for all ages and abilities.

[Click here](#)

www.inspiredtochange.biz are a network of hypnotherapists offering weekday guided relaxations across their facebook pages.

[Click here](#)

www.yogawithadriene.com whatever your mood there is a yoga session here for you!

[Click here](#)

Financial Support and Advice

- For the self employed:
[Click here](#)
- Guidance for tenants and landlords:
[Click here](#)
- Finance & Bills Help:
[Click here](#)

FINALLY...

If you would like any support or signposting please don't hesitate to contact me or Laura Nicholls.

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