**Wellbeing Summer 2020 Useful Resources**

**Digital 5 a Day**

<https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/>

The digital 5 a day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet. Supports be active, get connected, be creative, give to others, be mindful.

**Wellbeing**

The Wheel of Wellbeing website. It encourages people to complete a tracker. Go and have a look. It can be tailored to Bexley area <https://www.wheelofwellbeing.org/>

The website is divided into different  sections.

[WoW Yourself](https://www.wheelofwellbeing.org/wow-yourself): This is a ‘do-it-yourself’ section. It’s full of practical things you can do to improve your well-being – [tips](https://www.wheelofwellbeing.org/tips) to test, [activities](https://www.wheelofwellbeing.org/activities) to try and [places](https://www.wheelofwellbeing.org/places) to visit.

**Wellbeing through activity, connection**

* **Bexley Local Offer –** from Scouts to Sensory Room, Boccia club to Swimming…….

<http://www.bexleylocaloffer.uk/Services/2360>

* **NHS Live well, exercise, get active with a disability -** national organisations – how to get involved , local area links

<https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

* **Sailability eg:** 18 years and over <https://www.ahoy.org.uk/whatwedo/disability-activities/>
* **Community Connect** is for people 18 years plus and provides support to find activities which might help health and mental health. Watch the video and if interested in finding out more, talk to the Gp for a referral

 <https://www.youtube.com/watch?v=mVAu_KqkuWE&t=21s>

**Talking About Coronavirus**

* General advice on talking to children about the Coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
* Explaining the Coronavirus to younger children:
<https://www.mindheart.co/descargables>
* Social story for children with social communication difficulties: <https://littlepuddins.ie/coronavirus-social-story/>
* News website for 6-12 year olds to read and watch videos about the Coronavirus: <https://www.bbc.co.uk/newsround>

**Mental Health and Wellbeing**

* **Young Minds** website have videos and good resources for children to develop mental health. A **parent helpline** also.

<https://youngminds.org.uk/find-help/looking-after-yourself/>

* **Headscape** website, advice designed by young people with Bexley Child and Adolescent Mental Health Service <https://headscapebexley.co.uk/headscape-quiz/>
* **Kooth** For children and young people, access to resources, counsellors by typing/talk. Funded by the NHS in Bexley and SE London.

<https://www.kooth.com/video>

**Managing Worries & Anxiety**

* What to do if you’re anxious about coronavirus – a guide for adolescents: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
* How to talk to your anxious child or teen about coronavirus:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
* Advice if you’re worried about the coronavirus – video for children/adolescents: <https://www.bbc.co.uk/newsround/51887051>

**Apps**

* Acceptance and Commitment Therapy Companion App – available for free for the next 3 months: **‘ACT companion: The Happiness Trap App’**
<http://www.actcompanion.com/>
* Recognising and Managing anxiety**: Clear Fear**
<https://www.clearfear.co.uk/>
* Monitoring and making sense of mood: **Catch It**
<https://www.liverpool.ac.uk/csd/app-directory/catch-it/>

**Places for wellbeing ………….. add your own**

Accessibility check https://www.accessable.co.uk/

Hall Place Gardens <https://www.hallplace.org.uk/gardens/>

Joydens Wood (wheelchair entrance – note : paths are **not** paved ) - Summerhouse Drive) <https://www.woodlandtrust.org.uk/visiting-woods/woods/joydens-wood/>

View, grassy area with outdoor café or take a picnic <https://www.accessable.co.uk/venues/oxleas-wood-cafe>