



Hanwell Fields Community School

The best in everyone™

Part of United Learning

Hanwell Fields Community School Wellbeing and Support Information page for Families

It is important to look after our wellbeing. Without looking after ourselves we cannot fully look after the ones we love. MIND (mental health charity) suggests wellbeing is enhanced through the following five ways:

Connect – talk and listen, be there, feel connected

Give – your time, your words, your presence

Take notice – remember the simple things that give you joy

Keep Learning – embrace new experiences, see opportunities, surprise yourself

Be active – do what you can, enjoy what you do, move your mood

The information and links below are designed to be used as a resource that you can dip into if you so wish, and to signpost to different local and national agencies that are available to support in a variety of ways:



https://www.blurtitout.org/product/free-download-your-sensory-self-care-toolkit/?mc_cid=aa41379941&mc_eid=aaefbb8b1c

30 day coping calendar

https://www.dropbox.com/s/u135qni4vwlohqg/coping_calendar.pdf?dl=0

https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/?mc_cid=aa41379941&mc_eid=aaefbb8b1c

Child friendly, includes social stories- <https://www.elsa-support.co.uk/category/free-resources/>

Samaritans for emotional support (open 24 hours a day, 365 days a year) by freephone on 116 123, or reach the [Oxford Samaritans](#) on 01865 722 122.

- **CALM (Campaign Against Living Miserably)** for men in the UK who need to talk or find information and support. Call 0800 58 58 58 (5pm–midnight, 365 days a year).
- **Elefriends** for a supportive online community, a safe place to listen, share and be heard.

Oxfordshire Mind <https://www.oxfordshiremind.org.uk/coronavirus-and-your-wellbeing/>
<https://www.oxfordshiremind.org.uk/home-working-wellbeing-challenge/>

OXPIP <https://www.oxpip.org.uk/ideas-for-parents-covid19>
 Parents information about taking care of their emotional health, and that of their babies and toddlers.

Mind <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/online-mental-health-tools/> lots of online tools and tips

Rethink mental illness www.rethink.org

Mediation and mindfulness apps

Smiling Mind – Free
 Calm – some sessions are free
 Headspace – some sessions are free
 Stop Breathe and Think – free but is a paying option
 Stop Breathe and Think Kids



Virtual Days out

Museum

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

<http://courtyard.museupicassobcn.org/>

Zoos

Chester Zoo - <https://www.youtube.com/channel/UCZ9UagJLiMdBIFOHYwT7eLA>

<https://www.facebook.com/chesterzoo1/>

Edinburgh Zoo - <https://www.youtube.com/channel/UC24BncXKSEBLcVnc8fBUX5w>

Cotswold Wildlife Park - <https://www.cotswoldwildlifepark.co.uk/animals-gardens/web-cams/>

Theatre's

<https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>

Some of these are free - <https://www.timeout.com/london/theatre/the-best-theatre-shows-to-stream-online-right-now>

Film

https://www.intofilm.org/news-and-views/articles/best-family-films-to-stream-at-home?utm_source=Into+Film+-+Master&utm_campaign=532cdbea23-home-learning-3-ah&utm_medium=email&utm_term=0_a1465a9b17-532cdbea23-139947961

Music

<https://www.timeout.com/music/awesome-live-streaming-concerts-to-enjoy-from-home>



FAST, Cherwell District Council, Sports activators

<https://www.youtube.com/channel/UCwhaM8oaJB7S2EaPjA93yvg/videos>

Jack Malones lockdown Larder recipes

https://twitter.com/hashtag/JackMonroesLockdownLarder?src=hashtag_click&f=live

Pegasus Fitness Academy on youtube

<https://www.youtube.com/watch?v=GQVo7CGYyE4&feature=youtu.be>

Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Joe Wickes PE workout <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



Free Creative courses - <https://www.artsy.net/article/artsy-editorial-10-free-online-courses-help-jumpstart-creativity>

30 day lego challenge -

<https://www.dropbox.com/s/udaxyjdem0w6wl/Lego30daychallenge.pdf?dl=0>

Gareth Malones singing group - <https://decca.com/greatbritishhomechorus/>

113 activities to do with children <https://www.northshoremums.com.au/fun-home-activities-with-kids>

<https://theimaginationtree.com/> play ideas

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

[Early Years Toolkit](#) from Early Years Team, information for practitioners and parents.



As our children are spending time on learning platforms it is more important than ever that we make sure our children are safe on-line. Please check that all home devices that children have access to have suitable parental controls in place.

<https://www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19>

<https://www.thinkuknow.co.uk/>



Food Banks are for families/people who are struggling financially. At present they are open twice a week. If you require a voucher for the food bank then please contact Rachel Tumilty (Family Welfare and Safeguarding Coordinator) on 07872 468623.

<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

<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

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

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

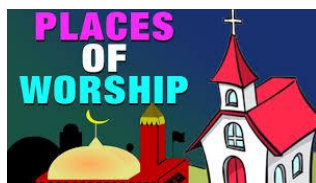
Families with children who are SEN facebook page for SHIFT (Support Help Information Families Together) <https://m.facebook.com/groups/563480743695735>

Children with Autism <https://theautismeducator.ie/category/free-resources/>

CDC vulnerable residents (those who have received a letter regarding isolating for 12 weeks) <https://www.cherwell.gov.uk/news/article/694/sheilding-our-most-vulnerable-residents>

Facebook support groups

- **BANBURY** COVID-19 SUPPORT GROUP FOR THE VULNERABLE
- **Banbury** Coronavirus Support Group



Online in Banbury

St Francis Church <https://stfrancischurch.org/> or email Rev Chris Gaynor at allrevdup@hotmail.co.uk

The Peoples Church
https://www.thepeopleschurch.org.uk/Groups/337847/Online_Services.aspx

St. Paul's Church <http://www.stpaulsbanbury.org.uk/?LMCL=kdUP6h>

Banbury Catholic Churches <http://www.banburycatholicchurches.org.uk/>

<https://www.oxford.anglican.org/coronavirus-covid-19/livestream/>

Banbury Community Church (services via zoom)

<https://www.banburycommunitychurch.com/>

Methodist Church <https://www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA>

Banbury Masjid – Islamic Centre <http://www.banburymasjid.org.uk/>