

# **Children and Families: Covid-19 Support and Information**

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This information pack includes details of services available to parents and families within Milton Keynes who may be struggling with the effects of Covid-19 or any other aspects of family life.

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As well as the information in this pack, you can contact the **Local Support Service** helpline for anyone in need on **01908 252398** and speak to one of their advisors. This number can provide pro-active calls to the very vulnerable, welfare calls, emergency food supplies and help with collecting medical supplies as well as signpost people to other support services.

If you have an allocated social worker or family support worker, you can contact them directly if you feel you need support or if you would like to talk to them about any difficulties you are facing.



**If you have concerns about the safety and well-being of a child, please contact the Milton Keynes Multi-Agency Safeguarding Hub (MASH) on 01908 253169.**

**If you have concerns for the safety and welfare of a child which requires an immediate response please call the police on 999, otherwise the police can be contacted on 101.**

# Section 1: Food Banks

<p><b>Food Bank Extra</b></p>	<p>If you are in financial hardship/crisis e.g. accepting benefits/free school meals, struggling with severe debt, unemployed or in another vulnerable situation, you can contact the Rowen’s Family Centre and request a food bank voucher (please note you will not be able to collect a food parcel without this).</p> <p>You will need to take proof of ID with you when you collect the food parcel and if you have something which can show proof of eligibility, we would encourage you to take this along with you as well.</p> <p>Rowen’s Family Centre can be contact on <b>01908 565852</b> between 10am and 4pm Monday to Friday.</p> <p>There are three collection points across Milton Keynes; these places are open Monday to Friday only and the voucher will last 5 days from the day it is issued.</p> <p>Collection Points:</p> <ul style="list-style-type: none"> <li>• Melrose Centre, Bletchley – 9:00am – 11:00am (Mon-Fri)</li> <li>• Milton Keynes Christian Centre, Oldbrook – 11:00am – 1:00pm (Mon-Fri)</li> <li>• King’s Community Centre, Wolverton – 1:00pm – 3:00pm (Mon-Fri)</li> </ul> <p>If you are unable to collect your food parcel, we would encourage you to contact a family member, friend or someone you know in the community to support you. If you have no access to this support, the food bank may be able to identify someone who can help.</p>
<p><b>Free School Meals</b></p>	<p>If your children are eligible for free school meals and they are not able to attend school due to closures, the school should provide you with vouchers in order to buy food for the children.</p> <p>If you are a key worker and your children are still attending school, they should receive their free school meal as usual.</p> <p>If you have any further questions about free school meals, please contact the school or visit the GOV website for further information:  <a href="https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools">https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools</a></p>
<p><b>Pop-Up Larder (covers Hodge Lea, Greenleys and Stacey Bushes)</b></p>	<p>The pop-up larder will be providing residents in need non-perishable items, such as pasta, beans, rice etc. This service is provided for the residents of Hodge Lea, Greenleys and Stacey Bushes.</p> <p><b>Hodge Lea Meeting Place</b> - Tuesday 10:30am – 12:00pm  <b>Greenleys Community Centre</b> - Tuesday 12:30pm – 2:00pm  <b>Stacey Bushes Meeting Place</b> - Tuesday 2:30pm – 4:00pm</p> <p>Please call the office on 01908 326 800 or email <a href="mailto:office@wolvertonandgreenleystowncouncil.gov.uk">office@wolvertonandgreenleystowncouncil.gov.uk</a></p>

<p><b>SOFEA Community Larder (covers MK12 area)</b></p>	<p>Vulnerable residents within the MK12 postcode make an application to access the community food larder held at The Old Bath House Community Centre in Wolverton. If you are elderly, a carer or vulnerable and wish to access the larder, you need to complete an application form and become a member. All memberships during the Covid-19 pandemic are free.</p> <p>To find out whether you are eligible for a membership and details about how to make an application, <b>please contact them on 01908 310574 or email <a href="mailto:oldbathhouse@gmail.com">oldbathhouse@gmail.com</a>.</b></p>
<p><b>AGE UK</b></p>	<p>Age UK MK has set up a crisis hub for donations of food and essential items. They have a team of volunteers, delivering packages to older people isolating at home. The service for emergency shopping and collecting prescriptions is done by their DBS checked volunteers and is free of charge.</p> <p>If anyone is in need of support with getting shopping, collecting prescriptions or having an emergency package delivered, they should contact <b>01908 550700</b>.</p>

## Section 2: Local Area Support

The list of Parish, Town and Community Councils below is a snap shot of what is available in Milton Keynes. For more information about what may be available in your local area please check the individual website for each parish and town council. More details can be found at <https://www.milton-keynes.gov.uk/your-council-and-elections/councillors-and-committees/parish-and-town-councils>

<p><b>Campbell Park and Old Woughton</b></p>	<p>The Parish Council have recruited a team of local people who have volunteered to support vulnerable individuals in the community who lack a large support network.</p> <p><b>Website:</b> <a href="http://www.oldwoughton.org.uk">www.oldwoughton.org.uk</a>  <b>Email:</b> <a href="mailto:clerk@oldwoughton.org.uk">clerk@oldwoughton.org.uk</a>  <b>Tel:</b> 07866 412 706</p> <p>If you need assistance please contact Charlotte Hall Parish Clerk who is the point of contact 07885330797 or one of the Councillor's whose details can be found at <a href="http://oldwoughton.org.uk/wp-content/uploads/2020/03/Corona-Virus-OWPC-leaflet-2-v1.0.pdf">http://oldwoughton.org.uk/wp-content/uploads/2020/03/Corona-Virus-OWPC-leaflet-2-v1.0.pdf</a></p>
<p><b>Great Linford</b></p>	<p>Measures are being put in place to deal with the Corona Virus as it unfolds          More information can be found at <a href="https://www.great-linford.gov.uk/covid-19/help-available/">https://www.great-linford.gov.uk/covid-19/help-available/</a></p> <p><b>If you need help please email:</b> <a href="mailto:glpc@great-linford.gov.uk">glpc@great-linford.gov.uk</a></p> <p><b>The Community Fridge</b> provides some food items between 9am-10am          More information can be found on their Facebook Page – Great Linford Community Fridge.</p>
<p><b>Olney</b></p>	<p>The Town Council, Olney is Kind and Cobbs garden Surgery are working together to support those in need in the local community.</p> <p><b>Olney Covid Support Group</b>  <b>Email:</b> <a href="mailto:olneycsg@gmail.com">olneycsg@gmail.com</a>  <b>Mobile:</b> 07309 464 422  <b>Facebook:</b> <a href="https://www.facebook.com/OC19SG/">https://www.facebook.com/OC19SG/</a></p>
<p><b>Newport Pagnell</b></p>	<p>Newport Pagnell Town Council has a team of volunteers who can help collecting and delivering shopping.</p> <p><b>Website:</b> <a href="http://www.newport-pagnell.org.uk">www.newport-pagnell.org.uk</a>  <b>Email:</b> <a href="mailto:npresponse@hotmail.com">npresponse@hotmail.com</a>  <b>Facebook:</b> Newport Pagnell Covid-19 Response Group</p>

<p><b>Stony Stratford</b></p>	<p><b>Stony Stratford Coronavirus Support Group</b>  A group of local volunteers who are supporting their elderly, vulnerable and self-isolating neighbours with shopping, prescriptions or just a chat. The areas covered include Stony Stratford, Galley Hill and Fullers Slade. Please contact vis Facebook</p> <p><b>Website:</b> <a href="http://www.stonystratford.gov.uk">www.stonystratford.gov.uk</a>  <b>Facebook:</b> <a href="https://www.facebook.com/groups/2506183886189510/">https://www.facebook.com/groups/2506183886189510/</a></p>
<p><b>Wolverton and Greenleys</b></p>	<p>Wolverton and Greenleys Parish Coronavirus Community Support are working with Wolverton and Greenleys Town Council to help those in vulnerable and high risk groups who are self-isolating or social distancing due to coronavirus. Volunteers can deliver essential items, run errands and provide information to those in need.</p> <p><b>Website:</b> <a href="http://www.wolvertonandgreenleystowncouncil.gov.uk/">http://www.wolvertonandgreenleystowncouncil.gov.uk/</a>  <b>Telephone:</b> 01908 326 800 Monday to Friday 10.00am – 3.00pm  <b>Email:</b> <a href="mailto:WeAreWolverton@gmail.com">WeAreWolverton@gmail.com</a></p>

## Section 3: Online Family Support & Helplines

<b>Family Lives</b>	<p>The Family Lives website provides help and support for all aspects of family life. They are currently offering information, advice and resources on coping with family life during the Covid-19 outbreak. If you would prefer to talk to someone for support and advice, you can talk to a Family Support Worker on their confidential helpline.</p> <p><b>Website:</b> <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> <b>Helpline:</b> 0808 800 2222</p>
<b>National Autistic Society</b>	<p>The National Autistic Society (NAS), a national charity for people with autism and their families, has a useful section on their which offers handy tips for parents during this time of uncertainty <a href="https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx">https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx</a></p> <p><b>Website:</b> <a href="http://www.autism.org.uk">www.autism.org.uk</a> <b>Helpline:</b> 0808 800 4104</p> <p>Due to the impact of the COVID-19 virus, Helpline telephone lines will be amended to Monday to Friday 10.00am – 3.00pm</p> <p><b>On line enquiry forms:</b> <a href="https://www.autism.org.uk/enquiry">https://www.autism.org.uk/enquiry</a></p>

## Section 4: Domestic Violence Intervention Services

<p><b>MK ACT</b></p>	<p>MK Act is a charity in Milton Keynes which works with families to help them move on from fear and abuse. The Government has categorised their services as essential and they are following the latest guidance and doing all their support over the phone unless they are unable to do so.</p> <p>Their team of staff and volunteers continue to work and are covering all their phone numbers and email boxes which are listed below as normal so please phone/contact them between office hours of 9.00am-5.00pm.</p> <p><b>MK ACT Crisis Service Helpline</b> – 0344 375 4307 / <a href="mailto:info@mk-act.org">info@mk-act.org</a>  <b>Professionals Helpline</b> – 01908 295 731 / <a href="mailto:info@mk-act.org">info@mk-act.org</a>  <b>Refuge Service</b> – 01908 523 720 / <a href="mailto:fst@mk-act.org">fst@mk-act.org</a>  <b>Fresh Start</b> – 07718767974 / <a href="mailto:freshstart@mk-act.org">freshstart@mk-act.org</a>  <b>Programmes and Training (Freedom Programme, First Steps to Freedom etc)</b> – 07827358721 / <a href="mailto:training@mk-act.org">training@mk-act.org</a></p> <p><b>If you need to speak to someone out of these hours you can ring the National Domestic Violence Helpline on 0808 2000 247</b></p>
<p><b>Karma Nirvana</b></p>	<p>Karma Nirvana supports victims of abuse, honour-based abuse and forced marriage. The helpline will remain open until further government announcements which may change their position. Professionals that may be working with clients who are at risk of honour-based abuse or forced marriage and unable to visit them, can also contact the helpline for guidance.</p> <p><b>Website:</b> <a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a>  <b>Helpline:</b> 0800 5999 247 Monday – Friday 9.00am – 5.00pm  <b>Email:</b> <a href="mailto:support@karmanirvana.org.uk">support@karmanirvana.org.uk</a></p>
<p><b>Respect – Men’s Advice Line</b></p>	<p>Domestic abuse affects men too. Having to stay indoors during the Lockdown or for self-isolation is a particularly challenging time for every family and every relationship. For those experiencing domestic abuse, the lockdown is likely to make things worse, as abusers are likely to escalate the abusive behaviours towards their partners.</p> <p>The Men’s Advice Line Team is working hard to support callers. Concerned family members, or friends as well as frontline workers supporting male victims are also welcome to contact the Advice Line for support and advice.</p> <p><b>Website:</b> <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>  <b>Helpline:</b> 0808 8010327  Mon 9.00am – 8.00pm Tues 9.00am – 5.00pm Weds 9.00am – 8.00pm  Thurs &amp; Fri 9.00am – 5.00pm  <b>Webchat:</b> Wednesday, Thursday and Friday 10.00 – 11.00 am and 3.00 – 4.00pm  <b>Email:</b> <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a></p>



## Section 5: Mental Health/Emotional Support for Children and Young People

The Covid-19 pandemic has meant that everybody's life has had to change and this can have a huge impact on our mental health and how we are feeling. If you are struggling then we would encourage you to reach out to family and friends and access the telephone/online support services available to you. Within this document we have provided information about support services available to children, young people and adults. These support services are here listen to you and support you with any difficulties you may be facing, not just those linked to the effects of Covid-19.

Below are some details about telephone and online support services that provide emotional support and advice to children, young people and adults who may be struggling with their mental health or may feel they need to speak to someone or get some information about a problem they have been facing.

<p><b>Guidance for Parents and Carers (supporting children and young people's mental health and well-being)</b></p>	<p>The GOV website is providing guidance for all parents/carers who are supporting children and young people's mental health and well-being during the Covid-19 outbreak. The website provides information about helping children and young people cope with stress, children with learning disabilities or physical health issues. The website also provides information about how you can access support if you have any financial worries.</p> <p>You can access this info by clicking on the below link:  <a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a></p>
<p><b>Service Six</b></p>	<p>Service Six has been granted some additional funding from Milton Keynes Community Foundation, to provide online support to children and young people who want someone to talk to and guidance for parents on how they can support their children during this crisis period.</p> <p><b>Helpline (Phone or text)</b> 07718 003 219 Monday to Friday 9.00am – 5.00pm  <b>Email:</b> <a href="mailto:referrals@servicesix.co.uk">referrals@servicesix.co.uk</a>  <b>Facebook:</b> Service Six@services123 or @ClaudiaSSix  <b>Twitter:</b> @ServiceSix1  <b>Instagram:</b> @servicesix  <b>LinkedIn:</b> Service Six</p>
<p><b>Kooth</b></p>	<p>Kooth is an online counselling and emotional well-being platform for local children and young people between the ages of 11 and 19. Kooth is accessible through mobile, tablet and desktop and offers free safe and anonymous support for young people.</p> <p><b>Access online support on their website</b> <a href="http://www.kooth.com">www.kooth.com</a>  Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm</p>
<p><b>YiS Young People's Mental Health</b></p>	<p>YiS, a local service, offering free and confidential counselling to young people aged 11 – 21 years. Young people or adults that support them can contact YiS to get informal support and advice from one of their trained professionals.</p> <p><b>Website:</b> <a href="http://www.mkyis.org.uk">www.mkyis.org.uk</a> - you can chat with YiS by clicking on the link on this website.</p>

<p><b>SHOUT</b></p>	<p>SHOUT provides free 24/7 confidential support via text for anyone in crisis and struggling to cope. You just need to <b>text SHOUT to 85258</b> to be contacted to a trained Crisis Volunteer. SHOUT volunteers will provide action listening and collaborative problem-solving.</p> <p><b>Website:</b> <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></p>
<p><b>ChildLine</b></p>	<p>Childline provides a confidential telephone counselling service for any child with a problem. ChildLine can offer advice and support about topics such as bullying, abuse and family life. ChildLine also offers an online chat option which means children and young people can speak to a counsellor if they prefer to not speak on the phone.</p> <p><b>Tel:</b> 0800 1111 – due to Covid-19 phone lines and the online chat are now open between 9am and midnight every day.</p> <p><b>Website:</b> <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>
<p><b>The Mix</b></p>	<p><b>The Mix</b></p> <p>The Mix provides free and confidential support to young people about a variety of different issues they may be facing, such money worries, homelessness, finding a job, a break-up and how to cope with the changes of life and due to Covid-19.</p> <p><b>Tel:</b> 0808 808 4994 (phone lines are open 4pm to 11pm every day)</p> <p><b>Website:</b> <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a> - the website also offers a 1-2-1 chat room and a crisis text message service which provides support 24 hours a day, 7 days a week. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can <b>text THEMIX to 85258</b>.</p>
<p><b>Young Minds</b></p>	<p><b>Young Minds</b></p> <p>Young Minds provides a helpline of support and advice to anyone worried about their own mental health and well-being, or are worried about someone else. This charity also offers a free helpline for parents.</p> <p><b>Tel:</b> 0808 802 5544 (Parent's helpline open Monday to Friday 9.30am – 4pm)</p> <p><b>Website:</b> <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> - this website also offers a free 24/7 text message crisis line, if you need urgent help <b>text YM to 85258</b>.</p>

## Section 6: Mental Health/Emotional Support for Adults

<p><b>MK Talk for Change</b></p>	<p>Talk for Change offers access to talking therapies and mental health care to adults. You can complete a self-referral online.</p> <p><b>Website:</b> <a href="https://talkforchange.org.uk/">https://talkforchange.org.uk/</a>  <b>Tel:</b> 01908 725099  <b>Email:</b> <a href="mailto:support@talkforchange.org.uk">support@talkforchange.org.uk</a></p>
<p><b>Mind BLMK</b></p>	<p>Mind BLMK a national charity working with communities to support positive mental health. The well-being centre in Milton Keynes offers a range of services promoting positive mental health and well-being. From the 25<sup>th</sup> March 2020 the support will be offered remotely to those who need support with their mental health and would like to talk to someone.</p> <p><b>Contact:</b> Victoria Sharp 07842405045  <b>Email:</b> <a href="mailto:Victoria.Sharp@mind-blmk.org.uk">Victoria.Sharp@mind-blmk.org.uk</a>  <b>Website:</b> <a href="https://www.mind-blmk.org.uk/how-we-can-help/milton-keynes/">https://www.mind-blmk.org.uk/how-we-can-help/milton-keynes/</a>  <b>Tel:</b> 0300 330 0648  <b>Email:</b> <a href="mailto:hq@mind-blmk.org.uk">hq@mind-blmk.org.uk</a></p>
<p><b>Mental Health Crisis</b></p>	<p>If you or someone else needs urgent mental health crisis support you can call the Urgent Care Team.</p> <p><b>Tel:</b> 01908 724 365 or 111 or 999  <b>For non-urgent mental health issues contact your GP</b></p>
<p><b>Samaritans</b></p>	<p>Samaritans provides telephone support and advice to anyone in need. They will listen to anything that is upsetting you including intrusive thoughts or difficult thoughts and self-harm.</p> <p><b>Tel:</b> 116 123 (free confidential line, open 24/7)  <b>Website:</b> <a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p>
<p><b>SANE</b></p>	<p>SANE provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers. SANE is continuing to offer help through our team of professionals and trained volunteers.</p> <p>Although their previous SANEline number cannot operate at the moment, you can leave a message on <b>07984 967 708</b> giving your first name and a contact number, and one of their professionals or senior volunteers will call you back as soon as practicable.</p> <p><b>Website:</b> <a href="http://www.sane.org.uk/what_we_do/support/">http://www.sane.org.uk/what_we_do/support/</a>  <b>Email:</b> <a href="mailto:support@sane.org.uk">support@sane.org.uk</a></p>
<p><b>Anxiety UK</b></p>	<p>Anxiety UK provides support for those living with anxiety and anxiety-based depression by providing information, support and understanding. Anxiety UK has extended their helpline hours to provide additional support due to the coronavirus pandemic.</p> <p><b>Tel:</b> 03444 775774 (phone lines are open between 9:30am to 10pm Monday to Friday and 10am to 8pm Saturday and Sunday).  <b>Website:</b> <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></p>

## Section 7: Bereavement

<b>Milton Keynes Bereavement Service</b>	<p>This service offers emotional and practical support after bereavement. They are currently offering 3 sessions of telephone support. If further support is required a request can be made to be put on their waiting list.</p> <p><b>Website:</b> <a href="http://www.bereavementservicemk.org.uk">www.bereavementservicemk.org.uk</a> <b>Tel:</b> 07483 308 032 <b>Email:</b> <a href="mailto:mk.bs@virgin.net">mk.bs@virgin.net</a></p>
<b>Child Bereavement UK</b>	<p>Child Bereavement offers support and advice to parents and children to help rebuild their lives after they have lost somebody close to them.</p> <p><b>Tel:</b> 0800 02 888 40 (helpline is open Monday – Friday, 9am – 5pm) <b>Website:</b> <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a> - the website provides information about supporting children through this difficult time and supporting children who may have lost someone to Coronavirus.</p>

## Section 8: Contact Arrangements

Due to Covid-19, some families may not be able to have face to face contact with their children or parents due to government guidelines on social distancing. We understand this can be difficult. If you have a family arrangement or court order in place and wish to obtain some information about the current situation and your rights as a parent, then you will need to seek some legal advice. Below are the details of support services which can offer you this advice.

For those who have a Child Arrangements Orders in place made by the Family Court guidance can be found using the following link: <https://www.judiciary.uk/announcements/coronavirus-crisis-guidance-on-compliance-with-family-court-child-arrangement-orders/>

<b>Rights of Women</b>	<p>Rights of Women are a charity which provides free and confidential legal advice to help women understand the law and their legal rights.</p> <p>The National Family Law Line is offering a reduced service due to the impact of the Coronavirus.</p> <p><b>Tel:</b> 020 7251 6577 (Tues – Weds 7pm – 9pm, Friday 12pm-2pm) <b>Website:</b> <a href="https://rightsofwomen.org.uk/">https://rightsofwomen.org.uk/</a></p>
<b>Families Need Fathers</b>	<p>Families Need Fathers is a UK charity which provides information and support to parents and grandparents helping them to have personal contact and meaningful relationships with their children following parental separation. They offer information, advice and support services helping parents to achieve a positive outcome for their children.</p> <p><b>Tel:</b> 0300 0300 363 ( 9am - 10pm Monday - Friday and from 10am - 3pm at weekends) <b>Website:</b> <a href="https://fnf.org.uk/">https://fnf.org.uk/</a></p>

## Section 9 – Talking to Children and Young People about Coronavirus

We understand that it can be difficult to explain to children and young people what Coronavirus (Covid-19) is and why they are unable to go to school or see family and friends. Below are some resources which have been written specifically for helping parents and adults talk to children about the virus.

<b>Coronavirus – A Book for Children by Elizabeth Jenner, Kate Wilson and Nia Roberts</b>	<a href="https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf">https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf</a>
<b>Children’s Guide to Coronavirus</b>	<a href="https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf">https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf</a>
<b>Dave the Dog is worried about Coronavirus</b>	<a href="https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf">https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf</a>

# Section 10: Educational Learning and Activities for Children and Young People

## PE, Dance and Music

<p><b>PE with Joe Wicks – every weekday at 9am</b></p>	<p>Joe Wicks is a British fitness coach and TV presenter. Joe will be uploading a different workout at 9am every weekday onto his YouTube channel. The workouts are suitable for children and young people but also their parents. The workouts are designed to keep children and families fit and healthy whilst the schools, gyms and leisure/sports centres are closed.</p> <p><b>YouTube Channel:</b> The Body Coach TV.</p> <p>If people have missed previous workouts, they can still access these on his channel.</p>
<p><b>GLK Academies</b></p>	<p>Gavin and Jo have set up a YouTube channel to promote children’s fitness over the coming weeks, showing short exercise and gymnastics videos. Both Gavin and Jo work in primary schools across the county.</p> <p><b>YouTube Channel:</b> GLK Academies</p>
<p><b>Diverse Dance Mix</b></p>	<p>Diverse Dance Mix provides online dance classes for £4 per class (48 hours rental); average class is 30 minutes long.</p> <p>This website has also created some free resources for children at home whilst the schools are closed and they will be live streaming a 10 minute “shake-up” on Facebook every day at 1:30pm.</p> <p><b>Website:</b> <a href="https://diversedancemix.com/classes/online-classes/">https://diversedancemix.com/classes/online-classes/</a>  <b>Facebook:</b> <a href="https://www.facebook.com/diversedancemix/">https://www.facebook.com/diversedancemix/</a></p>
<p><b>Dance Lessons with Strictly Come Dancing Star</b></p>	<p>Oti Mabuse (Strictly Come Dancing) is creating and posting free dance classes on Instagram and YouTube for both adults and children.</p> <p><b>Instagram:</b> otimabuse  <b>YouTube Channel:</b> Oti Mabuse Official</p>
<p><b>Best Free Online Dance Classes for Toddlers &amp; Pre-schoolers</b></p>	<p>Dance Parent 101 is a blog designed by a parent and she has provided links and information for a wide range of different free online dance classes for young children.</p> <p><b>Website:</b><a href="https://danceparent101.com/best-free-online-dance-classes-for-toddlers-preschoolers/">https://danceparent101.com/best-free-online-dance-classes-for-toddlers-preschoolers/</a></p>
<p><b>Music with Myleene Klass</b></p>	<p>Myleene Klass is a British singer and pianist and parents and children can access curriculum based and fun videos on her YouTube channel. The videos don’t require instruments and are designed for any age and ability.</p> <p><b>YouTube Channel:</b> Myleene’s Music Klass</p>

<b>Maths and English</b>	
<b>Maths with Carol Vorderman (for ages 4-12 years)</b>	<p>The Maths Factor is a website designed by Carol Vorderman (countdown presenter) to help teach Maths through a variety of educational online resources including lessons and games.</p> <p>Parents can access the website for their children by signing up for free (normally £2 per week). The account is protected by the parent's own password and they can also monitor their children's progress through the website and watch parent video tips from Carol.</p> <p><b>Website:</b> <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a></p>
<b>Prodigy Maths – The Game</b>	<p>Prodigy is a free, adaptive math game that integrates common-core math into a fantasy style game. Prodigy is a web-based game and can be accessed on any device. It is in US grades but still very good for primary aged children.</p> <p><b>Website:</b> <a href="https://www.prodigygame.com/">https://www.prodigygame.com/</a></p>
<b>Elevenes with the world of David Walliams</b>	<p>David Walliams is a famous author and TV star and every day at 11am, children and families can listen to one of his audio World's Worst Children stories for free. Families can also listen to the weeks previous audio books up until the following Sunday.</p> <p>Families can also access activity sheets on the website such as drawings and word searches.</p> <p><b>Website:</b> <a href="https://www.worldofdavidwalliams.com/">https://www.worldofdavidwalliams.com/</a></p>
<b>British Council – English Language</b>	<p>Resources for English Language learning, including activities and lesson plans for children, young people and adults.</p> <p><b>Website:</b> <a href="https://www.britishcouncil.org/school-resources">https://www.britishcouncil.org/school-resources</a></p>
<b>History, Geography, Science</b>	
<b>History Hit TV</b>	<p>Unlimited viewing of hundreds of history documentaries, interviews and films, first 30 days are free then £5.99 a month after (this subscription can be cancelled anytime).</p> <p><b>Website:</b> <a href="https://tv.historyhit.com/signup/package">https://tv.historyhit.com/signup/package</a></p>
<b>Geography Games</b>	<p>Games and quizzes relating to the countries of the world.</p> <p><b>Website:</b> <a href="https://world-geography-games.com/">https://world-geography-games.com/</a></p>
<b>National Geographic Kids</b>	<p>Website filled with lots of information about animals, Science, History and Geography. The website has games for children to play and curriculum-lead teaching ideas with resource sheets which can be printed. There are resource sheets available for other subjects such as Maths and English.</p> <p><b>Website:</b> <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a></p>



<b>Educational Videos by Maddie Moate</b>	Maddie Moate's YouTube channel features educational videos about a variety of different things such as the human body and how to grow plants in the garden.  <b>YouTube Channel:</b> maddiemoate
<b>Crest Awards (Science and Engineering)</b>	CREST provides activities and project ideas for a range of ages, group size and abilities. At the end of the project the children receive a certificate to say they have completed it. For more information on the levels of the challenges and prices please visit the website, courses start from £1.  <b>Website:</b> <a href="https://www.crestawards.org/">https://www.crestawards.org/</a>
<b>Cosmic Shambles – Stay at Home Festival</b>	The Cosmic Shambles Network creates podcasts and digital content for people who want to find out more about our universe through science, art, history, philosophy, music and literature. The network is currently uploading videos called the Stay at Home Festival which also features comedy nights.  <b>Website:</b> <a href="https://cosmicshambles.com/">https://cosmicshambles.com/</a> <b>YouTube Channel:</b> The Cosmic Shambles Network
<b>Arts and Crafts</b>	
<b>The Artful Parent</b>	The Artful Parent provides videos and step by step guides on creating easy and fun kid-friendly arts and crafts such as drawing and painting ideas.  <b>Website:</b> <a href="https://artfulparent.com/">https://artfulparent.com/</a> <b>YouTube Channel:</b> The Artful Parent
<b>Red Ted Art</b>	A website designed to provide easy, do-able and fun crafts for people of all ages.  <b>Website:</b> <a href="https://www.redtedart.com/">https://www.redtedart.com/</a>
<b>Other Educational/Fun Online Resources</b>	
<b>Twinkl</b>	Recourses such as tests and activities for all core subjects from Early Years, to children between the age of 5 and 11 years.  <b>Website:</b> <a href="https://www.twinkl.co.uk/resources/parents">https://www.twinkl.co.uk/resources/parents</a>
<b>TED Ed</b>	This website provides video-based lessons which are organised by age and subject.  <b>Website:</b> <a href="https://ed.ted.com/">https://ed.ted.com/</a>
<b>The Kids Should See This</b>	This website has 4,500 kid-friendly videos for parents who want to share smarter, more meaningful media at home. Selections are grown-up-friendly, too and free for everyone.  <b>Website:</b> <a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a>
<b>Duolingo (Languages)</b>	Families can learn a language such as Spanish or French for free on this website.  <b>Website:</b> <a href="https://www.duolingo.com/">https://www.duolingo.com/</a>
<b>Oxford Owl</b>	Activities for primary school children relating to core subjects such as Maths and English.  <b>Website:</b> <a href="https://home.oxfordowl.co.uk/">https://home.oxfordowl.co.uk/</a>

<p><b>Toy Theatre</b></p>	<p>Toy Theatre is a website featuring interactive educational games for children. They are free and designed to work on computers, tablets and mobile phones.</p> <p><b>Website:</b> <a href="http://toytheater.com/">http://toytheater.com/</a></p>
<p><b>Crash Course / Crash Course for Kids</b></p>	<p>Crash Course provides educational videos designed for secondary school aged children and feature information for all different subjects such as Biology, Astronomy and History.</p> <p>Their YouTube Channel also provides videos for primary school aged children.</p> <p><b>Website:</b> <a href="https://thecrashcourse.com/">https://thecrashcourse.com/</a>  <b>YouTube Channel:</b> Crash Course Kids</p>
<p><b>Pawprint Family</b></p>	<p>A website designed to help parents provide ideas and opportunities to help deliver adventure and life skills to their children. The website has free challenge packs and activity cards such as making cakes, gardening and building things from different materials.</p> <p><b>Website:</b> <a href="https://pawprintfamily.com/">https://pawprintfamily.com/</a></p>
<p><b>Tinkercad (Design)</b></p>	<p>Tinkercad is a free, easy-to-use app for 3D design, electronics, and coding. It's used by teachers, kids, hobbyists, and designers to imagine, design, and make anything.</p> <p><b>Website:</b> <a href="https://www.tinkercad.com/">https://www.tinkercad.com/</a></p>
<p><b>Woodland Trust</b></p>	<p>Woodland Trust is providing nature activities for parents to do at home with their children such as Nature Detective Activities.</p> <p><b>Website:</b><a href="https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/">https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/</a></p>
<p><b>Blue Peter Badges</b></p>	<p>Children can apply for a Blue Peter Badge for creating things such as stories, pictures and poems.</p> <p><b>Website:</b><a href="https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges?collection=blue-peter-badges">https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges?collection=blue-peter-badges</a></p>
<p><b>DK Find Out (Fun Facts)</b></p>	<p>A website with provides activities, quizzes and fun facts about all different things such as animals, dinosaurs, the human body, planet earth and core subjects e.g. Maths.</p> <p><b>Website:</b> <a href="https://www.dkfindout.com/uk/">https://www.dkfindout.com/uk/</a></p>
<p><b>iDEA</b></p>	<p>iDEA is a programme that helps young people develop digital, enterprise and employability skills for free. The website provides a series of online challenges, whereby they can win career-enhancing badges, unlock new opportunities and gain industry-recognised awards that help them stand out from the crowd.</p> <p><b>Website:</b> <a href="https://idea.org.uk/">https://idea.org.uk/</a></p>

<p><b>Views from a Step Stool</b></p>	<p>Views from a Step Stool is a blog/website written by a parent and she has provided links and information about activities for families such as Arts and Crafts and Science. Families can also access the 30 day Lego challenge online which gives people a daily challenge of making something out of Lego.</p> <p><b>Website:</b> <a href="https://viewsfromastepstool.com/">https://viewsfromastepstool.com/</a>  <a href="https://viewsfromastepstool.com/lego-challenge-printable/">https://viewsfromastepstool.com/lego-challenge-printable/</a></p>
<p><b>SCRATCH</b></p>	<p>Scratch allows young people from the ages of 8 to 16 years program their own interactive stories, games and animations which aim to help young people learn to think creatively.</p> <p><b>Website:</b> <a href="https://scratch.mit.edu/">https://scratch.mit.edu/</a></p>