



**Youth Connect
is here for you.**

Welcome



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Director
Youth Connect

We find ourselves in strange and challenging times. Many of you will have been isolating at home for a few weeks now and may be finding it difficult.

I want you to know that Youth Connect is thinking about you and we are still here for you. We've partnered with Walsall Council's "Walsall For All" project and whg to send out over 500 activity bags to families like yours across the borough.

In the pack you'll find information and ideas for staying well and safe, while having fun at the same time. There are worksheets and activities you can do at home – that will help when boredom sets in!

This leaflet contains information and advice on:

- Coronavirus (COVID-19)
- Staying at home during Ramadan
- Looking after your mental and physical health
- Other useful resources and contact information

The pack is for everyone so please share with your whole family and encourage them to take part. We'd also love you to share your activities with us on social media – so we can see how everyone is enjoying the pack!

These times may be tough, but you're not alone. Our youth workers are still available for 1-2-1 support or even just a chat. So do keep in touch – you'll find contact details on the back cover.

If we stick together, we'll get through this.

Stay well and safe.



Walsall For All is Walsall Council's long-term strategy for creating strong and integrated communities in Walsall. Walsall for All helps to train, support and equip the people, organisations and groups in Walsall to improve the quality of life for the community.



whg is Walsall's largest social landlord. We invest in a range of support services to help our customers to be more resilient and live as independently as possible. This includes a range of employment and training support, financial and digital inclusion, as well as health and wellbeing support.



**STAY
HOME
SAVE
LIVES**

Coronavirus

What is it? And what does it mean for me?

It can be scary to think about what is happening around the world, but there are simple things you can do to help keep yourself and others safe and well.

Get trusted advice and information

You can get the latest advice and information about coronavirus at [nhs.uk](https://www.nhs.uk)

This site will tell you what to do if you have symptoms, offer advice for people at high risk and give tips for staying at home. You can also find information on Public Health England's blog: publichealthmatters.blog.gov.uk

It's important to take NHS and government advice seriously. Remember to keep up to date using official sources.

Social distancing

The UK Government have advised that people practice social-distancing to help contain the spread of the virus. Currently, this means staying at home as much as possible, working from home if you can, limiting contact with other people and keeping your distance from other people if you go out (2 metres apart where possible).

Government guidance is subject to change. Please check Public Health England at [gov.uk](https://www.gov.uk) and [nhs.uk](https://www.nhs.uk) for the latest news and updates.

Watch out for elderly and sick people

The risk from this disease is higher for older people, like grandparents or elderly neighbours, and people with health concerns such as asthma, diabetes and heart problems.

Catching COVID-19 could be fatal for these people, so make sure to follow the official advice and help keep us all safe.

Wash your hands regularly

One of the easiest things you can do to prevent getting any kind of virus is to wash your hands thoroughly (for at least 20 seconds) with soap! If you sing Happy Birthday to yourself twice, that's about the right length of time.

Stick to the facts

Fake news can cause people to panic. Unfortunately, lots of the information being shared about the virus online isn't true.

Whether it's on social media, WhatsApp or websites, make sure you check the source, check the image and check the account.

To avoid fake news stick to the information provided by official government sources.

Staying at home for Ramadan

If you observe Ramadan, staying at home for the month is a really powerful thing you can do to slow the spread of coronavirus and save lives.

Keeping yourself and loved ones well during Ramadan this year will mean adapting religious and cultural practices. This is extra important if you live with elderly or vulnerable people.

Normally, Ramadan is a time for communal prayer, spiritual reflection, breaking your fast with extended family and friends and the community celebration of Eid-Al Fitr. This year, you could use technology like Skype to stay connected with your family, friends and community.

Video and social media can connect you to worship services and ceremonies. You could arrange individual pastoral and care visits by phone instead. Even though we are all physically apart, could you observe religious practices at the same time of day as the rest of your community? Ask your faith leaders for support and advice on how you can stay connected and safe.

Always consult your doctor for advice on fasting if you have a medical condition. Don't prepare food for others for Iftar or Suhoor if you have any symptoms of coronavirus or any other flu-like illness, even if the symptoms are mild.



Looking after your mental health at home

Staying at home brings a new rhythm to life.

It is a chance to be in touch with others in different ways to usual. We can still be close to the people who matter, perhaps on social media, over email or on the phone. Here are some tips to keep yourself feeling well right now.

Talk to family and friends

Involving your family in your plans for good health is essential. We need to be alert to and ask family members what they have heard about the outbreak and support them, without causing them alarm.

We need to minimise the negative impact it has on us and explain the facts. Discuss the news but try to avoid over exposure to coverage of the virus. Be as truthful as possible.

Try and reassure people you know who may be worried and check in with people who you know are living alone.

Avoid gossip or making assumptions

Rumours and gossip about the virus will just make you feel more anxious. Having access to good-quality, reliable information can help you feel more in control.



Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. Coronavirus can affect anyone, regardless of gender or ethnicity.

There is extensive news coverage about the outbreak. If reading the news is stressing you out, limit how much you read. It's important to find a balance.

Stay connected

Times of stress are easier to handle with support. Try to keep in touch with your friends and family, on the phone, over email or on social media, or contact a helpline for emotional support.

Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, make sure it is from trusted sources, and remember that your friends might be worried too.

Remember to check in with yourself about how much you are on social media. It's easy to spend a lot of time scrolling when you are stuck indoors – but if there are accounts or people that make you feel more worried or anxious consider muting or unfollowing.

Create a new daily routine

You could try reading more or watching movies, planning regular exercise, or finding out new things on the internet. One way of looking at this is as if it is a new and unusual experience that could have its benefits. If you find yourself feeling stressed, try distracting yourself, and the feeling can often pass. Staying active and eating well helps too.

Staying fit

Exercises you can do at home

Whether you love it, hate it or are not that bothered either way, exercising has a lot of awesome benefits.

It will strengthen your immune system, improve your mental health, and make you feel better during lockdown. Don't be put off by the press up challenge on Instagram, below are seven ways of exercising from your home that are more achievable!



Walking or running

It is okay to go for a walk or run, as long as you keep more than two metres away from other people. A goal for walks is sometimes set at 10,000 steps a day, but any time spent outside walking is good for you. If you're looking for extra motivation, you could download a free app like Couch to 5K.



Dancing

Working out doesn't need to feel forced. Dancing is a great way to get your heart rate up and burn some calories. Stick on your favourite album or create a playlist of your favourite songs and get moving! Why not watch some music videos and try to learn the routines? Or do a dance challenge on TikTok!

Yoga

Yoga is great for the body and the mind, and you hardly need any space to do it. From total beginners to experts, there are free YouTube videos you can use to do a class at home.

There is a range of apps that will guide you through a virtual yoga class. Yoga can be great if you are feeling anxious, as the need to focus on your breathing is very calming.

Fitness DVDs

Your family may have some old fitness DVDs lying around – think Zumba or Davina McCall. Think of a fitness DVD as your own virtual personal trainer, but a lot cheaper. If you don't have any DVDs, try searching YouTube – there are loads of fitness videos at no cost at all. If space is an issue, try yoga, pilates, barre, or something based on simple floor exercises.

Apps

Go onto the app store and type in 'Fitness App', and you'll be bombarded with options. Most of these apps will let you have a free trial for a couple of weeks or a month, so you can try out as many as you like without committing to paying a fee. Many of them allow you to pick a level of difficulty too.

Examples include:

- 8fit
- Seven
- Tone It Up
- SWEAT: Kayla Itsines Fitness
- Yoga Wake Up
- Daily Yoga

Gardening

Getting fresh air is a huge part of a successful workout. If you have a garden, why not keep it looking pretty during this time? Carrying water cans and tools and pushing around a wheelbarrow are all great ways to tone up your arms and shoulders. Your activity pack includes gardening activities and a competition.

Cleaning

Yes. Cleaning. During the outbreak, it's important that we keep everything at home squeaky clean... but did you ever think about the fitness benefits? Cleaning your home is a great workout, and you can burn up to 190 calories on a tough job. Plus, it'll make the rest of your family really happy.

Useful resources for parents and carers

We have compiled some resources which you may find useful. They include how you can talk to your child about coronavirus, plus educational activities and more.

The British Psychological Society have produced a useful guide to school closures for parents/ carers and childcare providers on [bps.org.uk](https://www.bps.org.uk)

The NHS has created a helpful visual to guide decisions on when you should take your child to A&E or call your GP – view resource on [nhs.uk](https://www.nhs.uk)

The Royal College of Paediatrics and Child Health have also produced further guidance for parents and carers on what to do when your child is unwell or injured during this time. Search [rcph.ac.uk](https://www.rcph.ac.uk)

Activities and learning resources

Interactive learning tools and games

BBC Bitesize

You will find useful articles and content to help with your kids at home, including:

- Five ways to keep your kids learning at home
- Live lessons
- Learning resources for students from primary to post-16
- Revision for 14-16 year olds

Search **bbc.co.uk/teach**

Story Time Playlist

Younger children can watch and interact with fun stories such as 'The Tiger Who Came To Tea' and 'Kippers New Pet'. Search **Ealing Early Years channel** on YouTube.

Seneca Learning

Free revision tools – **senecalearning.com**

STEM Learning

Free resources for home learning for primary and secondary students. Search **stem.org.uk**

Twinkl

Access free home learning and school closure packs for younger children. Search **twinkl.co.uk**

Blockly

Learn computer programming skills – fun and free. Search **blockly.games**

Kitchen Science

Science activities you can do at home from the Science Museum. Search **sciencemuseum.org.uk**

MathsChase

Games to test your times tables (primary school age).

Search **mathschase.com**

TopMarks

Interactive educational resources for primary and secondary age.

Search **topmarks.co.uk**

Primary Resources

Flash cards, interactive resources and more for primary age.

Search **primaryresources.co.uk**

Oak National Academy

Online classroom and resource hub covering various subject areas.

Search **thenational.academy**



For under 5s

HungryLittleMinds

Simple, fun activities for kids from new-born to five years old.

Search **hungrylittleminds.campaign.gov.uk**

Change4Life

Activities and games to help keep fit.

Search **nhs.uk/change4life/activities**

Cbeebies Radio

Listening activities for children.

Search **bbc.co.uk/cbeebies/radio**

Useful contacts

Remote support services for families in Walsall



Health for Kids

Emotional and mental health service for young people.

Search healthforkids.co.uk/walsall/

Kooth Online Counselling

Free service for young people aged 11 years and older. It offers safe and anonymous online support via online counselling sessions. The site also has information and advice pages and a safe chatroom facility.

Search kooth.com

The Beacon

The Beacon supports the recovery of young people who misuse drugs or alcohol. Free and confidential service for 10-18-year-olds (up to 25-years-old with Special Educational Needs) who are using drugs or alcohol and live or go to school in the Walsall area.

Search thebeacon.walsall@cgl.org.uk

01922 669840 (adult service)

07976 161749 (young people's service)

Black Country Women's Aid

info@blackcountrywomensaid.co.uk

01922 649 569

Childline

To speak to Childline call **0800 1111** and you'll get through to a counsellor who is there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

Walsall Council

Search go.walsall.gov.uk/

01922 650 000

whg

enquiries@whgrp.co.uk

Facebook: **This is whg**

Twitter: **@walsallwhg**

0300 555 6666

(open 8am-6pm, emergencies 24/7)



Say what?

There are lots of different words and phrases being used in the news about coronavirus or COVID-19 which may be confusing.

We can clear some of these up for you here. BBC Bitesize also has a great coronavirus jargon buster for more information.

Asymptomatic

Asymptomatic means the absence of any symptoms of a disease.

Essential/key workers

'Essential' or 'key' workers include police, health and social staff, and people who work in shops selling food and other important products.

Flatten the curve

Making sure that there are fewer people infected with coronavirus at the same time. That's to make sure that our hospitals are able to help everyone who is ill.

High temperature/fever

Your normal body temperature is approximately 37C (98.6F). A fever is when your body temperature is 38C (100.4F) or higher. You may feel warm, cold or shivery. You can find out if you have a fever by using a thermometer to take your temperature.

Personal protective equipment (PPE)

PPE is the name given to the protective equipment worn by hospital healthcare workers who care for those with COVID-19. PPE includes alcohol hand gel, a gown, a visor or goggles, and a special kind of face mask called a respirator. They help protect hospital workers from getting infected while treating sick people.

Who we are and what we do

Youth Connect empowers young people, and offers advice, coaching and support across a wide range of activities at locations in Walsall. We are a youth organisation and deliver weekly youth club sessions, street-based sessions, sports sessions and mentoring support for young people between the ages of 7-19. All our sessions are free to attend and run by experienced and friendly youth workers. Some of them once used our services too!

We currently offer an online live chat with a youth worker through our website www.youthconnect.org.uk. You can also contact us through our WhatsApp channels and social platforms where we can offer help, support and guidance or just have a friendly chat!

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