

# St Helens School Support Information Brief

27<sup>th</sup> April 2020

Edition 2

Welcome to the School Support Information Brief

## NSPCC Resources

Please find the link below to the NSPCC Learning Newsletter for March 2020. In this newsletter you will find lots of useful learning and teaching resources.

<http://email.nspcc.org.uk/q/17JqvgKj7M8MporQXB4nJI/wv>



## St Helens Wellbeing Service

**Healthy Living, Smokefree St Helens and weight management teams have joined up to form a new 'one stop shop' wellbeing service.**

We hope you are safe and well during this challenging time. St Helens Wellbeing services are still open running a range of Wellbeing support and interventions. Please find attached a link to a short animation to let you know a little more about how we can support your school during COVID19 and beyond.

If you would like to chat to one of us about the support available please do not hesitate to get in touch.

[St Helens Wellbeing Service COVID-19.pptm.pptx](#)

# Advice for parents during coronavirus

## Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

### If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

### You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

### If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

### You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

### If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies **ICON**
- Additional **advice** is available for children with complex health needs and disabilities.

### Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

# Family Wellbeing and Child Support Resources

The following links about **family wellbeing and child support**.

- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing (different languages) <https://www.mindheart.co/descargables>
- Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- The following link is a **Coronavirus storybook for children** from UNHCR to help children aged 6-11 cope with coronavirus. The book is available online and as an audiobook and is currently available in six languages, with over 30 more planned. Click through this press release to multiple language versions. [Children's storybook released to help children and young people cope with COVID-19](#)

## St Helens Carers & Young Carers Centre

**The Carers Centre** continues to provide support to unpaid carers and their families with staff working remotely to provide continuity of this service in the borough.

The service continues to offer information, advice, support and benefits help. It has been issuing downloadable proof of caring information for registered carers, in order to assist carers where they need to provide evidence of their unpaid caring role. It is providing invaluable practical and emotional support for many carers at this difficult time.

The service can be accessed by telephoning **01744 675 615** (if busy leave a message as staff are picking up these calls throughout the day).

Alternatively Carers and their families can log on to [www.sthelenscarers.org.uk](http://www.sthelenscarers.org.uk) and chat instantly to one of the workers through their online chat portal which also includes trained benefits workers. The service can also be contacted at [info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk) or messaging via their website which is monitored during 9-5pm. The Centre continues to offer full benefit checks and assistance with applications forms and immediate caring help and information.

**St Helens Young Carers** continue to offer support to Young Carers and their families.

They can be accessed by telephoning **01744 677 279** (if busy leave a message as staff are picking up these calls throughout the day).

Alternatively Young Carers and their families can log on to [www.sthelensyoungcarers.org](http://www.sthelensyoungcarers.org) and chat to one of the workers through their young carer online chat portal.

Referrals can continue to be made by staff via the IAS system.

# New 24/7 Crisis Line to support people's Mental Health

People living in Halton, Knowsley, St Helens and Warrington who are experiencing a mental health crisis can now access mental health support via a new 24/7 dedicated mental health crisis line: 01925 275 309. This complements the existing 24/7 mental health crisis line in Wigan: 01942 636 395.

North West Boroughs Healthcare NHS Foundation Trust has launched the crisis line to provide support 24 hours a day, seven days a week to people of all ages, including children and young people, who need urgent mental health support. John Heritage, Chief Operating Officer and Deputy Chief Executive, said:

*"We recognise that these challenging times are affecting a lot of people's mental wellbeing. We are committed to responding to people's needs and our dedicated 24/7 mental health crisis lines offer local, specialised support in a timely, person-centred and safe way. By calling our crisis lines, you will speak with one of our dedicated mental health professionals who will work with you to develop a plan and help you to access the support you need. I'm hugely proud of the efforts of all of our staff and their continued dedication to make sure our patients are receiving the care and support they need. I would like to thank everyone who has worked hard to establish and deliver this crisis line in such a short space of time."*

## What to do if you need urgent mental health help:

Please call and our dedicated local crisis lines and NHS staff will support you to access the help you need:

If you live in Halton, Knowsley, St Helens or Warrington call 01925 275 309

If you live in Wigan call 01942 636 395

- The crisis lines are available **24 hours a day, seven days a week** and are open to people of all ages – including children and young people
- The crisis lines are now the **first port of call for mental health crisis help** – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service
- Please note, A&E and 999 are **not the best places** to get help for the majority of mental health problems – call our crisis line to be directed to the best local service to support you
- You should still call 999 or go to A&E if you have a **life-threatening emergency** requiring immediate mental or physical health assistance
- For non-urgent help and **general wellbeing advice**, North West Boroughs Healthcare's website contains information and links to resources to support people with anxiety, low-mood, and worries relating to the current Covid-19 pandemic: [www.nwbh.nhs.uk/coronavirus](http://www.nwbh.nhs.uk/coronavirus)
- More information about the new helpline can be found at: [www.nwbh.nhs.uk](http://www.nwbh.nhs.uk)

For more information, contact Amy Poole, Communications and Marketing Lead, on 01925 664 034 or email [amy.poole@nwbh.nhs.uk](mailto:amy.poole@nwbh.nhs.uk).