



# Sir Joseph Williamson's Mathematical School

Principal: Mr E Hodges



**CAMHS:** Links to apps, websites, videos etc for Wellbeing <https://www.camhs-resources.co.uk/>

**Medway Youth Team:** Medway youth team are offering a range of activities too including an online weekly book club! All info for this can be found here <https://www.medway.gov.uk/onlineyouthwork>

**Salus:** The Salus Youth Team are offering virtual youth sessions to young people aged between 8- 19 years. The sessions include language lessons, make up tutorials, quizzes and fun games with new topics and suggestions being added each week.

If interested you will need to send an email to [e-youthservicebookings@salusgroup.org.uk](mailto:e-youthservicebookings@salusgroup.org.uk) with the session, time, date, young person's age and email address that you would like them to send the invite to. You will need to download the Zoom app on your device (e.g. phone or PC) in order to be added to the session. You will receive an email before the sessions with a code to join a meeting. On your app you will then click on join and type the number given in the email to access the session

Go to: <https://salusgroup.org.uk/virtual-youth-sessions-6th-10th-april-2020/>

**NHS Chathealth:** Chathealth confidential texting service for young people aged 11-19 will operate as normal. Young people can text the school health team about any concerns or health issues on 07520 618850.

The number is monitored Monday to Friday, 9am to 5pm. Parents, young people and schools can access a range of helpful information and resources via the Kent Youth Website, please follow the link: <https://www.kentyouthhealth.nhs.uk/>

**HeadStart Kent/Kooth: Kooth.com** - online support for young people (10-16 year olds)

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis.

Young people can access regular booked online counselling sessions as needed. Outside counselling hours young people can message our team and get support by the next day. When young people register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated. To find out more visit [www.Kooth.com](http://www.Kooth.com) where young people can register, and others can find out more about the service.

**ThinkNinja:** ThinkNinja has been extensively updated with specific COVID-19 support content. The new content is designed to bring self-help knowledge and skills to children and young people who may be experiencing increased anxiety and stress.

What the new COVID-19 support brings to 10-18 year olds...

The new COVID-19 content provides an opportunity for children and young people to understand the following:

1. Fears relating to the virus
2. Isolation struggles and how to stay connected to family and friends
3. Worries about personal health and health of family members
4. Coping techniques to use during the crisis
5. Plus many other helpful tips

The new content was created by specialist child psychologists and is now available when chatting to the WiseNinja within the app.

For more information about ThinkNinja and the new COVID-19 content visit <https://www.healios.org.uk/services/thinkninja1>

### **General concerns (parents included):**

**The Children's Society** – Talking to Teens Guidance: <https://www.childrensociety.org.uk/news-and-blogs/our-blog/talking-to-teenagers-aboutcoronavirus-covid-19>

**Fegans** have set up the following: [www.fegans.org.uk/family-hub/](http://www.fegans.org.uk/family-hub/) - this contains articles, ideas, etc. for parents. [www.dad.info](http://www.dad.info)- this website is for ALL parents. There is a Fegans Parent Support Worker available every day (Mon - Fri) if parents want to ask for any advice/support on the forums. 01892 538288; [info@fegans.org.uk](mailto:info@fegans.org.uk)

**Domestic Abuse:** Victim Support – county wide 0808 16 89 111 <https://www.victimsupport.org.uk/help-and-support/get-help/supportline>

**Domestic Abuse Refuge:** Clarion Housing Association – Service provider for North and South Kent (Dartford, Gravesham, Swale and Maidstone, Ashford, Canterbury, Folkestone & Hythe). Still accepting emergency referrals for refuge and continue to provide outreach and IDVA services by telephone.

- Dartford, Gravesham and Swale: 07793 880486
- Maidstone: 07739 823395
- Ashford and Canterbury: 07773 179082
- Folkestone & Hythe: 07739 823395
- Medway : 07889 079242
- OR Email: [centrakent@centragroup.org.uk](mailto:centrakent@centragroup.org.uk)

**Food issues:** Find a food-bank tool using a postcode <https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank>

Generally food-banks at the moment are no longer operating on a voucher scheme, it involves contacting the food-bank near the address and they will deliver/ arrange a pick-up of essentials.

**Substance Misuse:** We Are With You are still supporting clients across Kent and in the South area via telephone/WhatsApp appointments (not face to face). They are still accepting new referrals. <https://www.wearewithyou.org.uk/>

**Healthy Eating:** Resources/booklets that your children might want to work through to promote healthy eating:

- Workbooks covering healthy eating, drinking and physical activity:

5-7 year olds: <https://www.foodafactoflife.org.uk/media/4897/ffl-workbook-1-ages-5-7.pdf>

7-11 year olds: <https://www.foodafactoflife.org.uk/media/4898/ffl-workbook-2-ages-7-11.pdf>

#### **Sir Joseph Williamson's Mathematical School**

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