

**From:** Catherine McColgan <catherine@aware-ni.org>  
**Sent:** 23 April 2020 19:26  
**Subject:** AWARE NI Information  
**Attachments:** Covid\_-\_Support\_Services\_Updates\_2-4a6ad6b1.jpg; Aware\_Take\_5\_Social\_Distancing-8a664854.png; DoOneThingTweet-6e519902.png; Homeschooling tips (primary).pdf; Mental\_well-being\_tips\_for\_Mums.pdf; Tips for parents home with teenagers.jpg; Tips for teenagers during covid-19 outbreak.jpg

Good evening,

My name is Catherine McColgan and I am one of the Education and Training Officers within the mental health charity AWARE.

I would like to bring to your attention some information that may be of use to staff and students within your school. As always, please feel free to circulate this information to anyone you feel that it may be of interest too.

**1. AWARE Support Services (18+)**

AWARE Support Service leaflet attached which outlines how to register for our online support groups, how to contact our support mail via email and provides support line mobile numbers that people can ring.

**2. AWARE Videos (Suitable for students and adults)**

Looking after your mental health during lockdown: During these challenging times it is so important to look after our mental health. This short video explores how you can look after your mental health during lockdown.

<https://www.youtube.com/watch?v=SphLG0znXd4&feature=youtu.be>

Take 5: These are difficult times and it is important to try to look after your mental health as much as possible. The 'Take 5 steps to well-being' is a set of evidence-based public health messages aimed at improving the well-being of everyone. They are really simple steps that everybody can take. This short video shows us how we can apply them to daily life.

<https://www.youtube.com/watch?v=VXHqUWnOo68>

**3. AWARE factsheets**

Updated factsheets (March 2020) can be downloaded from the website. <http://www.aware-ni.org/factsheets/>

**4. AWARE COVID 19 Webpage**

Updated information and resources can be found at COVID 19 webpage.

<https://www.aware-ni.org/covid-19-support>

**5. AWARE Social media**

Follow AWARE on Twitter @awareni and on Facebook AWARENI to see daily updates from the charity.

**6. AWARE Resources (attached)**

Selection of AWARE resources attached that can be circulated to staff, parents and young people

Best wishes,

Catherine

*Catherine Mc Colgan*



**Catherine McColgan | Education and Training Officer | AWARE**

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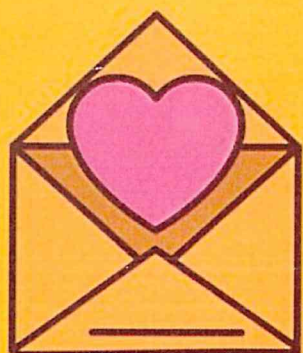


## SUPPORT SERVICES DURING COVID-19 OUTBREAK

### Weekly Online Support Groups

Meetings are held via Skype

Email [info@aware-ni.org](mailto:info@aware-ni.org) to  
register your interest.



### Support Email Service

[info@aware-ni.org](mailto:info@aware-ni.org)

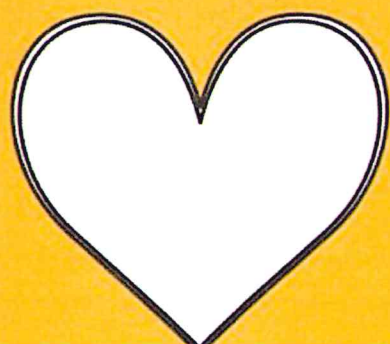
Provides support and information.

### Support Line

Monday - Friday 11am-3pm

07548530931

07340488254



### Dedicated Coronavirus Webpage

[aware-ni.org/covid-19-support](http://aware-ni.org/covid-19-support)

Useful information and resources.



# Free resources for home-schooling (Primary School)



## MATHS

The Maths Factor by Carol Vorderman

[themathsfactor.com](http://themathsfactor.com)

Free maths lessons for kids aged 4-12

## ENGLISH

Story Time with David Walliams

David Walliams is reading a new audio story every day for the next month for free

[worldofdavidwalliams.com/elevenses](http://worldofdavidwalliams.com/elevenses)

## P.E

Joe Wicks has got you covered for this one

Check out his live Youtube fitness lessons for kids

[youtube.com/user/thebodycoach1](https://youtube.com/user/thebodycoach1)

## COOKING

Chef Theo Michael is hosting cookalongs for young kids three times a week. 'Kids Cook With Theo' is streamed on Instagram and YouTube

[instagram.com/theocooks](https://instagram.com/theocooks)

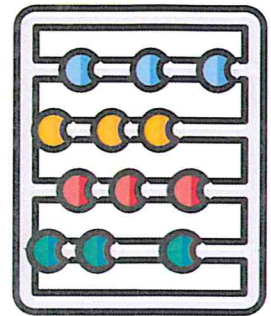
[youtube.com/user/cookwiththeo](https://youtube.com/user/cookwiththeo)

## ARTS & CRAFTS

Red Ted Art

[redtedart.com](http://redtedart.com)

Cute and easy crafts for kids



**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

# Looking after your mental health whilst home-schooling



**TRY NOT TO STRESS** - You don't have to take on the teacher's role. Focus on activities that will help stimulate the brain but also enable you and your kids to have fun in the process like reading, puzzles and arts and crafts.



**ESTABLISH A ROUTINE** - Studies show young people work better when they are in a routine. Why not create a simple timetable for the week? Take regular breaks and make time for exercise even from the comfort of your living room.



**EAT A BALANCED DIET** - This is essential for healthy brain function so try to include a variety of healthy foods in your family's diet. Get the kids involved by making a new recipe or baking some healthy treats!



**GET CREATIVE** - This is a great opportunity for you and your little ones to get creative. Create a poster about your favourite book, write a poem or use those extra loo roll tubes to make an art masterpiece!!



**TAKE TIME FOR YOU!** - Take time to look after yourself. Lead by example by eating healthily, taking part in physical exercise and relax by doing something that makes you happy.



# 5 Steps to looking after your mental health whilst staying home



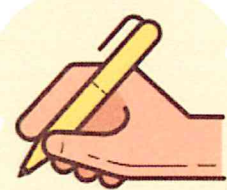
**CONNECT** - Keep in touch with friends, family, & colleagues. Use phone calls, texts or video calling apps such as FaceTime or Whatsapp.



**BE ACTIVE** - Play games with the kids, join an online yoga class or take a walk outside (keep a 2m distance).



**GIVE** - Caring for others can help our own mental health. Offer support to a friend a neighbour in isolation.



**KEEP LEARNING** - Read up on something that interests you. Read books, watch documentaries or learn a new craft.



**TAKE NOTICE** - Notice the beauty around you. Feel the sun on your skin. Listen to the birds. Breathe...

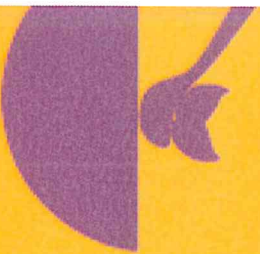


# #DoOneThing

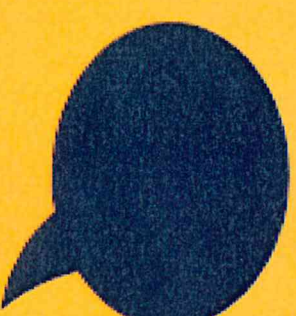
**Do something  
you're good at**



**Eat well**



**Keep active**



**Talk  
your f**



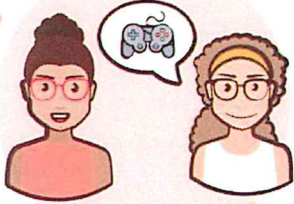
**Keep in**



**Ask fo**



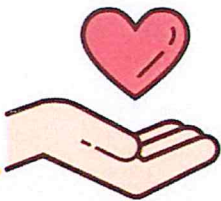
# 'Take 5' well-being tips for teenagers during the Covid-19 outbreak



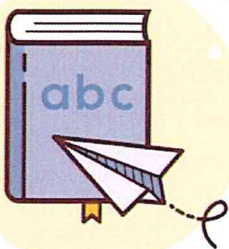
**CONNECT** - Keep in touch with your friends and family. Why not organise a virtual quiz or set up study groups with classmates to help you with school work?



**BE ACTIVE** - Play games in the garden, walk the dog, go for a jog, join a Joe Wicks workout, or do a Tik Tok routine. Exercise is good for your mental health.



**GIVE** - Caring for others can help your mental health. Help your parents around the house, cook for your family or call someone you know is isolated.



**KEEP LEARNING** - You may be feeling worried about school. Focusing on some goals for the future, instead of things you can't change, will help you feel better.



**TAKE NOTICE** - Get outside and spend time in nature as much as you can. Try to limit your screen time and focus your mind on natural beauty.