

Dear Parent/Carer,

Thank you for the positive responses about our ASPIRE Wellbeing letter for parents and carers. We hope it continues to offer an array of resources, guidance and information to support you and your family over the next few months and beyond.

Starting off, I'd like to signpost you to some courses that you may find useful...

Kent Adult Education is offering Adult and Family Courses, where there is an array of topics to sign up for. If you think this would be of interest to you, I have included the link below so you can take a look:

<https://www.kentadulthoodeducation.co.uk/learning-with-us/learning-in-the-community/family-courses/>

The Kent Resilience Hub is also still offering webinars for parents/carers to help them support children with their resilience. Resilience has been proven to help children build a more positive outlook, which in turn supports with mental health strategies and approaches to everyday tasks. If you'd like further information, then please feel free to visit the link below:

<https://kentresiliencehub.org.uk/resources/resilience-webinar-for-parents/>

Resources and Ideas to support learning

Stephen Fry has launched 'turn on the subtitles' to encourage the literacy and reading skills of children. If you'd like to see what it's all about, please see the link below:

www.turnonthesubtitles.org

Barnardo's have a lovely resource to help children return to school. I'm including the attachment again, because although it says 'September', the document is editable (so no need to print!) and can be used during the Easter break, to prepare for when children return for a full term. Some may still be worried or anxious returning to school after the 2 week break, which has come quite soon after coming back to school in March. However, the 6 week plan is a really successful activity that you may want to try at home if your child is feeling a little apprehensive. I have also included the link below:

<https://static1.squarespace.com/static/5d5ab9591f704e0001ea3725/t/5f087639f829965e850c8581/1594390075310/Barnardo's+Returning+to+School+Life+After+Lockdown+Guide+Final+PDF+With+Editable+Boxes.pdf>

Parent On-line Support Area

Below is a list of links that will take you to an array of resources to support with children's anxieties, behaviour and support areas that can help with adults if you're also find you are needing support or time for yourself.

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

<https://childmind.org/>

<https://childmind.org/audience/for-families/>

<https://www.annafreud.org/parents-and-carers/>

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

<https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents/resilience-building-activities.html>

Head space is a downloadable app which helps with sleep, which may support with those adults/teenagers who are finding it difficult to rest and settle during this time. It has had lots of positive coverage in the media, so I thought I would share...

Older children

We know some of our families have older children at home, so we thought it would be useful to include the mood spark link again to support your older children. This site starts from the age of 10 upwards.

www.moodspark.org.uk

Please remember, if you need any support during this time, do not hesitate to email the offices so that we can respond with anything you may need via email, or get back to you via phone - we're just on the end of the line.

Take care, Team ASPIRE

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