

Kyra Wellbeing Newsletter

W/C Monday 13th April 2020



Support for Schools and Parents / Carers

During these very uncertain and difficult times, Futures in Mind remain committed to offering you a service that is *accessible* and *flexible*, and in line with their company values, in meeting your needs. To this end, they are offering a free support service for all school staff and parents / carers (where appropriate).

We are offering access to highly trained, compassionate and empathic Educational Psychologists, Russell and Sarah, who are available to provide a 'listening ear'. We will provide a confidential space where we can try and understand your experience; listen to your concerns; and ask questions to support reflection, action-planning and wellbeing. Jo, our Speech and Language Therapist, is also available to offer help and support.

Parents and Carers: guidance for school staff in terms of *signposting* parents/ carers to us:

- In the **first instance**, please encourage parents / carers to contact us **via email**, with an outline of their **concerns/ worries /issues**, along with a statement of what they are hoping for in terms of support.
- We will try to respond, via email, *within 3 working days*, to the issues and concerns raised. This might involve providing some advice; signposting to useful information, or suggesting a follow up phone call, where appropriate.
- If a phone call appears necessary this will be arranged for a time that is mutually convenient.

For more information and contact information: [click here.](#)

Helpful links

The Sleep Charity can offer **FREE 1:2:1 telephone/video sleep clinic appointments** to parents of children aged 1 and over with sleep difficulties, living in Lincolnshire. More information and contact details: [Click here.](#)



Many ways to share a hug: A social story for children explaining some of the temporary changes to ordinary life due to Coronavirus through the eyes of a hug! Alternatives to giving hugs but showing you care are explained: [Click here.](#)

Useful blog – How the Coronavirus is Influencing Children's Play: [Click here](#)

Blog: How are you?

Claire Blackburn BSc (HONS) dip couns
BACP (reg), Counsellor Private Practice.

"As we draw a close on the first three weeks of isolation and enter the next stage of government guidelines, I wonder if you have asked yourself how you are? This may seem strange but it can be an important question to ask ourselves. As humans it seems to me that it's the 'norm' to ask others how they are but do you ever ask yourself? And if you do, or do right now as you read this, what is your true answer? "

[CLICK HERE TO READ THE FULL BLOG POST](#)



Blog: Home Schooling Week 4 - Life Learning

Anna Miller

"Whilst the current situation and the lockdown certainly isn't what anyone would ever wish for; I recognise the opportunities it has presented us with as a family; time to slow down and spend more time together, time to focus on life learning with our son, time to take notice of the beauty around us and remembering and valuing what is really important; our family and friends. When life gets back to normal, I want to hold onto the things we've learnt during lockdown and make sure that we continue to focus on the things that are really important to us."

[CLICK HERE TO READ THE FULL BLOG POST](#)