



# Family Handbook

Early Help Support for Families During  
Coronavirus (Covid-19) Outbreak

Issue 4: Thursday 5<sup>th</sup> November 2020

**THIS HANDBOOK HAS BEEN DEVELOPED TO ENABLE AND ASSIST FAMILIES IN WALTHAM FOREST TO ACCESS SUPPORT AND SERVICES DURING THE CORONAVIRUS (COVID-19) OUTBREAK.**

**THE INFORMATION AND DETAILS IN THIS HANDBOOK ARE SUBJECT TO CHANGE IN LINE WITH PUBLIC HEALTH ENGLAND, NATIONAL AND LOCAL GUIDANCE.**

**CURRENT AND UP TO DATE AS OF 5<sup>th</sup> NOVEMBER 2020**

# CONTENTS PAGE

Stay Home, Protect the NHS and Save Lives	4
Important Contacts	5
Top Parenting Tips (Triple P)	6-7
Example of a Day at Home	8
Early Help 0-18 Services	9
Support for Under 5's	10-12
Learning Together	13
We Must Keep on Protecting Each Other	14
Mental Health & Wellbeing	15
Domestic Abuse	16-17
NHS Covid-19 Advice for Parents	18
Online Safety Tips 0-5 Year Olds	19
Covid-19 Response Services	20-23
Online Safety Tips for 6 – 10 Year Olds	24-25
Online Resources for Families	26-29
Steps to Digital Wellbeing	30
Guide to Managing Screen Time	31-32
Digital Resilience	33
Acknowledgement	34



Click on an image or a link for more information.



HM Government



**Stay home**



**Protect the NHS**



**Save lives**

# IMPORTANT CONTACT NUMBERS

MEDICAL HELP/ ASSISTANCE	111
EMERGENCIES	999
COVID-19 SUPPORT FOR 70+ AND VULNERABLE RESIDENTS	0208 496 3000
WALTHAM FOREST COUNCIL	0208 496 3000
WALTHAM FOREST MASH SERVICES	0208 496 2310
WALTHAM FOREST PARKING	0203 092 0112
WALTHAM FOREST HOUSING	0208 496 4197
CITIZENS ADVICE BUREAU	0208 509 6444
UNIVERSAL CREDIT SUPPORT	0800 144 8444
LLOYD PARK CHILDRENS CHARITY	0771 449 5006
HENRY	0208 496 5223
NELFT	0300 300 1970
NATIONAL DOMESTIC HELPLINE: 24/7	0808 200 0247
RESPECT	0808 802 4040
CHILDLINE	0800 11 11

**For the latest information and advice on the Coronavirus (COVID-19) outbreak and support available in the borough please go to:**

<https://www.walthamforest.gov.uk/service-categories/covid-19>

# TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

1

## **Reassure your children that your family is your top priority**

Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."

2

## **Take care of yourself the best you can**

Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

3

## **Make sure your children know you are ready to talk**

Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

4

## **Be truthful in answering children's questions**

Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g. official government websites) rather than social media.

5

## **Maintain everyday family routines**

Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g. have a daily plan of activities for school-aged children who are at home).



# TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

6

## **Have a family plan of action**

Involve children in preparing the plan. As situations can change quickly (e.g. new travel restrictions, school closures), update the plan as needed.

7

## **Have plenty of interesting things to do at home**

Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

8

## **Take notice of behaviour you like**

Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g. being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.").

9

## **Help children learn to tolerate more uncertainty**

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.

10

## **Reach out and connect with loved ones**

Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g. parents/caregivers with disabilities, older people).

# EXAMPLE OF A DAY AT HOME

If it doesn't go to plan, it's good to let our hair down from time to time and understand that each child is an individual.

TIME	ACTIVITY	IDEAS
8.00AM - 9.00AM	WAKE UP & TIDY ROOM	Wake Up and Tidy Up Room and Beds
9.00AM – 10.00AM	BREAKFAST	
10.00AM – 11.00AM	ACADEMIC TIME	No Electronics – Books, Sudoku, Flash Cards, Study Cards
11.00AM – 12.00PM	CREATIVE TIME	Drawing, Paint, Lego, Crafts, Design, Music, Cook
12.00PM – 12.30PM	LUNCH	
12.30PM – 1.00PM	CHORE TIME	Help Clean and Tidy the House; Kitchen, Living Room, Toilet and Bathroom
1.00PM – 2.30PM	QUIET TIME	Reading, Puzzles and Quizzes
2.30PM – 4.00PM	ACADEMIC TIME	Electronics Ok – iPad, iPod & Internet
4.00PM – 5.00PM	AFTERNOON FRESH AIR	Walks, Jogs or Riding Bikes
5.00PM – 6.00PM	DINNER	
6.00PM – 7.00PM	FAMILY GAMES	Family Board Games – Monopoly, Scrabble, Twister
7.00PM – 8.00PM	TV TIME	+ Kids Shower Time
8.00PM – 9.00PM	BEDTIME	All Kids



# EARLY HELP 0-18 SERVICES

Early Help 0-18 Services are continuing to support families across Waltham Forest.

Our dedicated family practitioners are still available and will continue to support families remotely and in person where possible and safe to do so.

We have adapted our offer to families to minimise non-essential travel and contact where possible.

1. **CONTACT** - Practitioners will continue to remain in contact with families via phone, mobile, WhatsApp, video calls, emails or identify safe venues and locations where social distancing measures can be maintained and visit can be facilitated in person.
2. **OUR FAMILY JOURNEY** – We will continue to develop and review family plans periodically and remotely.
3. **SUPPORT** – Practitioners will signpost, refer or escalate support that may be needed by our families.

If you already have support from an Early Help practitioner and are experiencing difficulties, please contact your worker and they will support you through this period.

If you do not currently have support from Early Help but are experiencing difficulties during this outbreak and require some support, please self-refer to Early Help via mash on:

**TEL: 0208 496 2310**

(Monday-Thursday 9.00am-5.15pm and Friday 9.00am-5.00pm)

**OUT OF HOURS: 020 8496 3000**

**EMAIL: [MASHrequests@walthamforest.gov.uk](mailto:MASHrequests@walthamforest.gov.uk)**

# SUPPORT FOR UNDER 5'S

All four Children and Family Centres remain open for pre-booked midwife appointments by Homerton Hospital, Whipps cross and North Middlesex Hospital.

The domestic abuse 'one stop shop' drop-in service is open weekdays 10.00am to 4.00pm. See below schedule:

<p><b>Chingford Children &amp; Family Centre Hub</b> 5 Oaks Grove, Chingford, E4 6EY</p>	<p><b>Leyton Children &amp; Family Centre Hub</b> 215 Queens Road, Leyton, E17 8PJ</p>
<p>Mon 16<sup>th</sup> November (10am – 1pm)</p>	<p>Tues 24<sup>th</sup> November (10am – 1pm)</p>
<p>Mon 14<sup>th</sup> December (10am – 1pm)</p>	<p>Tues 15<sup>th</sup> December (10am – 1pm)</p>
<p><b>Leytonstone Children &amp; Family Centre Hub</b> The Junction, 2 - 8 Cathall Road, Leytonstone, E11 4LF</p>	<p><b>Walthamstow Children &amp; Family Centre Hub</b> 313 Billet Road, Walthamstow, E17 5PX</p>
<p>Wed 4<sup>th</sup> November (10am – 1pm)</p>	<p>Thurs 12<sup>th</sup> November (1pm – 4pm)</p>
<p>Wed 2nd December (10am – 1pm)</p>	<p>Thurs 10<sup>th</sup> December (1pm – 4pm)</p>



We are increasing our virtual support and offer online and regular updates will be available on our [Facebook page](#). Please check our [Facebook page](#) for regular updates and new programmes.

The Children and Family Centre Partners who deliver all our CFC activities (Lloyd Park Children's Charity, HENRY, NELFT and Citizen Advice) are offering a range of services.

**Lloyd Park Children's Charity**



**NELFT NHS**  
NHS Foundation Trust



## LLOYD PARK CHILDREN'S CHARITY

FACEBOOK	<a href="https://www.facebook.com/LloydParkCC">Facebook@LloydParkCC</a>
FAMILY SUPPORT	Please e-mail: <a href="mailto:familysupport@tlpcc.org.uk">familysupport@tlpcc.org.uk</a>
BABY BANK	For information or support, please e-mail <a href="mailto:babybank@tlpcc.org.uk">babybank@tlpcc.org.uk</a>
<p>Somewhere to Belong and Flourish will continue as a virtual group. We will be increasing our virtual offer so please like and visit our Facebook page for up to date information and our virtual weekly timetable.</p>	

## NELFT (NORTH EAST LONDON FOUNDATION TRUST)

NELFT CHILD HEALTH CLINICS	<p>Health visitors will be increasing virtual health checks and offering limited face to face appointments at child health clinics.</p> <p>School nurses will be supporting children's health and wellbeing in schools as they return. You can book an appointment, speak to a health visitor or school nurse to discuss health, wellbeing and child development issues by contacting NELFTs single point of access.</p> <p>Monday to Friday 9.00am - 5.00pm By phone: 0300 300 1970 or Email: <a href="mailto:nem-tr.0-19universalspawf@nhs.net">nem-tr.0-19universalspawf@nhs.net</a></p>
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## CAB (CITIZENS ADVICE BUREAU)

ADVICE AND GUIDANCE	Please call on 0208 509 6444 and leave a voice mail. An adviser will call you back the same day.
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# HENRY

## BEST START SERVICE

Our Infant Feeding Helpline will continue to be staffed Monday to Friday 9-5pm (0208 496 5222)

## ONE TO ONE CONTACT

We will provide one-to-one contact for families with infant feeding practitioners, healthy family and oral health practitioners and speech and language therapists. To contact these staff, please call office line (0208 496 5223) or contact HENRY via email [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

### The Workshops

Sessions last for 1 hour. You will need a smartphone or computer with the camera enabled. We will send you a link to join the workshop through Google Hangouts.

- Access to evidence-based resources
- Additional follow-up support where needed

### Night-time Parenting

*Thursdays 2-3pm*

- Caring for your baby at night
- Feeding at night time
- Safe sleep for all the family

### My Growing Baby – What Next?

*Wednesdays 11am-12 noon*

*From 4 months*

- Preparing for starting solids
- Growth spurts and feeding
- Milk after 6 months

## Would you like some practical support and information about feeding your baby?

### INTRODUCING OUR NEW FREE ONLINE INFANT-FEEDING WORKSHOPS

Come along to our new set of interactive workshops, hosted by the local Infant Feeding Team. We will offer 5 different sessions across each week for you to take part in from the comfort of your own home. It is a great opportunity to meet other local families!

## SIGN UP NOW!

To book sessions call us on **020 8496 5222** or email [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



We are also on Instagram and Facebook @HENRYinWalthamForest.

**Infant feeding helpline**  
**020 8496 5222**  
Mon-Fri- 9am-5pm

*All sessions are free for Waltham Forest residents. Mothers and partners are welcome to attend*



### Me and My New Baby

*Fridays 2-3pm*

*From 30 weeks into pregnancy to 6 weeks after birth*

- Getting feeding off to a good start
- What to expect in the first few weeks
- Is my baby getting enough milk?
- Looking after myself

### Building Closer Relationships

*Wednesdays 11am-12 noon*

- Building a happy and independent baby
- How to cope when baby cries
- Soothing babies with positive touch

### Guide to Bottle Feeding

*Mondays 11am-12 noon*

- Which milk should I use?
- How much and how often?
- Can I use bottles alongside breastfeeding?
- Safe practice with formula and expressed milk

# LEARNING TOGETHER



Waltham Forest's Early Years and Childcare Team has developed the Learning Together Project which has been created by qualified teachers and speech and language therapists in partnership with Chit Chat Pitter Pat.

This project is for parents/carers and their young children and includes simple and fun activities they can do together at home which can help children with their learning and development.

For parents/carers to get involved and start learning together, they should join the [Chit Chat Pitter Pat Facebook group](#) (and follow the [Chit Chat Pitter Pat Instagram](#)).

Chit Chat Pitter Pat will share daily videos and photos with top tips of fun activities for families to do together with weekly learning themes. These activities can also be downloaded from [Waltham Forest Council's website](#).

Our mission is to create a Learning Together Community support network in Waltham Forest for us to support parents/carers and for them to support and inspire each other.



## WASH



## HANDS

## COVER



## FACE

## MAKE



## SPACE



HM Government

**NHS**

**We must keep on  
protecting each other.**



**HANDS**



**FACE**



**SPACE**



HM Government

**NHS**

**WASH  
HANDS**



**COVER  
FACE**



**MAKE  
SPACE**





# MENTAL HEALTH & WELLBEING

## 5 Ways to Wellbeing



Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

For more information or support around children's mental health and wellbeing, please visit: <https://youngminds.org.uk/> or contact the parents help line on 0808 802 5544



# MENTAL HEALTH DIRECT

24/7 support  
available for your  
mental health needs

# 0300 555 1000

NELFT **NHS**  
NHS Foundation Trust

# DOMESTIC ABUSE

We want to reassure all survivors that we are doing everything we can to support you during this challenging time.

The borough's local services are still working to provide support and advice over the phone or online.

We're encouraging all survivors to carry a mobile phone at all times if possible.

**IF YOU ARE IN IMMEDIATE DANGER CALL 999**

If you want to talk to a trained domestic abuse specialist call the following free 24/7 domestic abuse helpline:

- **0808 2000 247**
- Or visit [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

Getting support to stop domestic abuse is an essential reason to travel. So, if you are unable to access a phone and online support, and you are not self-isolating; to speak to a specialist worker who can offer support, you can come to:

<b>Chingford Children &amp; Family Centre Hub</b> 5 Oaks Grove, Chingford, E4 6EY	<b>Leyton Children &amp; Family Centre Hub</b> 215 Queens Road, Leyton, E17 8PJ
Mon 16 <sup>th</sup> November (10am – 1pm) Mon 14 <sup>th</sup> December (10am – 1pm)	Tues 24 <sup>th</sup> November (10am – 1pm) Tues 15 <sup>th</sup> December (10am – 1pm)
<b>Leytonstone Children &amp; Family Centre Hub</b> The Junction, 2 - 8 Cathall Road, Leytonstone, E11 4LF	<b>Walthamstow Children &amp; Family Centre Hub</b> 313 Billet Road, Walthamstow, E17 5PX
Wed 4 <sup>th</sup> November (10am – 1pm) Wed 2 <sup>nd</sup> December (10am – 1pm)	Thurs 12 <sup>th</sup> November (1pm – 4pm) Thurs 10 <sup>th</sup> December (1pm – 4pm)

You do not need to have a child to access this service. We are operating the service in accordance with government guidelines so will be implementing physical distancing.

If you are worried about your own behaviour and think you might be at risk of hurting your partner or family, contact the Respect help line:

- It is confidential and free to call: 0808 802 4040
- or visit [www.respect.uk.net](http://www.respect.uk.net)

They will help and support you to stop.

If you are worried about a friend or neighbour suffering domestic abuse you too can speak to a trained professional on the 24/7 domestic abuse helpline: 0808 2000 247



HM Government

**AT HOME  
SHOULDN'T  
MEAN AT RISK  
OF DOMESTIC ABUSE  
#YOUARENOTALONE**



# FOR PARENTS

## A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT [WWW.NHS.UK](http://WWW.NHS.UK)

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

## YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

### APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

### BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

### BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

### OTHER

- ▶ Bleeding from an injury that doesn't stop after 10 minutes of pressure
- ▶ Fever with a stiff neck

## YOU SHOULD GO TO A&E IF

### APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

### BEHAVIOUR

- ▶ Severe tummy pain

### OTHER

- ▶ Burn
- ▶ Possible broken bone

### OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than 3 months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts
- ▶ Head injury

## YOU SHOULD CALL YOUR GP IF

### APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

### BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Moderate tummy pain
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

### BREATHING

- ▶ Wheezing/fast breathing

### OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for 5 days or more
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress that can't be reassured

## YOU SHOULD CALL 111 IF

### APPEARANCE

- ▶ Pink eyes/red eyes

### BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain

### BREATHING

- ▶ Cough
- ▶ Runny nose

### OTHER

- ▶ Temperature over 38°C for less than 5 days

# Online safety tips for parents of pre-school children

## 0-5 Year Olds

### Checklist

#### ✔ Put yourself in control

Make use of the parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).

#### ✔ Search safely

Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

#### ✔ Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a communal area, keep other devices out of reach and use passwords so they can't go online without asking you first.

Pre-school children are online for an average of 71 minutes a day\*

1/2

Over half of 3-4 year olds use tablets\*

#### ✔ Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.

#### ✔ Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. You can choose safe, fun and educational games free of charge from providers such as Fisher Price or about their favourite characters like Peppa Pig.

Children can now have a digital footprint before they learn to speak and often before they're even born.

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online as they grow up - with information, advice and support on all the big e-safety issues.

internet  
matters.org

# COVID-19 RESPONSE SERVICES

## FINANCIAL ASSISTANCE & SUPPORT

UNIVERSAL CREDIT	0800 144 8 444	<a href="https://www.gov.uk/government/collections/financial-support-for-businesses-during-coronavirus-covid-19">https://www.gov.uk/government/collections/financial-support-for-businesses-during-coronavirus-covid-19</a>
LOCAL WELFARE ASSISTANCE (LWA)	020 8496 8505 or 020 8496 8417	<a href="https://www.walthamforest.gov.uk/content/local-welfare-assistance-lwa">https://www.walthamforest.gov.uk/content/local-welfare-assistance-lwa</a>
DISCRETIONARY COUNCIL TAX HARDSHIP SCHEME	020 8496 3000	<a href="https://www.walthamforest.gov.uk/content/discretionary-council-tax-hardship-scheme">https://www.walthamforest.gov.uk/content/discretionary-council-tax-hardship-scheme</a>
DISCRETIONAL HOUSING PAYMENT SCHEME	020 8496 3000	<a href="https://www.walthamforest.gov.uk/node/905">https://www.walthamforest.gov.uk/node/905</a>
TURN2US – BENEFITS ADVICE AND CALCULATOR	-	<a href="https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus">https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus</a>

**We must  
keep on protecting  
each other.**



**HANDS**



**FACE**



**SPACE**



## FOOD PARCELS AND ASSISTANCE

<p style="text-align: center;"><b>RUKSHANA KHAN FOUNDATION</b></p>	<p style="text-align: center;"><b>07939 232 123</b></p>	<p style="text-align: center;"><a href="mailto:rukhsanakhanfoundation@outlook.com">rukhsanakhanfoundation@outlook.com</a></p>
<p style="text-align: center;"><b>E4 COVID-19 COMMUNITY RESPONSE</b></p>	<p style="text-align: center;"><b>0203 3897894</b></p>	<p style="text-align: center;"><a href="mailto:chingfordcorona@gmail.com">chingfordcorona@gmail.com</a></p>
<p style="text-align: center;"><b>WF MUTUAL AID PROVIDERS</b></p>	-	<p style="text-align: center;"><a href="https://www.facebook.com/groups/wfcoronavirus/">https://www.facebook.com/groups/wfcoronavirus/</a></p>
<p style="text-align: center;"><b>HORNBEAM CENTRE</b></p>	-	<p style="text-align: center;"><a href="mailto:Anne@hornbeam.org.uk">Anne@hornbeam.org.uk</a></p>
<p style="text-align: center;"><b>EAT OR HEAT</b></p>	<p style="text-align: center;"><b>0800 772 0212</b></p>	<p style="text-align: center;"><a href="mailto:referrals@eatorheat.org">referrals@eatorheat.org</a></p>
<p style="text-align: center;"><b>PL8 4U AL SUFFA</b></p>	<p style="text-align: center;"><b>07539 364110</b></p>	<p style="text-align: center;"><a href="mailto:PL84UALSUFFA@GMAIL.COM">PL84UALSUFFA@GMAIL.COM</a></p>
<p style="text-align: center;"><b>CANN HALL MOSQUE - LEYTONSTONE</b></p>	<p style="text-align: center;"><b>020 8555 0963 / 07984 602475</b></p>	<p style="text-align: center;"><a href="mailto:admin@cannhall.org">admin@cannhall.org</a></p>
<p style="text-align: center;"><b>MUSLIM COMMUNITY ASSOCIATION LEYTON - LEYTON</b></p>	<p>IFHAKER: 07511 446605 MAHBUB: 07803 720921 RAZA: 07889 956381 MASUK: 07533 158840</p>	-
<p style="text-align: center;"><b>AL-FATH TRUST - WALTHAMSTOW</b></p>	<p style="text-align: center;"><b>07809 649312 07984 062282</b></p>	-
<p style="text-align: center;"><b>ST MARGARET WITH COLUMBIA – LEYTONSTONE</b></p>	<p style="text-align: center;"><b>07709 611310</b></p>	<p style="text-align: center;"><a href="mailto:stmargarete11@gmail.com">stmargarete11@gmail.com</a></p>
<p style="text-align: center;"><b>CHRIST CHURCH</b></p>	<p style="text-align: center;"><b>FRANCIS ROAD, E10</b></p>	<p style="text-align: center;"><b>ALTERNATING SUN &amp; MON. SUN 1PM - 2PM MON 10AM - 12PM</b></p>
<p style="text-align: center;"><b>COMMUNITY FRIDGE - TRANSITION</b></p>	-	<p style="text-align: center;"><a href="mailto:info@transitionleytonstone.org.uk">info@transitionleytonstone.org.uk</a></p>

## HEALTH & MENTAL HEALTH

EVERY MIND MATTERS – ADULTS	111	<a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a>
FIVE WAYS TO WELLBEING – ADULTS	-	<a href="https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2ndcMG37ZM8">https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2ndcMG37ZM8</a>
KOOTH – YOUNG PEOPLE	-	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
YOUNG MINDS – CHILDREN AND YOUNG PEOPLE	020 7089 5050 080 8802 5544	<a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>
YOUNG MINDS – PARENTS	080 8802 5544	-
WALTHAM FOREST TALKING THERAPIES (IAPT) – ADULTS WITH STRESS, ANXIETY, DEPRESSION OR INSOMNIA	0300 300 1554 (option 4)	<a href="https://www.talkingtherapies.nelft.nhs.uk/waltham-forest-">https://www.talkingtherapies.nelft.nhs.uk/waltham-forest-</a> <a href="mailto:wf.talkingtherapies@nhs.net">wf.talkingtherapies@nhs.net</a>
SAMARITANS	116 123 (helpline)	
SENDIASS – CHILDREN WITH SEN OR PARENTS/ CARERS	020 3233 0251	<a href="http://www.walthamforestsendiass.org.uk/bookings/slots?category=4254-callbacks">www.walthamforestsendiass.org.uk/bookings/slots?category=4254-callbacks</a>
WALTHAM FOREST GPs – EVERYONE	-	<a href="https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=89590">https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=89590</a>
GENERAL HEALTH CONCERNS – EVERYONE	111	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>

Ways to  
**5 Wellbeing**



Connect



Be Active



Take Notice



Keep Learning



Give

## OTHER SUPPORT

CITIZENS ADVICE WF – CORONA VIRUS	0208 509 6444	<a href="https://www.citizensadvice.org.uk/local/waltham-forest/">https://www.citizensadvice.org.uk/local/waltham-forest/</a>
NATIONAL DOMESTIC ABUSE	0808 2000 247	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>
RESPECT HELP LINE	0808 802 4040	<a href="http://respect.uk.net/">http://respect.uk.net/</a>
MEN’S ADVICE LINE	0808 801 0327	<a href="http://www.mensadvice.org.uk/">www.mensadvice.org.uk/</a>
RIGHTS OF WOMEN	020 7251 6575	<a href="https://rightsofwomen.org.uk/get-advice/advice-lines/">https://rightsofwomen.org.uk/get-advice/advice-lines/</a>
WALTHAM FOREST COMMUNITY HUB – YOUTH AND SENIOR CITIZENS	0208 223 0707 07716736315	<a href="mailto:info@wfchub.org">info@wfchub.org</a>
WALTHAM FOREST MIGRANT SUPPORT	TEXT FULL NAME TO 07496 394175	-
CARERS FIRST	0300 303 1555	<a href="http://www.carersfirst.org.uk/waltham-forest">www.carersfirst.org.uk/waltham-forest</a>
SAMARITANS	116 123	<a href="http://www.samaritans.org/branches/leyton/">www.samaritans.org/branches/leyton/</a>
AGE UK	020 8558 5512	-
SALVATION ARMY	07827 031422 020 8558 7290	<a href="mailto:marie.burr@salvationarmy.org.uk">marie.burr@salvationarmy.org.uk</a>

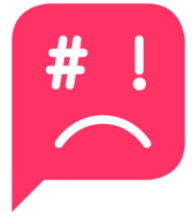
# Online safety tips for parents of primary school children

## 6-10 Year Olds

### Checklist

- Put yourself in control**  
Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).
- Search safely**  
Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).
- Agree boundaries**  
Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online\*



- Explore together**  
The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.
- Check if it's suitable**  
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

### Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big e-safety issues.

**internet  
matters.org**

## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

## Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

## Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at [internetmatters.org/ageguide10-13](http://internetmatters.org/ageguide10-13)

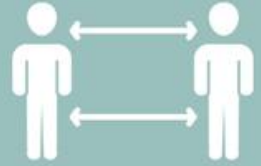
**internet  
matters.org**



**WASH  
YOUR  
HANDS**



**COVER  
YOUR  
FACE**



**KEEP  
YOUR  
DISTANCE**

**STAY AT HOME**

**Protect the NHS**

**save lives**



**3 ways to protect  
yourself and others**



**Hands**



**Space**



# ONLINE RESOURCES FOR FAMILIES

## KEEP FIT FOR ADULTS

ONLINE YOGA	<a href="https://eastofeden.uk/">https://eastofeden.uk/</a>
10 MINUTE WORKOUT	<a href="https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2T_osdWMZs0">https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2T_osdWMZs0</a>
STRENGTH AND FLEX EXERCISE PLAN	<a href="https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/">https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/</a>
GET IT FOR FREE	<a href="https://www.nhs.uk/live-well/exercise/free-fitness-ideas/">https://www.nhs.uk/live-well/exercise/free-fitness-ideas/</a>
STAY ACTIVE AT HOME	<a href="https://www.sportengland.org/stayinworkout#get_a_ctive_at_home">https://www.sportengland.org/stayinworkout#get_a_ctive_at_home</a>
THE BODY COACH	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>
H&B INDOOR EXERCISES	<a href="https://www.hollandandbarrett.com/the-health-hub/weight-management/fitness/exercise/how-to-exercise-indoors/">https://www.hollandandbarrett.com/the-health-hub/weight-management/fitness/exercise/how-to-exercise-indoors/</a>
THE BLAIR ACADEMY	<a href="https://www.youtube.com/channel/UCQbgkf7sBGPgphzgEf7RzzQ?view_as=subscriber">https://www.youtube.com/channel/UCQbgkf7sBGPgphzgEf7RzzQ?view_as=subscriber</a>

## KEEP FIT FOR KIDS

10 MINUTE SHAKE UP	<a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a>
SWOREKIT KIDS WORKOUT	<a href="https://app.sworakit.com/collections/kids-workouts">https://app.sworakit.com/collections/kids-workouts</a>
P.E LESSONS WITH JOE	<a href="https://www.youtube.com/playlist?list=PLYCl0Pd4VxBvQafyve889qVcPxYEjdSTl">https://www.youtube.com/playlist?list=PLYCl0Pd4VxBvQafyve889qVcPxYEjdSTl</a>

## GARDENING

BEGINNERS GUIDE TO GARDENING	<a href="https://www.rhs.org.uk/advice/beginners-guide">https://www.rhs.org.uk/advice/beginners-guide</a>
GARDENING	<a href="https://www.youtube.com/watch?v=1TIE2QHaTaw">https://www.youtube.com/watch?v=1TIE2QHaTaw</a>
GARDENING TIPS	<a href="https://www.youtube.com/watch?v=ldpPbVzYK-U">https://www.youtube.com/watch?v=ldpPbVzYK-U</a>

## THINGS TO DO

THE SUNTRAP CENTRE	<a href="https://suntrapcentre.co.uk/suntrap-at-home">https://suntrapcentre.co.uk/suntrap-at-home</a>
ARTIS CREATIVE LEARNING	<a href="https://www.artisfoundation.org.uk/blog/blogposts/2020/03/creative-learning-resources/">https://www.artisfoundation.org.uk/blog/blogposts/2020/03/creative-learning-resources/</a>
BBC ACTIVITIES FOR KIDS	<a href="https://www.bbc.co.uk/programmes/genres/childrens/activities/all">https://www.bbc.co.uk/programmes/genres/childrens/activities/all</a>
QUICK AND EASY HOME PROJECTS FOR KIDS	<a href="https://www.kiwico.com/kids-at-home">https://www.kiwico.com/kids-at-home</a>
100 THINGS TO DO AT HOME WITH KIDS	<a href="https://www.schoolofspreadthehappiness.co.uk/product/100-things-to-do-indoors/">https://www.schoolofspreadthehappiness.co.uk/product/100-things-to-do-indoors/</a>
HUNGRY LITTLE MINDS	<a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>
NASA – SPOT THE STATION	<a href="https://spotthestation.nasa.gov/sightings/view.cfm?country=United_Kingdom&amp;region=England&amp;city=London#.Xo234chKhPa">https://spotthestation.nasa.gov/sightings/view.cfm?country=United_Kingdom&amp;region=England&amp;city=London#.Xo234chKhPa</a>

## ONLINE LEARNING – GENERAL

WF LIBRARY SERVICE	<a href="https://www.walthamforest.gov.uk/content/join-free-library-service-now">https://www.walthamforest.gov.uk/content/join-free-library-service-now</a>
BBC BITESIZE	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
AMAZON AUDIBLE	<a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
LEARN AT KS2, KS3, GCSE & A LEVEL	<a href="https://www.senecalearning.com/">https://www.senecalearning.com/</a>
LECTURES FOR SIXTH FORM STUDENTS	<a href="https://www.gresham.ac.uk/schools">https://www.gresham.ac.uk/schools</a>

## ONLINE LEARNING – MATHS

THE MATHS FACTOR	<a href="https://www.themathsfactor.com/?awc=5757_1585219764_61d6f58af882da6606bd7305ab616a71&amp;utm_source=Affiliate&amp;utm_medium=Referral&amp;utm_campaign=PRI_MAT_27JAN2014_TMF_General&amp;source=aw">https://www.themathsfactor.com/?awc=5757_1585219764_61d6f58af882da6606bd7305ab616a71&amp;utm_source=Affiliate&amp;utm_medium=Referral&amp;utm_campaign=PRI_MAT_27JAN2014_TMF_General&amp;source=aw</a>
MATHS ONLINE	<a href="https://whiterosemaths.com/">https://whiterosemaths.com/</a>
DR FROST MATHS	<a href="https://www.dr frostmaths.com/">https://www.dr frostmaths.com/</a>
GEOMETRY	<a href="https://www.canfigureit.com/">https://www.canfigureit.com/</a>

## ONLINE LEARNING – ENGLISH

ENGLISH FOR KIDS	<a href="https://learnenglishkids.britishcouncil.org/">https://learnenglishkids.britishcouncil.org/</a>
PHONIC SKILLS	<a href="https://www.starfall.com/h/">https://www.starfall.com/h/</a>
STORYLINE ONLINE	<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>
ENGLISH ON YOUTUBE	<a href="https://www.youtube.com/user/mrbruff">https://www.youtube.com/user/mrbruff</a>
ENGLISH REVISION	<a href="https://www.youtube.com/channel/UCJhuqpyhE8NzYZFkwTzi_7g">https://www.youtube.com/channel/UCJhuqpyhE8NzYZFkwTzi_7g</a>

## ONLINE LEARNING – SCIENCE

BIOLOGY ON YOUTUBE	<a href="https://www.youtube.com/channel/UCqNRObSCvPqLS8VftXXy9Ow">https://www.youtube.com/channel/UCqNRObSCvPqLS8VftXXy9Ow</a>
PHYSICS ON YOUTUBE	<a href="https://www.youtube.com/channel/UCZzatyx-xC-DI_VVUVHYDYw">https://www.youtube.com/channel/UCZzatyx-xC-DI_VVUVHYDYw</a>
CHEMISTRY ON YOUTUBE	<a href="https://www.youtube.com/user/GetChemistryHelp">https://www.youtube.com/user/GetChemistryHelp</a>
BBC SCIENCE PODCAST	<a href="https://www.bbc.co.uk/programmes/p01gyd7j/episodes/downloads">https://www.bbc.co.uk/programmes/p01gyd7j/episodes/downloads</a>
COSMIC SHAMBLES	<a href="https://cosmicshambles.com/stayathome/upcoming-schedule">https://cosmicshambles.com/stayathome/upcoming-schedule</a>

## ONLINE LEARNING – HISTORY

BBC HISTORY FOR KIDS	<a href="http://www.bbc.co.uk/history/forkids/">http://www.bbc.co.uk/history/forkids/</a>
BIG HISTORY PROJECT	<a href="https://school.bighistoryproject.com/bhplive">https://school.bighistoryproject.com/bhplive</a>
DIGITAL HISTORY ARCHIVE	<a href="https://www.bunkhistory.org/">https://www.bunkhistory.org/</a>
HISTORY PODCASTS	<a href="http://www.versushistory.com/podcasts.html">http://www.versushistory.com/podcasts.html</a>

## ONLINE LEARNING – OTHER SUBJECTS

<b>GEOGRAPHY</b>	<a href="https://www.rgs.org/schools/teaching-resources/">https://www.rgs.org/schools/teaching-resources/</a>
<b>LANGUAGES</b>	<a href="https://www.linguascope.com/">https://www.linguascope.com/</a>
<b>ECONOMICS</b>	<a href="https://www.econtalk.org/">https://www.econtalk.org/</a>
<b>FREAKONOMICS</b>	<a href="https://freakonomics.com/archive/">https://freakonomics.com/archive/</a>
<b>PHILOSOPHY 24/7</b>	<a href="https://philosophy247.org/">https://philosophy247.org/</a>
<b>PHILOSOPHY PODCAST</b>	<a href="https://www.wnyc.org/story/pickle-philosophy-podcast-kids/">https://www.wnyc.org/story/pickle-philosophy-podcast-kids/</a>
<b>ONLINE CRAFT COURSES</b>	<a href="https://yodomo.co/collections/discover-courses">https://yodomo.co/collections/discover-courses</a>
<b>CRAFTS &amp; ACTIVITIES</b>	<a href="https://www.allkidsnetwork.com/">https://www.allkidsnetwork.com/</a>
<b>MUSIC LAB</b>	<a href="https://musiclab.chromeexperiments.com/Experiments">https://musiclab.chromeexperiments.com/Experiments</a>
<b>CORONAVIRUS – A BOOK FOR CHILDREN</b>	<a href="https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf">https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf</a>

## ONLINE LEARNING – PLAY AND LEARN

<b>LEARN ABOUT ANIMALS</b>	<a href="https://switchzoo.com/">https://switchzoo.com/</a>
<b>PBS KIDS</b>	<a href="https://pbskids.org/">https://pbskids.org/</a>
<b>MATHS AND READING GAMES</b>	<a href="https://www.funbrain.com/">https://www.funbrain.com/</a>
<b>PLAY AND LEARN WITH DR SEUSS</b>	<a href="https://www.seussville.com/">https://www.seussville.com/</a>

## ONLINE GUIDE – PARENTING

<b>FAMILY LIVES</b>	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>
<b>YOUNG MINDS PARENTING SUPPORT</b>	<a href="https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/">https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/</a>

# Guide to managing children's screen time

internet  
matters.org

## Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



## Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

## Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

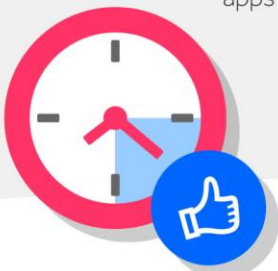


## What are the benefits?

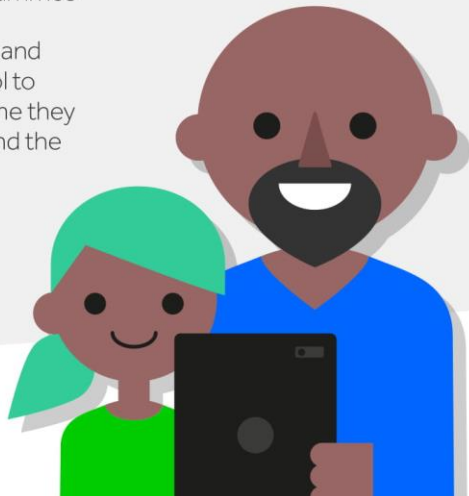


- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

# 10 tips to get in control with your child's screen time



1. Set a **good example** with your own device use
2. Have **discussions about the risks** that they may face based on their online activities
3. Put in place a **family agreement** and agree an appropriate length of time they can use their device
4. Help them build **critical thinking** to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to **switch off auto-play** on platform to remove the temptation to binge on programmes
6. Use **tech tools** and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing





# Digital Resilience

USEFUL WEBSITES FOR PARENTS  
AND CARERS

## GENERAL DIGITAL RESILIENCE

### NSPCC

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)

Includes useful tools and tips to help you keep track of your child's online usage, as well as information on how to talk to your child about the online space.

### PARENTZONE

[www.parentzone.org.uk/parents](http://www.parentzone.org.uk/parents)

Includes guides to the pros and cons of a range of online platforms, as well as contact details to receive free advice and access to the Parenting in the Digital Age course.

### THINKUKNOW

[www.thinkuknow.co.uk/parents/get-advice/young-people-online](http://www.thinkuknow.co.uk/parents/get-advice/young-people-online)

Includes videos on a range of online harms, as well as tips on discussing how to stay safe online. Also includes links to CEOP reporting function.

### INEQE SAFEGUARDING GROUP

[www.ineqe.com/learn/safeguardinghub](http://www.ineqe.com/learn/safeguardinghub)

Includes videos and factsheets on current online trends and risks. More videos can also be found on the organisation's YouTube channel.

### VODAFONE DIGITAL PARENTING

<https://www.vodafone.co.uk/mobile/digital-parenting>

Includes articles on a range of online topics, safety and wellbeing, as well as technical tips and tricks. Also includes a link to the Vodafone Digital Parenting magazine.

## BUILDING RESILIENCE AGAINST EXTREMISM

### EDUCATE AGAINST HATE

[www.educateagainsthate.com/parents](http://www.educateagainsthate.com/parents)

Includes information about warning signs of radicalisation, online extremism and how to talk to your child about extremism. Also offers links to other online safety resources.

### NSPCC TALKING TO CHILDREN ABOUT TERRORISM

[www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/](http://www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/)

Specific guidance on how to have open discussions with your child about terrorist attacks, with accompanying videos. Also includes advice on how to report suspicious activity online.

### REPORTING MATERIAL PROMOTING TERRORISM OR EXTREMISM

[www.gov.uk/report-terrorism](http://www.gov.uk/report-terrorism)

Through this site, you can anonymously report content which promotes violence or terrorism, as well as material posted by terrorist or extremist organisations.



# ACKNOWLEDGEMENT

We would like to acknowledge our partners, external services and materials used in this handbook during these unprecedented times to assist and support families in Waltham Forest.

We recognise and value your support;

10 Minute Workout  
100 Things to Do at Home with Kids  
24/7 Domestic Line  
5 Steps to Mental Wellbeing  
Age UK  
Al-Fath Trust - Walthamstow  
All Kids Network - Crafts & Activities  
Amazon Audible  
Artis Creative Learning  
BBC Activities for Kids  
BBC Bitesize  
BBC History for Kids  
BBC Science Podcast  
Big History Project  
British Council - English For Kids  
Bunk History - Digital History Archive  
Can Figure It - Geometry  
Cann Hall Mosque  
Carers First  
Chemistry on YouTube  
Chit Chat Pitta Pat  
Christ Church Walthamstow  
Citizens Advice Bureau  
Community Fridge - Transition  
Coronavirus – A Book for Children  
Cosmic Shambles  
Dr Frost Maths  
E4 Covid-19 Community Response  
East of Eden - Online Yoga  
Eat or Heat  
Econtalk - Economics  
Emma The Teachie - Biology on YouTube  
Every Mind Matters  
Family Lives  
Freakonomics  
Fun Brain - Maths and Reading Games  
Gardeners World - Gardening Tips  
Gresham Sixth Form - Lectures  
HENRY  
Holland & Barratts  
Hornbeam Centre  
Hungry Little Minds  
Internetmatters.Org  
Linguascope - Languages  
Lloyd Park Children's Charity  
Men's Advice Line  
Mr Buff - English On YouTube  
Music Lab  
Muslim Community Association Leyton  
Nasa – Spot the Station

National Domestic Helpline  
NELFT (North East London Foundation Trust)  
NHS - 10 Minute Shake Up  
NHS - Get It for Free  
NSPCC  
P,E Lessons with Joe  
Pbs Kids  
Philosophy 24/7  
Physics Online - Physics on YouTube  
PI84u Al Suffa  
Play and Learn with Dr Seuss  
Quick and Easy Home Projects for Kids  
Respect  
Respect Help Line  
RGS - Geography  
RHS - Beginners Guide to Gardening  
Rights of Women  
Rukshana Khan Foundation  
Samaritans  
SENDIASS  
Seneca Learning - Learn at KS2, KS3, GCE & A Levels  
St Margaret With Columbia – Leytonstone  
Stacey Reay - English Revision  
Star Fall - Phonic Skills  
Stay Active at Home  
Storyline Online  
Strength and Flex Exercise Plan  
Switchzoo - Learn About Animals  
Sworekit Kids Workout  
The Blair Academy  
The Body Coach  
The Maths Factor  
The Suntrap Centre  
Triple P Parenting  
Turn 2 Us  
Universal Credit Support  
Versus History - History Podcasts  
Waltham Forest Community Hub  
Waltham Forest Library Service  
Waltham Forest Migrant Support  
Waltham Forest Mutual Aid Providers  
Waltham Forest Talking Therapies (IAPT)  
Waltham Forest Young Carers Project  
WF CCG - List of GPs  
Which - Gardening  
White Rose Maths - Maths Online  
WNYC - Philosophy Podcast  
Yodomo - Online Craft Courses  
Young Minds





HM Government



Stay home

**NHS**

Protect  
the NHS



Save lives



HM Government

We must keep on  
protecting each other.

**NHS**



HANDS



FACE



SPACE

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

**STAY AT HOME**

Protect the **NHS**

save lives