

## Health and Well-being home activities for families

**Yellow fill** = fersiwn Cymraeg

Here is a list of resources and support agencies which may help school staff, pupils and parents/carers, during this time of self-isolation at home. Please feel free to share and also tag the Cardiff Healthy Schools team on Twitter with any activities: @CdfHealthySch




You can also tag any physical activity or healthy eating activities with the hashtag #MoveMoreEatWell / #SymudMwyBwytanlach

### Sections



1. Websites with health and wellbeing activities
2. Other Information hubs
3. Mental and Emotional Support for children and young people – Websites, phone lines, text services
4. Information and support services for parents/carers

### 1. Websites with health and wellbeing activities




#### Physical activity

	<p><b>Cosmic Kids Yoga</b> Yoga, mindfulness and relaxation designed especially for children aged 3+</p> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
	<p><b>Joe Wicks</b> Free online PE lessons for children of all ages. He is also running 30 minute live classes between 9am and 5pm every weekday.</p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p>
	<p><b>Cardiff City Foundation</b> A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient.</p> <p><a href="https://www.cardiffcityfcfoundation.org.uk/pages/category/digital-resources">https://www.cardiffcityfcfoundation.org.uk/pages/category/digital-resources</a></p>

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	<p><b>CBeebies Andy's Wild Workouts</b>            CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.</p> <p><a href="https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player">https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player</a></p>
	<p><b>Change 4 Life</b>            The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities.</p> <p><a href="https://www.nhs.uk/change4life/activities">https://www.nhs.uk/change4life/activities</a></p>
	<p><b>Busy Feet</b>            Free online programme which explores music, songs and activities to encourage building the fundamental movement skills and physical literacy skills for 7 year olds and under.</p> <p><a href="https://www.youtube.com/channel/UCbcSpZ9i3zXWBnRdFQ3Enmg">https://www.youtube.com/channel/UCbcSpZ9i3zXWBnRdFQ3Enmg</a></p>
	<p><b>Sustrans Outside In</b>            Subscribe for 4 weeks of resources for lockdown activities, videos, games, weekly challenges, themed activities and more.</p> <p><a href="https://www.sustrans.org.uk/campaigns/outside-in/">https://www.sustrans.org.uk/campaigns/outside-in/</a></p>
	<p><b>King Edward School Sports Partnership</b>            Free PE resource for schools to share with teachers, parents and young people at home.</p> <p><a href="https://www.kessp.com/page/?title=PE+at+Home&amp;pid=45">https://www.kessp.com/page/?title=PE+at+Home&amp;pid=45</a></p>

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	<p><b>Play Wales/ Chwarae Cymru</b></p> <p>Parents and carers are facing a worrying time as schools and activities that normally keep their children active are closed. Despite this new stress, children will still want and need to play. Follow the links below to some ideas and activities to keep children active while at home</p> <p><a href="https://www.playwales.org.uk/eng/news/1288-playing-actively-in-and-around-the-home">https://www.playwales.org.uk/eng/news/1288-playing-actively-in-and-around-the-home</a></p> <p><a href="https://www.chwaraecymru.org.uk/cym/cartref">https://www.chwaraecymru.org.uk/cym/cartref</a></p>
	<p><b>The Daily Mile</b></p> <p>With most schools now closed – but children still needing to keep healthy – we would like to introduce all families across the UK to The #DailyMileAtHome. It is an easy and fun way to keep fit and maintain good health and wellbeing for you and your children.</p> <p><a href="https://thedailymile.co.uk/">https://thedailymile.co.uk/</a></p>
	<p><b>The Joy of Moving</b></p> <p>A range of physical activities and games that are suitable to do at home. The activities and games are suitable for individual children or siblings, aged 3-10 years old. All activities and games encourage development of skills such as, motor coordination, creativity and problem solving. There is an age restriction of 16+ to enter the site so parents/carers will need to enter their DOB.</p> <p><a href="https://www.joyofmovingresourcehub.co.uk/">https://www.joyofmovingresourcehub.co.uk/</a></p>
	<p><b>Sport Cardiff – Ideas for PE at Home</b></p> <p>Sport Cardiff have created a list of resources to support PE and physical activity at home. These helpful lists can be found by clicking on the link and scrolling down to Games News.</p> <p><a href="https://www.cardiffmet.ac.uk/about/sport/sportcardiff/cardiff-games/Pages/default.aspx">https://www.cardiffmet.ac.uk/about/sport/sportcardiff/cardiff-games/Pages/default.aspx</a></p>

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### Welsh Music and Movement

	<p><b>Do Re Mi Cardiff</b></p> <p>A Welsh language, Cardiff based music school hosting free “Live” sessions on their Facebook page. Sessions include “Bedtime stories and songs”, “Songs around the piano” and “Story Time”. Primarily aimed at pre-school children but could be used with Foundation Phase pupils.</p> <p><a href="https://en-gb.facebook.com/DoReMiCardiff/">https://en-gb.facebook.com/DoReMiCardiff/</a></p> <p>It can also be accessed via their YouTube channel.</p> <p><a href="https://www.youtube.com/channel/UCeUdNz7E2AiMVOBKQbAkIhw">https://www.youtube.com/channel/UCeUdNz7E2AiMVOBKQbAkIhw</a></p>
	<p><b>Ffa La La</b></p> <p>Free live online Welsh singing for pre-school children on their Facebook page - <a href="https://www.facebook.com/ffalala/">https://www.facebook.com/ffalala/</a></p> <p>Website:</p> <p><a href="https://www.addysg-ffalala-education.com/index.html">https://www.addysg-ffalala-education.com/index.html</a></p> <p><a href="https://www.addysg-ffalala-education.com/hafan.html">https://www.addysg-ffalala-education.com/hafan.html</a></p>

### Healthy Eating and Cooking

	<p><b>Healthy Lunch Boxes</b></p> <p>The Cardiff Healthy Schools Team have put together some useful information to support students / parents / carers to prepare healthy packed lunches. The link will take you to hygiene considerations and some easy healthy lunch time recipes. Get the children involved in making their own lunch!</p> <p><a href="https://www.childfriendlycardiff.co.uk/schools/welsh-network-of-healthy-school-schemes-cardiff-healthy-schools-team/">https://www.childfriendlycardiff.co.uk/schools/welsh-network-of-healthy-school-schemes-cardiff-healthy-schools-team/</a></p> <p><a href="https://www.childfriendlycardiff.co.uk/cy/ysgolion/cynlluniau-ysgolion-iach-rhwydwaith-cymru-tim-ysgolion-iach-caerdydd/">https://www.childfriendlycardiff.co.uk/cy/ysgolion/cynlluniau-ysgolion-iach-rhwydwaith-cymru-tim-ysgolion-iach-caerdydd/</a></p>
	<p><b>Food a Fact of Life - British Nutrition Foundation</b></p> <p>A wide range of activities about where food comes from, cooking and healthy eating. Resources from ages 3-16. There are currently 54 activities/resources to support remote learning at home. Over the coming week's further resources and activities will be posted.</p> <p><a href="https://www.foodafactoflife.org.uk/remote-learning/">https://www.foodafactoflife.org.uk/remote-learning/</a></p>




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	<p><b>Top Marks</b> A variety of links to activities related to healthy eating (<i>Note: links to English Healthy Schools scheme, not Welsh</i>).</p> <p><a href="https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating">https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</a></p>
	<p><b>Change for Life</b> Includes food facts, recipes, activities, apps, currently has ideas of ‘how to stay healthy at home!’</p> <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p> <p>They have also developed some simple, budget friendly, Lockdown Lunch ideas:</p> <p><a href="https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/?fbclid=IwAR3GRb23N-B91bjck1IFn4cpwndk6DLOsYsidaMOWVTN01OIV7-SGeO-hEM">https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/?fbclid=IwAR3GRb23N-B91bjck1IFn4cpwndk6DLOsYsidaMOWVTN01OIV7-SGeO-hEM</a></p>
	<p><b>Veg Power</b> ‘Get your kids eating more veg’. The website has resources that include downloads, reward charts, lesson plans with printable worksheets and activities.</p> <p><a href="https://vegpower.org.uk/downloads/">https://vegpower.org.uk/downloads/</a></p>
	<p><b>Cooking Together Wales</b> Cooking Together Wales are streaming nutritional and fun cook-along videos. The videos can also be found on their Facebook page - Cooking Together Wales – and via their new Cook-a-long webpage. There are lots of links to Welsh words that relate to cooking.</p> <p><a href="https://www.cookingtogether.co.uk/cook-along">https://www.cookingtogether.co.uk/cook-along</a></p> <p><a href="https://www.cookingtogether.co.uk/recipe-hwb">ryseitiau dwyieithog - sgrolwch i lawr am Gymraeg https://www.cookingtogether.co.uk/recipe-hwb</a></p>
	<p><b>The Kids’ Kitchen</b> The Kids’ Kitchen Facebook page is running free live online cooking sessions for children.</p> <p><a href="https://www.facebook.com/TheKidsKitchen/">https://www.facebook.com/TheKidsKitchen/</a></p>





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	<p><b>Fair Trade</b></p> <p>The resources on this page are suitable for home learning. All of our short films are accompanied by Home Learning Grids, a resource that gives students the choice of eight activities to complete at home. Choose from designing delicious menus, junk modelling and more! These activities are a great way to consolidate learning about Fairtrade.</p> <p><a href="https://schools.fairtrade.org.uk/resources/type/home-learning/#page-1">https://schools.fairtrade.org.uk/resources/type/home-learning/#page-1</a></p>
	<p><b>BBC Good food - Kids Cooking recipes</b></p> <p>Over 70 easy recipes for children and young people to get involved with. A wide variety of healthy meals and snacks to encourage children and young people to develop their cooking skills and confidence with food.</p> <p><a href="https://www.bbcgoodfood.com/recipes/collection/kids-cooking">https://www.bbcgoodfood.com/recipes/collection/kids-cooking</a></p>

### Mental and Emotional wellbeing






	<p><b>Mindfulness in Schools Project (MiSP) – Sit Together</b></p> <p>Mindfulness in Schools Project is inviting everyone to join them in a free daily online mindfulness practice.</p> <p><a href="https://mindfulnessinschools.org/misp-sit-together/">https://mindfulnessinschools.org/misp-sit-together/</a></p>
	<p><b>Mindfulness in Action</b></p> <p>Mindfulness in Action are offering a programme of free daily 1 hour online sessions by Zoom.</p> <p><a href="https://www.mindfulnessinaction.co.uk/">https://www.mindfulnessinaction.co.uk/</a></p> <p><i>There will be other Mindfulness organisations also offering free online sessions, this is one Cardiff-based organisation.</i></p>
	<p><b>New Horizon</b></p> <p>Guided meditation audio tracks for children.</p> <p><a href="https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg">https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg</a></p>

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	<p><b>Heartfulness</b> Relaxation and contemplation audio tracks for both primary and secondary school children.</p> <p><a href="https://www.heartfulness.uk/primaryschools/">https://www.heartfulness.uk/primaryschools/</a> <a href="https://www.heartfulness.uk/secondaryschools/">https://www.heartfulness.uk/secondaryschools/</a></p>
	<p><b>Go Noodle</b> Movement and mindfulness videos for children.</p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>
	<p><b>Action for Happiness</b> The monthly calendars are packed with actions you can take to help create a happier and kinder world. Include a new 'Coping Calendar' - 30 actions to look after ourselves and each other as we face this global crisis together.</p> <p><a href="https://www.actionforhappiness.org/calendars">https://www.actionforhappiness.org/calendars</a></p>
	<p><b>Welsh medium meditation app: Ap Cwtsh</b> <a href="https://apps.apple.com/us/app/ap-cwtsh/id1373007452">https://apps.apple.com/us/app/ap-cwtsh/id1373007452</a> i-phone</p> <p><a href="https://play.google.com/store/apps/details?id=co.mollin.apcwtsh&amp;hl=en">https://play.google.com/store/apps/details?id=co.mollin.apcwtsh&amp;hl=en</a> android phone</p> <p>Cyflwyno dulliau sy'n hybu iechyd a lles yw Ap Cwtsh, megis myfyrdodau cynhenid Cymreig. Mae Ap Cwtsh yn cynnwys sesiynau myfyrio newydd sbon sy'n adlewyrchu ein hiaith, ein hanes a'n diwylliant.</p> <p>App Cwtsh introduces methods that promote health and well-being, such as indigenous Welsh meditations. App Cwtsh features brand new reflection sessions that reflect our language, history and culture.</p>
	<p><b>Show Racism the Red Card</b></p> <p>Show Racism the Red Card have some free downloadable resources that can be used at home to help young people understand racism, other relatable topics and how to challenge racism.</p> <p><a href="http://onlineresources.redcardcourses.e-coach.co.uk/">http://onlineresources.redcardcourses.e-coach.co.uk/</a></p>



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### Safety / Online Safety



	<p><b>CEOP (Child Exploitation and online protection)</b> Families can make a report to CEOP if they are worried about online se*xual abuse or the way someone has been communication with a child online. Also there are free downloadable home activity packs for all ages, including parents and carer help sheets.</p> <p><a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a></p> <p><b>CEOP safety centre</b> <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p>
	<p><b>UK Safer Internet Centre</b> Online safety tips, advice and resources to help children and young people stay safe online.</p> <p><a href="https://www.saferinternet.org.uk/">https://www.saferinternet.org.uk/</a></p>
	<p><b>Childnet</b> A range of games, books and information about staying safe online. Filters allow you to select the appropriate age. Primary and Secondary.</p> <p><a href="https://www.childnet.com/resources/supporting-young-people-online">https://www.childnet.com/resources/supporting-young-people-online</a></p> <p><a href="https://www.childnet.com/resources">https://www.childnet.com/resources</a></p>
	<p><b>BBC Own It App</b> For children and young people who have a mobile phone to support safeguarding and wellbeing - The Own It app will help you to make smart choices, feel more confident and get advice when you need it. Available for all smart phones.</p>
	<p><b>School Beat</b> A bilingual site from the All Wales School Liaison Core Programme. The website that focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behavior and community. Ages 5-16</p> <p><a href="https://schoolbeat.cymru/en/">https://schoolbeat.cymru/en/</a></p> <p><a href="https://schoolbeat.cymru/cy/">https://schoolbeat.cymru/cy/</a></p>







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	<p><b>E-bug</b> Use the <b>Antibiotic Guardian Youth badge</b> to support home schooling. Help your child learn how to prevent the spread of infection. <a href="https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html">https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</a></p> <p>There is also a section for students which is divided into three sub-sections – Junior, Senior and Young Adult. Young Adult is available in English only. Each sub-sections contains information and activities that can be accessed at home by students with the support of parents and carers. <a href="https://e-bug.eu/">https://e-bug.eu/</a></p>
	<p><b>NSPCC PANTS Underwear rule</b> With the help of the friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse.</p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/</a></p> <p>For Welsh resources scroll down the page. Welsh Pantosorws video on Youtube: <a href="https://www.youtube.com/watch?v=2-GBXPKVUeY">https://www.youtube.com/watch?v=2-GBXPKVUeY</a></p>





## Eco / Nature

	<p><b>Eco Schools</b> Follow @EcoSchoolsWales on Twitter to see their weekly #EcoSchoolsAtHome theme.</p> <p><a href="https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/">https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/</a></p>
	<p><b>Beach Academy</b> Emma at Beach academy has created printable home learning resources and activities for families to stay connected to the coast. With home learning and Facebook learning, offering families of children aged 3-11 a day at the beach, from home, in response to social distancing.</p> <p><a href="https://www.beachacademywales.com/learningresources">https://www.beachacademywales.com/learningresources</a></p>


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	<p><b>RSPB</b></p> <p>There are loads of great ideas and resources to help kids and families connect with nature, with some simple activities they can do at home. In the “Fun and Learning” area there is a section for children that gives step by step guides to make bird feeders and “Spot it” sheets. There are also interactive games, stories and competitions.</p> <p><a href="https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/">https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</a></p>
	<p><b>Wildlife Trust</b></p> <p>The focus on this website is looking after yourself and nature, and has lots of activities and ideas for all ages, whether they are indoors or in the garden.</p> <p><a href="https://www.wildlifetrusts.org/kids-and-families">https://www.wildlifetrusts.org/kids-and-families</a></p>
	<p><b>Scouts</b></p> <p>“While we normally love the great outdoors, we’ve pulled together some inspired indoor activity ideas to keep your kids learning new skills and having fun.”</p> <p>There are inclusive and accessible activities suitable for all age groups 6-8yrs (Beavers), 8-10yrs (Cubs) and 10-14yrs (Scouts). There are clear instructions including some videos and the equipment required is mostly available around the house or in the garden.</p> <p>Some examples include:</p> <p>Beavers &amp; Cubs – Lolly stick catapults / Leaf animals / Book marks / Tiny bug rafts / Snap happy (camera) / Creating a tornado.</p> <p>Scouts – Origami / creating a diary / Switch off challenge.</p> <p><a href="https://www.scouts.org.uk/the-great-indoors/">https://www.scouts.org.uk/the-great-indoors/</a></p>
	<p><b>National Children’s Gardening Week</b></p> <p>A range of activities related to nature and gardening.</p> <p><a href="https://www.childrensgardeningweek.co.uk/fun-things-to-do/">https://www.childrensgardeningweek.co.uk/fun-things-to-do/</a></p>
	<p><b>Wildfowl &amp; Wetlands Trust</b></p> <p>Free online curriculum-linked science resources for the family at home. These will inspire your children to connect with the natural world.</p> <p><a href="https://www.wwt.org.uk/discover-wetlands/home-learning-and-family-fun">https://www.wwt.org.uk/discover-wetlands/home-learning-and-family-fun</a></p>

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	<p><b>Young People's Trust for the Environment</b></p> <p>Online resources to encourage and improve young people's understanding of the environment.</p> <p><a href="http://yppte.org.uk/">http://yppte.org.uk/</a></p>
	<p><b>Earthwatch 'Wild Days'</b></p> <p>Resources created especially to help you spot the wildlife on your doorstep</p> <p>Free activity ideas:</p> <p><a href="https://www.wild-days.org/more-ways-to-stay-wild">https://www.wild-days.org/more-ways-to-stay-wild</a></p> <p>Bundles with a cost:</p> <p><a href="https://www.wild-days.org/">https://www.wild-days.org/</a></p>
	<p><b>The Woodland Trust</b></p> <p>A range of ideas, resources and activities for young people to enjoy.</p> <p><a href="http://www.treetoolsforschools.org.uk/categorymenu/?cat=activities">http://www.treetoolsforschools.org.uk/categorymenu/?cat=activities</a></p>
	<p><b>Forestry England</b></p> <p>Download your own Tree Explorer activity pack to learn all about forests, and the role Forest England play in caring for them. Some activities can be completed individually or as a family.</p> <p><a href="https://www.forestryengland.uk/family-activity/tree-explorer-activity-pack">https://www.forestryengland.uk/family-activity/tree-explorer-activity-pack</a></p>



## 2. Other Information hubs

	<p><b>Children's Commissioner for Wales Information Hub</b></p> <p>There is a Coronavirus Information Hub for children, young people and families in Wales. There are further links to useful websites about learning at home and playing at home, with activities and resources for children and young people.</p> <p><a href="https://www.childcomwales.org.uk/coronavirus/">https://www.childcomwales.org.uk/coronavirus/</a></p> <p><a href="https://www.complantcymru.org.uk/coronafeirws/">https://www.complantcymru.org.uk/coronafeirws/</a></p>
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	<p>We're posting a series of videos on our Facebook page mainly to help parents find cheap and easy ways to make fun at home but also a few on general household wellbeing tips</p> <p><a href="https://www.facebook.com/childcomwales/">https://www.facebook.com/childcomwales/</a></p>
	<p><b>Child and Adolescent Mental Health Services (CAMHS) website</b></p> <p>Created for young people, carers and professionals, pooling together lots of helpful resources from across the internet that are available to help support young people's mental health and well-being.</p> <p><a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a></p>







### 3. Mental and Emotional Support for children and young people – Websites, phone lines, text services.

	<p><b>Childline</b></p> <p>Offering support to Children online, on the phone - Anytime <b>0800 1111</b> 'No worry is too big or too small'</p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p><a href="https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/">https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</a></p> <p>App also available: Childline For Me app Intro Video: <a href="https://youtu.be/0WPezz3UcA8">https://youtu.be/0WPezz3UcA8</a></p>
	<p><b>Kooth</b></p> <p>Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.</p> <p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>

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	<p><b>MEIC</b> Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy.</p> <p><b>Tel: 080 8802 3456</b> <b>Text: 84001</b></p> <p><a href="https://www.meiccymru.org/">https://www.meiccymru.org/</a></p> <p><a href="https://www.meiccymru.org/cym/">https://www.meiccymru.org/cym/</a></p>
	<p><b>Change Grow Live (CGL) – <u>Cardiff and the Vale based</u></b> An Emotional Wellbeing service in Cardiff and the Vale of Glamorgan.</p> <p><b>Telephone: 0800 008 6879</b></p> <p><a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a></p>
	<p><b>The Mix</b> Free helpline, email, crisis text line, one-to-one live messaging for under 25 year olds. Also information and sex and relationships on the website (and other topics)</p> <p><b>Tel: 0808 808 4994</b></p> <p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p>
	<p><b>Chat Health – <u>Cardiff and Vale based</u></b> If you're 11-19 years old text your school nurse on <b>07520 615718</b>. Text anytime. Team will reply Monday-Friday 8:30-4:30pm</p>
	<p><b>Mind Hub</b> This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and well-being.</p> <p><a href="http://www.mindhub.wales/">http://www.mindhub.wales/</a></p> <p><a href="http://hybmeddwl.cymru/">http://hybmeddwl.cymru/</a></p>

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	<p><b>Stonewall (Young Stonewall)</b> Help, updates and guidance from the LGBT community for young people.</p> <p><a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a></p>
	<p><b>MIND</b> Support and advice for young people struggling with their feelings.</p> <p><a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a></p>
	<p><b>Young Minds</b> Advice and support for young people struggling with their mental health. Currently focussing on the impact of the Coronavirus.</p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>
	<p><b>Mental Health Foundation</b> Access a free downloadable guide to help you overcome fear. Also available in <b>Welsh</b>.</p> <p><a href="https://mentalhealth.org.uk/publications/overcome-fear-anxiety">https://mentalhealth.org.uk/publications/overcome-fear-anxiety</a></p>
	<p><b><u>Samaritans</u></b> Supporting young people with their mental health.</p> <p><a href="https://www.samaritans.org/wales/how-we-can-help/schools/young-people/">https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</a></p>
	<p><b><u>Papyrus</u></b> An organisation set up for the prevention of young suicide, and offers support to young people.</p> <p>Telephone: <b>0800 068 41 41</b></p> <p><a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></p> <p>Supporting your child Self-harm and Suicide Guide for parents and carers</p>

## Health and Well-being home activities for families






	<a href="https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf">https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf</a>
	<p><b>GP</b></p> <p>If you need to contact your GP out of hours, you can ring your GP surgery and they will have another number to call to see a GP immediately, or contact your local accident and emergency department if necessary</p>
	<p><b>Amber project – Cardiff and surrounding areas</b></p> <p>A service supporting any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.</p> <p>Telephone: <b>029 2034 4776</b> Text/Phone: <b>07905 905437</b></p> <p><a href="https://www.amberproject.org.uk/">https://www.amberproject.org.uk/</a></p>
	<p><b>Welsh Women's Aid</b></p> <p>A support service for women and young people affected by domestic abuse.</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></p>
	<p><b>TESS</b></p> <p>Text and email support for girls &amp; young women up to 24yrs in the UK affected by self-harm. Open Sun, Mon, Tues, Wed, Thurs and Fri 7pm - 9pm Text <b>0780 047 2908</b></p> <p><a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a></p>
	<p><b>Hope Support</b></p> <p>Offers online support via Facebook or Skype to young people aged 11+ when a close family member is diagnosed with a terminal illness.</p> <p>Email - <b>help@hopesupportservices.org.uk</b></p> <p><a href="http://www.hopesupport.org.uk/">http://www.hopesupport.org.uk/</a></p>

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	<p><b>Child Bereavement UK</b> Offers support to families and young people affected by bereavement.</p> <p>Telephone: <b>0800 02 888 40</b></p> <p>Email - <b>support@childbereavementuk.org</b></p> <p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p>
	<p><b>Cruse</b> Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: <b>0808 808 1677</b> (free) Mon &amp; Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: <b>helpline@cruse.org.uk</b></p> <p><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Youth Work Support</b> This website is designed to bring together relevant advice, guidance, support and tools for youth workers, young people and organisations during the COVID 19 pandemic.</p> <p><a href="https://youthworksupport.co.uk/">https://youthworksupport.co.uk/</a></p> <p>Further websites that are coronavirus related:  <a href="https://www.ukyouth.org/2020/03/18/coronavirus-advice/">https://www.ukyouth.org/2020/03/18/coronavirus-advice/</a>  <a href="https://wearencs.com/blog/keeping-calm-through-coronavirus">https://wearencs.com/blog/keeping-calm-through-coronavirus</a></p>
	<p><b>TheSprout – Cardiff based</b> TheSprout is Cardiff's online magazine and info site for 11-25's, by 11-25's and organisations that wish to support them.</p> <p><a href="https://thesprout.co.uk/about-us/">https://thesprout.co.uk/about-us/</a></p>
	<p><b>Safe Hands Thinking Minds</b> Some resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid concerns.</p> <p><a href="http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/">http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/</a></p>





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	<p><b>Hafan Cymru</b> A range of age appropriate activity packs for parents/caregivers to use with children and teenagers, <b>including some activities on emotions and wellbeing.</b></p> <p><a href="https://www.hafancymru.co.uk/about-us/parent-activity-packs-covid-19-support/">https://www.hafancymru.co.uk/about-us/parent-activity-packs-covid-19-support/</a></p>
	<p><b>Platform 4YP</b> Platform4YP is a unique <b>bilingual</b> project built and led entirely by young people from all over Wales who are passionate about mental health.</p> <p><a href="https://platform4yp.org/">https://platform4yp.org/</a></p> <p><a href="https://platform4yp.org/cy/">https://platform4yp.org/cy/</a></p>
	<p><b>Tough cookies Education</b> Free downloadable and interactive wellbeing toolkit for teens, including positive activities that will help remind young people how amazingly they are.</p> <p><a href="https://toughcookiesed.co.uk/">https://toughcookiesed.co.uk/</a></p>
	<p><b>Young Person's Mental Health Toolkit</b></p> <p>The Young Person's Mental Health Toolkit directs young people, aged 11 to 25, to a variety of online resources which can help them through the lockdown and beyond. In each of the six sections there are websites, apps, helplines, and more which support mental health and wellbeing.</p> <p><a href="https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en?sort=recent&amp;strict=1">https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en?sort=recent&amp;strict=1</a></p> <p><a href="https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/cy?sort=recent&amp;strict=1">https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/cy?sort=recent&amp;strict=1</a></p>
	<p><b>Place 2 Be</b> Place2Be has offered mental health support for children and young people in Wales since 2009. The link below directs you to Health and Wellbeing home activities for families including creative activities, physical activities and some literacy activities.</p>

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	<p><a href="https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/">https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/</a></p> <p>Also here is a helpful article on helping children process loss -</p> <p><a href="https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/coronavirus-helping-children-to-process-loss/">https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/coronavirus-helping-children-to-process-loss/</a></p>
	<p><b>Cardiff Youth Service</b></p> <p>Cardiff Youth Service have launched a website, where young people can get help and support on a range of issues from emotional health, substance misuse, addictions or staying in touch with other people.</p> <p>Cardiff Youth Service are part of Cardiff Council's Education Department and work with young people aged 11-25 to support personal, social and educational development through a variety of opportunities. This includes activities in communities, participatory experiences, as well as information, support and guidance enabling young people to reach their unique full potential.</p> <p><a href="http://cardiffyouthservices.wales/">http://cardiffyouthservices.wales/</a></p> <p><a href="http://cardiffyouthservices.wales/cy/">http://cardiffyouthservices.wales/cy/</a></p>

### 4. Information and support services for parents/carers

	<p><b>Government / Public Health England - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak</b></p> <p><a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a></p>
	<p><b>Cardiff Family Advice and Support</b></p> <p>Cardiff Family Advice and Support offers a range of information, advice and assistance for children, young people and their families in Cardiff. The team can provide information and advice on:</p> <ul style="list-style-type: none"> <li>• Family life</li> <li>• Child behaviour</li> </ul>





## Health and Well-being home activities for families

	<ul style="list-style-type: none"> <li>• Childcare</li> <li>• Parental support</li> <li>• School attendance</li> <li>• Employment, money and housing</li> <li>• Information and signposting to other services</li> </ul> <p><a href="https://www.cardiffamilies.co.uk/">https://www.cardiffamilies.co.uk/</a></p> <p><a href="https://www.cardiffamilies.co.uk/cy/">https://www.cardiffamilies.co.uk/cy/</a></p>
	<p><b>Parenting for Lifelong Health</b> Parenting for Lifelong Health provides open-access online parenting resources during COVID-19.</p> <p><a href="https://www.covid19parenting.com/">https://www.covid19parenting.com/</a></p>
	<p><b>Parent Zone</b> Online articles, guidance and resources to help parent/carers with children at home during this period. Currently Free membership.</p> <p><a href="https://parentzone.org.uk/">https://parentzone.org.uk/</a></p>
	<p><b>NSPCC</b> Help and information about keeping children safe. Articles about reducing anxiety at home.</p> <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>
	<p><b>Parent Info</b> Tips for keeping everyone's spirits up as much as possible as we self-isolate.</p> <p><a href="https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors">https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</a></p>
	<p><b>Dewis Cymru</b> Information about well-being in Wales, and information about local organisations and services that can help.</p> <p><a href="https://www.dewis.wales/">https://www.dewis.wales/</a></p>



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	<p><b>Mind</b> Offers support on a range of mental health issues. Telephone: <b>0300 123 3393</b> Mon – Fri 9am – 6pm Text: <b>86463</b></p> <p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>
	<p><b>Samaritans</b> An organisation that provides confidential emotional support. Telephone: <b>116 123</b> 24 hours, 7days/week</p> <p><b>Welsh language line: 0300 123 3011</b> open daily 7pm – 11pm</p> <p><a href="https://www.samaritans.org/?nation=wales">https://www.samaritans.org/?nation=wales</a></p>
	<p><b>Cruse</b> Offers support to anyone who has been bereaved. Also offers face to face local support.</p> <p>Telephone: <b>0808 808 1677</b> (free) Mon &amp; Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: <b>helpline@cruse.org.uk</b> <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Welsh Women's Aid</b> A support services for women and young people affected by domestic abuse.</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></p> <p><b>Live Fear Free helpline.</b> Available 24 hours a day 7 days a week, confidential helpline <b>0808 80 10 800</b></p>
	<p><b>RISE Cardiff</b> Cardiff's one stop specialist service for women experiencing violence against women particularly domestic abuse and sexual violence. Available 24/7 on <b>029 2046 0566</b></p> <p><a href="https://rise-cardiff.cymru/">https://rise-cardiff.cymru/</a></p>

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	Website also has advice and contact details for agencies supporting male victims of domestic violence.
	<p><b>Respect UK</b> Advice and help for the perpetrators of domestic abuse.</p> <p>Freephone <b>0808 802 4040</b> Monday-Friday 9am-5pm</p> <p><a href="http://respect.uk.net/">http://respect.uk.net/</a></p>
	<p><b>YGAM – The Parent Hub</b></p> <p>Providing parents with information around gaming and gambling to support their families, help build resilience and establish a healthy online/offline balance. Education on potential harms caused by gaming and gambling including education programmes and resources.</p> <p><a href="https://parents.ygam.org/">https://parents.ygam.org/</a></p>
	<p><b>Teen body image guidance for parents from Freeder</b></p> <p>Practical advice for parents to understand the pressures of teen body image, tips for starting conversations with your teenager and help to support improving their self-esteem.</p> <p><a href="https://www.freeder.co.uk/body-image-and-self-esteem">https://www.freeder.co.uk/body-image-and-self-esteem</a></p>
	<p><b>Love Food Hate Waste</b></p> <p>Here is a link to some exciting recipes for you and your family to enjoy. These recipes have been created from leftovers will help you to reduce your food waste.</p> <p><a href="https://www.lovefoodhatewaste.com/recipes">https://www.lovefoodhatewaste.com/recipes</a></p>

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	<p><b>Citizen's Advice Bureau (CAB)</b></p> <p>All advisers are still available to give advice over the phone, and where necessary a telephone appointment for this can be made. You can also email any queries.</p> <p><b>Tel:</b> 0300 3309 082</p> <p><b>Email:</b> <a href="mailto:help@citizensadvice.org.uk">help@citizensadvice.org.uk</a></p> <p><b>Web:</b> <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>
	<p><b>NHS Fitness Studio</b></p> <p><u>NHS fitness studio</u> has 24 instructor-led videos across our aerobics, exercise, strength and resistance, pilates and yoga categories. They also have other fitness plans including <u>gym free workouts</u> and <u>sitting exercises</u>.</p>