



Supportive Information re Covid-19 from Durham Local Transformation Planning Group

The following is some advice and links to support from the Durham Local Transformation Planning group. More information is available from the links below:

Messages for parent/carers

There is lots of information out there about coronavirus. Not all of it is based on facts or evidence. Help stop your children worrying about things that might not be true by talking to them about where their ideas come from and encourage them to talk to you if they don't know if something is true. Find out more at <http://www.durham.gov.uk/covid19mentalhealth>

Are your children missing their friends and usual activities? Why not encourage them to keep in touch with friends or groups online, have a virtual play date or dance class. Remind them that we can still have fun even when we are in the house. There are ideas for activities at <http://www.durham.gov.uk/covid19mentalhealth>

What are you doing to stop the young people in your house being bored or worried? We're playing window bingo with the neighbours – let us know your ideas 😊

Being busy can distract us from our worries – why not get your children to help you with activities in the house or garden. It's a great way to learn new skills too.

Messages for young people

Are you bored of being in the house? Why not see if you can help with tasks around the house – then do something fun with the rest of your family 😊

If you are feeling sad or worried, remember lots of people are feeling the same way. Talking about your feelings with your family could help, or there are groups that you can call or contact online that can support you. You can find details of support at <http://www.durham.gov.uk/covid19mentalhealth>

Going for a walk or a jog with your family is a great way to exercise and it's a good way to forget about your worries for a while. Always try to get your outside time if you can 😊