

A MESSAGE FROM SCYPS...

We know this last year has been really hard for many of you and we want you to know that we are thinking of you. We hope this will help answer some of the questions you may have.

HELP! I DON'T SPEAK ENGLISH:

Get up to date COVID and health information in 60 different languages



For the latest government advice [CLICK HERE](#)



FOR MORE INFO FOLLOW @YOUNGHEALTHCHAMPIONS ON INSTAGRAM



Newham London
People at the Heart of Everything We Do

KEEP NEWHAM SAFE
Stay home

Seeing people

- You can only spend time inside your home with people you live with or are in a support bubble with.
- You can exercise with someone not in your household or bubble once a day, outside. Keep 2 metres apart.

Stay home

- Only go to work if you cannot work from home.
- You can only travel if you have to for work or education.
- You can go out if you need medical help or are in danger.

Most places are closed

- Only essential shops are open
- Schools and universities are closed.
- Use delivery services for food and other essential items if you can.

If you have symptoms

- Isolate immediately and for 10 days.
- Book a test or get a home test: www.nhs.uk/ask-for-a-coronavirus-test or call 119.
- Tell anyone you live with, are in a bubble with or have had close contact with that you have symptoms and if you have a positive test result.
- Isolate for more than 10 days if you still don't feel well.

If you have been in contact with anyone with symptoms of COVID-19, isolate for 10 days or until they have a negative test result. If you develop symptoms, get a test.

Should my child go to school?

- ✓ If your child has a place at school due to their special educational needs/vulnerabilities we encourage you to send them to school
- ✓ The risk to your child is very low, most children who get COVID do not experience any symptoms or have very mild illness
- ✓ If you are home schooling please see links to education resources below
- ✓ When schools reopen we encourage you to get your children back to school

Will I or my child get a vaccination?

- ✓ Generally children under the age of 16 years are not required at present to have the vaccination (this includes Sickle cell & Thalassaemia)
- ✓ The current guidance is: Children over 12 years with severe neuro-disabilities that require residential care, should be offered vaccination
- ✓ If you are a parent or unpaid carer for a child or young person with complex neurodisability you will also be offered a vaccine in due course (Priority group 6)
- ✓ You will be contacted by your GP when you are able to get a vaccine

Where can I learn more about the vaccine?

- ✓ To listen to a group of celebrities answer some of your concerns about the COVID vaccination [CLICK HERE](#)
- ✓ COVID-19 Vaccine Information Sessions run every other Wednesday 7-8pm on Zoom. For more information [CLICK HERE](#). If you would like to attend the next session please contact: covidhealthchampions@newham.gov.uk
- ✓ You or your child can sign up to be a COVID Health Champion For more information [CLICK HERE](#)

FOR PARENTS
The right service is there for you.
Don't ignore health concerns.

NHS

CALL 999



for urgent life threatening situations

GO TO A&E



if your child is very unwell or injured

CALL YOUR GP



if your child is unwell or not getting better

CALL/VISIT 111



if you need health information

- Paediatric services are operating as normal to provide emergency care for all children
- Children continue to get ill from conditions other than COVID
- Only one parent/carer will be able to go to A&E with their child
- **Remember if your child is unwell, get help and medical attention**

FOR MORE INFORMATION ON WHICH SERVICE YOU NEED IF YOUR CHILD IS UNWELL
[CLICK HERE](#)

IF YOUR CHILD HAS ANY OF THE FOLLOWING SIGNS:



Pale, blotchy skin that feels unusually cold



A rash that will not disappear when a glass is pressed against the skin



Long pauses in or irregular breathing, starts going blue or is too breathless to talk/eat/drink



Under 3 months with a fever (temperature 38°C/100.4°F or above)



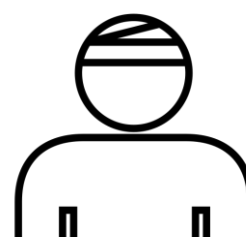
A fit/seizure (unless these are expected)



Pain in the testicles (especially in teenage boys)

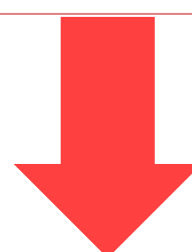


Crying for a long time despite distraction, confused, sleepy all the time/difficult to wake up



Your child has seriously harmed themselves and needs medical help.

OR IF YOU ARE FRIGHTENED BECAUSE YOUR CHILD LOOKS UNWELL



GO TO YOUR NEAREST A&E OR CALL 999

Where can I get more support?

Mental health (Children & Young People)



Talk to a counsellor for free anytime by calling 0800 1111
You can also log in online for 1-2-1 chat or email

[CLICK
HERE](#)



Free online, safe space for young people to get online mental health support & counselling

[CLICK
HERE](#)



If you are experiencing a mental health crisis and need support, you can text YM to 85258

[CLICK
HERE](#)



Provide support for bereaved children and their family
Tel: 020 8519 7025 (Stratford Branch)

[CLICK
HERE](#)



For more advice and resources see
Newham CAMHS (Child Adolescent Mental Health Service)

[CLICK
HERE](#)

Call Newham Crisis Helpline: 020 7771 5888 (24hrs) if you feel your mental health is deteriorating and you need to contact a qualified mental health professional out of office hours

Mental health (Parents/Carers)



Anxious? Feeling Low? Stressed? Call 020 8475 8080 for professional support (Monday-Friday 9-5pm) or email newhamtalkingtherapies@nhs.net

[CLICK
HERE](#)



Talk to a trained volunteer anytime for free non-judgemental support by calling 166 123

[CLICK
HERE](#)



If you are experiencing domestic abuse in lockdown, you are not Alone - Hestia provide advice and can support you

[CLICK
HERE](#)

Food/Money Support



Residents who need food support due to financial reasons can refer themselves or be referred via the form [HERE](#)

Residents who are unable to work during isolation periods can find out more about eligibility and apply for the £500 isolation support payment [HERE](#)

Follow SCYPS on



YouTube



<https://www.elft.nhs.uk/SCYPS/About-Us>

Join our mailing list: elft.chnparentsgroup@nhs.net

Where can I get more support?

Education



TV –Daily lessons for **primary school pupils** will be on CBBC between 09:00 and 12.00 every weekday or watch [HERE](#). Daily lessons for **secondary school pupils** will be on BBC Two, between 13:00 and 15:00 or watch [HERE](#)

For more information or other ways to watch [CLICK HERE](#)



For help home schooling **children and young people with dyslexia** [CLICK HERE](#)



14yrs-21yrs: WIRELESS 2GETHER Make connections and learn new skills. To find out more about free virtual youth programme [CLICK HERE](#)



For tips on home schooling and fun educational games for **toddlers** and **Primary school age** follow [@fiveminutemum](#) on Instagram

SEND under 5 years old



Support line available Tuesday & Wednesday 9:30-12:30pm, Friday 1-4pm 07864 017120 for a listening ear/signposting to services and advice and ideas how to support your child

[CLICK HERE](#)

Join a Virtual Coffee catch up for more support
Find out more [HERE](#)

Join Facebook group for parents/caregivers. Search: 'Supporting each other – Newham'

Support for children & young people with Autism (click on the pictures)



Support for children & young people with Down syndrome (Click on the pictures)



Follow SCYPS on



YouTube



<https://www.eft.nhs.uk/SCYPS/About-Us> Join our mailing list: elft.chnparentsgroup@nhs.net

Where can I get more support?

Support for children and Young people with Sickle Cell & Thalassaemia

Newham Community Health Services Sickle Cell & Thalassaemia Centre- Contact number -0208 821 0800 or email us on elt-tr.sickleandthal@nhs.net if you have any concerns.



For further Sickle Cell advice click [HERE](#)



For further Thalassaemia advice click [HERE](#).
If there are any urgent requests, please email romaine@ukts.org or call 0208 882 0011.

Further resources for Disabled Children/SEND (click on the pictures)



Many GP surgery's in Newham have **Social Prescribers** who listen to you and connect you to the right services. Speak to your GP to find out more.

How to keep healthy during lockdown



Everyone is advised to take vitamin D particularly during winter. The recommended dose is 10micrograms or 400 international units. Find out more [HERE](#)

Some people can get free vitamin D if they are high risk for COVID for more information click [HERE](#)

If you are pregnant or have a child under 4 years old you can get free vitamin D through [NHS Healthy Start](#)



Fun for all the family:
Get fit and join Joe Wicks in his PE sessions on you tube. Watch [HERE](#)



Get inspiration for healthy recipes and much more at [Change 4 Life](#)



Is your child having difficulty sleeping? Click [HERE](#) for podcasts on tackling sleep challenges for disabled children



Click [HERE](#) for help and advice with how to stop smoking.