



"Lights the way"

Lockdown information, support and resources

Online safety



National Online Safety – Guides for Parents/Carers. Advice and tips for online safety, everything from social media to the latest popular games.

<https://nationalonlinesafety.com/hub/guide>

NSPCC

NSPCC – Online Safety. It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



UK Safer Internet Centre - where you can find online safety tips, advice and resources to help children and young people stay safe online.

<https://www.saferinternet.org.uk/>

Managing behaviour



The Association
for Child and Adolescent
Mental Health

ACAMH - Helping parents manage challenging behaviour during the COVID19 lockdown

<https://www.acamh.org/blog/helping-parents-manage-challenging-behaviour-during-the-covid19-lockdown-some-pointers-for-practitioners/>

NSPCC

NSPCC – Help and support to resolve conflict and family tensions during lockdown.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension-coronavirus-lockdown/>



We build better family lives together

Family Lives - Coping practically and emotionally during the Covid-19 lockdown.

Advice for families in self isolation

<https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

Family Lives – Dealing with challenging or aggressive behaviour in young children. Advice on what to do if your toddler bites, pulls hair or has other challenging behaviour.

<https://www.familylives.org.uk/advice/early-years-development/behaviour/dealing-with-aggressive-behaviour-in-toddlers/>



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Health



Staying healthy in lockdown: a GP's top 10 tips.
<https://www.bupa.co.uk/newsroom/ourviews/staying-healthy-lockdown>



Guide on how to stay healthy during lockdown, ways to keep on top of your mental and physical wellbeing.

<https://www.futurelearn.com/info/blog/stay-healthy-during-lockdown>



If you're finding things tough and struggling to cope, we've got some resources that can help.

<https://giveusashout.org/>



Our Sleep Cards offer different approaches to help you tackle some of the most common sleep problems experienced.

<https://cerebra.org.uk/download/sleep-cards/>



Looking after your oral health during the coronavirus pandemic.

<https://www.bupa.co.uk/dental/dental-care/news/oral-health-during-covid>

Healthy eating



PACT House – local charity helping the community to access support and advice in a relaxed café environment. Community meals, food bank, holistic support to those who need it.

<https://www.facebook.com/PACTHouseStanley/>



Annfield Plain Community Centre – Food bank

<https://www.facebook.com/AnnfieldPlainCommunityCentre/>



Feeding Families - Feeding Families is about bringing communities together. In these challenging times when families struggle to make ends meet, we link donors to families who need help and everyone gains!

<https://www.facebook.com/UKfeedingfamilies>

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Healthy eating



NHS - 20 tips to eat well for less

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/?tabname=recipes-and-tips>



Food a fact of life

The Food – a fact of life (FFL) website has a selection of recipes which support the teaching and learning of handling a range of ingredients, food skills and cooking techniques. Recipes will be added on a monthly basis.

<https://www.foodafactoflife.org.uk/recipes/>



Change 4 Life - Get the family involved and make tasty meals from scratch with Cook Together.

<https://www.nhs.uk/change4life/recipes/>



COVID-19 and nutrition – Find out more about diet and nutrition in relation to the COVID-19 pandemic.

<https://www.nutrition.org.uk/healthyliving/covid19>

Exercise



Change 4 Life - Kids should aim for 60 minutes of activity each day. We know that may feel difficult right now, but we have loads of Disney inspired indoor games and 10 Minute Shake Up activities to help them stay active while everyone's at home.

<https://www.nhs.uk/change4life/activities>



PE with Joe Wicks

<https://www.youtube.com/user/thebodycoach1>



Cosmic Kids - Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early!

<https://www.youtube.com/user/CosmicKidsYoga>



GoNoodle - engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

<https://www.gonoodle.com/>



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Support for parents of children with SEN



North East Autism Society - Family Resources... free, for you. Brought together by our Family Development team, members of our Neurodiversity think tank and from families sending us their tips and advice we've put together a bank of free resources to help you, as part of our valued community, to navigate the day-to-day challenges of life.

<https://www.ne-as.org.uk/family-resources>



SEND – Health, family support and social care. Support for parents with children with a special educational need or disability, a range of different health, family and social care services.

<https://www.durham.gov.uk/article/22111/Health-family-support-and-social-care>

SEND) - resources for children and young people, parents and carers. In this section you will find resources and activities aimed at supporting children and young people with special educational needs (SEN), and information for parents/carers and professionals.

<https://www.durham.gov.uk/article/23253/Resources-for-children-and-young-people-parents-and-carers-and-professionals>

Mental Health and emotional well being



Trying these things could help you feel more positive and able to get the most out of life. <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



Information for young people on understanding mental wellbeing, and how to look after it. <https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/>

YOUNGMINDS

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

<https://youngminds.org.uk/>



At the What Works Centre for Wellbeing we believe that improving people's wellbeing is the ultimate goal of effective policy and community action.

<https://whatworkswellbeing.org/>



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Financial support



SEND - Money and benefits. Information for families who have children with complex needs and disabilities, funding, and also how to apply for free school meals etc.

<https://www.durham.gov.uk/article/22113/Money-and-benefits>



Coronavirus (COVID-19) support is available:

Financial support is available if you cannot work.

<https://www.gov.uk/coronavirus/worker-support>



Our network of charities offers confidential advice online, over the phone, and in person, for free.

<https://www.citizensadvice.org.uk/>



Childcare Choices - Government help with childcare costs for parents, including tax credit and universal credit for childcare.

<https://www.childcarechoices.gov.uk/>



MoneySense for parents. Help your children towards a better financial future with these fun activities, games and videos for all ages.

<https://natwest.mymoneysense.com/parents/>

Educational websites



<https://www.twinkl.co.uk/home-learning-hub>

<https://www.twinkl.co.uk/resources/parents>



<https://tpet.co.uk/home-learning-hub/>



<https://classroomsecrets.co.uk/home-learning-centre/>



<https://www.foodafactoflife.org.uk/remote-learning/>



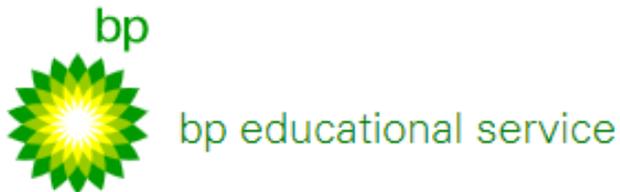
<https://plprimarystars.com/home-learning>



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Educational websites



<https://bpes.bp.com/home-learning>



15 mins of SAFE music-making streamed LIVE at 9:15am PERFECT for school and home learning.
<https://www.durhammusic.org.uk/15minsofmusic>



<https://resource-bank.scholastic.co.uk/homelearning>

<https://resource-bank.scholastic.co.uk/readinghub>



<https://www.letterjoin.co.uk/>



<https://home.oxfordowl.co.uk/>



<https://www.bbc.co.uk/bitesize>

Games



Fun Educational Games for Kids (Ages 3 to 11)
<https://www.busythings.co.uk/>



Free educational games made by a teacher
<http://ictgames.com/>



Teach Your Monster to Read is an award-winning series of games that's helped millions of children learn to read.
<https://www.teachyourmonstertoread.com/>



<https://www.senictsoftware.com/>

SENICT Software online is developed and managed by Ian Bean, a special needs teacher with over 20 years of experience creating motivating teaching activities for children and young adults with severe and complex additional needs.