

Useful Resources

Hi Everyone,

I hope that you are all keeping well in these very difficult circumstances. I am distributing some useful information that may help support you during this time. Have a look through, I hope you find some of these resources useful to you!

Best wishes,

Mrs. Tinkler (SENCO)

Liverpool Support hotline:

0151 233 3066. This has been established for anyone to call who feels they need support with a range of basic tasks because they don't have a support network - friends and family - in place. The hotline will be manned from 8am to 6pm, seven days a week.

Useful links :

<https://www.talkliverpool.nhs.uk/maintaining-your-psychological-wellbeing-during-the-corona-virus-outbreak/>

<https://parentzone.org.uk/article/quaranteened-helping-teenagers-cope-lockdown>

Free 30 days of Yoga on YouTube - good for mobility and mental health. Covers mental health issues and coping.

<https://www.youtube.com/playlist?list=PLui6Eyny-UzzFFfpil94CUrWKVMaqmkm>

Liverpool Learning Partnership Website:

The Mind Healthy Booklet is also on here and Page 6 has a competition for young people to enter.

<https://www.liverpoollearningpartnership.com/resources-to-help-during-social-distancing-and-self-isolation/>

<https://www.autism.org.uk/services/helplines/coronavirus/resources/information.aspx>

Useful timetable of activities throughout the day!

9.00am - PE with Joe Wicks https://youtu.be/6v-a_dpwhro

10.00am - Maths with Carol Vorderman
<https://www.themathsfactor.com>

11.00am - English with David Walliams
<https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver)
<https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.00pm - Music with Myleene Klass
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell
<https://twitter.com/diversedancemix/status/124109826437359206>

Speech and Language Support:

<https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers>

There is also a resource to help with those fine motor skills on our website.

Keep smiling everyone!! 😊