



**CONNECT
for health**
Being Well Together

Social Prescribing for Self-Isolation and Social Distancing

If you would like support to access any of the following resources, please contact your local Community Connector.

Dominique Dale: Mobile: 07790922228 or Email: Dominique.dale@shaw-trust.org.uk

Jasmine Ross: Mobile 07967395985 or Email: Jasmine.ross@shaw-trust.org.uk

Information for young children:

Kooth	https://www.kooth.com/	Free, safe and anonymous online support for young people
The source	https://www.thesource.me.uk/health/	Information and advice for young people in Suffolk
Home Start	www.homestartinsuffolk.org 01502 507988	Supporting families with young children
Suffolk Parent carer network – for parents who has a child with special education needs or disability	https://spcn.org.uk/parent-carer-support/ Please email admin@spcn.org.uk giving the first name and age of your child(ren) or young person you would like them for.	We now also have the following items available: <ul style="list-style-type: none"> • Colouring/puzzle books for children and young people • Colouring books for adults • Stress balls • Pots of bubbles • Sensory bags/baskets
Wellbeing	https://lltf4suffolk.com/corona/	On line resources and courses – all free and able to refer to wellbeing
Emotional wellbeing hub	https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/	It provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services for children aged 0-25 years old
BBC Learning	http://www.bbc.co.uk/learning/coursesearch/	Learning and teaching information and resources
Physical activity guidelines	https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/	Guidelines and ideas for physical activity with children
Activity ideas and suggestions	https://www.forestryengland.uk/blog/10-ways-keep-the-kids-entertained-through-covid-19	Activity ideas and suggestions for activities
Emotional wellbeing with Suffolk Mind	https://www.suffolkmind.org.uk/additional-help/resources-for-children/	Resources to help children meet their emotional needs – you can download them all to print etc.