



VISYON CONNECT

Thursday 23rd April 2020

What a year March has been? Never in a million years did we expect to be navigating our way through a national lock down and such a huge change in how we deliver and receive services. The fallout of Covid-19 is yet to be fully realised and the next 12 months are going to be incredibly difficult for many sectors, if not all.

Like so many other organizations, we've had to deal with the sudden prohibition on our usual way of working – meeting people face-to-face, to provide support, advice and counselling, and talking to funding providers about new and existing sources of funds. And like so many of you, we've had to rapidly get to grips with software like Zoom continue to function. We were determined to ensure that those who needed to enable us to our help could still get it to enable us to carry on supporting young people across our area.

Since returning from the Easter break Visyon are now offering our full range of telephone and online services. While we are providing support remotely our offer has changed slightly so that we are acting in line with government guidance.

Wellbeing Groups

We will be releasing weekly schedules here <https://www.visyon.org.uk/groups> so that you can stay up to date with what's going on.

Open Access

Any young person (13+) or parent can call us if they need a space to talk, no issue is too small and it does not have to be Covid related. We are here to listen call us on 01260 290000, text on 07508074748 or email: administration@visyon.org.uk. We have open access appointments available at various times and days in the week so will work to find one that fits.

Parent Groups

We will be sharing information and tips for looking after the emotional health of your family online. Like our Facebook and Instagram page @visyonltd to find out more

Existing clients

Our counsellors and wellbeing workers have been in contact with existing clients to find out the best way to offer support. Together they have agreed what that looks like it may be over the telephone, online or to wait until face to face meetings can resume. If you know an existing client who feels like they need more help they can call us on 01260 290000 for a chat.

New referrals

We are taking new referrals as normal. Just call us on 01260 290000 and we will talk through our next steps. We only work with the consent of the referral so ideally we would want the young person/carer to call us themselves.

Our picks from local and national guidance and tips:

Managing Coronavirus Worries

Young people can find it difficult to manage their worries and, during this uncertain time, they might be struggling with worries even more than usual. This guide can help young people to manage their worries in a structured way to help them to feel better.

There are two different types of worry and it's important to know the difference because we can deal with them in different ways. The first are **Hypothetical Worries** which are worries we don't currently have control over and can't do anything about. The second are **Practical Worries** which are worries we can do something about.

Hypothetical Worries

- What if we all get ill?
- What if we never go back to school?
- What if my holiday is cancelled?
- What if I infect my family?

Practical Worries

- I haven't seen my Gran in ages.
- I have nothing to do.
- I've been eating lots of Junk food.
- I'm stuck on the work that school sent home.

As you notice worries during the day, write them down so that you can come back to them later at **Worry Time**. You could also make a **worry box** to put your worries in. Once you've written the worry down, it's important to **refocus your attention**. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by noticing 5 things you see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste (the 5,4,3,2,1 method).

Use **Worry Time** to go back and address all of the worries you have written down that day. **Worry time** should be at the same time everyday and should last for a maximum of 30 minutes. Make sure it's not too close to bed time and that you're not distracted when doing it. For each worry, decide whether it is a **Practical Worry** or **Hypothetical Worry**.

for the hypothetical worries:

For hypothetical worries, **let the worries go**. You can do this by flipping up, scribbling out or scrumpling up and throwing away the worry. Once you've done this, use the 5,4,3,2,1 method to refocus your attention from the worries which you have let go.

for the practical worries:

For practical worries, use **problem solving** to find a solution:

- 1) write the problem in 1 or 2 sentences.
- 2) think of all of the solutions you can.
- 3) for each idea you came up with, write down all the good things and bad things for each solution.
- 4) choose the solution that looks the most likely to help.
- 5) make a plan to put your solution in place and DO IT.
- 6) review how it went - did it solve the problem or do you need to change and/or try a different solution?

Keep Calm and Follow Official Advice

- As a direct response to the COVID-19 crisis ThinkNinja have updated this app with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis.

<https://www.healios.org.uk/services/thinkninja1>

- Coronavirus information booklet illustrated by Axel Scheffler (Gruffalo) - aimed at 5-9 year olds. <https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf>

- Mentally Healthy Schools features a range of quality-assured mental health and wellbeing resources for primary school staff, parents, carers and children. <https://www.mentallyhealthyschools.org.uk/media/2008/coronavirus-mental-health-and-wellbeing-toolkit-3.pdf>

- Practical and purposeful information for Alternate Provision and settings working with vulnerable children and young people. <https://www.annafreud.org/media/11307/pears-family-school.pdf>. We really like the simple LAMBS acronym being used by school staff when checking in with parents, carers and young people (Learning Attendance Mental health Behaviour Safeguarding), along with the practical examples to scaffold discussions between home and school.

- *Out of Hours – Advice Line number 01244 397644 The Child and Adolescent Mental Health Service (CAMHS) have launched an out-of-hours advice line for people living in the Cheshire and Wirral area (including West Cheshire, East Cheshire, South Cheshire, Vale Royal and Wirral). If you are a parent/carer or adult working with a young person and concerned about their mental health, you can call this number. cwpcamhscentre.mymind.org.uk/out-of-hours-advice-line-number-01244-397644*
- *For non-urgent help and general wellbeing advice, the CWP website contains information and links to resources to support people with anxiety, low mood, and worries relating to the current Covid-19 pandemic www.cwp.nhs.uk*
- *CLASP South Cheshire CLASP aims to reach out and support those in the local community who are affected by the difficulties associated with parenting alone, whatever their circumstances. We offer friendly support and encouragement to assist with the progression from crisis to wholeness and a positive future for the whole family. Clasp support single parents, children, and step parent families: <http://southcheshireclasp.org.uk/01270250629>*

What to do if you need urgent mental health help: There is a new NHS Mental Health Crisis Line open to provide access to 24hr Mental Health Support run by NHS CWP Trust staff. This telephone line is for anyone who may need support in and across Wirral, Cheshire East and Cheshire West. Anyone can call and talk to a dedicated Mental Health Professional, including Children, young people and all adult age groups 24/7. The number is 03000303972. You should still call 999 or go to A&E if you have an **immediate, life-threatening emergency** requiring mental or physical health assistance.

With very warm wishes,

*The Visyon Education Team:
Jo, Jo, Lisa and Beverley*