

Weekly Newsletter from Hamelin Trust.

Hello everyone!

I hope everyone is well and staying safe. As you will know, we have continued to call all the families we support throughout all our services this week. We have been able to help some individuals with collecting shopping and picking up prescriptions from pharmacies. We have also been able to help with giving advice where needed.

Please do not hesitate to ask for advice; we are able to research current resources available to you.

For any queries outside of your weekly phone call, our phone line is open from 9.30am until 3.30pm, Monday through to Friday excluding bank holidays. We have a mainline telephone and a mobile number.

Telephone - 01277 314235 Mobile- 07716 642202

If you would prefer to email us rather than speak on the telephone, we do also have an email address service. The email address is;

Covid19InterimService@hamelintrust.org.uk

This service is only for families who already access our other services.

We want you to know that we are here to help all our service users and families feel supported during this difficult time. Therefore, we are ensuring we spend some time to provide some useful websites that we believe will help support and give guidance for both our service users and families.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

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

We would like to introduce you to another of our support workers who came up with the activity pictured below.

There is also a video on our Facebook page and website for you look at.

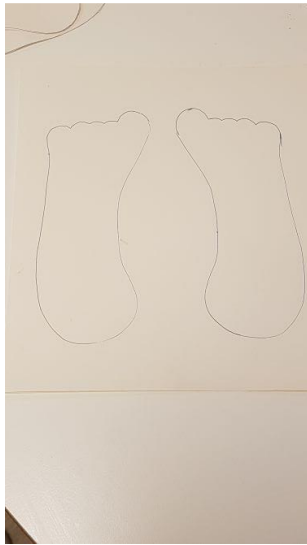


Emily

Have a Great Weekend.

HAPPY FEET

Follow the steps below and have a go yourself!



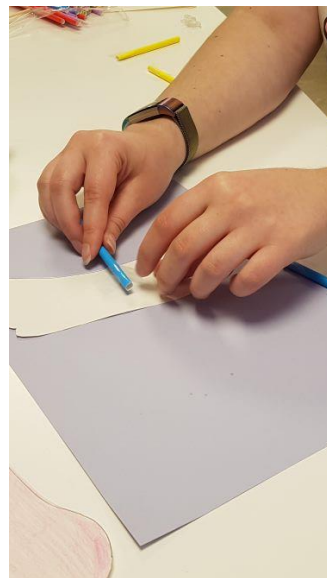
Step 1



Step 2



Step 3



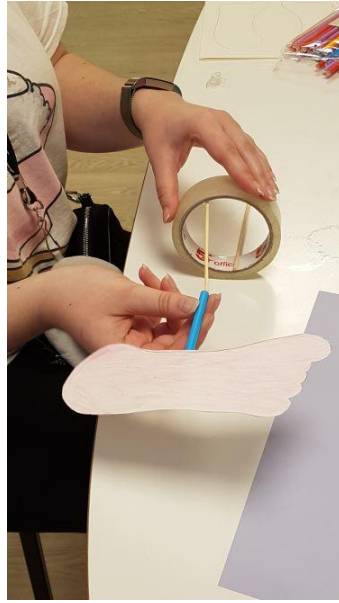
Step 4



Step 5



Step 6



Step 7



Step 8

Send your videos in to Hamelin so we can see how you did.