

Weekly Newsletter from Hamelin Trust.

Hello everyone!

I hope everyone is remaining well and staying safe. We have continued to call all the families we support throughout all our services this week. We have helped families with shopping, picking up prescriptions and sending out activity packs.

Please don't hesitate to send in any drawings or video's you have done, and with your permission we will put these on our Facebook and website for everyone to share.

We are inviting some of the individuals that we support to do a Blog of their Covid 19 experiences, so please look out for these being posted on our website in the coming weeks.

I would also like to draw your attention to some of the resources that may be of help e.g. the Essex Welfare Service they can help with medication collection/delivery, Healthy life style advise, dog walking along with many other things.

Essex Coronavirus Action Face book page this has been set up to assist those who are elderly and most vulnerable during this time. It links those who need support with those individuals and agencies that can provide assistance.

We have also added some flyers for some fitness videos and for the Essex Youth Service timetable which maybe of interest to some of our individuals.

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](mailto: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 Mandi, another of our support workers who has been involved with and sending out the activity packs.



Have a Great Weekend.

# Rain Cloud

Here is a simple yet fascinating science experiment using items you may be able find in your house. The different ingredients you will be using represents the air, cloud and water.

You will need

- Clear jar or cup
- Shaving foam
- Water
- Food colour, preferably blue, but any food colouring will work.

Time for the experiment, here is what you need to do

1. Fill the jar or cup with water, this will be the air.
2. Add a thin layer of shaving foam, the clouds forming.
3. Using your food colouring drop the food colouring onto the shaving foam, which will be the rain drops.
4. Sit back and watch, as the raindrops slowly begin to fall.



Remember to send your pictures or videos into Hamelin so we can see all your great artwork!