

Weekly Newsletter from Hamelin Trust.

Hello everyone!

From the beginning of this week, following up from the letter that was sent out to service users and their families, we have been focusing on contacting, by telephoning, everyone who attends one of our services. Our main aim is to support everyone the best we can during this difficult time, identifying where we can help and offering a listening ear.

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 also 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 two of our staff members Rebecca and Lucy.

They have made a scavenger hunt for you to try at home!



Rebecca



Lucy

We wish you a happy bank holiday weekend.

At home scavenger hunt

Can you find, feel and hear the following

Bird



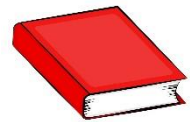
Sock



Flowers



Book



Toothbrush



Scarf



Mug



Window



Teddy bear



Clock

