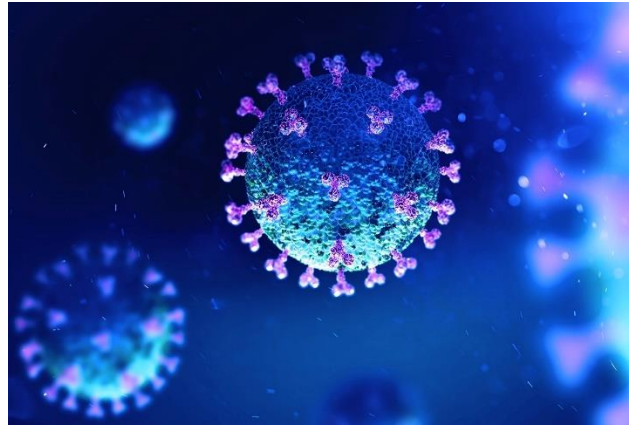


# Support for young people

...From the Early Help Team in Powys



In light of the current uncertainties due to the Coronavirus we can no longer offer our usual service but we want to provide you with some help and support during this tricky time. We have put together this pack in the hope it offers some information and advice, as well as some activities to do for you until normal service resumes.

In this pack you will find:

- Useful Contacts
- Useful websites / Social Media sites
- daily planner
- Sources for support for young people
- Self-care advice sheet
- Daily Diary worksheet
- Gratitude worksheet
- Self-Care check list

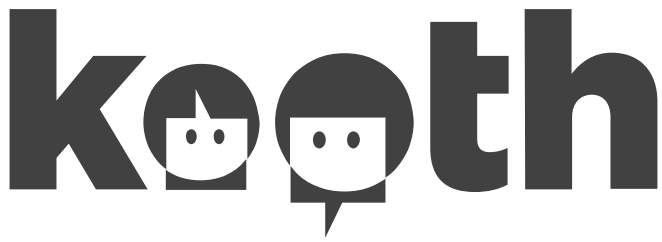


It's important to keep up to date with Government Advice during this period of uncertainty. To do this, you could ask a parent or carer, or check it out for yourself here:

<https://gov.wales/coronavirus>

For information regarding the virus and health information see:

<https://www.nhs.uk/conditions/coronaviruscovid-19/>



## Useful phone numbers & websites:

Given the current circumstances, some services may be offering their offering support in different ways- *check them out, their web page or phone line should inform you of any current changes* 😊

### Childline

Help for children and young people under 19 years with emotional support and advice  
0800 1111

### Kooth

Offering emotional support online, via counselling, shared articles from young people, the kooth community and the opportunity to write a daily journal. <https://www.kooth.com/>

### Live Fear Free 24/7

Domestic Violence Support Helpline  
08088 010 800

### Calan DVS

Support for individuals experiencing abusive relationships  
01874 625 14

### Youth Homeless Helpline

08003280292

### CAIS

Young Persons Substance Misuse  
03007772258  
[www.cais.co.uk](http://www.cais.co.uk)

### Credul Support

for carers and their families 01597 823 800



### Childrens Social Services

For concerns about the welfare of a child  
01597 827 666  
(Out of hours - 0845 0544 847)

### Mid and North Powys Mind- Youth service

Mental Health Charity, offering support for ages 16-25  
[Admin@mnpmind.org.uk](mailto:Admin@mnpmind.org.uk)  
01597 824411

### Open Access Youth Service

Helen Quarrell - 07805024126  
Rhodri Jones – 07909882525  
Brecon Youth Club  
– <https://www.facebook.com/Breconyouthcentre/>  
Penrhos Youth Club  
– <https://www.facebook.com/penrhosyouthclub/>  
Newtown Youth Club – <https://www.facebook.com/YouthClub-Newtown-121812497932989/>  
Llandrindod Youth Club  
– <https://www.facebook.com/Llandod-YouthClub-331272480221703/>

### Windfall Centre

Phone: 01597 829346  
Email: [info@windfallcentre.co.uk](mailto:info@windfallcentre.co.uk)

### Foodbanks:

Welshpool: 01938 536397  
Newtown: 01686 610 340  
Llandrindod: 07519 839 189  
Brecon: 01874 611 723 Ystradgynlais:  
07534 256508

# Routines & Daily planner

Sometimes, we are not always aware of how much a routine can help us during the day, until the routine has been unsettled. During this time period, try and give some structure to your day, which could create a more relaxed feeling.

Here's a template you could fill in:

Time	Activity	Tick once completed 😊
Wake up- 9am		
9am-10.30am		
10.30-11am		
11am- 1pm		
1-2pm		
2-3.30pm		
3.30-5pm		
5-6pm		
6-8pm		
8- bedtime		



[This Photo](#) by Unknown Author is

## Some activities you may want to do:

**\*home workout-** youtube offer a wide range of free workouts, including yoga, hitt, boxing etc.

**\*Podcasts-** podcasts cover most topics you can imagine, from mindfulness, self-acceptance, feeling happy, managing your feelings, menal health, all the way to topics such as makeup, cars, football etc.

**\*daily walk-** we are restricted of our outside activities due to the current circumstances, however going on your daily walk gives you the opportunity to get some fresh air, which could keep your mind / release anxiety

**\*video calls with your friends-** not seeing your friends can he hard. Keep in touch via messages, calls and video calls.

**\*Art-** this can be anything from paint, creating or colouring in. Adult colouring books are a great way to take your mind off things.

**\*write a list-** think of all the things you feel you are missing out on, write them down and keep them in a jar. Once this is all over, you can then do all these amazing things!

# Looking after *you...*

**Self care** is super important, we all need to look after ourselves, as much as we need to recognise when we need to have that time for us. Find something to do that allows anxieties to fade, for you to feel relaxed or to slow down is beneficial for us all. Take some time out and do something for you.

If you are feeling anxious or stressed, try these tips:

- Take a deep breath, relax your shoulders and keep breathing slowly and deeply until you feel calmer. Allow yourself to feel your feet on the ground and notice what's in the room around you.
  - Get your worries out of your head, talk about them, write them down or just simply say it out loud. Allow yourself to recognise your feelings. Give yourself time to stop and check in with yourself.
  - Find out the facts... it may not be as scary as you think. Write them down, put them in black and white.
  - Pencil in an activity you find helps you relax once a day, prioritise this time for yourself- Whether it be a bath, reading a book, watching some tv on your own, having a nap, going for a walk, painting, drawing, writing a journal, meditating or completing mindfulness activities etc.
  - Arrange to speak to a friend or family member daily, allow yourself to have time to check in with another adult.
  - Exercise- exercising releases endorphins which supports you having a health mental health, there are lots of free online workouts you can do in your home.
  - If you feel your mind is wandering, bring it back to the here and now by focusing on what is reality today- what's happening today? How are you today? Let go of the weeks ahead and focus on the present day.
  - Write a gratitude list when you are experiencing low moods and negative thoughts. Write down numbers 1-10 and think of things you are grateful for. It can be as simple as .....
1. I am grateful for having somewhere to sleep. 2. I am grateful for having family members. 3. I am grateful for having a friend. 4. I am grateful for having breakfast this morning.. and so on.

**reminder:**  
✓ take care  
of yourself!

## *Take one day at a time*

# Social media....



Social media can be great, especially at times like this, right?

It allows us to keep in contact with friends and family, as well as providing us with useful resources and activities to do, such as YouTube work out videos.

Here are a few ways to use social media during this time, as well as some top tips to keep us safe-

- Limit your time- ensure you have a break from your screen
- Follow positive influences who allow you to feel empowered, rather than ones that leave you feeling a little 'meh'
- Watch useful videos, something you are interested in
- Video call friends and family
- Support one another
- Check out the safety tips
- Share activities that are helping you, with friends

**Social media safety tips:**

- Keep it private - Don't post anything which reveals your personal details.
- Don't upload anything that might embarrass you at a later date.
- Remember once you hit send, you have lost control of that image or comment.
- Never be pressured into taking pictures of yourself that you wouldn't want other people to see.
- If you're using a shared computer - don't forget to log off when you've finished the session.
- Protecting your tweets - on Twitter you can choose to protect your tweets so that people can only follow you if you approve them first.
- Location settings - check your settings and choose to activate this wisely.
- Hashtags - can open up your post to be visible on that particular hashtag thread on any social network or app.
- Never meet up with anyone you meet online in real life.



# Daily Diary



Date: .....

Today I am feeling:.....  
.....  
.....  
.....

Today my worries are:.....  
.....  
.....  
.....

Today I am grateful for:

1. ....  
.....
2. ....  
.....  
.....
3. ....  
.....

Date: .....

Today I am feeling:.....  
.....  
.....  
.....

Today my worries are:.....  
.....  
.....  
.....

Today I am grateful for:

1. ....  
.....
2. ....  
.....  
.....
3. ....  
.....


Date: .....

Today I am feeling:.....  
.....  
.....

Today my worries are:.....  
.....  
.....

Today I am grateful for:

1. ....
2. ....
3. ....



# Gratitude list:

Today I am grateful for....

1. ....

2. ....

3. ....

4. ....

5. ....

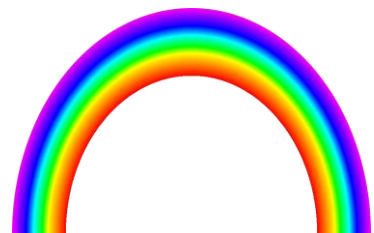
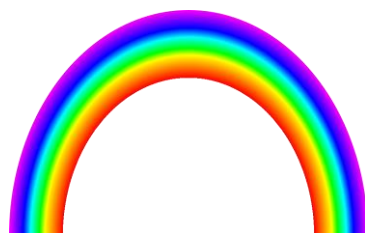
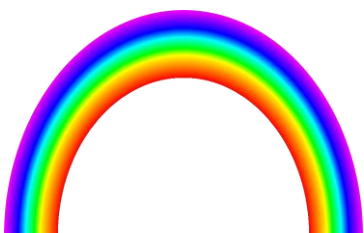
6. ....

7. ....

8. ....

9. ....

10. ....





# Self-care checklist

Tick off your self-care activities for today-

-Walking

Listened to music-

Watched a film or tv -

-Had a bubble bath



Colouring-

Spent time with friends -

Filled in a daily journal-

-Exercised

-Listened to a pod cast

Spent time with family-



Planned an early night-

-Completed a mindfulness activity



# Daily reminder to yourself:

1. *You have totally got this*
2. *You are worth it*
3. *You are good enough*
4. *This time will pass*
5. *You will get through it*
6. *One day at a time* 😊



Young people, when informed and empowered, when they realize that what they do truly makes a difference, can indeed change the world.

— Jane Goodall —

Admin Early Help Team: 01597 826246