

HELP, SUPPORT AND ADVICE AT HOME

HOME SCHOOLING RESOURCES

Here is a weekly online structured guide to educating your children during lockdown

09:00 - Physical Education with Joe Wicks

[youtube.com/thebodycoach](https://www.youtube.com/thebodycoach)

10:00 - Music with Myleene Klass

[youtube.com/myleenemusicklass](https://www.youtube.com/myleenemusicklass)

11:00 - Science with Maddie Moate

[youtube.com/maddiemoate](https://www.youtube.com/maddiemoate)

11:30 - Dance with Oti Mabuse

[youtube.com/otimabuseofficial](https://www.youtube.com/otimabuseofficial)

13:00 - Maths with Carol Vorderman

[themathsfactor.com](https://www.themathsfactor.com)

14:00 - History with Dan Snow

tv.historyhit.com

15:00 - English with David Walliams

worldofdavidwalliams.com

17:30 Food Tech with Jamie Oliver

channel4.com/keepcookingandcarryon

9:00	PE WITH JOE WICKS YOUTUBE.COM/THEBODYCOACH
10:00	MUSIC WITH MYLEENE KLAFF YOUTUBE/MYLEENEMUSICKLASS
11:00	SCIENCE WITH MADDIE MOATE YOUTUBE.COM/MADDIEMOATE
11:30	DANCE WITH OTI MABUSE YOUTUBE.COM/OTIMABUSEOFFICIAL
13:00	MATHS WITH CAROL VORDERMAN THEMATHSFATOR.COM
14:00	HISTORY WITH DAN SNOW TV.HISTORYHIT.COM
15:00	ENGLISH WITH DAVID WALLIAMS WORLDODDAVIDWALLIAMS.COM
17:30	FOOD TECH WITH JAMIE OLIVER CHANNEL4.COM/KEEPCOOKINGANDCARRYON



WWW.KIDADL.COM



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HOME SCHOOLING

RESOURCES

As of last Monday the BBC have launched on their red button and iplayer an interactive feature which has six 20-minute programmes each day aimed at different age groups.

There will also be a maths and English lesson every day for different age groups, daily education podcasts and programmes on BBC Four on weekday evenings to support GCSE and A-level courses.

Doctor Who actress Jodie Whittaker will be dropping in on Bitesize Daily lessons, while a host of stars will read books aimed at both primary and secondary age children.

They include singer Mabel, Strictly Come Dancing's Oti Mabuse, One Direction member Liam Payne and Countryfile presenter Anita Rani.

Celebrities leading lessons or making appearances include:

Manchester City footballer Sergio Aguero, who will help youngsters learn to count in Spanish

Sir David Attenborough, who will look at geography topics such as oceans and mapping the world

Former shadow chancellor Ed Balls, who will deliver a maths class for 11 to 14-year-olds

Professor Brian Cox, who will teach science topics such as force, the solar system and gravity

EastEnders actor Danny Dyer, who will give a history class for five to seven-year-olds on Henry VIII



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Here are some handy tips that might keep you ticking over while home schooling, remember they are your children and you know them best, but having some structure is always good.

Stick to a routine

Try and keep the structure of your days in-line with your children's school timetable as much as possible, Even if you're not using the time explicitly for academic studies try and keep them engaged in something, for example home skills.

Let children learn at their own pace

It's best if children have some sort of control over their timetable, Children who get a concept quickly aren't held back, and those who need more time have a chance to fully understand their work at their own pace.

Make your child the teacher

Letting children teach stops the learning process from becoming boring and helps keep them interested in studies, not only will they get a sense of achievement, but will also help them retain information without learning in a 'traditional' manner.

Show an interest in your child's work

If parents engage with topics and tasks this will inspire children to work harder

Keep active

Don't worry if you don't have access to an outside space - there are lots of exercises online which you can do indoors to get those endorphins pumping.

Have an outside person to mark your child's work

Ask someone who isn't a family member look over your child's work. You could do this by sending a photograph of the work to a friend.

Make the most of online courses

Platforms like Tutor House are running courses to ensure parents have access to teaching and learning resources, run by experienced teachers and aimed at different levels of schooling.



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HELP, SUPPORT AND ADVICE AT HOME

MENTAL HEALTH AND WELLBEING FOR ADULTS

RESOURCES

9 Practices To Help Maintain Mental Health During The Coronavirus Lockdown

Have a routine (as much as you can)

Many people are working from home or told to stay at home, it might feel like all bets are off. But it's actually much better for everyone's mental health to try to keep a routine going, as much as possible. Try and maintain a normal sleep pattern, eat at regular times and maintain some structure in your day.

Start an at-home exercise routine

Working out at home in these times is obviously a good way to stay healthy and kill indoor time, even if it's joining in with the kids PE class with Joe Wicks, anything that gets your heart pumping or builds muscle is excellent for both physical and mental health. Try searching 'HIIT workouts for beginners' on youtube. *High Intensity Interval Training

Get outside - in nature - if you can

Research finds that spending time in nature is a boon to both mental and physical health. For instance, multiple studies have found that time in green and blue space is associated with reduced anxiety and depression, and the connection may well be a causal one.

Declutter your home

Working on your home if you have time can be a good way to feel productive and in control. Take the opportunity of the extra time by decluttering, cleaning or organizing your home. Start with a room at a time, remember to recycle if you can, even think about leaving items that are reusable out on your drive/street with a note saying 'free to a good home' as someone else could make use of it, or sell it on ebay?



Meditate, or just breathe (take a time out)

Meditation has lots of research behind it, as most people by now know—it's been shown to reduce symptoms of depression and anxiety, and even increase the volume of certain areas of the brain. If meditation is not for you, try just taking some time out, in the quiet and breath.



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Maintain community and social connection

Social connectivity is perhaps the greatest determinant of wellbeing there is. Unfortunately, it's the opposite of what we can do right now, so we have to be creative, to maintain both psychological closeness and a sense of community. Texting and social media are ok, but picking up the phone and talking or videoconferencing, or having a safe-distance conversation on the street, is probably much better (maybe to the people who stop and look at the items you are giving away)

Be of service, from a distance

Being of service is one of the best things we can do for society—and on a more selfish note, for ourselves. Studies have repeatedly found that serving others, even via small acts of kindness, has strong and immediate mental health benefits. And feeling a sense of purpose has also been shown to help people recover from negative events and build resilience.

Practice gratitude

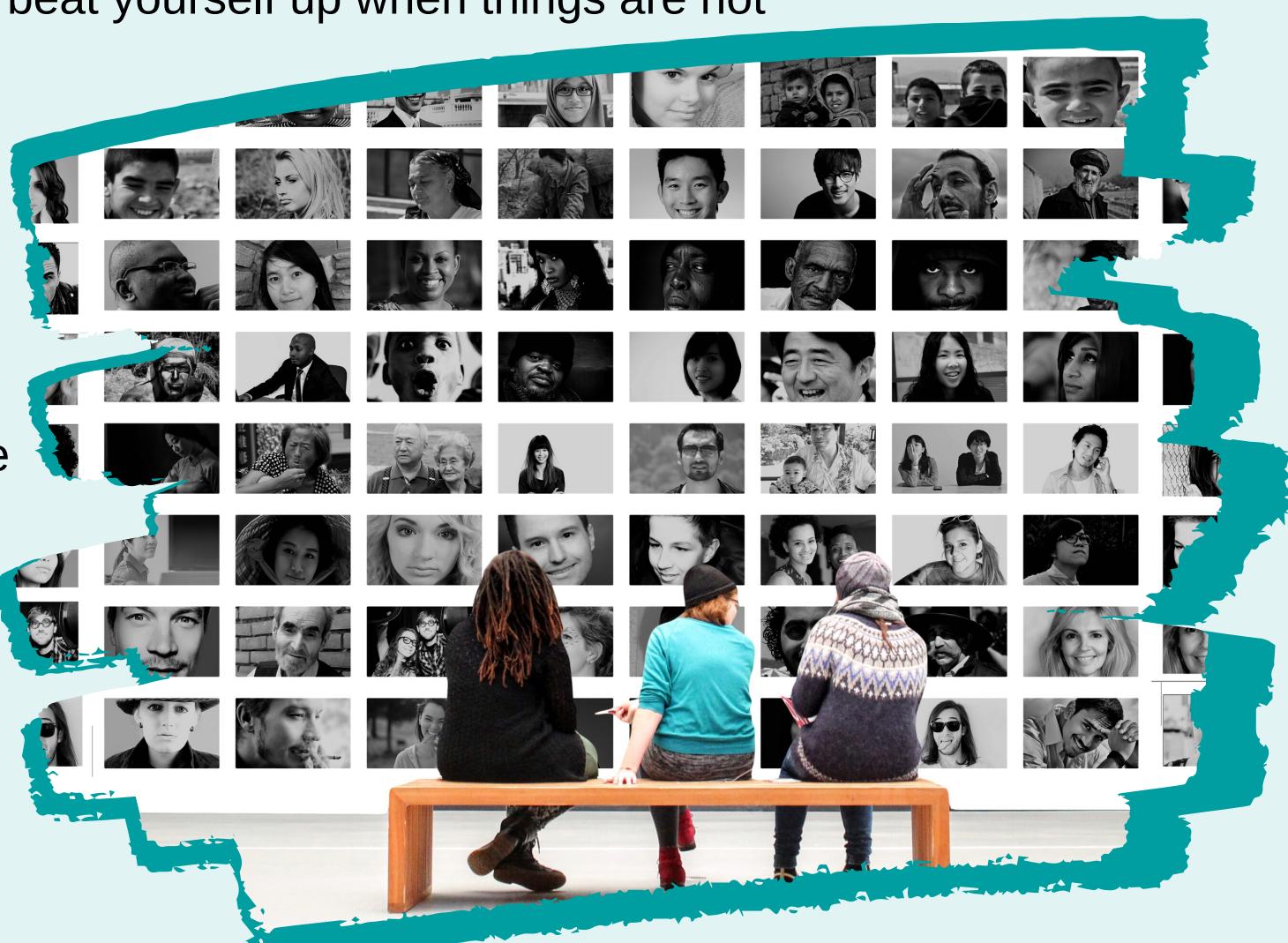
This is not the easiest thing to do in these times, particularly if you've felt the more brutal effects of the pandemic, like job or business loss, or illness. But practicing gratitude for the things we do have has huge benefits to mental health.

So even though it might be a challenge right now, write down some of the things you're grateful for; or if you have little kids and it's easier, try talking about and listing aloud things that make you happy and that you're thankful for.

And finally - Let yourself off the hook

This might be the most important thing to keep in mind—don't beat yourself up when things are not going perfectly in your household. On top of everything else, being upset with yourself is totally counterproductive.

If the kids watch too much Netflix or play too many hours of video games, it's not the end of the world. Things are going to be hairy for a while, and if you can't stick to your schedule or can't fit in your at-home workout every day, it's really not such a big deal in the long run. It's much more valuable to everyone to cut yourself some slack, use the time to reflect on the important things, and try to keep a sense of "we're all in this together" at the forefront.



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HELP, SUPPORT AND ADVICE AT HOME

WEEKLY UPDATES

RESOURCES

Across the local health and care system, the latest updates are:

Hot-hubs roll out is continuing across Staffordshire and Stoke-on-Trent, with one in each **Clinical Commissioning Group (CCG)** area.

Staffordshire County Council released contact details for domestic abuse helplines.

New Era – 0300 303 3778 (24-hours) or live webchat at www.new-era.uk

National helpline – 0808 200 0247

Staffordshire Women's Aid – 0300 330 5959

Men's Advice Line – 0808 801 0327

LBGT – 0800 999 5428

Staffordshire Fire & Rescue Service has also urged landowners not to undertake unnecessary prescribed or controlled burns to avoid placing unnecessary strain upon the emergency services.

Midlands Partnership NHS Foundation Trust has been pushing the #DailyShoutOut to promote the work of individuals or groups tackling the coronavirus who may not get recognition otherwise.

West Midlands Ambulance Service has asked people to be extra careful at home to avoid unnecessary trips to A&E during this time.



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WEEKLY UPDATES

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Local Councils are reiterating the advice for residents to remain vigilant, following a rise in the number of coronavirus-related scams in the county and city. Some common scams include:

- **Online and email scams** – mail scams that trick people into opening malicious attachments, placing people at risk of identity theft. Some emails lure people to click on attachments offering information about local people affected by COVID-19
- **Fake online resources** – such as false coronavirus maps which when clicked on infect computers with malware
- **Telephone scams** – there is an increasing risk that telephone scams will rise, including criminals claiming to be from a bank, mortgage lender or utility company
- **Doorstep crime's** – criminals targeting older people on their doorstep and offering to do their shopping. Thieves take the money and do not return
- **Doorstep cleansing services** that offer to clean drives and doorways to kill bacteria and help prevent the spread of the virus
- **Refund scams** – companies offering fake holiday refunds for individuals who have been forced to cancel their trips. People seeking refunds should also beware of fake websites set up to claim holiday refunds
- **Counterfeit goods** – fake sanitisers, face masks and Covid19 swabbing kits sold online and door-to-door. These products can often be dangerous and unsafe
- **Donation scams** – there have been reports of thieves extorting money from consumers by claiming they are collecting donations for a COVID-19 'vaccine'

People should report any scams to the Citizens Advice Consumer Helpline: on 0808 223 1133 or at the website <https://www.citizensadvice.org.uk/>

University Hospitals of North Midlands NHS Trust (UHNM) has this week

launched its 'Family Support Service', which will be available between 8am and 5pm, seven days a week to support teams across UHNM to maintain communications between patients and their relatives.



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WEEKLY UPDATES

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Several **care homes** across the patch have been affected by cases of corona virus and councils are working to support these with the provision of both additional care staff and the relevant personal protective equipment (PPE).

Although many residents of Staffordshire and Stoke-on-Trent are adhering to social distancing measures, **Staffordshire Police** would like to reinforce the following messages:

There has been some confusion around whether people can visit and exercise in the Staffordshire countryside, including Cannock Chase, the Roaches and other country parks.

We are asking people not to visit these areas and to stay close to home to exercise once a day and at least two metres apart from people outside of your household as per the government guidelines on social distancing.

We understand that there are small numbers of local people who live within these immediate areas who may continue to walk dogs and exercise, but car's should really only be used for essential journeys and not to travel somewhere to exercise.

It is important that groups of people avoid congregating at area's such as car parks or popular beauty spots as it is impossible to stay more than two metres apart from others which is critical to stop the spread of the virus.

We all need to work together to prevent the spread of Covid-19, protect the NHS and save lives.

Thank you for your support in staying at home and avoiding unnecessary travel.

The beautiful Staffordshire countryside will still be there in a few weeks for us all to enjoy.



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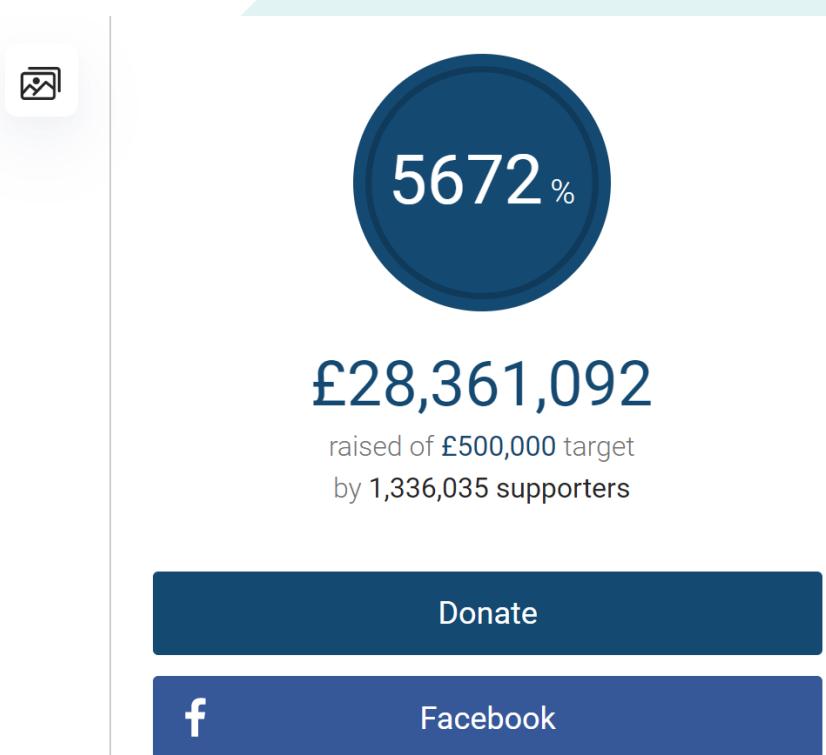
SOMETHING POSITIVE

RESOURCES

Surely by now we have all seen the new national treasure Captain Tom Moore...

He pledged to walk 100 laps of his garden before his 100th birthday on 30th April 2020 in the hopes of raising £1000 for the National Health Service.

As of publishing this he has raised....



As a thanks you to Captain Tom, apart from donating we can send him birthday cards, these don't have to be shop purchased ones, they can be creative and fun to show your appreciation for this amazing man.

If you are interested in sending him a card
please send them to this address...

Captain Tom Moore
C/O Post Office Limited
67 Bedford Road
Marston Moretaine
Bedfordshire
MK43 0LA



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