

## For information, advice and support about your wellbeing please contact:

Mark Dee [Mark.Dee@southglos.gov.uk](mailto:Mark.Dee@southglos.gov.uk)

Sarah Godsell [Sarah.Godsell@southglos.gov.uk](mailto:Sarah.Godsell@southglos.gov.uk)

Sarah Rawer [Sarah.Rawet@sgmail.org.uk](mailto:Sarah.Rawet@sgmail.org.uk)

## Local Websites

[One You South Glos](#) (for over 18s)

[Mind You](#) (for young people)

[Domestic Abuse and Violence](#) (update on services and what's available)

## Coping with bereavement

Nobody wants to think about the worst possible outcomes of coronavirus. But sadly it's possible we may be affected by bereavements, whether personally, supporting a team member who is bereaved, or through our work supporting people in the district. We have compiled some sources of support for you if you experience bereavement, or need to support a colleague, friend, team member, or someone you deal with professionally.

## General support and advice

[Cruse coronavirus – Dealing with bereavement and grief guide](#)

[NHS - Grief after bereavement or loss](#)

[Books to help children deal with bereavement](#)

[Mind – Bereavement](#)

[Dying matters - Self-help strategies for bereaved people](#)

## How to help when someone else is bereaved

[Cruse Bereavement Care - How to help someone bereaved](#)

## Yoga anyone?

In response to the many school closures taking place, 'Down Dog' are making all of their apps - *Down Dog*, *Yoga for Beginners*, *HIIT*, *Barre*, and *7 Minute Workout* - **completely free**; offering **free access until July 1st for all students and teachers**. To access the free school membership, please register your school's domain by visiting [downdogapp.com/schools](http://downdogapp.com/schools).

There might be times that almost feel normal and like nothing is happening



And at other times the full reality of what is happening might overwhelm you



Take it easy and be gentle, you're doing the best you can

## Public (School) Health Nursing update

- All face to face contacts with children, young people and families to cease.
- Staff will be re-deployed to priority clinical areas
- The National Child Measurement Programme to stop
- All Drop in clinics to stop; a poster will be posted on the door of your Drop-in clinic with your locality telephone number for young people to contact should they have any worries or concerns.
- A telephone line to be manned by a rota of school health nurses to direct queries.
- Telephone health needs assessments will continue at present.
- Participation in child protection procedures by completing reports for Child protection conferences as required.
- Referrals received to be triaged in base by Senior School health nurse.
- Any complex referrals to discuss with clinical leads.

Resources: <https://cchp.nhs.uk/node/11304>

Contact 01454 862441

## Coaching

My name is Caroline Butler and I am an Educational Psychologist. I have been with the Educational Psychology service within South Gloucestershire since June 2019. I would like to offer head teachers the opportunity to participate in some coaching sessions, over Skype, during this tricky period, if you are not currently accessing a coach through the SLEAPS package which specifically focuses on second year heads and priority schools. Coaching conversations can help you to reflect upon what you want to achieve, what is happening right now, what you might be able to do and what you will be able to do in order to work towards your goals. The following definition has been taken from the Association for Coaching (2015); *'Coaching is a collaborative, solution-focused, results-oriented and systematic process in which the coach facilitates the enhancement of work performance, life performance, self-directed learning and personal growth of the coachee'*.

These conversations will enable us to work together, in partnership, to reflect upon things that are working well and things that may currently be a bit harder to navigate. You will have ownership over the conversations and the actions that we discuss (this is not a 'done to' process but rather a 'doing with' process). We can meet regularly over Skype, to check in on the progress that is being made towards the agreed goals. This offer will be for the duration of the Summer Term.

## Supporting staff wellbeing

The British Psychological Society has published a timely and informative document, ["Teacher resilience during coronavirus school closures."](#) This 6-page paper provides practical guidance based on research evidence and established psychological frameworks. 3 key areas of resilience are explored: belonging, help-seeking, and learning. The document highlights the importance of fostering belonging and connectedness during this period of isolation and remote working. Relatedness is at the core of this and the promotion of relationships (head teacher to teacher; teacher to teacher; teacher to student; and teacher's personal relationships) are considered. The important role that teachers are playing, in uncharted waters, is acknowledged and the resilience that can be gained through the promotion of help-seeking / help-giving relationships and continued learning opportunities discussed.

*Educational Psychology Service, South Gloucestershire*

In addition, there is an informal wellbeing action plan that many South Gloucestershire council employees are encouraged to keep and share with their senior leaders. The following questions from this document may provide an informal supportive scaffold to help start a meaningful conversation about coping in these difficult times:

- 1. Are there any early warning signs that we might notice when you are starting to experience a decline in your wellbeing?** (for example changes in normal working patterns, withdrawing from colleagues, and change in your mood/behaviour).
- 2. If we notice early warning signs that you are not yourself, what should we do?** (for example talk to me discreetly about it, contact someone that I have asked to be contacted).
- 3. What steps can you take if you start to feel a decline in your wellbeing at work? Is there anything we need to do to facilitate them?** (for example you might like to take a break from your desk and go for a short walk, or ask your line manager for support).
- 4. Who would you like us to contact (with your agreement) if we have concerns about your well-being?**

## Webinar training

[Conversational coaching for managers](#) - Conversational coaching can be used as a way of helping someone to establish a desired change – be that in thinking or behaviour, to help them make the best possible decision about a given situation, look at an issue from a new perspective, find a solution to a problem or simply just trigger a new or more positive pattern of thinking. You can use conversational coaching in many different situations. You can use it in your capacity as a manager, a friend, a colleague, a parent and many others.

This workshop will be delivered as a webinar via skype.

