



Lockdown support

Introduction

Whether you are learning at home or at school during lockdown, we want to support you and your families during this difficult time.

We have put some information together in this newsletter which we hope helps you through the next few weeks of 2021.

Ask for help with school work

It's stressful enough studying for GCSEs and other exams during normal times, but during a lockdown students miss out on daily contact with friends and school staff.

Younger children can also struggle to keep motivated if they get stuck on a piece of work without someone to check things with.

If you are worried about any part of your work, don't feel embarrassed to ask for help. Your teachers are there to support you. If you ask a simple question about a small problem now, you can avoid it growing into a huge worry later.

Make sure you know how to get in touch with your teachers, either through the online system your school is using or by email. Don't struggle on your own. Their job is to help you learn wherever you are.

If you are learning at home... get connected!

The Government is making laptops and other devices available to some children learning at home if their families cannot afford to buy them. There are also schemes to provide access to wi-fi available, and free mobile data to support learning.

If you have difficulties accessing learning online, please get in touch with your school to see what support is available for you.

If you are learning at school... get tested!

City of York Council is offering regular testing for any young people who are attending secondary school during lockdown.

Your parents can book a test online and you can go to a test centre in York. The staff there will show you how to take the test yourself, but if you don't feel comfortable, someone will do it for you. It involves putting a small stick into the back of your mouth and up your nose.

You will find out the result in about an hour and should go for another test three days later.

Symptom-free coronavirus testing: york.gov.uk/SymptomFreeCovidTest

Worries and anxiety

Coronavirus and particularly lockdown can bring up all sorts of emotions surrounding self-esteem, school work, friendships, relationships and illness.

Don't bottle it up - there are many services who can help.

York Mind - This local service offers confidential one-to-one counselling by telephone or video-link for 16 to 25-year-olds

web: yorkmind.org.uk email: office@yorkmind.org.uk phone: 01904 643364

Young Minds - Coronavirus advice and mental health support

web: youngminds.org.uk

Papyrus - Support for young people feeling suicidal

web: papyrus-uk.org phone: 0800 068 4141

Childline - free private and confidential service where you can talk about anything

web: childline.org.uk phone: 0800 1111

More mental health resources - yor-ok.org.uk/families/Local%20Offer/mental-health.htm

If you don't feel safe at home

If you have concerns about your safety, contact the Young People's Information Service

phone: 01904 555400 (Mon - Fri 10am - 4pm) email: fis@york.gov.uk text: 07624 802244

For parents

We put together a useful pack of information for parents back in the first lockdown which has lots of information about how to cope with home schooling, talking to children about coronavirus and other sources of support.

web: york.gov.uk/downloads/LAYLAYC

For parents of children with SEND

Parents of children with additional needs and disabilities can also get support from our team of educational psychologists every Wednesday morning, from 9am to 11.30am, until 24 March.

phone: 01904 553055

For families, neighbours and friends

If your family needs help collecting prescription medicines or buying food, contact our Covid-19 support line for help.

phone: 01904 551550 email: covid19help@york.gov.uk