

WELL-BEING INFORMATION PACK



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Accessing the links:

The underlined sections of text are links to different websites. Depending on what device you are using will determine how they open. Most should allow you to just click and you will be redirected to the website. If you are using a Windows laptop, you might be required to hover your cursor over the link and press Ctrl.

If using a Macbook, you will need to hover over the link, press the control key and click the trackpad and open in a new window.

During this time of uncertainty we felt it would be beneficial to put together a pack of information and resources which will support people's well-being and mental health. There is a lot which is out of our control right now but we must all do what we can to prioritise our well-being during this time.

Some videos and links might advise you to exercise outdoors; please ensure that you follow the government's guidance about going out and social distancing.

Here are some general tips

Keeping healthy:

It is important to keep fit and keep moving, not just for our physical but also our mental health. From dancing to Disney themed routines to having a good old fashioned strength, we have tried to include something for everyone's needs. Please follow the health & safety guidance on the sites/videos to avoid injuries.

Also be mindful of what you eat, do your best to keep it as healthy as possible.

Stay connected:

This is a stressful time for many; you might be at home with the kids, trying to study, be home alone, working from home, having to care for others or you might still have to go to work. It is important you talk to someone; could be one of numbers listed or reach out to someone you know. Ensure you talk to others, we all need that right now.

Unwind:

Make time to unwind and relax, it could be something you do already or now could be the time you explore new ways to relax. There are links for mindfulness and yoga which we hope will help. Also check out the NHS advice on sleep.

Routine:

Although we can't stick to our usual routines, it's good to stay in a routine as much as possible so set yourself targets for the day to keep you motivated. It will help to keep a balance of being and feeling productive and taking time to relax.

WELL-BEING

* You can go outside for your exercise, just follow the government's guidelines.

CHILDREN AND FAMILY EXERCISES

[5 minute workouts](#)

[PE exercises at home](#)

[Disney workouts for the family to enjoy](#)

[Exercise with your children](#)

[Kids Yoga](#)

[Online video for children's fitness and well-being \(free sign-up\)](#)

[Home PE - different activities and games](#)

[Disney themed 'shake ups'](#)

[Indoor activities for kids](#)

[Accessible Activities](#)

[Fun curriculum linked resources to get your class moving while they learn](#)

[Movement and mindfulness at home](#)

[Weekly food & activity log plus daily exercise videos to keep children active](#)

ADULT & YOUNG PEOPLE'S EXERCISES

[Body Coach Fitness](#)

[7 Day Fitness Challenge](#)

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

[Day 6](#)

[Day 7](#)



[HIIT Home Workout for beginners](#)

[Ultimate Beginners HIIT Workout](#)

[More fitness videos](#)

[Yoga](#)

[Exercise at home](#)

[Home workouts](#)

[Yoga for Teens](#)

[Meditation and Yoga](#)

[Gym free workouts](#)

OLDER ADULTS EXERCISES

[Chair Dance 1](#)

[Chair Dance 2](#)

[Chair Dance 3](#)

[Chair Dance 4](#)

[Chair Dance 5](#)

[Chair Workout](#)

[Sitting exercise](#)

[Strength exercises](#)

[Balance exercise](#)

[Flexibility exercises](#)

[Alphabet fitness bingo](#)

MINDFULNESS

[NHS Mindfulness guide](#)

[Mind Mindfulness guide](#)

[Mindfulness: finding time to relax and
be present](#)

[Very helpful article on mindfulness
activities for children](#)

[Nature inspired music and sounds \(for a calm and refreshing start of the day\)](#)



EAT AND SLEEP

[NHS sleep information](#)

[Mind sleep information](#)

[NHS - Eat Well](#)



LEARNING

[Free learning and resources](#)

[Free home learning for children](#)

[Free active English & Science games for parents & kids](#)

[Cbeebies Story Time App \(0-5 year\)](#)

[Cbeebies Playtime Island App \(0-5 year\)](#)

[Learning at Home Resources](#)

[Free online school learning resources](#)

[Free learning courses 16+](#)

[Website which combines your interests with educational/fun articles](#)

[Vision2Learn Course](#)

[Open Learn \(from the Open University\)](#)

[Free online courses](#)



MENTAL HEALTH



USEFUL WEBSITES FOR CHILDREN AND FAMILIES

[Useful tips to help us take care of our mental health during the coronavirus outbreak \(and beyond\)](#)

[Talking about COVID-19 with your child](#)

USEFUL WEBSITES FOR YOUNG PEOPLE

[Coronavirus Covid-19 information and support for young people](#)

[Helpful information & videos](#)

[Helpful information and resources](#)

[Hounslow Hub - Mental Health resources](#)

MENTAL HEALTH SUPPORT



FOR YOUNG PEOPLE

Childline

0800 11111 / www.childline.org.uk (online 1-2-1 counsellor chat). Support for children and young people in the UK, including a free 24-hour helpline. Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.

PAPYRUS (prevention of young suicide)

HOPE Line UK 0800 068 4141

Confidential help and advice to young people and anyone worried about a young person

Website: www.papyrus-uk.org

The Mix

0808 8080 4994 / www.themix.org.uk

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

FRANK

0300 123 6600 / www.talktofrank.com

Confidential advice and information about drugs, their effects and the law.

Kooth

www.kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

GENERAL

National Domestic Abuse Helpline:

0808 2000 247

Samaritans:

116 123

Oasis National Friendship Line

020 7921 4272

Operating 7 days a week - 9am - 5pm.

Mental Health Direct Crisis Line (24 hour)

0333 555 1000

Anxiety UK

03444 775774

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

AgeUK

0800 678 1602

www.ageuk.org.uk

National Debt Line

0808 808 4000

<https://www.nationaldebtline.org/>

FOR HOUNSLOW RESIDENTS

Hounslow Adult mental health emergency support

West London NHS Trust - single point of access

0300 1234 244

Hounslow Advice and support for domestic abuse

Please note the One Stop Shop drop in sessions are temporarily closed due to Covid-19 related restrictions.

For advice and information please call 07810 031780 (Monday to Friday , 9am – 5pm)

ChatHealth (Advice for Teens in Hounslow)

Text: 07507 333 176

This service is provided by the Hounslow school nursing service for all young people aged 11-19. You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 4:30pm, Monday to Friday (except bank holidays).

Community Support Hub (Hounslow Council)

The priority focus of the Hub for now is to protect the most isolated and vulnerable individuals identified and contacted by the NHS to be 'shielded'. These residents have serious long-term health conditions and it's vital we ensure there are support networks in place to so they're looked after. The Hub is also there for anyone else vulnerable and isolated who may not have been contacted by the NHS.

If you or someone you know needs this urgent support, please contact 020 7084 9697 or hub@hounslow.gov.uk.

Feltham Community Support

[Website for Feltham Community to keep updated on services and advice](#)

STAY CONNECTED



We will keep updating information via online platforms so feel free to connect. We will include general updates but most will be specific to Bedfont, Feltham and Hanworth

FACEBOOK PAGES

8PM TODAY, THURSDAY 16TH MARCH
STAND AT YOUR OPEN FRONT DOOR
APPLAUD OUR NHS, POLICE, FIRE
AND EVERY OTHER KEYWORKER WHO
ARE DOING THEIR BIT
WHEN WE NEED THEM MOST!

Feltham Community >

PUBLIC GROUP · 12,287 MEMBERS

[Join Group](#)



Reach Children's Hub

@reachchildrenshub



The Hanworth Centre

@hanworthcentre

INSTAGRAM

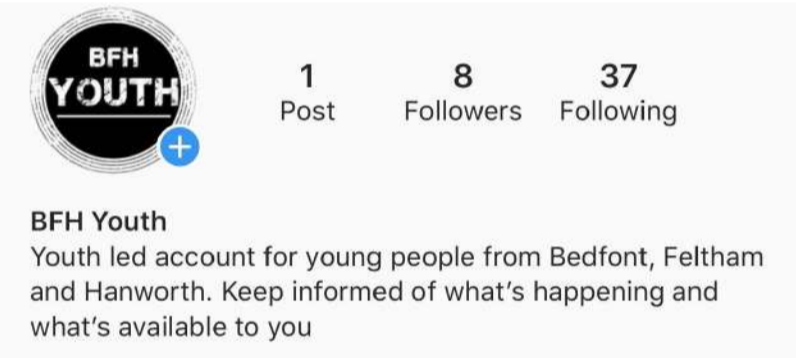
For young women aged 13-17




 **99** Posts **183** Followers **140** Following

Girls Group
Youth led group for females aged 13-17 from Feltham/
Hanworth/Bedfont. Supporting each other and the
community through our work 😊 Reach Children's Hub

New account set up by young people in response to COVID-19



 **1** Post **8** Followers **37** Following

BFH Youth
Youth led account for young people from Bedfont, Feltham
and Hanworth. Keep informed of what's happening and
what's available to you