



## Lockdown Resources for Children's Centre Families

### **Parenting**

Zoom Breastfeeding Support with qualified breastfeeding counsellor Tuesdays 11am

<https://www.facebook.com/dorkingbreastfeeding/>

Online New Mums support group via Mary Frances Trust - Wednesdays 2-2.30

<https://virtualwellbeing.healthysurrey.org.uk/find-a-session/new-mums-support-zoom-group-2020-05-06/>

Autism Support – Kaleidoscope Free online workshops for parents, fun challenges for children etc

[https://kaleidoscope.org.uk/covid-19-support-for-families.html?fbclid=IwAR2FUwmBVIYqUr\\_oDOx6wwwOwuvdUffldhJS6MjWesHWon7\\_at\\_LyACBgKA](https://kaleidoscope.org.uk/covid-19-support-for-families.html?fbclid=IwAR2FUwmBVIYqUr_oDOx6wwwOwuvdUffldhJS6MjWesHWon7_at_LyACBgKA)

Family Links/Netmums free online Parenting course

<https://www.netmums.com/support/netmums-parenting-course-welcome>

Parent Talk – Primary Years Podcast

<https://www.careforthefamily.org.uk/courses/parentalk/the-parentalk-podcast-for-the-primary-years>

Raising Teens Podcast

<https://www.careforthefamily.org.uk/family-life/parent-support/raisingteens>

### **Relationships**

Care for the Family – Course to help with relationships

<https://www.careforthefamily.org.uk/courses/marriage-courses-the-marriage-sessions>

### **Adult Emotional Wellbeing/Mental Health**

Mind

<https://www.mind.org.uk/information-support/coronavirus/>

FACE COVID Russ Harris – YouTube

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Online Activities, Courses and Groups -Mary Frances Trust

<https://www.maryfrancestrust.org.uk/how-we-help/activities-courses-and-groups/>

NHS commissioned DHC Talking Therapies – Video/phone and online therapy

<https://dhctalkingtherapies.co.uk/self-referral/>

Coronavirus Anxiety Workbook for adults

[https://mcusercontent.com/9f8568ae531a44b93d4dc5801/files/4357d595-b0ac-4e38-b3ca-4e80b29a8d9a/Coronavirus\\_Anxiety\\_Workbook.pdf](https://mcusercontent.com/9f8568ae531a44b93d4dc5801/files/4357d595-b0ac-4e38-b3ca-4e80b29a8d9a/Coronavirus_Anxiety_Workbook.pdf)

## **Domestic Abuse**

East Surrey Domestic Abuse Service

<https://www.esdas.org.uk/> and on facebook <https://www.facebook.com/East-Surrey-Domestic-Abuse-Service-ESDAS-173398862730970/>

National Domestic Abuse Helpline

<https://www.nationaldahelpline.org.uk/>

The Hideout – Domestic Abuse pages for children and young people

<http://thehideout.org.uk/>

## **Bereavement Support**

Sudden – bereavement support for adults and children <http://www.suddendeath.org/guides-for-suddenly-bereaved-people/help-for-children>

Jigsaw - bereavement support for children <https://www.jigsawsoutheast.org.uk/>

## **Activities for Children**

Surrey Libraries UK Facebook Page with Rhyme Time, Story Time, Science Club and more

<https://www.facebook.com/surreylibrariesUK/>

Mainly Music sessions <https://vimeo.com/410005183/784ea033d9>

David Walliams Audiobooks <https://www.worldofdavidwalliams.com/elevenses-catch-up/>

Happity - platform for finding online/virtual baby, toddler and preschool classes and activities -

<https://www.happity.co.uk/#search-area> , also Postnatal depression (PND) support

<https://www.happity.co.uk/blog/article/pnd-support/>

## **Practical Support**

Epsom and Ewell Foodbank – speak to us and we can refer you

Bookham Community Fridge – speak to us and we can refer you

Community Coronavirus Care – practical support e.g. collecting medication/prescriptions, delivering food shopping etc. <https://www.facebook.com/groups/3253965837951199/>