



Children in Wales

Bi-weekly e-briefing for Members

Tuesday 31st March 2020

Issue 3

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Introduction

To keep our members up to date with the ever changing circumstances, our members' e-briefing will now be released twice a week rather than weekly. Through this we hope to distribute relevant updates on the impact of Covid-19, as well as other relevant news.

Children in Wales News

In accordance with Government and PHW advice, all Children in Wales staff are working from home until further notice and the offices in Cardiff and Bangor are closed. However, we are still working. Find out more, and how to contact us [here](#).

New resource produced - Wellbeing during Coronavirus

The resource has been produced as part of the Getting Ready project, and is aimed at care experienced young people or any young person looking for advice or support during the outbreak. [You can download the resource here](#).

Useful Links

[A daily statement](#) by Public Health Wales on the Covid-19 outbreak can be found on their website. They have also released a number of useful resources and guidance that can be found here:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Welsh Government have a dedicated webpage for advice, news and resources on the Covid-19 outbreak that can be found here: <https://gov.wales/coronavirus>

The Children's Commissioner for Wales website now has an information hub for information and advice and can be found here: <https://www.childcomwales.org.uk/coronavirus/>

NHS Direct have launched an online symptom checker that can be found on their website: <https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/>

Welsh Government Updates

UK Government – The Coronavirus Act was passed on the 25 March 2020 to help public bodies across the UK to provide an effective response to tackle the epidemic. The Act makes provision to increase the available health and social care workforce and ease the burden on the frontline staff. You can read the Act [here](#), and the House of Commons Library briefings [here](#).

[Community Transport Association](#) - Guidance for Operating Essential Journeys during COVID-19 Emergency.

[Education Minister asks 'national heroes' to keep schools open for NHS and carers during school holidays](#)

[NHS staff to get free travel as part of £69m hardship fund deal for public transport.](#)

[Statement by the Chief Medical Officer for Wales on personal protection equipment](#)

[Important update on Child Arrangement Orders](#)

Mental Well-being Updates

[Children's charities' issue joint statement on coronavirus national emergency.](#)

Young Minds have released advice on protecting your mental health during the coronavirus pandemic. They have released advice for young people on coping with [eating disorders](#), [obsessive compulsive disorder](#), [anxiety](#), and [how to protect your mental health whilst self isolating](#).

Hundreds of children counselled over impact of coronavirus outbreak, with Childline experiencing an unprecedented demand, [NSPCC says](#).

[The importance of play for children during social distancing and self isolation](#): Llamau's Play Therapist and Children's Young People's Outreach Worker, Hannah Owen, shares her advice to help support children during social distancing and self isolation.

The [BBC's five cheerful stories to beat the coronavirus blues](#).

[Family Time – Tips for using video chats to stay connected](#)



Education Updates

The Education Minister, Kirsty Williams has announced how current year 10 and 12 learners in Wales will be assessed, as alternative arrangements are introduced following the outbreak of the coronavirus and the cancellation of summer exams. [Find out more here.](#)

Updated information about further and higher education during the coronavirus pandemic can be found [here](#).

Information on statutory induction for newly qualified teachers in Wales: [temporary guidance](#).

Education Updates (cont.)

Hundreds of Welsh-medium learning resources are available for free for university students and year 12 pupils who are studying at home as a result of the coronavirus crisis. Find out more [here](#).

The National College have teamed with Mental Health expert, Anna Bateman to provide practical advice and guidance around supporting the wellbeing of their school community during self-isolation. [Webinar - Self-Isolation and Mental Health: Practical Strategies for Managing and Supporting Staff and Pupil Wellbeing](#)

Online classes and resources to help create a structure whilst learning from home:

- [Maths with Carol Vorderman](#)
- [P.E. with Joe Wicks](#)
- [English \(Elevenses Story Time\) With David Walliams](#)
- [Cooking with Jamie Oliver](#)
- [Music with Myleene Klass](#)

Health Updates

[Guidance from Public Health Wales](#)

[UNICEF](#): A global approach is the only way to fight COVID-19, the UN says as it launches humanitarian response plan

[Contact](#): Information for families with disabled children.

Finance Updates

[Citizens Advice](#) – Coronavirus: what it means for you

[Millions to need food aid in days as virus exposes UK supply](#)

[Child Poverty Action Group](#) – Benefits and Coronavirus

[Money Saving Expert](#) is producing financial advice guides online on subject matters including Mortgages & other debts, rental help, energy top-ups & more.