



Hundreds of people take part in Northampton's #BlackLivesMatter

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



July 4, 2020
Show Racism the Red Card applaud Liverpool FC's anti-racism stance in support of George Floyd



Wear Red Day 2020
Register your school or business to take part in Wear Red Day 2020

SRRC Honorary President, Shaka Hislop, speaks on recent events in the US
Jun 5, 2020

Inspirational support from Liverpool FC honouring the memory of George Floyd
Jun 5, 2020

There are many resources available to support you and your family and also with information to educate and spread awareness of racism and how we can help .



<https://www.stophateuk.org/help-in-the-uk-national-organisations/>



Welcome to our Young People's Online Hate Resource Hub.

At Stop Hate UK we recognise the impact that Online Hate can have on individuals and communities. We work to reduce it and create a better online environment by increasing understanding of how and why it is important to know the harmful effects created by the powerful world of the internet.

Help us to Spread Love, Not Hate by exploring ways to challenge and report Online Hate.

This information hub is for young people, their carers and teachers to learn about issues surrounding online Hate Crime, its impact and how to challenge and report it.

Sadly, some people think they can say what they like online and no-one will find out who they are. They also think that if it's online it's not as hurtful as in the real world.

Watch this video to see the impact of online messages, and how the support and 'likes' that they gather, cause real harm to the people at the receiving end. All these examples are real.

Take time to make sure we look after ourselves and others. This may mean we take some time to reflect, listen, learn and act.

<https://www.bullying.co.uk/advice-for-parents/what-to-do-about-racist-bullying/>




<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

racist bullying

RACISM AND RACIAL BULLYING

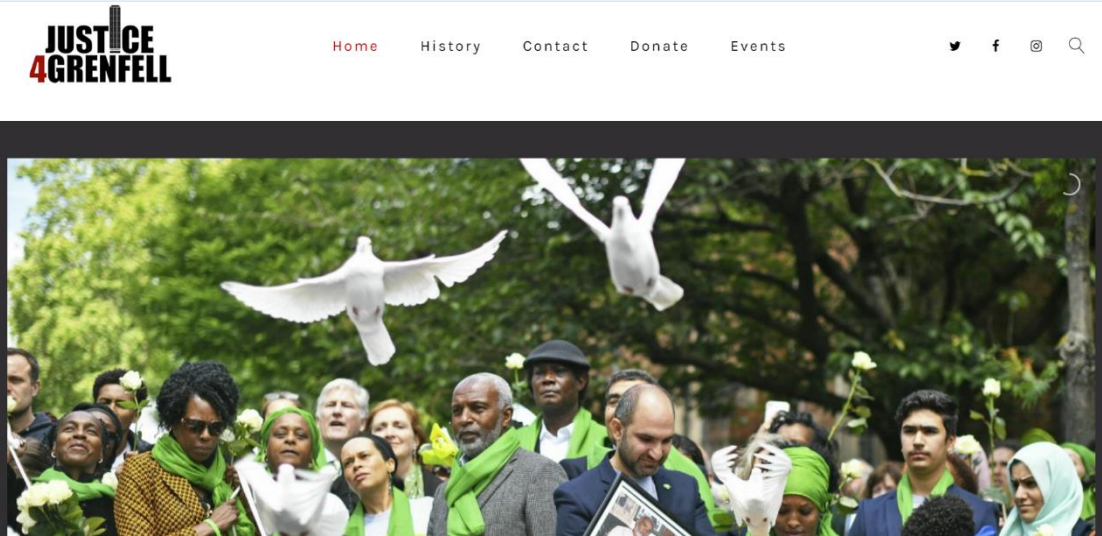
Childline is here for all young people. And nobody has the right to hurt you or make you feel bad about who you are. If you've been affected racism or what you've seen in the news, you can talk to us. #blacklivesmatter

On this page
 What are racism and racial bullying?
 What you can do
 Why are some people racist?
 Speaking out about racism

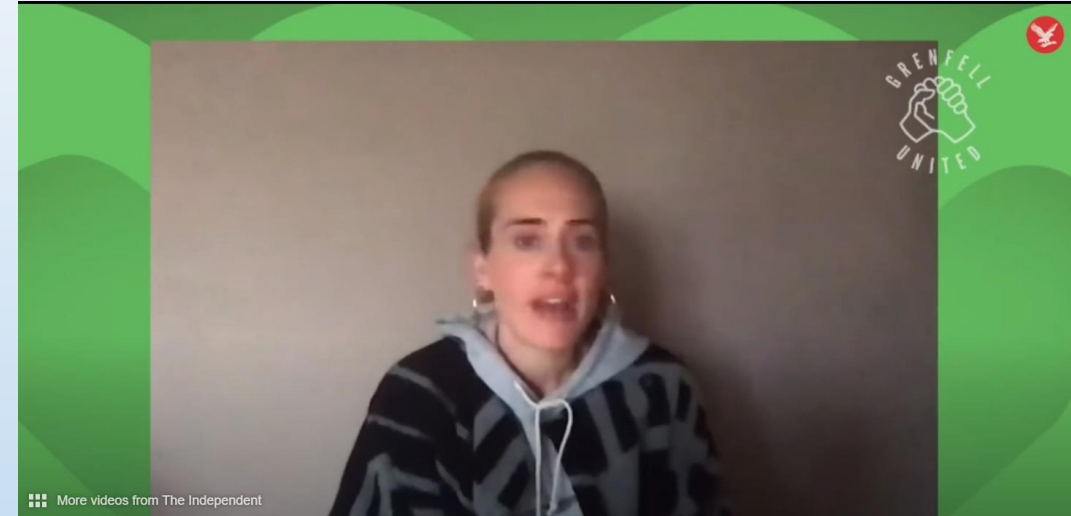


<https://www.northamptonchron.co.uk/news/people/hundreds-people-march-northampton-racecourse-second-black-lives-matter-protest-2883742>

It has also been 3 years since Grenfell Tower fire... On 14 June 2017, a fire broke out in the 24-storey Grenfell Tower block of flats in North Kensington, West London, at 00:54 BST; it caused 72 deaths, including those of two victims who later died in hospital. ... It spread rapidly up the building's exterior, bringing fire and smoke to all the residential floors.



<https://justice4grenfell.org/>



WATCH

<https://www.independent.co.uk/arts-entertainment/music/news/stormzy-grenfell-tower-fire-third-anniversary-video-a9566246.html>



EVERYONE deserves to be SEEN
everyone *DESERVES TO BE SAFE*



- **WATCH-** <https://www.youtube.com/watch?v=TIExvoJXwKE>

YouTube GB

pride MOUTH June2020 UK

#YouMeUsWe
Pride in London 2020 - You! Me! Us! We!

YouTube GB

founders of gay pride

#WandaSykes #LGBTQ #TheEllenShow
Wanda Sykes Takes Us Through the History of LGBTQ+ — Now You Know

Watch- <https://www.youtube.com/watch?v=wkzwDOCEDCo>

Help and support

<http://thelowdown.info/counselling/lgbtq-support-services/>



the lowdown supporting young people

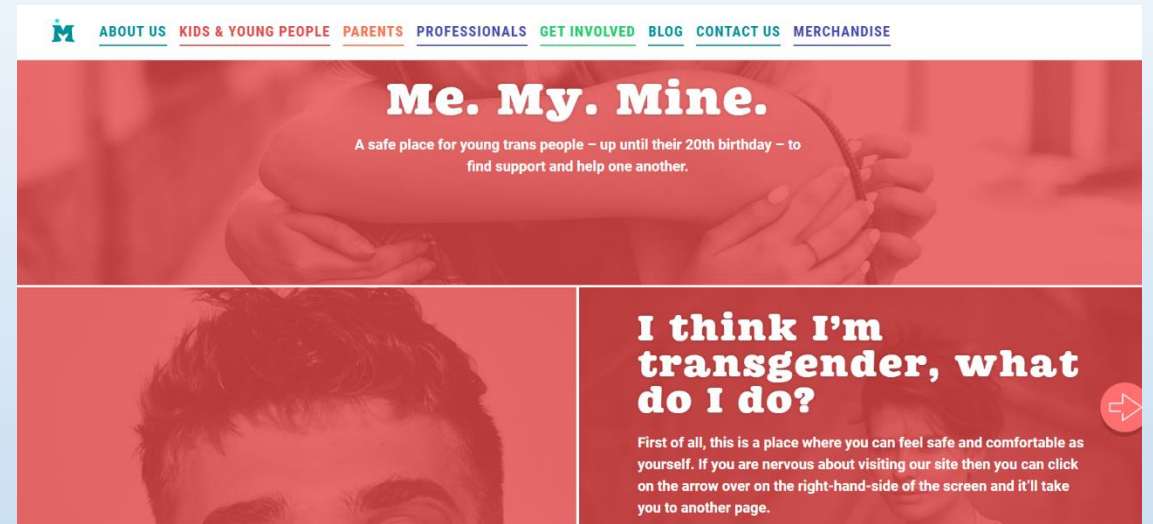
On average, 1 in 5 young people in the UK identify as lesbian, gay, bisexual, transgender or are questioning their gender identity and/or sexual orientation, so you are not alone. We understand that it may feel difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.

OUT THERE Northampton LGBT+ Youth

OUT THERE Northampton LGBT+ Youth

Terms & Cookies

<https://mermaidsuk.org.uk/young-people/>



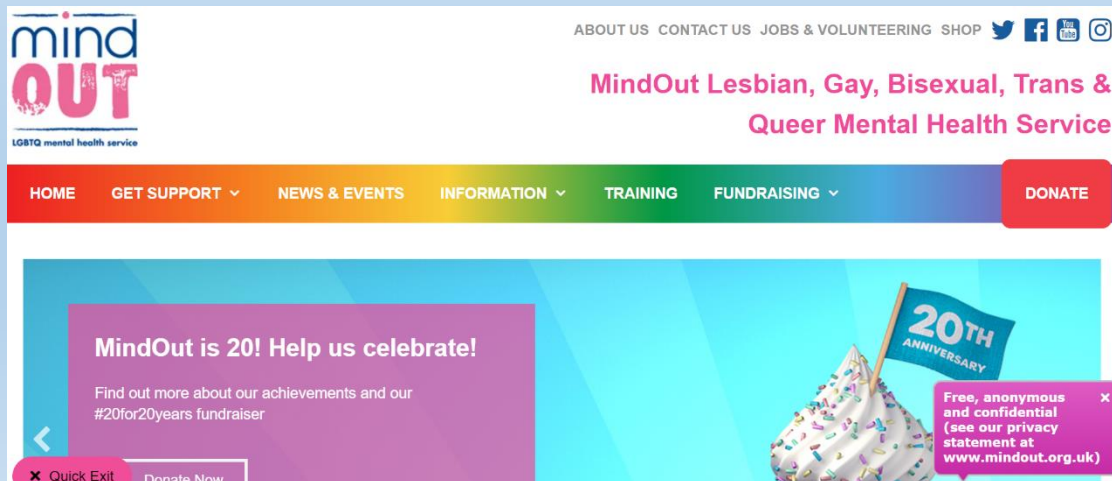
Me. My. Mine.

A safe place for young trans people – up until their 20th birthday – to find support and help one another.

I think I'm transgender, what do I do?

First of all, this is a place where you can feel safe and comfortable as yourself. If you are nervous about visiting our site then you can click on the arrow over on the right-hand-side of the screen and it'll take you to another page.

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



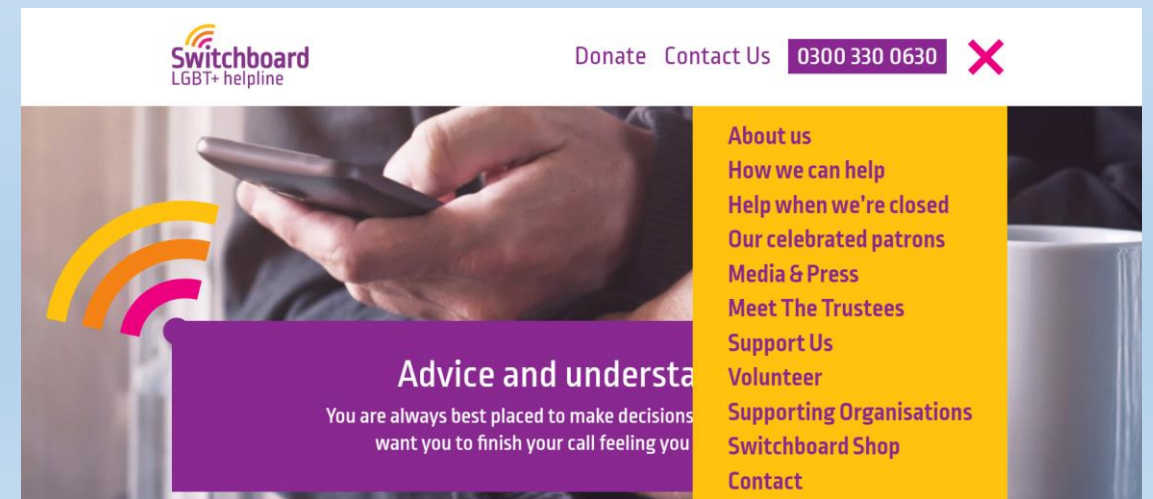
MindOut Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service

MindOut is 20! Help us celebrate!

Find out more about our achievements and our #20for20years fundraiser

Free, anonymous and confidential (see our privacy statement at www.mindout.org.uk)

<https://switchboard.lgbt/>



Switchboard LGBT+ helpline

Donate Contact Us 0300 330 0630

Advice and understanding

You are always best placed to make decisions and we want you to finish your call feeling you

- About us
- How we can help
- Help when we're closed
- Our celebrated patrons
- Media & Press
- Meet The Trustees
- Support Us
- Volunteer
- Supporting Organisations
- Switchboard Shop
- Contact

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

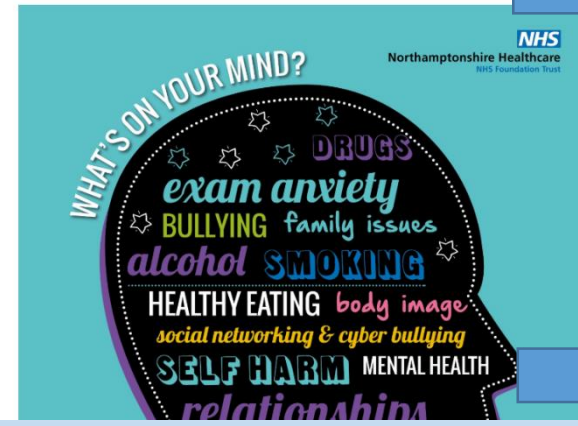
no matter what happens,



I'll always be here for you.



to develop opportunities for such activities and extend the range of residential trips le.



- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support

And follow us on twitter...

<https://twitter.com/WestonFavellGAT>

areyouokcampaign

1 Start reading that book you've been meaning to...
2 Spring clean your DANCE...
3 Do something crafty! make a change in a plastic jazz piano!
4 Learn something new
5 make your favorite breakfast and eat it in bed!
6 declutter your wardrobe and donate that clothes you don't use!
7 sing nostalgic music and just dance!
8. build a fort, fill it with pillows and watch a movie!
9. Call a loved one
10. Take a long walk
11. Call a loved one
12. do something nice for someone special
13. Create something new
14. Take a nap
15. watch an interesting document/bury about something you'd like to learn more about
16. have a pampering day!
17. follow a Bob Ross painting tutorial just for fun
18. use your imagination! write a story, build something, plan your dream vacation
19. write someone a letter
20. make a three course dinner and make someone you care about
21. make a collaborative playlist with your friends/family
22. try to grow your own herbs
23. do something you enjoyed as a child
24. write someone a letter
25. at-home karaoke
26. Change your sheets, take a bath, and lay down to watch a movie!
27. invite your favorite pictures & make a photo album
28. Dig something interesting up
29. digital detox
30. treat yourself to something special!

areyouokcampaign it's one day late (in some places) but fitting 2 self care ideas into 1 day can never be a...

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" - Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Get active! Even if you're stuck indoors, move & stretch	2. Connect a neighbour or friend and offer to help them	3. Share what you are feeling and be willing to ask for help	4. Take five minutes to sit still and breathe. Repeat regularly	5. Call a loved one and really listen to them	6. Get good sleep. No screens before bed or when waking up	7. Notice five things that are beautiful in the world around you
8. Listen to a new book, TV show or podcast	9. Respond positively to everyone you interact with	10. Play a game that you enjoyed when you were younger	11. Make some progress on a project that matters to you	12. Rediscover your favourite music that really fills your spirit	13. Learn something new or do something creative	14. Find a fun way to do an extra 15 minutes of physical activity
15. Do three acts of kindness to help others, however small	16. Make time for self care. Do something kind for yourself!	17. Send a note or message to someone you can't be with	18. Find positive stories in the news and share these with others	19. Have a fresh fruit day. Stop scrolling and turn off the news	20. Put your stories into perspective and try to let them go	21. Look for the good in others and notice their strengths
22. Take a small step towards an important goal	23. Thank three people you're grateful to and tell them why	24. Make a plan to meet up with others again later in the year	25. Connect with nature. Breathe and notice life continuing	26. Remember that all feelings and situations pass in time	27. Take some time at the end of the day to acknowledge the things that you are grateful for	28. MUSIC. Listen to a song that makes you happy in the background

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm - Stay Wise - Be Kind

10 Hacks for WFH

#DudukRumah #StayAtHome #TechXMalaysia

Stages of WFH

1. I get to work from home
2. It would be nice to talk to people
3. I miss Billy the pigeon comes to visit my window today
4. I miss my colleagues
5. I miss my friends
6. I miss my family
7. I miss my pets
8. I miss my hobbies
9. I miss my friends
10. I miss my family

Communication & Collaboration

Communication is key to collaboration in a remote working scenario. Email alone is insufficient. Here's a roundup of our favorite tools to stay connected.

- Confluence
- Google Docs
- Zoom
- Slack
- Teams
- OneDrive

Tips To Stay Efficient & Keep Your Spirits Up

- 1. Create a routine. Get up and go to sleep at a regular time.
- 2. Keep your body and mind refreshed. Try home workout videos.
- 3. Take some time at the end of the day to acknowledge the things that you are grateful for.
- 4. Take BREAKS throughout the workday. Stand up, stretch, move around and even go for a short walk.
- 5. Create DEFINED Work Hours. No YOU DON'T BURN OUT.
- 6. Make time to CONNECT with co-workers informally. Add something to your to-do list, and really listen to what they say.
- 7. Take BREAKS throughout the workday. Stand up, stretch, move around and even go for a short walk.
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- 9. Make time to CONNECT with co-workers informally. Add something to your to-do list, and really listen to what they say.

Visit us: WWW.TECHX.MY Follow Us On: [TechXMalaysia](https://www.facebook.com/TechXMalaysia) [@TechXMalaysia](https://www.instagram.com/TechXMalaysia)



Follow

Weston Favell Academy
@WestonFavellGAT

Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal. Part of Greenwood Academies Trust.

New to Twitter?

Sign up now to get your own personalized time

Sign up

Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:
Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six

Changing Lives · Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219

Email: referrals@servicesix.co.uk

Facebook: Service Six @servicesix123 or @ClaudiaSSix

Twitter: @ServiceSix1

Instagram: @servicesix

LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



Samaritans **UK**
Tel: 116 123
samaritans.org
email
jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK – 0800 068 4141

papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.



Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues



CALM
0800 58 58 58
thecalzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.

Send message

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