

Helpful links! WFA is here for you...

no matter what happens,



I'll always be here for you.

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

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

- 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

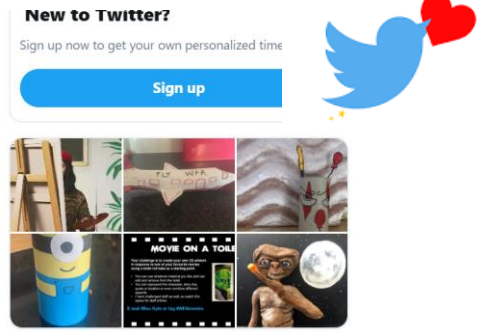


And follow us on twitter...

<https://twitter.com/WestonFavellGAT>



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



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...



IT'S OKAY TO TALK



PAPYRUS
PREVENTION OF YOUNG SUICIDE

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
mind.org.uk



CALM
0800 58 58 58
thecalmzone.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.



Reflections....

Am I ok?

it's okay
not to be
okay

WHO
Am I?

When things are put
under pressure and
squeezed, their
contents come out...

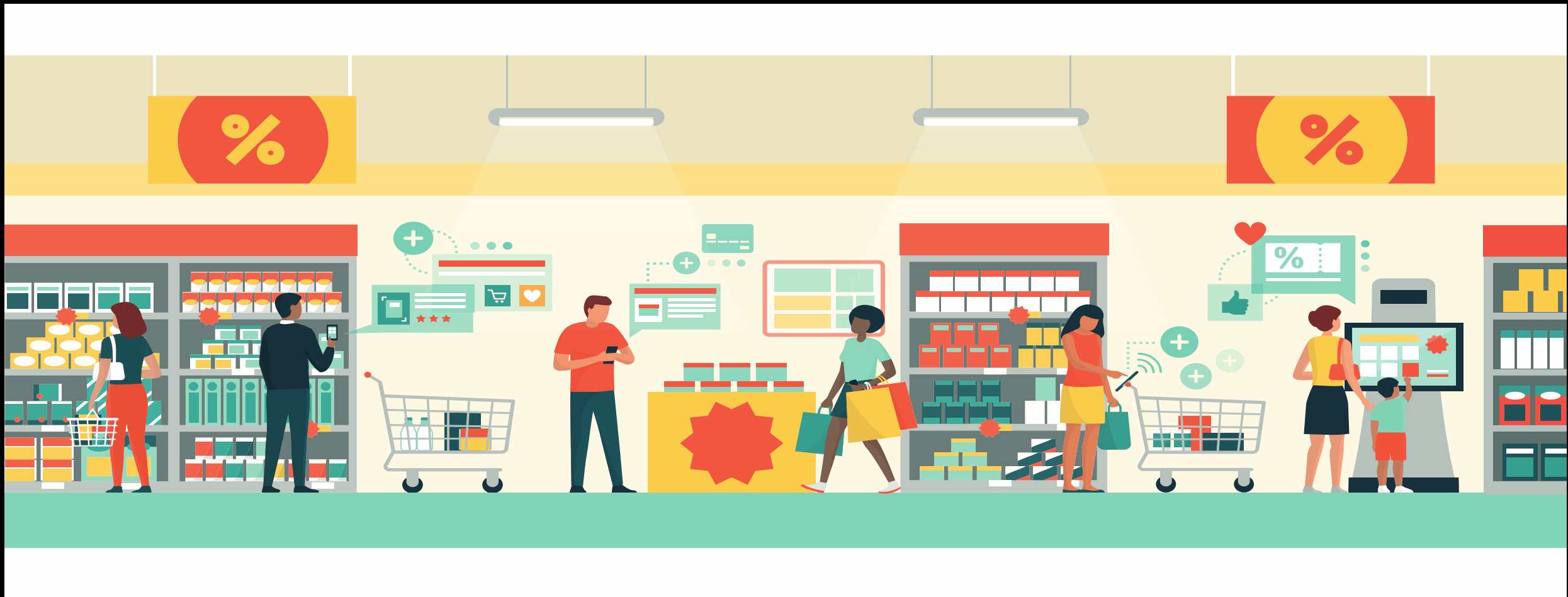


Just like when you
squeeze a tomato
sauce bottle, tomato
sauce comes out.

Sometimes what comes
out when we are under
pressure surprises us or
the people we know.

*At the moment, people are under pressure.
What behaviours are you seeing come out?*

Some people panic, stockpiling too much or other items, even though it may leave others short.



**Some people don't
acknowledge the rules we
have been given and therefore
don't follow guidelines about
social distancing.**



Some people get angry: they shout at others if they don't like what they see, they get stressed and can shout because they are anxious; they might feel desperate.



Some people give kindness:

people going back into the NHS after retiring

offering to do the shopping for a neighbour

putting a leaflet through doors
offering to help if people are self-isolating

offering to volunteer

offering resources for free



Captain Moore has already raised more than £26 million for NHS



Local shops have been giving away free 'coronavirus packs' to the elderly



Hundreds of bars of soap given to Dorset's NHS




What acts of kindness have you seen of done?

Some people get creative:

- Musicians are performing online. Like Lady Gaga's At home together- WATCH  YouTube

<https://www.youtube.com/watch?v=cCNM706lv8M>

- actors are performing shows online  YouTube
- <https://www.cirquedusoleil.com/cirqueconnect>

- online parties and dj sets are happening

- There are free tutorials, workouts, workshops, quiz's, competitions and clubs to join on social media...

- Check out our website for helpful links...

<https://www.westonfavellacademy.org/page/?title=Healthy+body%2C+healthy+mind+%2D+COVID+STYLE%21&pid=107>

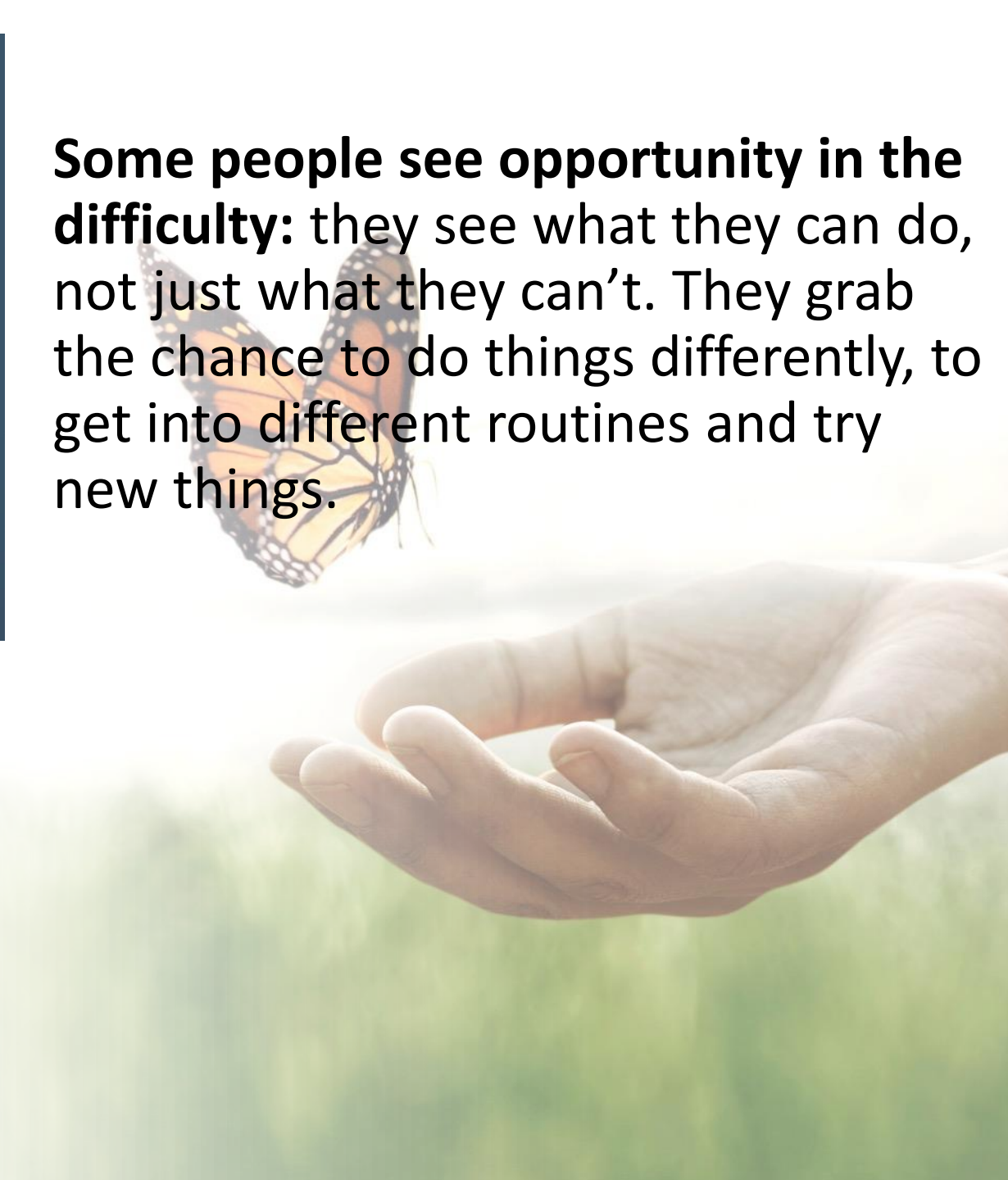



WESTON
FAVELL
ACADEMY





Some people see opportunity in the difficulty: they see what they can do, not just what they can't. They grab the chance to do things differently, to get into different routines and try new things.



People are finding ways to do normal things in a different way.

Some things to think about...

No one wants to be in this situation.

This isn't good for anyone BUT that doesn't mean we can't choose our attitude in it.



When you are under pressure, you can decide what comes out.

You can't control what's happening, but you CAN control your attitude.



"It will be okay in the end and if it's not okay, it's not the end."



Such an inspiring message from Gemma Oaten on how this challenging time could be used by you to benefit you and those around you.