



Reflections- Community

**We are part of a
community, a society
and now we are all
facing the same
things together.**

**People were made to be
together, to work
together, to be in
community together.**



In our world, there has often been a focus on I and me, instead of 'we'. Sometimes we have become selfish or isolated. Many in our society feel lonely.

We have much more impact if we work together.

Each of us has a part to play, even if we think it is small.



**Individual acts of
kindness,**

if we all do them,

will make a huge difference in our country right now.



What small thing could you do this week that, if we all do it, could make a difference?

**Amazing things can happen,
if we work together.**

Perhaps you could write to a care home and let the residents know you are thinking about them or a hospital and thank them?

Maybe you could record a video for people who may be on their own?



Some of you may have seen how flash mobs work.

One person starts a dance and then, before you know it, the whole place is dancing in time.

The impact of everyone doing their own small moves, in time, is greater than any one contribution.

Could you do something similar with your friends and family to cheer people up bring your community closer together while socially distancing and keeping safe?

[Click here to see one!](#)



Could you...
Sing
Garden
write
Make art
Practice photography
Make things
Fix things
Tidy
Organise
Try yoga....



Heather from Karma Kids yoga is part of the WFA community. She has made a WFA yoga and relaxation video just for us to help us stay well mentally and physically.



Maybe you could do this video with a family member who would enjoy it?

Download link

<https://wetransfer.com/downloads/54e1a09a5fba181fb8fe3e64886fb1ad20200427120131/9f5c006c7f60b59a7d95c500e9726c7120200427120212/584a6f>

[Its also on](#)



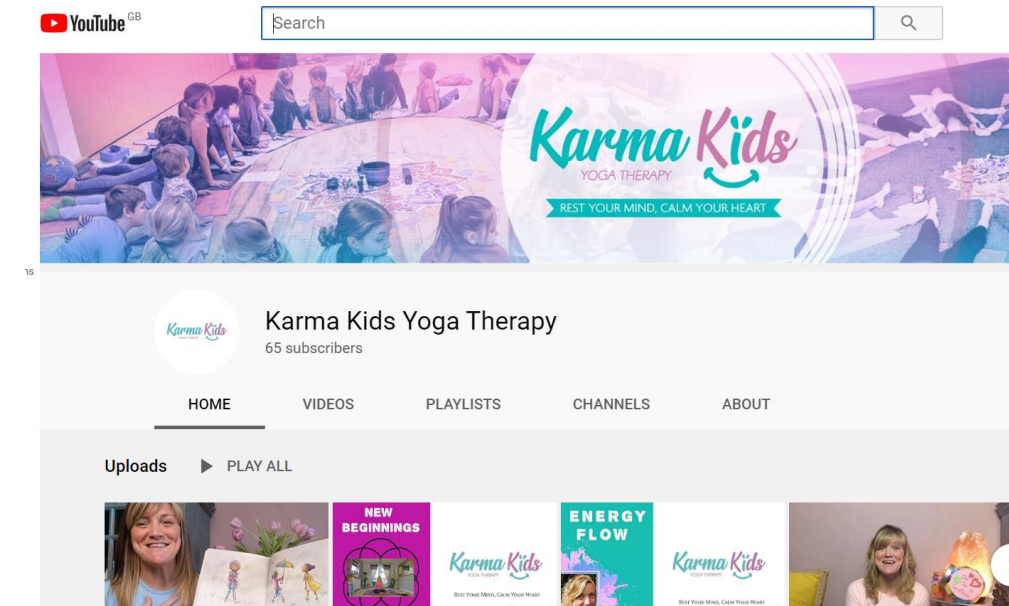
SEARCH...

Karma Kids Yoga Therapy



Teens - Get up and Go flow WFA Part 1
Here is the link:

<https://youtu.be/LUbUoe43-EA>



be added to the school twitter and website- see next slide for instructions!

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your fa and the yoga videos

no matter what happens,



I'll always be here for you.

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



Healthy body, healthy mind - COVID STYLE!

Library resources

Show My Homework

Staying Safe

Student Voice

Timings of the Day

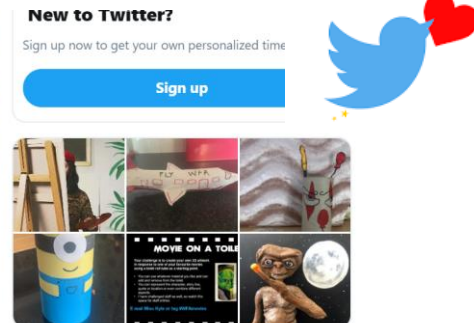
Trips and Events

Wellbeing and Support



And follow us on twitter...

<https://twitter.com/WestonFavellGAT>





IF YOU'RE ANXIOUS

@miss_mental0



Sing



Meditate | yoga



Read out loud



Use your energy



Affirmations



Safe place



Call someone



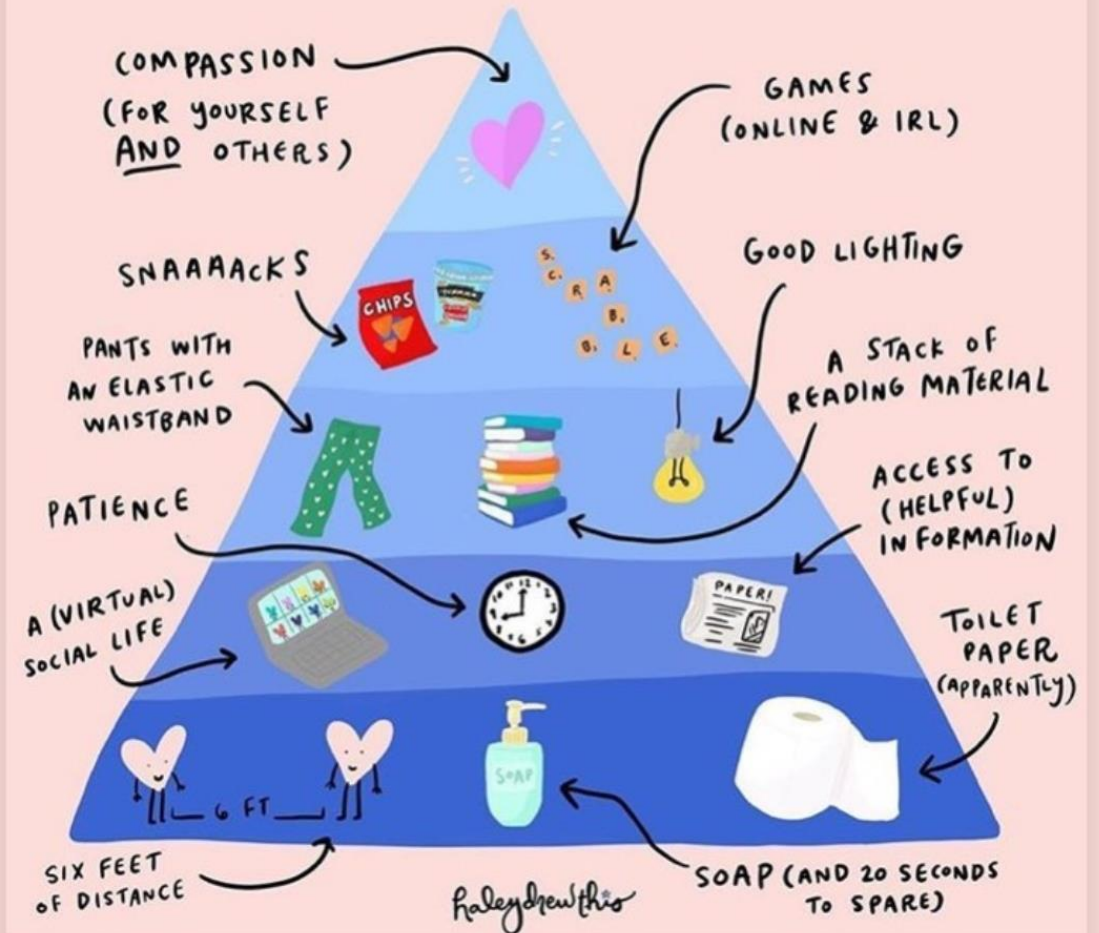
Use your senses

@miss_mental0

ARE
YOU
OK?

areyouokcampaign

QUARANTINE HIERARCHY OF NEEDS



areyouokcampaign pants with an elastic waistband
are at the top of my list ☒ what's on the top of your...

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
SAMARITANS

UK

Samaritans
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.