



Strategic
Command



EJSU Welfare Matters

Staying safe, staying healthy *Covid19*

Staying at home for a prolonged period can be difficult, frustrating and lonely for some people. You or other household members may begin to feel challenged or irritated. It is therefore important to remember to take care of your mind as well as your body and to get support if needed.

Stay in touch with family and friends over the phone or social media. Think about things you can do during your time at home, keep yourself busy and structure your time with activities

Look after your neighbours – If you are aware of a neighbour self-isolating, then individuals can offer caring support, and check out that they have everything they need which in turn prevents feelings of isolation.

This is a good time to review **'trusted friend'** scheme arrangements and ensure that all families have identified a trusted friend who could care for their child/children if required.

IN SUMMARY—We all have a responsibility to be very attentive to the risks towards children and adults at this present time, particularly as specialist services and organisations who would normally provide a safety net may not be able to do so.

The Four Themes of Health



The Defence People Health and Wellbeing Board (DPHWB) structures health activity across four functional themes of Lifestyles, Injury Prevention, Preventative Health and Mental Wellbeing. In 2015 the Chief of Defence People (CDP) became responsible for optimising the health, wellbeing where appropriate, the fitness of Defence People. The DPHWB was established and issued a Strategy in early 2016.

**Lieutenant Colonel
Jonathan Craven RA**
**Commanding Officer
European Joint
Support Unit**



APRIL 2020

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SPECIAL POINTS OF INTEREST

- Stay at home, Save lives.
- Catch it, bin it, kill it.
- <https://www.gov.uk/coronavirus>



HQ EJSU Welfare contacts;

Welfare POC

The Welfare Team and Padres are here to support you within the current limitations;

Padre Paul Mellor.

0032 470 66 45 82

Padre Ian Rogers.

0032 473 62 96 33

Area Welfare Officer, Chris Jones.

0032 478 97 02 80

Army Welfare Service (AWS)

The AWS is available to provide Tri-service second line support across the EJSU AOR. Personnel can request a referral through the Area Welfare Officer, Chris Jones, or alternatively can make a self referral using the contact details below;

RC-AWS-IAT-

0Mailbox@mod.gov.uk

Tel: +44 1904 88 20 53

EMERGENCY CONTACTS

PLEASE ENSURE THAT YOU KEEP UP TO DATE WITH EMERGENCY INFORMATION PROMULGATED BY YOUR RESPECTIVE NSE & SNRs.

EJSU

WELFARE MATTERS

People who are affected by coronavirus deserve our support, compassion and kindness. Both line managers and employees should consider how to manage their mental health and the impact that coronavirus may have on their families. The [WHO Mental Health and Psychosocial Considerations During Coronavirus Outbreak](#) guidance sets out some useful information on how to protect yourself and be supportive of others, including caring for children and older adults.

The [BBC Guidance on Coronavirus: How to protect your mental health](#) also gives some useful tips on protecting our mental health including having breaks from social media and being careful that what we read is from a trusted source such as government and NHS websites. Staying connected with people and having regular check in times is key as is striking a balance between having a routine and making sure each day has some variety.

Anxiety UK has also developed advice and support online via their website blogs: [health and other forms of anxiety](#) and [coronavirus and anxiety](#) They give helpful tips on what to do when self-isolating to protect your mental wellbeing and how to deal with mental health issues such as anxiety disorders. The [Anxiety UK YouTube channel](#) has a series of dedicated support webinars helping anyone with concerns or anxiety regarding coronavirus.

What support is available if I am feeling concerned, anxious or stressed?

In the first instance speak to your Chain of Command and or EJSU Welfare Officer who will be able to help or signpost you accordingly. Chaplains, Medical staff and Specialist Welfare staff such as the Army Welfare Service, SSAFA Force Help social workers and Naval Service People and Family Services (NS PFS) are available to speak to and provide support as required.

The [MODNET Health and Wellbeing portal](#) provides a go-to-guide for health and wellbeing. The portal provides Service specific advice, tools and resources to support individual's mental health and resilience, including physical health and wellbeing. This includes current policies and initiatives, as well as links to other single Service, Civilian HR sites and Defence affiliated charities.

You can also contact the charities below if you would like advice or would just like to talk to someone over the telephone or online:

SSAFA (Soldiers', Sailors' and Airmen's Families Association) - [0800 731 4880](tel:08007314880)

Combat Stress 24-hour Mental Health helpline for Armed Forces personnel and families - **0800 323 4444**

Samaritans call 116123; email jo@samaritans.org or visit [Samaritans.org](https://www.samaritans.org)

Big White Wall <https://www.nhs.uk/apps-library/big-white-wall/>

MEDICAL INFO & JCCC REPORTING

COVID-19: guidance on supporting young people's MH and wellbeing

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

If you have features of COVID-19 you should:

- self-isolate yourself and your household
- distance yourself from other family members where possible
- phone your healthcare provider (or the number they have provided)
- follow their instruction

Once initial management is in place:

- Inform CoC and NSE of absence
- Info to your healthcare team or SGDPHC-O-EJSU-Med@mod.gov.uk - clinician monitored



Coronavirus the Science Explained

Understand the course of infection and disease, how people become infectious and more

- What are coronaviruses?
- How does the coronavirus cause illness?
- Who is at risk?

[COVID - the Science Explained - UK Research and Innovation](#)

Your Mind Plan quiz | Anxiety | Low mood | Stress | Sleep | Urgent support | Helping others | Possible causes

10 tips to help if you are worried about coronavirus

NHS

COVID- every mind matters- NHS top ten tips

Joint Casualty & Compassionate Cell JCCC

Overseas Support - UK Based Civilians (UKBC) (excluding operational deployment)

UKBC's are entitled to the same service provided by the **Employee Wellbeing Service (EWS)** when serving overseas in non-operational areas as that provided to employees in the UK, although there are necessarily some variations for example in assisting with cases of a compassionate nature.

PLEASE ENSURE THAT ALL YOUR DETAILS ON JPA AND HRMS ARE CORRECT AND UP-TO-DATE.

If you or your family have a critical issue regarding an urgent return to the UK because of a critically ill close relative that requires an immediate response, you are to contact the Joint Casualty and Compassionate Cell (JCCC) at any time. Their number is: **+44 1452 519 951**

You must make sure that you and your family are aware of the arrangements for contacting the JCCC, should the need arise whilst you are serving overseas.

You must find out about any local arrangements for dealing with issues of a compassionate nature when you arrive at the overseas location.

When you call you will be asked for the following information: Service Number, Rank, Name, Home Unit and current location of the Service Person, together with full details of the relative concerned, their location and name of Doctor, Hospital and/or any other organisation involved in the case. Please be aware that any information will be verified with the appropriate organisations before Compassionate Travel may be authorised.

You must contact the JCCC as soon as possible as your relative's parent unit cannot authorise Compassionate Travel from overseas.

For further information about Welfare and Community Support Services available to Service families, see the following websites:

www.royalnavy.mod.uk/welfare
www.army.mod.uk/personnel-and-welfare
www.raf.mod.uk/serving-families

JPA P001 (MAR 19)

COMPASSIONATE TRAVEL FROM OVERSEAS (For Service Personnel, their Dependents and Reserve Forces serving abroad)

If circumstances should arise whilst your relative is overseas either on a posting, at sea, or on deployment, that make it necessary for you to apply for his/her return on compassionate grounds (such as a death in your immediate family, serious illness or serious family crisis) you should telephone the Joint Casualty and Compassionate Centre (JCCC) +44 (0) 1452 519951.

This number is continually manned 24 hours a day, including weekends and Bank Holidays.

Please write Service Person's Number, Rank and Name above

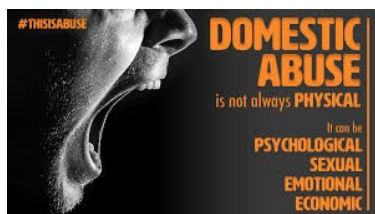
SAFEGUARDING

your community

Social Isolation - can lead to feelings of loneliness, feeling scared and adverse well-being effects such as depression, poor sleep quality, anxiety and other mental health problems.

Children may struggle at the prospect of being socially isolated throughout periods of self-isolation, not seeing their friends, and not attending school, which for many children may be the only safe place, and the only time that they get to see their friends.

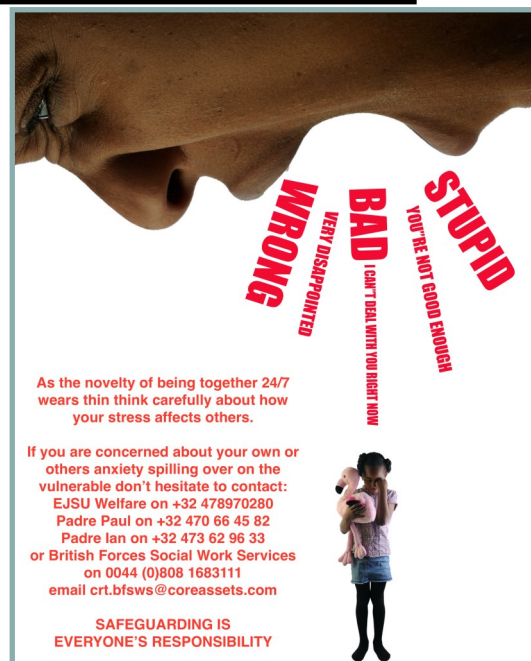
If you, a friend or a colleague, require support during this difficult time, whether it be for Domestic Abuse, mental health, emotional support, isolation, behavioural issues, parenting etc. then please contact BFSWS for support, advice, and guidance.



ONE in FIVE CHILDREN ARE EXPOSED TO DOMESTIC ABUSE.



Domestic Violence – As we are aware, domestic abuse may be increased during times of added stress, which in turn can impact significantly upon the emotional wellbeing and safety of children if they reside in an environment where domestic abuse takes place.



<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

BFSWS
BRITISH FORCES SOCIAL WORK SERVICE



The provision of statutory social work services:

BFSWS are continuing to provide a 'business as usual' approach and will be creative as possible in doing so. Whilst they are unable to travel to various areas, regular communication can still be undertaken through the utilisation of social media such as email, skype, FaceTime, phone calls, etc. BFSWS will ensure that regular communication and updates take place between BFSWS and all Commands.

BFSWS will continue to be open for business 24/7 and can be contacted on 0044 (0)808 1683111 / email crt.bfsws@coreassets.com where a duty social worker will remain on call for any out of hours or urgent referrals.

T: +44 808 168 3111 E: crt.bfsws@coreassets.com

Get coronavirus support as a clinically extremely vulnerable person

Do you have family in the UK that are either high risk or vulnerable. If so, please take time to look at the link below. The link provides information and details of how to register a vulnerable adult to receive priority support from the thousands of UK volunteers, priority shopping deliveries etc. It just might help ease some families anxieties and prevent any unnecessary trips to UK which places people at risk.



<https://www.gov.uk/coronavirus-extremely-vulnerable>

Healthy

LIFESTYLES

LOOK AFTER YOUR BODY

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. We don't all need to run marathons - there are simple things we can all do to be more active each day. And we can also boost our well-being by unplugging from technology, getting outside, ensuring you are following government and local Covid19 guidelines and - importantly - making sure we eat healthily and get enough sleep!

A HEALTHY MIND IN A HEALTHY BODY

With EJSU Covid-19 direction on non-essential contact with one another, many more of us are working from home and with the Gym and Sports facilities being closed, you may be looking to work out in your room, in the garden or at home, at a clear and safe distance from others (of course).

If you are someone who loves going to fitness classes or the gym, these latest measures will certainly have an impact on your social, mental and physical wellbeing.

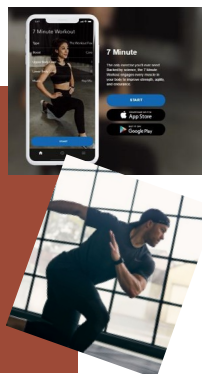
DO NOT PANIC—There are great workouts you can do from home, and many of them are completely free. You may not be setting any personal bests over the next few months, but rest assured you can maintain good levels of fitness and most importantly manage your mental health through this challenging period.

<https://www.crossfit.com/workout/>

<https://www.nike.com/gb/ntc-app>

<https://www.downdogapp.com/>

<https://7minuteworkout.jnj.com/>



Nutrition: Establish a routine to prevent poor nutritional uptake. It's a good idea to set meal-times /snack times accordingly. Be mindful that boredom will likely lead to increasing food intake and often not the right food groups. Remember to maintain a balanced diet.



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



Exercise: Be creative. Use this time to explore other fitness methods. At home you can utilise online resources to follow fitness plans such as HIIT or Pilates. You can choose an activity to suit your own personal needs and goals whether it be intense or relaxing.



<https://moodgym.com.au/>



HAVE GOALS TO LOOK FORWARD TO

Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be challenging enough to excite us, but also achievable. If we try to attempt the impossible this brings unnecessary stress. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

MENTAL HEALTH & WELLBEING

....does matter



Health and Wellbeing Portal

Your health and wellbeing is important to us.

<https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/Health-and-Wellbeing-Portal.aspx>

A healthy workforce is prepared for the present and fit for the future.

Local support for your family is important and will help to ease your mind....

The Trusted Friend Scheme.

The Trusted Friend Scheme aims to give you support from the local EJSU community, if an emergency occurs, when you are unable to look after yourself, or your children. The scheme works by you nominating a trusted friend, or friends, who will support you and, if necessary, look after your children for a short period of time.

Completing the Form. Contact your local NSE or Head of Location for a form. Before you complete the form, you should ask your friend or friends if they will be happy to help you. The form shows that you are in agreement for your trusted friend to assist with childcare, transport or to have access to your quarter.

Keeping your Children Informed. This scheme does not mean the friend must help, but they will be asked, if other immediate support is unavailable. In the event of an emergency where you must call upon the scheme, it can be very unsettling for children. Therefore, where possible, please ensure that your children understand the scheme and, if there is a problem, explain to them the importance of the need if and when it occurs.

Keeping the Scheme Up to Date. Please keep your nominations up to date. People are posted and, regrettably, friends do fall-out. Your NSE can supply more forms if you require them.

TOP TIPS FOR A HEALTHY SLEEP based on Matthew Walkers 'Why we Sleep?'

- **Set and Stick to a Sleep Schedule**
Go to sleep and get up at the same time each day. Set an alarm for bedtime as well as waking. *This is Matthews top.*
- **Don't Exercise Late in the Day**
Don't exercise for 2-3 hours before your bedtime.
- **Avoid Caffeine and Nicotine**
Coffee, Colas, Chocolate and many teas contain caffeine which takes 8 hours to clear the body. Having these in the afternoon or evening makes it harder for you to sleep. Nicotine is a stimulant which causes smokers to sleep lightly and makes you to wake up too early in the morning because of withdrawal.
- **Avoid Booze Before Bed**
Having a nightcap will help you relax *but heavy drinking* robs us of REM sleep and impairs breathing at night. The effects of alcohol wear off in the middle of night which tends to wake you up.
- **Avoid Large Meals and Beverages Late at Night**
Light snacks are OK but large meals can cause indigestion. Drinking too much fluid makes us need the toilet.
- **Don't Take A Nap After 1500hrs**
Napping too late in the afternoon will make it harder to sleep at night.
- **Relax Before Bed**
Don't over schedule your day so that you have no time to unwind.
- **Take a hot bath before bed**
The drop-in body temperature is likely to make you sleepier.
- **Create the Right Bedroom Conditions**
Cool, Dark and Gadget free bedrooms help. People with insomnia often clock-watch and many gadgets have 'bluelight' which stimulates rather relaxing than the brain.
- **Get Natural Sunlight**
Get 30 minutes bright light during the day but turn down the lights before bedtime.
- **Don't Just Lie Awake in Bed**
If you wake up in the night try 4-7-8 relaxation breathing. Inhale through the nose for 4 seconds, hold for 7 seconds and then exhale through the mouth for 8 seconds. If you are still awake after 20 minutes get up and do a relaxing activity until you're drowsy. The anxiety of not being able to sleep can make it harder to fall asleep.

MENTAL HEALTH & WELLBEING

GREAT DREAM

Ten keys to happier living

GIVING		DIRECTION	
RELATING		RESILIENCE	
EXERCISING		EMOTIONS	
AWARENESS		ACCEPTANCE	
TRYING OUT		MEANING	

<https://www.actionforhappiness.org/10-keys-to-happier-living>

The GREAT DREAM guide is a useful tool that can assist in promoting a positive Mental Health well-being. This will be somewhat harder to follow in confinement, however, it is totally achievable with a dynamic and imaginative outlook; and with the use of today's modern technology.

AWS-Top 5 Positive things

DO THINGS FOR OTHERS

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy

CONNECT WITH PEOPLE

People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self worth. Broader networks bring a sense of belonging. So taking action to strengthen our relationships and build connections is essential for happiness.

LIVE LIFE MINDFULLY

Ever felt there must be more to life? Well good news, there is! And it's right here in front of us. We just need to stop and take notice. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like a local walk with the dog, the way we eat or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day and the 'here and now'.

FIND WAYS TO BOUNCE BACK

All of us, especially at this moment in time, have moments of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our well-being. We often cannot choose what happens to us, but in principle we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that **resilience**, like many other life skills, can be learned.



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

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

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

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

LOOK FOR WHAT'S GOOD

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

LIFESTYLES

For those who live in SA or on their own...

SELF ISOLATION IN SINGLE ACCOMMODATION

If you have recently returned to your EJSU Unit and have been in contact with a confirmed case of COVID-19 or are showing signs of the infection, It is extremely important that you follow the guidance provided, If you are unsure what to do, contact your Local Unit Medical Centre, Head of Location or NSE for advice.

Mess Dining Facility - Ensure you are aware of the designated Meal Times

	Breakfast	Lunch	Dinner
Mon - Fri			
Sat -Sun			

Please check all the following details with your NSE, HoL and RQMS.

WHEN and IF you are placed in isolation—you should have your food and water brought to your door for all three meals, or the kitchen should provide fresh rations that will be delivered as required.

DO NOT LEAVE YOUR ACCOMMODATION UNLESS THERE IS A FIRE.



SELF-HELP

Whilst isolated it is essential that individuals utilise a self-help approach with regards to laundry and waste management. We understand that isolation is difficult and can leave individuals feeling a little helpless, however, it is a critical control measure in managing the COVID-19 pandemic.

Food Waste – where possible, food containers should be rinsed and minor amounts of food being flushed. Extreme caution must be exercised on the size and amount of food remains that are flushed so that it does not cause a blockage in the waste system. This is to prevent food in bins going mouldy and rotten, which in turn produces unpleasant odours and potentially attracts pests.



General Waste – waste should be placed in bags that are sealed,

double bagged and sealed again as stated in the isolation guidance distributed, where possible waste should be stored in a cupboard. If waste gets to a stage in which the individual can no longer deal with the waste the CoC should be contacted. The bag should be placed outside the room so that it clearly marked as potentially contaminated waste.



Laundry – where possible laundry should be washed in the sink of the isolated room and dried accordingly. This is to reduce the stress on the QM dept and CoC with regards to items that require a quick wash. If you require laundry, items that are required to be washed must be placed in a bag, sealed, double bagged and sealed again. This is to be labelled with time and date on when this was last handled by yourself and placed in the corridor. This bag will remain there for 72 hrs so that any viral particles can degrade.

Water— individuals in isolation are not to use communal water fountains situated in the accommodation, the individuals should liaise with the CoC when they are running low in good time. If the CoC cannot get water to isolated persons in good time, tap water is to be used instead.



FAMILY LIFESTYLES

For those who live in SFA...

DIO need to be made aware if anyone is self-isolating in a service building or house. Therefore, it is paramount that you continue to inform your Head of Location, NSE staff or duty clerk if you or a member of your family are isolating.

DIO are still operating as normal in many locations but patience and understanding is requested as some Services are disrupted due to travel restrictions.

FREQUENTLY ASKED QUESTIONS

What is social distancing?

Social distancing is staying away from crowds or congregations of 10 or more people with the intent of minimizing transmission of infectious disease outbreaks. This could include but is not limited to attending concerts, sporting events, religious gatherings, going to movie theaters or using public transportation such as buses and subways for travel.



People should maintain **six feet** of distance between each other to help mitigate the spread of COVID-19.

TIPS FOR FAMILY & KIDS

- Talk to your kids about what is social distancing and walk them around the house and point out fingerprints which may help them understand that each point of contact is an opportunity for transmission.
- Encourage family and friends to create a plan for their elderly relatives, parents or grandparents if they're accepting and to inform them of the high risk and concerns about COVID-19.
- Cancel current travel plans and trips.

SOCIAL DISTANCING DON'TS

- ❌ Play dates for your children
- ❌ Meeting small groups for dinner or drinks
- ❌ Non-essential doctors appointments – dental and therapies
- ❌ Hair and nail appointments
- ❌ Non-essential help around the house (cleaning, cooking)

SOCIAL DISTANCING DO'S

- ✅ Facetime your friends and family often
- ✅ Keep a daily routine
- ✅ Participate in activities, but remotely, such as virtual workout classes, book clubs or streaming activity options for your kids
- ✅ Continue to pay your household staff such as a housekeeper or dog walker even though they will no longer come to your house – this will allow these individuals to stay home and safe with their families and support their own elderly parents
- ✅ Consider drive through takeouts if your family is low on food



If I am self-isolated do my friends and colleagues need to be?

Your friends and colleagues should be following the isolation guidelines. If they are showing Covid-19 Symptoms, they need to immediately isolate and contact the medical centre.

If I am isolated do my family need to be?

If any member of the family has symptoms, then the whole family household need to isolate. If you are in isolation due to travel and have NO symptoms, then only people who have travelled need to isolate.

If I am in isolation can I go to the shop or for a walk?

NO—Self-isolation is non-discretionary and is legally enforceable.

Can I walk my dog?

NO—you are not allowed out in public—utilise the 'Trusted Friend Scheme'

How do I get food?

If you need it, contact your Head of Location, NSE to arrange help—Utilise the 'Trusted Friend Scheme' or an local 'Buddy Buddy Scheme'

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

uab.edu/coronavirus



Guidance Stay at home: guidance for households with possible coronavirus (COVID-19) infection

Updated 24 March 2020

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



EDUCATION & LEARNING

Matters

<https://www.army.mod.uk/umbraco/Surface/Download/Get/15060>

Are you bored? Would you like to keep your mind active? Like what you see below? Then follow the link above for plenty of activities for you and your family....

Podcasts

During your one walk or run of the day, why not plug in to a Podcast to listen to?

These can be accessed through the Podcast app on iPhones, streaming devices (Spotify, Amazon Music, Apple Music) or apps such as Pod Bean. Below are a number of Podcasts that are recommended to help you deal with the current crisis if you are feeling a little overwhelmed.

How to Fail: Mo Gawdat on how to cope with anxiety in a time of Coronavirus This talks about how to live with anxiety and isolation in a time of Coronavirus. They talk about how to handle negative thoughts, how to practise gratitude and the concept of 'committed acceptance' which focuses on a) accepting the situation and b) within that acceptance, working out what you can actively do to make life better. He shares with his own daily routine for self-isolation, the difference between the inevitability of pain and the choice of suffering, the wondrous abilities of the brain to come up with narratives which sometimes do not serve us and the importance of understanding the impact exercising our own free will have on others.

Alone Together: A Coronavirus Podcast is available on Apple, Spotify and [Entale](#) now. This podcast shares the community spirit and warmth that has emerged since the pandemic. A guaranteed uplift and a positive spin on the global pandemic that we are. They say 'Over the coming weeks we will be talking doctors, lawyers, pharmacists and more to get answers to the questions on everyone's lips. We'll also talk to local businesses to find out how they are coping and what the future might hold.'

<https://www.futurelearn.com/>

<https://nearpod.com/>

<https://kahoot.com/>

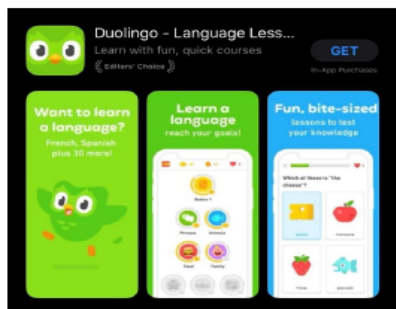
<https://houseparty.com/>

<https://www.learndirect.com/>



Learn a Language

Duolingo is one of the most popular – it comes in [website format](#) and also on the [App Store](#) / [Play Store](#).



There's a huge variety of languages to learn and you can compete against friends/family by setting up a leader board.

You can set yourself a daily goal of 5 minutes and up and learn a little bit each day.

Drops is another great app available on the [App Store](#) / [Play Store](#).

There are loads of other options available, including [Babbel](#), [Memrise](#), and [Busuu](#) to name a few.

Learn for your own use, travel or perhaps even for use within the Army in the future.

Online Personal Development Opportunities

We are faced with testing and uncertain times and now face the prospect of being isolated from wider society for the foreseeable future. However, there are plenty of things that you can do to turn your self-isolation into self-education.

This guide will provide you with links to useful resources to keep the mind active whilst you are indoors.

Maintain a routine. Stay connected. Stay safe.



Online Learning

Massive Open Online Courses (MOOCs): are free online courses, aimed at unlimited participation and open access via the web.

COURSERA offer free online courses to upskill workforces and gain certificates from well-known universities.

NCC Courses online certified courses, from mental health awareness and certificates in counselling to IT skills and Law!

The Open University has a great website dedicated to **free online learning**. There's no catch – it's completely free, and the range of courses is *huge*.

From Art and Life in Ancient Egypt to Understanding Deep Geothermal Energy, you can study pretty much anything.

You can find it all on the [OpenLearn](#) website, and each course tells you how many hours it will take to complete before you start.

Always check the website for any costs before you start a course.

Comd ITG's Reading List

Why not take the opportunity to dig into that book you have been wanting to read for a while? The books below are Comd ITG's top recommended reads for Permanent Staff serving at an Initial Training Establishment, centered around leadership and performance.



EDUCATION & LEARNING FOR THE FAMILY

Children matter

<https://www.army.mod.uk/umbraco/Surface/Download/Get/15060>

DCYP | MOD Schools EJSU / ROW PARENTING TOGETHER AT HOME

Children need to have a sense of future and this current situation may be making your child worried, here are some ideas which might help your child re-establish their positive thinking ... also they might help with the boredom for those of you who are unfortunately in lockdown.

Ideas for indoor activities

Daily PE. The 'Body Coach', Joe Wicks is doing live workouts every morning from social media platforms and if you are more of a dancer, Oti Mabuse is running online dance classes every day at 1130 or 1930.

BBC Bitesize. This website has a wide range of great resources for learning.

Duolingo. This app is child friendly enough to engage the children in a bit of language learning, with pictures and games.

Arts and Crafts. Painting, colouring, collages or even a portrait drawing of you!

Games Jar. Get an empty jar and write an activity everyone can do on there; make a milkshake, play a board game, etc. Add an element of trepidation in there by adding some quick chores; empty the dishwasher, clean your room. The rule is that everyone has to do that one thing before you can pick another.

Indoor Picnic. Involve the kids in making the food and eat it on a rug in the living room or garden if you have one.

In Dawn Issac's book '101 things for kids to do screen-free' she says:

"Become comfortable with mess, kids having fun do not keep things neat. Manage the chaos with a 'tidy up half hour' before they go to bed."

- Dawn Issac



Home Schooling survival...

For those of you who have all of a sudden become a full-time nursery assistant or primary or secondary teacher, these resources and ideas to keep the children entertained may help.

Remember to engage with schools for the content that they can offer but also, educational advice this week stated that the most important thing families can do is to provide feelings of safety in this unsettling time.

World Book Online has just made their collection of 3,000 ebooks and audiobooks available for free for children to access at home

Primary games



Earth Squad, Go!

Choose a character, join the Earth Squad and explore our planet's habitats.

KS2 SCIENCE



Pirate Bunnies: World Adventures

Hop on Captain Carrot's ship and explore the world!

KS1 GEOGRAPHY

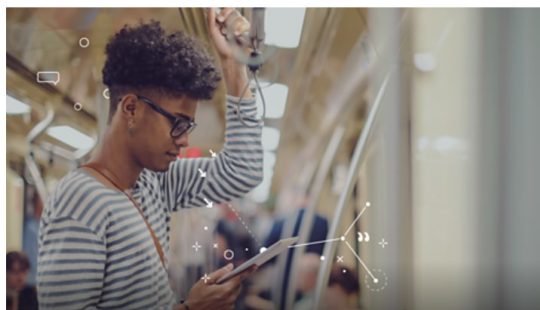


Dinosaur Discovery

Use your science skills to make predictions, use scientific equipment and perform experiments to learn about dinosaurs.

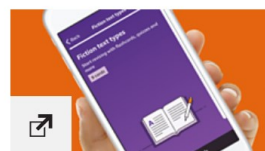
KS1 SCIENCE

Bitesize App



14-16? Want revision on the go?

Our Bitesize App shows your subjects with bespoke flashcards to help you study wherever and whenever you need to!



The Bitesize App is available on iOS

If you are an iOS user, you can download the latest version of the Bitesize App from the AppStore.

<https://www.bbc.co.uk/bitesize>

FAMILY ACTIVITIES

Are important

Here are some pointers from your EJSU Youth & Community Development Worker;

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

For teenagers looking for a change from social media sites – have a look at the UK Youth website. It's an organisation that the MOD youth service has worked with, recently, to provide a voice for young people. There are many ways EJSU can use its resources and ideas in the future. At this moment it is redesigning its website and has a short survey on its home page, targeted at all who use the site.

<http://www.ichild.co.uk/>

Why not have a look at the above site for ideas and activities for younger children. You need to register, and you can do this as a parent. It is a useful resource, especially for themed activities.

FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

9.00am - PE with Joe Wicks https://youtu.be/6v-a_dpwhro

10.00am - Maths with Carol Vorderman www.themathsfactor.com

11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver) <https://m.youtube.com/watch?v=eJLA2RIZNq4&list=PLcpoB2VESJme7ISxXEcXyVtFPsMI78lcl>

1.00pm - Music with Myleene Klass <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell <https://twitter.com/diversedance.../status/1241098264373592065>

2.00pm - History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>

4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri) <https://www.instagram.com/theocooks>

Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests <https://cosmicshambles.com/stayathome/upcoming-schedule>

9.30am Wednesday 25 March - Geography with Steve Backshall <https://twitter.com/SteveBacksha.../status/1242058846941712385>

JK Rowling Has Launched Harry Potter At Home For Kids In Lockdown

<https://blog.kidadl.com/>

Calling all Potter fans! Unlock family fun in lockdown with a simple Alohomora and JK Rowling's brand-new 'Harry Potter At Home' hub. Whether you're a muggle or wizard, this free online space is designed to help you and your little ones discover the magic of Harry Potter from the comfort of your very own home. With everything from videos, puzzles, illustrations, quizzes, creative ideas, articles and so much more magical fun being added daily, this platform is bound to keep both young and older wizards occupied for hours on end.

<https://my.wizardingworld.com/passport>

