



Strategic
Command



EJSU Welfare Matters

Staying safe, staying healthy. *Covid19*

As the EJSU community enters their respective stages of lockdown across Europe and Turkey, some more enduring than others, there is at last, some positive indications that there is likely to be a relaxing of restrictions over the coming weeks. However, as we remain under the advice and control of our respective Host Nations, and schools and shops remain closed, it is as important as ever to continue to supporting each other in positive and imaginative ways.

Please continue to follow your Host Nation restrictions and maintain local social distancing rules. We do understand that this can be frustrating and challenging; however, it is important that you don't get complacent. Please continue to share your ideas with each other and keep in touch with your community, whether this is via your Community Liaison Facebook pages, WhatsApp groups or other communication methods with family and work colleagues. Social Media has proven to be an invaluable asset during this period of lockdown. **'Communication is essential'**.

As the SNR at SHAPE articulated in his last communication, 'The hard work that you and others are putting in, is beginning to pay off, please keep it up'. He also offered the following five pointers: (of which we thought were good to share;)

1. A schedule brings purpose to the day and happiness depends upon purpose.
2. Reach out and talk to each other: communication keeps our connections alive and reduces loneliness.
3. Exercise: a great lifter of one's mood and the best-known antidote to depression and anxiety.
4. Boundaries: make, if you can, a dedicated area for home-working. It will help you switch off and set boundaries between work and everything else.
5. Lastly, you need time to wind down: build into your routine a window to exercise, listen to music, or read a book to replace the gap that commuting used to create between work and home.

If you require help and guidance to get you through these unusual and challenging times, we hope that some of the information in this Newsletter will help. In addition, please remember... do reach out to your NSE, Community and EJSU Welfare Team accordingly.

IMPORTANT NOTE: FOR SOME OF THE LINKS IN THIS DOCUMENT YOU WILL NEED TO RIGHT CLICK TO OPEN, OR CUT AND PASTE INTO YOUR INTERNET SEARCH BAR.

Lieutenant Colonel
Jonathan Craven RA
Commanding Officer
European Joint
Support Unit



APRIL 2020

ISSUE 2

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SPECIAL POINTS OF INTEREST

- Stay at home, Save lives.
- Domestic Abuse

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

- Catch it, bin it, kill it.
- <https://www.gov.uk/coronavirus>



EMERGENCY CONTACTS

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

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, self referral using the contact details below;

RC-AWS-IAT-

QMailbox@mod.gov.uk

Tel: +44 1904 88 20 53

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 as 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

Joint Casualty & Compassionate Cell JCCC

Overseas Support - for Service Personnel and UK Based Civilians (UKBC) (excluding operational deployment)

UKBC's and Service Personnel 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 PERSONAL AND NEXT OF KIN 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**

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/learning-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

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.

For more information please contact your Notifying Officer, Rachael Lewis via the following email; EJSU-J1-Welfare-NA@mod.gov.uk

The Four Themes of Health

Lifestyles

- Drugs misuse
- Alcohol misuse
- Weight management
- Nutrition
- Fitness
- Smoking Cessation

Mental Health & Wellbeing

- Operational stress
- Suicide & self-harm
- Stigma
- Occupational stress

Injury Prevention

- Musculoskeletal injury
- Climatic injuries
- Hearing
- Vibration
- Employability/deployability

Preventive Health

- Environmental health
- Communicable disease
- Disease & Non-Battle Injury
- Women's health
- Oral Health

MEDICAL & DENTAL INFO

Advice for everyone Coronavirus (COVID-19)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

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



ACCESS TO CARE DURING
COVID-19 LOCKDOWN

Accessing Care

- Following recent guidance from Defence Primary Dental Healthcare, NHS, The Department of Health England, Dental practices have been advised to **STOP** non-essential routine dental appointments and prioritise urgent treatment where possible.
- As well as reducing risk to dental staff and our patients, this will also prevent unnecessary travel in an attempt to minimise the virus transmission through adhering to social distancing and government lockdown measures.
- **The information is aimed at advising our community on how to manage minor dental problems at home.**
- Any update to the delivery of care will be published community-wide.

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.



Your Mind Plan: [Anxiety](#) | [Low mood](#) | [Stress](#) | [Sleep](#) | [Urgent support](#) | [Helping others](#) | [Possible causes](#)

10 tips to help if you
are worried about
coronavirus



WHAT COUNTS AS A DENTAL EMERGENCY?

Non-urgent (may need to wait):

- Loose or lost crowns, bridges or veneers.
- Broken, or loose dentures.
- Bleeding gums.
- Broken, loose or lost fillings.
- Chipped teeth with no pain.
- Loose orthodontic wires.

Urgent Dental Treatment:

- Facial swelling extending to eye and neck.
- Bleeding following an extraction of a tooth that does not stop even after applying pressure on the socket, small amount of oozing is normal though.
- Bleeding following a trauma to the face, teeth and lips.
- Broken tooth causing pain.
- Significant toothache preventing you from eating, sleeping and can not be managed with over the counter painkillers.

Urgent (Straight to A&E):

- Facial swelling affecting vision or breathing.
- Swelling that is preventing you from opening your mouth more than two fingers width.
- Trauma causing loss of consciousness, double vision or vomiting.

COVID- every mind matters- NHS top ten tips

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](#)

SAFEGUARDING

your community

Staying safe during COVID-19

A guide for victims and survivors of domestic abuse

Our message to victims and survivors of domestic abuse

We know that if you are currently experiencing or have experienced domestic abuse you will know what being isolated and frightened will feel like. You might be worried about self-isolating with someone who is harming you.

You are not alone in this.

You are a survivor, equipped with the knowledge, strength and tools that help keep you and your family safe every day.

It is important to try and think about the things that may change or make you more unsafe, especially thinking through now how you might get help if you need it. We also know that, like everyone, you could be worried about contracting the virus and the **NHS** website can give you advice around this.

Always remember that the abuse you are experiencing is not your fault.

General points to consider

Self-isolation means different things in different countries but usually it means only leaving the house for essential reasons. Unfortunately, this means you and the person harming you could end up spending more time together in the same space.

Support from family, friends and neighbours

Self-care

General safety planning

Websites and useful guides Accessing information online may feel like the best option for you at this time. If you do access any information online you may need to delete your browser history or use 'private browsing' as a way to hide your searches.

- * SafeLives guide to staying safe online—www.safelives.org.uk
- * Making a safety plan, Women's Aid—www.techsafety.org
- * The Survivor's Handbook, Women's Aid—www.womensaid.org
- * Guidance on economic abuse during COVID-19, Surviving Economic Abuse— www.survivingeconomicabuse.org
- * Chayn—www.chayn.co

Live chats and survivor forums

- Women's Aid Survivors Forum www.survivorsforum.womensaid.org.uk
- Women's Aid Live Chat www.chat.womensaid.org.uk

<https://www.raf.mod.uk/serving-families/news/covid-19-and-safeguarding/>



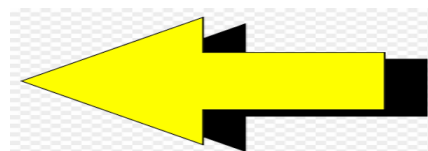
<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

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.

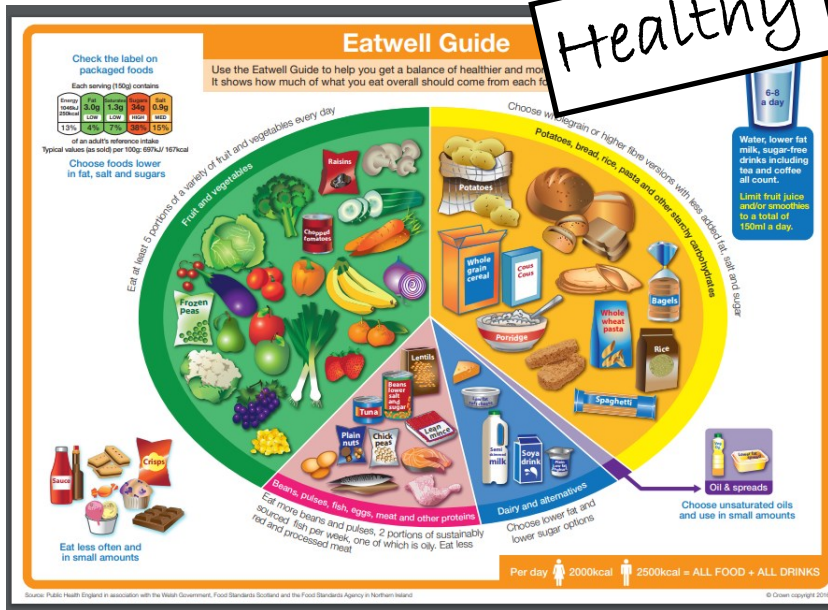


<https://www.gov.uk/coronavirus-extremely-vulnerable>



Healthy

LIFESTYLES



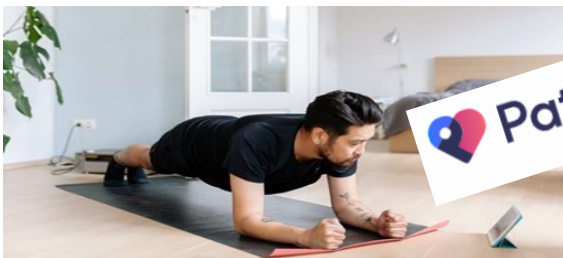
<https://www.gov.uk/government/publications/the-eatwell-guide>

The Eatwell Guide has replaced the eatwell plate and continues to define the government's advice on a healthy balanced diet.

The Eatwell Guide is a visual representation of how different foods and drinks can contribute towards a healthy balanced diet and is based on the 5 food groups which shows how much of what you eat should come from each food group.

Public Health England encourages organisations and individuals to use the Eatwell Guide to make sure everyone receives consistent messages about the balance of foods in a healthy diet.

<https://patient.info/news-and-features/how-to-exercise-at-homein-isolation>



The government have advised people to only leave their house for exercise once a day. With gyms closed and events cancelled, many of us are exercising at home over these isolation weeks.

You may be feeling demoralised about your fitness. Whether you were training for any thing in particular or enjoy your work out at the gym, it can be tough to think of putting your usual routine on hold.

Even if you're not much of a fitness fan, you may baulk at the prospect of staying indoors for a few weeks while barely raising your step count. Exercise is vital for our mental and physical health, and is arguably more important than ever during periods of self-isolation.

"It's definitely possible to stay fit at home, particularly through intense workouts that tend to work better for fat loss and muscle growth in comparison to long-duration cardio," says Chloe Twist, a personal trainer at OriGym. "Add kettlebells or a set of dumbbells into the mix, and this will ensure that you're doing enough strength training to maintain and build lean muscle away from the gym."

A HEALTHY MIND IN A HEALTHY BODY

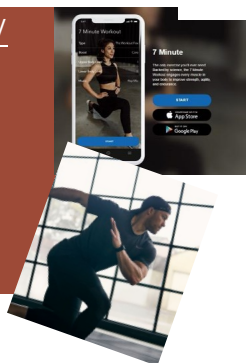
DO NOT PANIC—There are great workouts you can do from home, and many of them are completely free. You may not be setting any personal bests over the next few months, but rest assured you can maintain good levels of fitness and most importantly manage your mental health through this challenging period.

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

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

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

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



IT'S IMPORTANT TO HAVE GOALS TO LOOK FORWARD TO.

Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

MENTAL HEALTH & WELLBEING

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



....does matter

April is Stress Awareness Month. Naturally, this time poses more significant challenges than normal to all of us trying to manage our stress and mental wellbeing. It is not always easy to manage on our own and some people need more support than others. To that end there are many online support agencies and coping mechanisms available and digital workshops have proven very helpful to many.

WE NEED TO
TALK ABOUT
CHILDREN'S
MENTAL
HEALTH...



Below are some links to articles which discuss how to talk to our children about COVID to help them process what is happening and to cope with the emotions surrounding the situation:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

<https://news.un.org/en/story/2020/03/1059622>

BIG WHITE WALL®

What is BWW?

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

A safe place to talk, share & support others like you

- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Trained professionals available 24/7 to keep the community safe
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace

Reframe unhelpful thoughts

- Limit the amount of time you are spending looking at the news and stick to trusted news sources. Only check the news once or twice a day.
- Seek opportunities to amplify positive stories.
- [Gov Hub](#) / [Anxiety UK](#) / [Anxiety UK YouTube](#) / [CfCS Wellbeing Hub](#)

Get good sleep

- Try to maintain a regular sleep schedule and ensure your bedroom creates optimal sleeping conditions, the room should be the right temperature between 15 to 22 degrees Celsius, free from noise and light.
- Don't nap during the day and limit exposure to bright light and screen usage in the hour before you intend to sleep.
- [NHS](#) / [Mental Health Foundation](#) / [Every Mind Matters](#) / [CfCS Sleepstation](#) /

Live a healthy life

- If you feel well enough you can take part in light exercise within your home or garden.
- If you are not in a vulnerable group and not self isolating due to symptoms consider going for a quick walk but try to walk somewhere quiet and maintain 2m from others.
- [NHS Fitness Studio](#) / [NHS 12 Week Fitness Plan](#) / [Fitness Blender](#)

Be in the present

- Mindfulness and meditation can help you be in the present.
- There are a number of free apps the NHS recommend to get started
- [NHS Apps](#) / [Mind](#) / [NHS Breathing Video](#) / [NHS Mindfulness](#) / [Headspace](#)

Connect with others

- You should keep connected to your team, with regular contact through calls, skype and/or video hangouts, to see how they are. Regular check in times are key as is striking a balance between having a routine and making sure each day has some variety.
- Be sure you have up to date contact information for vulnerable/older friends and relatives who may have to self isolate for longer periods.
- [Mind Checklist](#)

Do something for yourself

- If you are going to be in your home for an extended period, it is important you plan breaks in your working day and organise activities you're interested in at night.
- Activities such as cooking, reading, online learning and watching films.
- [Open University Free Courses](#) / [BBC Podcasts](#) / [BBC Good Food](#) / [A to Z of Wellbeing](#)

MENTAL HEALTH & WELLBEING



AWS 5 more

positive things to do;

TAKE CARE OF 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 and - importantly - making sure we get enough sleep!

KEEP LEARNING NEW THINGS

Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things—not just through formal qualifications. We can share a skill with friends, learn to sing and so much more

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.

BE COMFORTABLE WITH WHO YOU ARE

No-one's perfect. But so often we compare our insides to other people's outsides. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.

BE PART OF SOMETHING BIGGER

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression. But where do we find 'meaning and purpose'? It might be our religious faith, being a parent or doing a job that makes a difference. The answers vary for each of us but they all involve being connected to something bigger than ourselves.

COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 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

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

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

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

Big White Wall www.nhs.uk/apps-library/big-white-wall/

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

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.

	Breakfast	Lunch	Dinner
Mon - Fri			
Sat -Sun			

DO NOT LEAVE YOUR ACCOMMODATION UNLESS THERE IS A FIRE.



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.



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.

18



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.

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

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



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'

REMEMBER You have the use of '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.

EDUCATION & LEARNING

Matters

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.

<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....

The British Safety Council has made the following two courses available online for free which may be of use or interest to you as an individual and especially of use to line managers. I would recommend opening these up on Google Chrome or on your personal devices (especially as this will help with overall MODnet bandwidth). Details are:

Managing Mental Health—
www.britsafe.org/about-us/managing-mental-health-course

This short course gives managers the skills and confidence to listen to and talk with someone who feels that they need to share a problem regarding their mental health.

Stress Awareness—
www.britsafe.org/about-us/stress-awareness-course

This practical online course will help employees identify, manage and reduce their own stress. It will also make them aware of the consequences of not doing so.

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

<https://nearpod.com/>

<https://kahoot.com/>

<https://houseparty.com/>

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

<https://www.open.edu/openlearn/free-courses/full-catalogue>

OpenLearn

Free Learning from
The Open University

<https://www.open.edu/openlearn/free-courses/full-catalogue>

	Health, Sports & Psychology	▼
	Education & Development	▼
	History & The Arts	▼
	Languages	▼
	Money & Business	▼
	Nature & Environment	▼
	Science, Maths & Technology	▼
	Society, Politics & Law	▲

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.



Free courses



All our free courses



Why study a free course on OpenLearn?



Advantages of enrolling on a free course



Badged courses



Frequently asked questions



Study with The Open University

EDUCATION & LEARNING FOR THE FAMILY

Children matter

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

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.

The guide below is divided up into key areas but a great overall website for home schooling ideas is <https://www.twinkl.com/>. The site breaks up curriculum goals across Key Stages.

This guide will not offer specific lessons or curriculum teaching but it will offer a range of fun activities which will have educational benefit as well as keeping the kid entertained!



Numbers



Words



From the British Council:

<https://learnenglishkids.britishcouncil.org/word-games>

Top Marks has a range of both English and Maths games for kids divided up into age groups. Select 'Learning Games' from the tab at the top. You will also find Parent Resources, if you are interested in going further:

<https://www.topmarks.co.uk/>

Brain Games takes traditional games such as word-searches and hangman and makes them interactive and fun:

<https://www.brain-games.co.uk/Word+Games>

Maths Frame has collated some of the most popular Maths and Numbers games:

<https://mathsframe.co.uk/en/resources/category/22/most-popular>

Emma Johnson is a mother and school leader who has created a blog space with Maths games ideas and YouTube tutorial videos of how to make and play them:

<https://thirdspacelearning.com/blog/fun-maths-games-activities-for-kids/>

Cbeebies is a great source of fun, games and puzzles, many of which have either a numeracy or literacy focus. Aimed at younger kids; they are easy to play and very colourful!

<https://global.cbeebies.com/games/>



Science

This is a great blog with a range of fun science experiments to do at home. The best part is, it comes with a "Messy Matrix" to let you know just how messy your house could become! The level of 'understanding' science varies and there are lessons included which will support older learners in understanding more complex scientific concepts:

<https://www.dayoutwiththekids.co.uk/blog/easy-cool-science-experiments-for-kids>

Fun Science has a "Top 5 at Home" but also links to lots of interesting articles about jobs in Science which could appeal to those thinking about their future:

<https://fun-science.org.uk/top-5-science-activities-home/>

Home-schooling has led to many people creating lists of different experiments to do at home, here is another simplified list:

<https://www.homeschooling-ideas.com/easy-science-experiments.html>



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.



Staying fit & healthy

If you haven't already, why not check out Joe Wicks' PE lessons every morning at 9:00hrs BST. Catch him on YouTube now!

Below is a fun 25 minute workout video to try with the kids, no equipment needed and includes warm up and warm down:

<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>

Pinterest! The home of collected ideas. Here are a few circuits and activities ideas to use with the kids: <https://www.pinterest.com/pin/207024914094874855/>

Staying happy

NEW!! Disneyland is "The Happiest Place on Earth" – but whilst we cannot visit in person right now, there are links via YouTube to some of the coolest rides Disney has to offer. Disney Park Live offers a stunning look at some of our favourite places at dawn! Go to the YouTube page "Disney Parks" to see quick links to parades, shows, and on-line singing groups from the Dapper Dans and more!



Why not do a Covid-19 time capsule!

You may have already seen this link on Facebook, below is a COVID time capsule template to complete at home. This gives our young people the opportunity to think and talk about the isolation and what it means to them, how they are coping mentally and what positives they can see in the lockdown. The template offers the chance to write, draw and generally express our feelings and emotions at this historic time.

<https://www.dropbox.com/s/po5rmhnau24vcg4/2020%20Covid-19%20time%20capsule%20sheets.pdf?dl=0>



Cooking



The team at Delish have created a list of 14 recipes to cook with kids. Further down the page are links to other treats and ideas children may enjoy:

<https://www.delish.com/cooking/g499/kids-cooking-recipes/>

BBC good food have also compiled a list with ideas for cooking with kids and picking bright, colourful and healthy foods:

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

And if you're wanting to satisfy your sweet-tooth, Food Network have a massive collection of wonderful looking tray bakes.

http://www.foodnetwork.co.uk/?utm_source=foodnetwork.com&utm_medium=domestic