

A quick update about young people's wellbeing and Headstart more generally.

The YP 'Start Now' website has been refreshed / updated. Opportunities / activities for YP include:

[Welleing Action Plan](#) - our new online tool created by young people is full of fantastic ideas and activities for looking after your wellbeing by creating your own unique action plan...

[Lockdown online workshops](#) - Smartphone photography, performance writing (spoken word / slam poetry); flipbook animation, face painting (!) and musical doodling... FREE

[Take 5... ways to wellbeing creative competition](#) - a chance for YP to win £25 vouchers every month during the lockdown.

[Wellbeing Action Plan Film Challenge](#) - just before lockdown stopped us we were about to make a short introductory film for the action plan. Can YOU help us film it in isolation!

[RU OK?](#) - A 5 minute check-in for young people about how you're managing during the lockdown. Help us help young people more effectively.

We'd be really grateful if you would share links with students and families. Schools are more than welcome to use any of these ideas / activities as part of school work and get involved via groups of students.

Headstart COVID-19 Wellbeing Service

Our Headstart Facilitator colleagues are launching a temporary telephone and online wellbeing support service for 10-16 year olds who are struggling with their emotional health during the COVID-19 situation. **More info and a referral form** on the www.your-way.org.uk website (see blogs)



Transition Mission – coming soon...

Just before the lockdown I had the great joy of meeting a group of young people who were working with our youth facilitator colleagues and Young People Cornwall on a transition project. They had come up with their own **Transition Mission** booklet which they were keen to have printed and shared with every Y6 pupil with extra copies going to secondary schools and people like social workers. We carried on working on it despite the uncertainties and hope to be able to share it via the Start Now website and in printed form, if as rumoured, Y6's will be back in school for the last part of the term... more info coming soon...

Training during Lockdown

You may be interested in this new online training offer from Pooky Knightsmith. At the moment she is offering free access to some courses e.g.

<https://elearning.creativeeducation.co.uk/courses/support-children-who-are-anxious-to-attend-school/>

[COVID19 – Staying Mentally Well](#) – which walks you through simple steps you can take to try to look after your emotional wellbeing and

[Simple Self-Soothe Strategies](#) – which introduces you to five simple strategies for relaxation and self-soothing which can be used by adults or children.

TIS

- **Online supervision** sessions are taking place – check the [website](#) for dates and times
- **Online 10 day course starting 2/3rd June** – only a few places left.
- **Existing / future face to face courses** – Tracy Bowers our Training Lead is currently working with TIS to reschedule where needed and will keep delegates posted.

Hope all well with you and your loved ones. It has been inspiring to see how schools have risen to the challenge over recent weeks. It has been a delight to see social media posts, newsletters etc. celebrating the ways you have been staying connected to students, providing challenges and engaging learning experiences as well as making fabulous contributions to supporting the NHS by, for example, making PPE and fundraising. Thank you all.