



Support Pack

With the current situation of key workers working from home and school closures, we at Oasis want to continue to support you and your child in any way we can.

We have put together a pack of useful websites that you may wish to explore (right click on links to open).

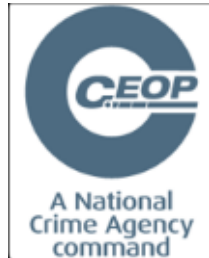
Please speak to your child's key worker for ways that they can support you at this time.



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Internet Safety

If you or your child are worried about any online activity, then you can make a report using the CEOP button or visiting <https://www.ceop.police.uk/safety-centre/>



Useful websites:

<https://www.bbc.com/ownit/its-personal/perfect-posts?collection=phone-fomo>

<https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew>

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

www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/



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Supporting your child with anxiety

These links include parental tips, videos, articles and worksheet ideas.

https://www.nhs.uk/oneyou/every-mind-matters/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=EAlalQobChMIv-Hxtpuw6AIVyrHtCh1LeAx4EAAYASAAEgKghvD_BwE

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

<https://healthyfamilies.beyondblue.org.au/home>

<http://www.socialworkerstoolbox.com/mighty-moe-an-anxiety-workbook-for-children/>

<http://www.socialworkerstoolbox.com/feelings-workbook-naming-exploring-emotions/>

<http://www.socialworkerstoolbox.com/big-feelings-come-go-storybook/>

<https://www.relaxkids.com/calm-pack?fbclid=IwAR0c0yLAnMZNxVIfRzDdMOVBLEHDxC2r0PC1eeegMoCD0V0fsH9ufA3DzVA>



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Supporting your child with anger

These links include parental tips, videos, articles and worksheet ideas.

<https://www.verywellfamily.com/ways-to-help-an-angry-child-1094976>

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/>

<https://www.ahaparenting.com/parenting-tools/emotional-intelligence/angry-child>

<https://lemonlimeadventures.com/13-helpful-phrases-calm-angry-child/>

https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F419468152772942478%2F&psig=AOvVaw1LBoaw0xn7_RsELDK6WEs5&ust=1585046922565000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKjT64q2sOgCFQAAAdAAAAABAD

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.therapistaid.com%2Ftherapy-worksheet%2Fanger-iceberg&psig=AOvVaw2fltQiVACfR4WY1XG6vbAW&ust=1585047303681000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKiwMO3sOgCFQAAAAAdAAAAABAO>



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Mental Health

Websites to support mental health.

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

<https://kooth.com/>

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

https://www.samaritans.org/how-we-can-help/?gclid=EAlaIQobChMI4aeo4ex6AIVyLHtCh2GPQrBEAAYASACEgKvePD_BwE

‘Six Ways to Wellbeing’

How about trying these ‘Six Ways to Wellbeing’ themed apps?

Be active – One You Action 10 tracker, a physical activity tracker from the NHS
www.nhs.uk/oneyou/active10/home

Keep Learning – Free online courses in a wide range of subjects www.futurelearn.com

Give – A website and app designed to reduce food waste where people can list food and drink that they’re not going to use and others can collect www.olioex.com/

Connect - A website where you can build online hubs for your street and community www.Nextdoor.co.uk

Take Notice – An online newspaper that reports only good news www.thehappynewspaper.com

Care For the Planet – Explore Kent www.explorekent.org/



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Other useful sites

Audible is making audio books for children and young people free on their website

<https://stories.audible.com/start-listen>

Activity Ideas:

<https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children>

<https://www.allprodad.com/10-indoor-activities-to-do-with-kids/>

<https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids>



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Organisation	Services	Contact
Connect Well East Kent	Hub team are operational as normal and telephone services are still active. Open Mon, Weds and Fri 8:30am – 6pm, Tues and Thurs 9am – 5pm	0300 302 0178
Carers Support East Kent	CSEK are operational as normal and the Hub team are still offering emotional support. Open Mon, Weds and Fri 8:30am – 6pm, Tues and Thurs 9am – 5pm	0300 302 0178
Silverline Telephone Befriending Service	24 Hour befriending helpline and friendship service for people aged 55 and over. Free, confidential service to share worries and fears. A good signposting service.	0800 470 80 90
Thanet Coronavirus support	A list of services across Thanet which are offering support during this difficult time. Click the link to the right.	http://thanetcoronavirusassistance.com/delivery/?fbclid=IwAR03vIF0BJ-vrpPTpLkaF3sITBDcvPC9r7TQFjQYJS_hSenPI31zwtowhxg
Age UK Thanet	Day services are open to existing clients, offering I and A phone support. Also available for shopping calls. Buddy Box Hot Meal Delivery is open for anyone that needs food, cost £8.00.	01843 223881 debby.turner@ageukhernebay.org.uk



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	Age UK Support at Home Service – operational as per normal, contact Debby Turner via email.	
Ageless Thanet	<p>Providing a free telephone service during office hours, for Thanet residents aged 50+ who are struggling with feelings of social isolation and loneliness and would like to hear a friendly voice.</p> <p>Contact them via phone, email or on social media (Facebook and Twitter).</p> <p>Ageless Thanet will also be sharing videos on how to use the internet and social media to stay connected with friends and family.</p>	<p>01843 21005</p> <p>info@agelessthanet.org.uk</p> <p>https://www.facebook.com/AgelessThanet/</p>
Cliftonville Community Centre	<p>Open as usual Mon, Tues, Weds and Fri up until 1st April.</p> <p>From 1st April Mon, Tues and Weds from 9:30-12:30pm.</p>	Elaine or Paul on 01843 221913
Global Generation Church	<p>The Global Generation building is now closed, however they are offering support over the telephone, supporting Orbit customers to access food and supplies. All services will be shared online until further notice.</p> <p>Currently the Aspire Homeless project is still operational.</p>	01843 226232
Thanet Community Support Partnership	<p>TCSP are offering their car scheme for ESSENTIAL hospital and medical appointments only.</p>	<p>Samantha Howlett</p> <p>01843 609337</p> <p>info@kcv.org.uk</p>



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Salvation Army, Ramsgate	Currently running a food bank but please ring ahead to make an appointment to avoid unnecessary travel. Also available to deliver food and supplies to the self-isolating elderly in the Ramsgate area.	Carl Whitehead 07900 497326
The Gap Project	Still open for homeless support on Fridays, 2-4pm. Café still open at the moment. Friday afternoon club planned to run (as of 20/03/20).	01843 602762
The Bus Café Thanet	Offering a home delivery service from their food and drink menu, 9am-3pm. No minimum order and no delivery charge. Bread and different types of milk available and all prices will be the same as in the shop.	01843 297985
St Pauls Food Bank (Margate)	Open as usual – Thursday mornings 10:30am – 12:30pm.	01843 221913
Thanet Community Transport Association	Offering a personal shopping service for anyone who is self-isolating and unable to get out and about.	01843 602030
Westgate Town Council	The Town Council are offering a volunteer service to visit homes within the town to help isolated people, to do shopping, walk dogs, make friendly phone calls, pick up prescriptions and other general needs. If you know someone who needs this service, please contact the Town Clerk on the number/email to the right.	01843 836182 townclerk@westgateonsea.gov.uk



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Changing Minds - the Lifeboat Project	<p>Providing mental health support, advice, anxiety management, food and essentials for the local community. To consist of weekly podcasts, videos to cover all things wellbeing, exercise, nutrition and more.</p> <p>Offering free delivery of care packages for those in isolation including food, toiletries and entertainment (crosswords, card games, colouring books etc).</p> <p>Planning to establish a phone line for those seeking a friendly chat, and a social media hub for individuals to access for tips on combating loneliness whilst in isolation.</p>	Colin Rouse – colin.rouse@changingmindskent.co.uk
Best One Westgate	Offering free home delivery services for supplies including food.	01843 831664
Krusty Kobb bakeries	Offering free home delivery for food to people's homes who are self-isolating and unable to get out.	01843 835447
Prentis Greengrocers	Offering free home delivery of fruit and vegetables to self-isolating people.	01843 834934
Posillipos Restaurant, Broadstairs	Offering to do shopping and deliver it to self-isolating people.	01843 601133
The Kitchen CT9, Cliftonville	Will deliver any surplus stock to people's homes who are self-isolating	01843 293376
Birchington Support group	Offering a free service to include shopping locally, dog walking and collecting prescriptions etc.	Dave Adams - 07540 813028 or Jan Adams – 07540 812564



Farley's Furniture	Supporting anyone in need living in Ramsgate, Margate, Broadstairs, Westgate, Birchington or Sandwich, by shopping and delivering it to homes, no delivery charge. Pay them for shopping in cash on delivery or by bank transfer. https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/	01843 593069
Age Concern Deal	Day Services still operational as per government guidelines. Hot meals £7.00. Offering food and hot meal delivery services. (Both are paid for services and will be invoiced at a later date).	01304 372608 – Deal
Age UK Folkestone	Day Services are still operational as per government guidelines. Offering food and hot meal delivery services. Hot meals £7.00. (Both are paid for services and will be invoiced at a later date).	01303 279031 - Folkestone
Age UK Herne Bay	Day Services are now closed. Befriending service is now a telephone service in working hours. Sign up to A Call in Time online www.ageuk.org.uk for one call a week from a befriender. It may be a few weeks or so (especially now as demand may be high) before they match people up with volunteers but worth registering.	01227 749570 Access services at www.ageuk.org.uk



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	Personalised Independence Programme – virtual hub is still accepting referrals and supporting via telephone where possible.	
Age UK Faversham	Providing meals on wheels and the Hands 2 Help independent living service (which can do shopping). I&A available as usual, but most of the work is being done by telephone.	01795 532 766
Whitstable Food Bank	Whitstable Umbrella Centre will be providing food parcels during isolation periods and are happy for neighbours/friends to collect food parcels on behalf of people who are self-isolating.	01227 274880
Deal Food Banks	St Richards church: Tuesdays 12pm -2pm Victoria Road Wednesdays 4:30pm – 6pm Trinity Church Union Road 10am - Fridays 12pm Foodbank centres open but no tea or coffee available.	01304 728428
Sandwich Food Banks	Phoenix Centre Jubilee Road Thursdays 1pm-3pm Foodbank centres open but no tea or coffee available.	01304 728428
Ashford Age UK	Providing meals on wheels, meals on wheels Plus (3 meals delivered, lunch, tea and breakfast for the following	01233 668765



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	day), shopping, prescription collection, Keeping in Touch calls, telephone befriending and dog walking.	
Aylesham Food Banks	St Finbarr's Church, Market Square Fridays 12:30pm – 2:30pm Foodbank centres open but no tea or coffee available.	01304 728428
Ashford Vineyard Church	Mon, Tues, Thur 9:00am – 12:00pm and last Sat of every month If in need please contact the foodbank.	01233 331919
Ashford Community Care	Food shopping and delivery services.	Martin Kemp 07732 977417 / 01233 612224
Home Help Choice	Food shopping delivery services in Ashford	Richard Spinx 07807 177656
Faversham Food Bank	The Gospel Mission Church, Tanners Street Wednesdays and Fridays 1.30pm to 4.00pm	07938 720604
Folkestone Methodist Church	Sandgate Road Folkestone Tues and Fri 2pm -3:30pm Please check www.shepway.foodbank.org.uk for updates.	07913 573403
New Romney Christian Centre	North Street Tues 5:30pm -7:00pm	07913 573403



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	Please check www.shepway.foodbank.org.uk for updates.	
Lydd	Hardy Hall, Skinner Road Fridays 6:30pm – 7:30pm Please check www.shepway.foodbank.org.uk for updates.	07913573403
Savages Fruit and Veg Lydd	Offering fruit baskets and vegetables within the Lydd area, and a delivery service.	01797 363280
Kerry's kitchen Lydd	A local café making food deliveries within the Lydd area.	01797 321052
Sport England	How to stay active during the COVID-19 period whilst self-isolating.	https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=IwAR1iAFixU3b9a3VNSPAUXT_qaDmCw7HPysQEXd3wcl-Odhthcvllmilx7IM
Elham Wellbing	A voluntary group offering services including food shopping, prescription collection, dog walking or companionship.	Claire – 07702268475 Claireg.elhampc@gmail.com



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