

TRAINING

FREE ONLINE COURSE Mental Health Awareness for Sport & Physical Activity

FREE until 31st August

The mental health charity Mind have worked with governing body UK Coaching to produce a course in Mental Health Awareness for Sport & Physical Activity to enable you to gain the confidence to be able to support people experiencing mental health problems, and help them to thrive inside and outside of your activity sessions.

To find out more about the course and enrol, please [click here](#). Feel free to share this e-mail with others who may be interested in taking part in the course.

One in four people in the UK will experience a mental health problem each year. Completing this course will give you the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.

The four modules will increase your knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

- build people's resilience, self-esteem and confidence
- adapt your sessions to make them more inclusive
- enable and support mental health recovery, and
- tackle stigma and discrimination.

You will also get access to an extensive bank of resources that you can start using straight away. After completing the course you will be able to download your certificate of completion. The course has been awarded 3 CPD points by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

ESFA Community Training Grants

Do you have a project which helps people improve their employment prospects?

Grants of **£5,000 - £20,000** are available for Dorset projects which help move individuals either into employment, or establish a route towards employment.

See attached leaflet for details

NHS Health Education England FREE Training

They are offering their support to workforces or volunteers who are providing support to those affected by the current pandemic. Their offer is to provide free short online training providing practical skills for 'supportive conversations' informed by evidence-based behaviour change approaches.

Please see attached leaflet for details

ACTIVITIES

DANCE

Letter from Dr Paul French - Chair of Dementia Partnership, for information

I'm really keen to see if there are ways that local services can use dance for the benefit of residents' health & wellbeing - either condition specific or more generally.

Do feel free to share our online content that we've done too:

- a series of free online dance classes for all ages and abilities - <https://www.pdsw.org.uk/classes/>
- a special week of creative content for Parkinson's Awareness Week including a dance class, podcast and art projects to do at home - <https://www.pdsw.org.uk/news/day-5-parkinsons-awareness-week-parkinsons-dance-class/>
- online screenings of dance productions including children shows Plink & Boo and Oh No George - <https://www.pdsw.org.uk/news/online-screening-plink-boo/>

HASfit stands for Heart And Soul fitness because they believe everyone deserves to be fit. That's why over the past 7 years they've given away over 100 million free workouts! They invite you to try a workout with them and see why they've been named a Top 10 YouTube Channel for 4 years straight!



WEBINARS

Dorset Community Action

Throughout the pandemic and lockdown Dorset Community Action has been running weekly Zoom Webinars to support the voluntary and community sector. To date there have been a range of topics from Fundraising, governance, marketing as well as keeping volunteers safe and managing health and wellbeing. The sessions have provided the latest information and guidance, useful hints, tips and advice for coping within the crisis and signposted to further resources and sources of support. We have been joined by guest speakers including LiveWell Dorset, Total Tax Group Ltd, Ward Goodman, Groundwork, Volunteer Centre Dorset and Dorset Community Foundation. All webinars are recorded and the recordings, presentations and resources are free to download from the DCA website - <https://www.dorsetcommunityaction.org.uk/>

If you or your colleagues would like to join us or you know anyone who may benefit, please join us. Every Wednesday from 11.30. They are free to attend, but you will need to sign up via Eventbrite so we have a rough idea of how many we have joining us. One week we had 90 people but on average around 40 – 50 are joining us each week. The links for booking can be found on our website <https://www.dorsetcommunityaction.org.uk/support-webinars-during-covid-19/>

We don't publish a programme, so that we can respond to developments as they happen or to the needs and concerns of the groups and communities we work with. I hope you find the resources useful and that you may join us at a future date. Please also remember, furloughed staff can attend training, so therefore can attend and benefit from the webinars.

RESOURCES

People First Forum have published easy read information and resources that may be useful for anyone

Coronavirus Survival Pack - May 2020

Published on May 5, 2020

With puzzles, games and tips for people to enjoy whilst in lockdown.

Survival pack with info and activities:

https://issuu.com/peoplefirstforum/docs/activity_and_information_booklet_april_2020

People First Forum - Coronavirus Diary

Published on May 5, 2020

To help you record your feelings about what is happening.

Diary/time capsule

https://issuu.com/peoplefirstforum/docs/diary_template_latest

'Flying Start' Please see a new resource helping year 11 students plan their futures

<https://www.sunoutreach.org/resource-category/flying-start-dorset-wide/>

COVID19 and your Wellbeing – MIND UK

You might be worried about coronavirus (Covid-19) and how it could affect your life. This may include having to stay at home and avoid other people. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. This has useful resources and advice

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-you...>

This information is to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're staying at home and avoiding public places, following Government advice that we should stay at home as much as possible
- you are [self-isolating](#) because you, or someone you live with, has [symptoms of coronavirus](#). Self-isolating means that you stay home and keep away from other people.

With thanks to Valerie and Debbie from Bournemouth Libraries.

Arts and Crafts

Five easy creative projects to do when you are bored - <https://youtu.be/TyMEQ5cRx3I>

Five tips to improve your art - https://youtu.be/kSQAP3Q_4G4

Cheap and varied for children and the whole family -

<https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855>

Listen to poetry and watch videos of poets being interviewed - www.poetryarchive.org

Education and Learning

Be the main character in your own story - <https://www.bl.uk/childrens-books/activities/the-book-of-me>

Yes you really can draw a Gruffalo - <https://www.bl.uk/childrens-books/videos/axel-scheffler-how-to-draw-a-gruffalo>

Create your own talking animal - <https://www.bl.uk/childrens-books/activities/write-an-animal-tale>

Design your own superhero - <https://www.bl.uk/childrens-books/activities/what-makes-a-hero-super>

Be your own fairy tale star - <https://www.bl.uk/childrens-books/activities/star-in-your-own-fairy-tale>

www.skillsandlearningpace.com (Bournemouth, Dorset & Poole) is offering free (Level 1 & 2) Distance Learning courses and also free learning and taster tutorials on its YouTube channel. You can access its online Job Club on the website.

www.childrenscommissioner.gov.uk recommends resources for parents during Coronavirus, such as:

- www.brainpop.com - free access to animated movies about subjects such as Maths, Science & English.
- www.bbc.co.uk/teach - has thousands of curriculum-mapped video resources.
- www.creativebug.com – is offering free craft lessons in everything from knitting to jewellery-making.

Health and Wellbeing

Practical tips for adults and parents of children with autism -

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

For young people - <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

This is a crisis line for young people part of Young Minds - <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Support for anxiety for all ages - <https://www.anxietyuk.org.uk/coronavirus-support-resources/>

For adults and children - <https://parentinfo.org/article/how-to-celebrate-special-occasions-during-lockdown>

Immerse yourself in nature

Dorset Wildlife Trust - www.dorsetwildlifetrust.org.uk encouraging everyone to share photos and videos of what they see out of their windows and will be sending out emails with ideas of how people can connect with nature or help wildlife during periods of isolation. You can also access their live barn owl webcam - watch two barn owls roosting and hopefully producing some owlets in the next few weeks –

Bournemouth Natural Science Society - www.bnss.org.uk has all sorts of interesting information on everything from plants and animals, to archaeology and astronomy

Butterfly Conservation - www.butterfly-conservation.org free creative activities for the whole family including building special areas to support butterflies and bumblebees -

HAPPY People, Places, Planet conference that was going to be held at Bournemouth University in April was postponed. Instead, an hour-long video programme is available to watch online:

www.world-happiness-project.com/conference

Dementia Resources

These are some excellent resources which you can use to help offer support and advice to people with dementia and carers during Covid and also for your own information and to share with your networks.

- COVID-19: Dementia and **cognitive impairment** (British Geriatrics Society)
- Coronavirus: Managing **delirium** in confirmed and suspected cases (British Geriatrics Society)
- Information on **supporting older people** and those with dementia during Covid-19 (British Psychological Society and Division of Clinical Psychology (Faculty of the Psychology of Older People))
- Dementia UK advice for people with **dementia and their families**, regarding the coronavirus (Dementia UK)
- Questions and Answers (to ensure that **families with dementia feel supported**) (Dementia UK)
- Dementia UK **Leaflets & information** (including, Caring from a distance, Dealing with Restlessness, Looking after yourself, Calming Techniques) (Dementia UK)
- **Be Active** during COVID-19 (World Health organisation)
- **Distancing** with Dementia (Dementia Change Action Network (DCAN) / Alzheimer's Society)
- Coronavirus: Supporting a person with **dementia at home** (Alzheimer's Society)
- Coronavirus: **Activity ideas** for people living with dementia (Alzheimer's Society)
- Coronavirus: Support for a person with dementia **living alone** (Alzheimer's Society)
- Coronavirus: Supporting a person with dementia **from a distance** (Alzheimer's Society)
- **Carer's UK** Coronavirus Guidance (Carer's UK)
- COVID-19: BGS statement on **research** for older people during the COVID-19 pandemic (British Geriatrics Society)
- Clinical guide for the management of **palliative care** in hospital during the coronavirus pandemic (NHSE/I)
- GSF **signposting** and guidance on the Coronavirus Epidemic (The Gold Standards Framework)
- COVID-19: **End of life care** in older people (British Geriatrics Society)

CALL TO ACTION OR SUPPORT



Help us build a virtual **SafeWise** learning village

We're calling for local people - especially children - to help us create an exciting new virtual learning village this summer.

The virtual village aims to provide realistic and immersive learning experiences to equip visitors with the skills, knowledge and confidence to live active, fulfilling and safer lives as the country emerges from COVID-19 and beyond.

It will be realistic and interactive, using a 360 model of SafeWise's real learning village, requiring discussion and decision-making to tackle skills for life and safety scenarios. The online resource will ultimately form a key part of our service to schools, groups and other audiences when SafeWise's bricks and mortar learning village re-opens.

We'd like to know what you think of our plans so far by completing a short survey below (link takes you to the SafeWise website). Please feel free to pass this email onto anyone else who may be interested.

[Under 16s Survey - Virtual Learning Village](#)

[Parents and Adults Survey - Virtual Learning Village](#)

HEALTHWATCH Dorset is asking local people to share their experiences

Shaping Dorset's mental health services, and valuing community support

It's Mental Health Awareness Week 18 - 24 May, so Healthwatch Dorset is highlighting some of the challenges local people face when accessing mental health services and also raising awareness of the crucial role played by community support in helping people manage their mental health.

Healthwatch Dorset is asking local people to share their experiences and views of managing mental health, to help raise awareness of the challenges people face and to influence positive change in Dorset's mental health services.

To get in touch with Healthwatch Dorset call: 0300 111 0102, email: enquiries@healthwatchdorset.co.uk or visit: healthwatchdorset.co.uk/contact-us/

For Mental Health Awareness Week, Healthwatch Dorset Engagement Officer, Lucy Cribb, has shared her highs and lows of 'shielding' during the coronavirus – highlighting some of ways she has managed to keep well (read her blog here: healthwatchdorset.co.uk/the-highs-and-lows-of-shielding-from-coronavirus/).

Healthwatch volunteer Catriona, who has a professional background in health and well-being, has shared her thoughts on how to tell if you're feeling anxious or depressed, along with some coping techniques (read more here: healthwatchdorset.co.uk/how-to-tell-and-cope-if-youre-feeling-anxious-or-depressed/).

