

DISCOVERY

Multi-Academy Trust

Wellbeing
Week beginning: 15.6.20



@PeacefulMindPeacefulLife

Only when normal things are not normal anymore, do we realize how special normal things are.

— @BRIGHTVIBESMEDIA

Time for YOU

A small supportive Zoom group for Mums of children with additional needs



We use words, images + coaching tools to re-fuel and share with other Mums who 'get it'

"This group has been a life line during lockdown"

Free 8 week Zoom group starting July 1st for Mums in Devon + Cornwall

Text 07855 529582

jo@mums4achange.org

www.mums4achange.org

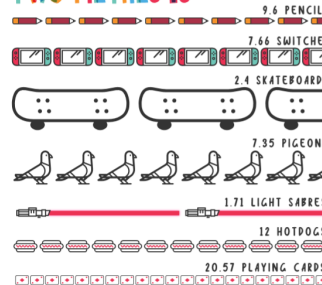
funded through



Domestic abuse can affect anyone and takes many forms



SOCIAL DISTANCING
TWO METRES IS



NSPCC

Worried about a child?

0808 800 5000
help@nspcc.org.uk



PLYMOUTH ARMED FORCES DAY 2020
27 JUNE 2020 | ONLINE

Got coronavirus symptoms?

1 Start isolating
• you for 7 days
• household for 14 days

2 Book a test
• NHS.uk/coronavirus
• or call 119

negative for COVID-19

• Household stops isolating immediately
• You stop isolating if you feel well

positive for COVID-19

3 Share contacts via NHS Test and Trace

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

If your child is suffering from anxiety/worry linked to the COVID 19 crisis this is a great free online course which gives strategies and ideas to help:
www.futurelearn.com/courses/youth-mental-health-during-covid-19

Future Learn