

Information	At Home Shouldn't Mean At Risk #youarenotalone							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	Coronavirus (COVID-19) has impacted everyone's day to day to life but for a victim and their children experiencing or witnessing domestic abuse, the impact is significant. Social distancing and isolation has meant that victims and their children are sometimes left with the prospect of being isolated in their home with the perpetrator. Victims and their families are worried about accommodation, emotional wellbeing, negotiating child contact, accessing welfare benefits as well as their safety and that of their children. South Tyneside Council and partners want to reassure you and your family that we're still here and that services, although delivered differently, are still available. You still have options and we will do everything to help you. Always remember that any abuse you experience is not your fault. If you're a neighbour, friend or family member, and think someone might be at risk, please report your concerns or get advice from the services listed below: If you are not in immediate danger, the following numbers might be helpful: • Impact Family Services, 07375788835, www.impactfs.co.uk, • Refuge (24 hr), 08082000247, www.refuge.org.uk, • 24hr National Domestic Abuse Helpline, 0808 247 2000, • LGBT+ Domestic Abuse Helpline, 08009995428, help@galop.org.uk, • Men's Advice Line, 08088010327, info@mensadvicelien.org.uk, • Karma Nirvana (UK Helpline for 'honour' based abuse and forced marriage, 08005999247, • Respect Helpline (for anyone worried about their own behaviour), 08088020321. Worried about a child in South Tyneside? Call our ISIT team on: 0191 424 5010 (Monday to Thursday - 8.30am to 5pm, Friday - 8.30am to 4.30pm) 0191 456 2093 (outside of the above office hours) If you wish to report a matter to the police, call 101 and state your concerns. If you wish to report an emergency dial 999. www.southtyneside.gov.uk/safeguarding   Worried about an adult in South Tyneside? Call the Let's Talk team: 0191 424 6000 (Monday to Thursday - 8.30am to 5pm, Friday - 8.30am to 4.30pm) 0191 456 2093 (outside of the above office hours) Call 999 in an emergency www.southtyneside.gov.uk/safeguarding   As always, if you or someone else is in immediate danger please call 999 and ask for the police.							



Activity One	Mental Health Matters							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	As the effects of the COVID-19 are still felt by communities through social distancing, self-isolating and shielding for those most at risk then protecting your mental health is more important than ever before. Here are some ideas about how you can protect your mental health. Manage Worry: There is so much uncertainty at the moment and no one really knows what's ahead. If you find yourself worrying about things that are beyond your control - try the following: - Set yourself a worry time during the day - if a worry creeps in your mind outside of this time then tell yourself you will come back to it later e.g. 7-7.30pm. Use that time to think of solutions to those worries but if that doesn't work try a distraction technique such as; - Create a list of positive activities you can go to when you're feeling overwhelmed or anxious; going for a walk around the garden, calmly breath in for 4...and out for 4..., be aware of your present surroundings - what can you see, smell, feel? Look out of the window, notice the birds, sky, clouds and whatever you can see and focus on those sights and sounds whilst breathing. - Create a self-care routine. Make sure you get up, washed and dressed each morning, take all prescribed medications and don't turn to alcohol or substances. Resist watching the news too often or for too long as this can overwhelm and increase the sense of panic or anxiety you may feel. Activities To Do at Home: - Download WhatsApp, Zoom or Skype to your computer so you can see friends and family while you are talking. - Do some mindful colouring, or teach yourself to draw via free classes on YouTube - Get creative - create a scrapbook, organize photo albums, make a family recipe book, write poetry or a story - Write down your personal history, family tree for your family to read in the future. You can add poems, prayers, photos, anything that is significant to you. - Get out your recipe books and try something new - Crochet, knitting, jigsaws, indoor or container gardening, playing a musical instrument. - Sort out the shed/garden/spare room/kitchen cupboards - Download podcasts, audiobooks or Apps such as Headspace (for meditation), Worry Tree (to manage worry), or access YouTube for exercises such as Yoga or Pilates If you are in need of urgent mental health care, call the crisis Crisis Team on 03031231145 or via 111. You can self-refer to South Tyneside Lifecycle Primary Care Mental Health Service on 0191 2832937 or visit the website https://www.southtynesidelifecyclementalhealth.nhs.uk/ There are COVID-19 self-help resources available at: https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/							
Key Themes	Differentiation/Stretching and Challenging Questions							
	B (Beginners)		I (Intermediate)			A (Advanced)		
M E ILT EDI S HS	Discuss: What activities do you do that helps to reduce worry or stress?		Research Online: What are symptoms of anxiety? A. Racing heartbeat, shortness of breath, chest tightness, dry mouth, nausea, pins and needles.			Discussion: In England women are almost twice as likely to be diagnosed with anxiety disorders as men. Why do you think this could be?		



Activity Two	Online Radicalisation and Extremism							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	With more and more of us spending increasing amounts of time in our homes due to Coronavirus the Police feel that the lockdown could lead to more people being radicalised online. Counter Terrorism Policing North East are warning the public of potential dangers on the internet, as people increase their time online during the Covid-19 lockdown. Young people are among those who have lost a significant part of their support network following the closure of schools and higher education establishments and some may be finding it difficult to adjust to current restrictions and being away from friends. Coupled with the uncertainty generated by the pandemic, they are potentially more vulnerable to negative influences and exploitation as they explore their concerns online, or seek distractions and interaction with others. SPOTTING THE SIGNS Individuals may be at risk to radicalisation for a variety of reasons, some of the most common signs include: • isolating themselves from family and friends • talking as if from a scripted speech • unwillingness or inability to discuss their views • a sudden disrespectful or intolerant attitude towards others • increased levels of anger • increased secretiveness, especially around their internet use A campaign has been created to tackle the threat of online radicalisation during the Coronavirus emergency. Coordinated by Prevent and with a focus on its "Let's Talk About It" website https://www.ltai.info, it is aimed at young and vulnerable people who could be at risk of being groomed by extremist individuals and groups online. If you are worried about a friend, relative or even yourself, please go the Prevent "Let's Talk About It" website https://www.ltai.info or if you have immediate concerns please contact 101 where you can access discreet and tailored support from a trained professional. For local Prevent contacts you can speak with South Tyneside Council Community Safety Team on 0191 424 7935 or Northumbria Police Prevent Team on 101 ext. 63855.							
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P HS BV S EDI ILT E	Research Online: Between 2010 & 2018, 300,000 pieces of illegal terrorist material have been removed from the internet. Who you would report illegal material you find online to? A. 101 or www.gov.uk/report-terrorism		Discussion: Look at the British Values. How do you think they can link to the prevention of extremist ideas and actions?			Discussion: Why are some young people drawn into ISIS or Far Right Extremism ideologies? How can you identify and support people who might be at risk of radicalisation from these groups?		

Activity Three	Plastic Free July 2020							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	Join millions of people reducing their plastic waste. Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics? Plastic Free July provides resources and ideas to help you (and millions of others around the world) reduce single-use plastic waste every day at home, work, school, and even at your local café.  This movement has inspired over 120 million participants in 177 countries. You making a small change will collectively make a massive difference to our communities. You can choose to refuse single-use plastics in July (and beyond!). Best of all, being part of Plastic Free July will help you to find great alternatives that can become new habits forever. Find out more on: https://www.plasticfreejuly.org/							
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HS M E ILT BV	Q: List examples of single use plastics we see every day. A: Take away coffee cups, plastic bags, plastic straws, drinks bottles Discussion: What kind of harm can these cause to our environment? A. Plastic waste in waterways, litter in the community, animals becoming trapped.		Activity: List ways can you reduce your own use of single use plastics. A. Reusable cups and water bottles, paper bags and bags for life, cooking food from scratch rather than buying readymade meals. Recycle plastics that you use. Discussion: Why is important that we all try to reduce our use of plastic?		Research online: How much plastic waste is produced in the UK each year? A. The amount of plastic waste generated annually in the UK is estimated to be nearly 5 million tonnes. How much plastic waste does an average UK family throw away? A. Most families throw away about 40kg of plastic per year, which could otherwise be recycled.			