
Volunteering Matters Family Packs Covid-19

Pack 1

VOLUNTEERING  **MATTERS**

FOR OUR COMMUNITY

Volunteering
Matters
Adult's
Pack

VOLUNTEERING  **MATTERS**

FOR FAMILIES

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Latest Update on Corona Virus



Stay at home!

You should only leave the house if:



- Shopping for basic necessities: food, medicine



- One form of exercise a day: run, walk



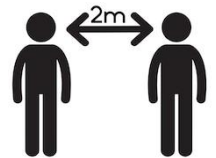
- Medical need, or to support a vulnerable person



- Travelling to and from work, if absolutely necessary



Keep 2 meters away from other people



Pg. 1

Talking To Your Children About The Coronavirus

Have an open and honest conversation

Go through all their concerns with them, rather than dismissing their feelings by telling them everything is fine.



Let them know that many people including world-leading experts are working very hard to reduce the impact of the pandemic, so they do not need to be scared all the time.



Try not to have conversations about YOUR FEARS – particularly relating to deaths, serious illness and worry for friends or family within earshot.



Watch or listen to small doses of real-life news from trustworthy sources.



Avoid turning the television off or closing web pages when they come into the room. This can spark their imagination about what's going on.



Talk to them about what they can do to look after themselves and others, explaining the importance of hand washing/not going out and gathering with other people.



Staying Safe



Keeping your child safe online

1. Talk to your child about online risks
2. Know the passwords
3. Limit internet usage
4. Use parental controls
5. Set privacy settings on
6. Set boundaries
7. Be aware of age restrictions
8. Supervise your child when using the internet
9. Create a family agreement



Well-being Ways



Maintain a healthy lifestyle – eat at regular times, sleep, exercise



Limit media consumption – Limit time spent watching news



Make time for yourself – Have a shower/bath, read a book, practice relaxation techniques such as mindfulness/meditation



Reconnect with things you enjoy - try doing things you always wanted to do but did not have the time before. Learn a new skill



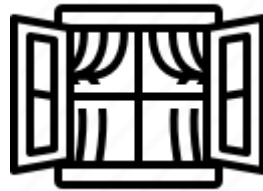
Well-being Ways



Connect – stay in touch with friends and family – phone, messaging, online, video-calls



Fresh air – open the windows to let fresh air in, spend time in the garden if you have one.



Do your best – be kind to yourself, you-re doing your best during very difficult times



Maintaining A Routine



Create a flexible but consistent daily routine
Make a timetable for you and your children that has time for structured activities as well as free time.
Children can help plan the routine for the day.

See an example below.

Before 9:00 am	Wake Up	Make your bed, brush teeth, get dressed, have breakfast
9:00 – 10:00	Exercise Time	Outdoor play, walk, yoga, home workout
10:00 – 11:00	Learning Time	Reading, writing
11:00 – 12:00	Creative time	Painting, Lego, crafts, puzzles
12:00 – 13:00	Lunch	Children can help prepare meals and tidy up/wash up
13:00 – 14:00	Quiet Time	Stories, colouring, read a book
14:00 – 15:00	Learning Time	Maths, Science
15:00 – 16:00	Play Time	Toys, games

Healthy Eating Tips



Try and get fresh fruit and vegetables whenever possible. You can freeze them where possible.



Canned beans and chickpeas, provide many nutrients, can be stored for months, and used in meals in many ways (pasta, stews, salads)



Dried goods like dried beans, oats, pulses and grains such as lentils, split peas, rice, couscous or quinoa are also nutritious, long-lasting options that are tasty, affordable and filling.



Drink lots of water. Adding fruits or vegetables like lemon, lime, cucumber slices or berries to water is a great way to add an extra twist of flavour.



Cooking and eating together is a great way to have fun. Involve your children in food preparation – small children can help with washing or sorting food items while older children can take on more complex tasks and help to set the table.

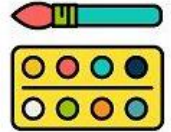


Tell Us Your Favourite Recipe



A large, empty rounded rectangular area defined by a green dash-dot border, intended for writing a recipe.

Mindfulness Colouring



Useful Links



Covid-19



- NHS general COVID-19 advice

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

- NHS self-isolation advice

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

- Public Health England advice

<https://www.gov.uk/government/collections/wuhan-novel-coronavirus>

Exercise



- 10 minute exercise to do with kids

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Well-being



- Self-care

<https://www.annafreud.org/selfcare/>

- Mindfulness and Breathing

<https://www.smilingmind.com.au/mindfulness>

Helpful Numbers



We have Safeguarding Champions to respond to any safeguarding queries
Monday – Sunday, 9am – 5pm

VOLUNTEERING MATTERS

01473 938 399

If you're worried about a Safeguarding concern please contact Customer First



0808 800 4005

For services for women contact Lighthouse

Lighthouse

01473 228270

The National Domestic Abuse Helpline:



0808 200 0247

Samaritans 24 hour helpline:

SAMARITANS

116 123



For an emergency call **999**



If you or your family member are displaying symptoms of COVID-19
call **111**

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Main switchboard: 01473 938450

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