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The Coronavirus pandemic is placing new and unexpected pressures on us all – not least the sudden changes and stress it's continues to bring into everyday life.

We know that parents and carers are struggling with concerns around jobs, budgets, health and the welfare of family members whilst children are finding the constraints of being confined to the house again, away from school and friends, a real challenge.

Now we're in lockdown again, it's even more important than usual to look after our own wellbeing - and to encourage families, children and young people to do the same.

To help achieve this we are asking that you promote a number of the resources that we produced and organised in the last nine months to local children, young people and their families.

Firstly, we produced a set of three easy and accessible guides under the title of '**#Coping**'

1. **#Coping; Family life during the lockdown**’.
2. **#Coping – five ways to wellbeing** (one aimed at primary school children and one for secondary pupils)
3. **#Coping; Young Persons guide**.

These guides list some of the best reliable and free sources of information and advice to help children and young people and their families to cope with life under lockdown.

They are available to download at: www.berkshirewestccg.nhs.uk/coping

In addition to these guides just before Christmas your local CCG relaunched its local mental health booklet aimed at teenagers called the **Little Blue Book of Sunshine** – [available here](#).

The book offers lots of practical and useful advice and aims to help young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

The booklet is also now available in [Apple Books](#) and [Google Play Books](#).

Finally we would like to remind you that as partnership our Local Authorities and CCG recently organised free access for all 11+ year olds access rights to **Kooth; an online youth counselling service**.

Kooth is a free online counselling and emotional well-being support service providing young people aged 11-18 years (up to 19th birthday) in Berkshire West with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.

To use the service or find out more visit www.Kooth.com

You can also view a short video about the service by following this link: [Kooth Video](#)

We do hope you can take a moment to communicate these free resources to your families and pupils and thank you for supporting our local families, children and young people.

Yours sincerely



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