

Healthy Families Team

Lockdown Support



... for a **better** Bolton

Introduction

The Healthy Families Team have developed this pack with information about a variety of topics from meal ideas to emotional health, to provide support to Bolton families through this difficult time. You can pick and choose the information that you find is useful.

If you have access to the internet we have included a number of really useful websites links, and if you need additional support or advice details of both National and Bolton services that you can access.

If you would like any more information or to speak to one of our team about any of the topics included in this pack then please contact us on: **01204 463175** or **HF@boltonft.nhs.uk**

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Bolton Children's Integrated Health and Wellbeing Service

CHAT Health for young people

If you're 11-19 years old text your nurse **07507 331753**
Text us for confidential advice and support

- Emotional health & wellbeing
- Self Harm
- Bullying
- Healthy Eating
- Sex
- Smoking
- Contraception
- Alcohol
- Drugs

If you text you will receive a reply within 24hrs

CHAT Health for parents and carers

Are you a parent or carer of a child in Bolton? Text your nurse **07507 331751**. Text us for confidential advice and support

- Parental Mental Health
- Safe Sleeping
- Child development
- Infant Feeding
- Breastfeeding and Weaning
- Minor Accidents and Illness

If you text you will receive a reply within 24hrs

Adolescent Health & Wellbeing service - The Parallel & 360°

The Parallel offers an adolescent health service for young people living in Bolton up to the age of 19.

360° delivers support and specialist interventions to young people who are misusing substances.

So if you have any health concerns or are worried about drug and alcohol use give them a ring.

Both are based at 9a Churchgate, Bolton BL1 1HU – **01204 462444**

Public Health Nursing

The 9 neighbourhood teams include health visitors and school nurses available to provide advice and support to Bolton families

They can be contacted on: **01204 462325**

Early Years Communication and Language Team

The Early Years Communication and Language Development Team are available for information, advice and guidance for those supporting young children and their families with early communication and language needs.

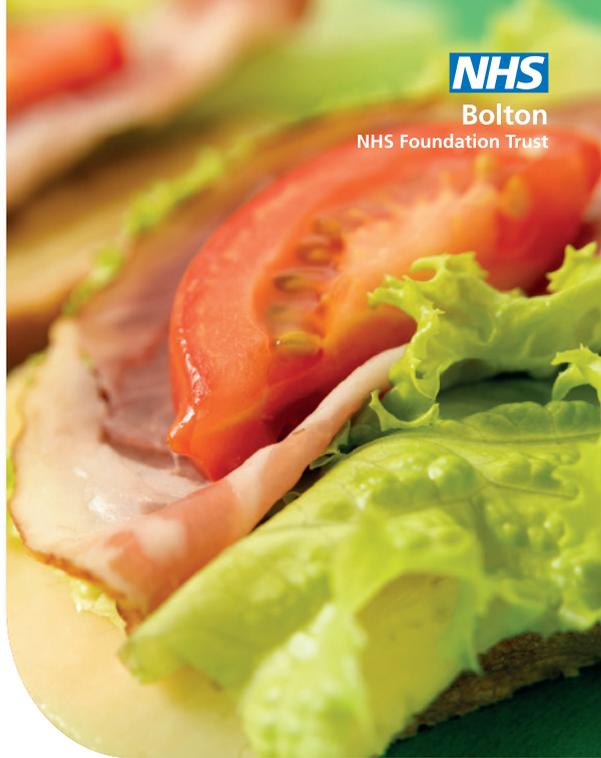
You can contact them on: **01204 338349**

Pick and Mix Meal Ideas



Top tips

- 1 Try buying supermarkets own brands often cheaper
- 2 Buy natural plain yoghurt, add own fruit to this
- 3 Freeze bread, pittas and teacakes etc. to save waste get out what you need the night before for the following day, frozen bread can be put straight into the toaster
- 4 Add salad to a sandwich
- 5 Frozen vegetables they are useful to bulk out meals
- 6 Seeds and nuts can be used to sprinkle on cereals or salad



Store cupboard items:

Tinned tomatoes, Baked beans, Kidney beans, Potatoes, Tuna, Mackerel, Salmon, Corned beef, Soup, Fruit in juice, Custard, Rice pudding, Vegetables, Dried goods, Rice, Pasta, Herbs, Spices, Pepper, Flour, Pulses, Jellies, Instant mash, Ryvita, Crackers, Oil.

Ideas for Breakfast

- Cereals
- Porridge
- Overnight oats
- Fruit and yoghurt
- Toast with butter, jam, marmalade, peanut butter or marmite
- Fruit bread or teacake
- Malt loaf
- Scotch pancakes
- Eggy bread
- Potato cakes
- Boiled egg and soldiers
- Crumpets or muffins



Ideas for Lunch

- Beans, spaghetti or egg on toast
- Omelette
- Toasted cheese sandwich
- Sandwich or wrap
- Cheese and tomato quesadilla
- Baked potato & fillings
- BLT
- Bacon & egg sandwich
- Fish finger butty
- Soup and a barm
- Salad bowl

Ideas for Tea



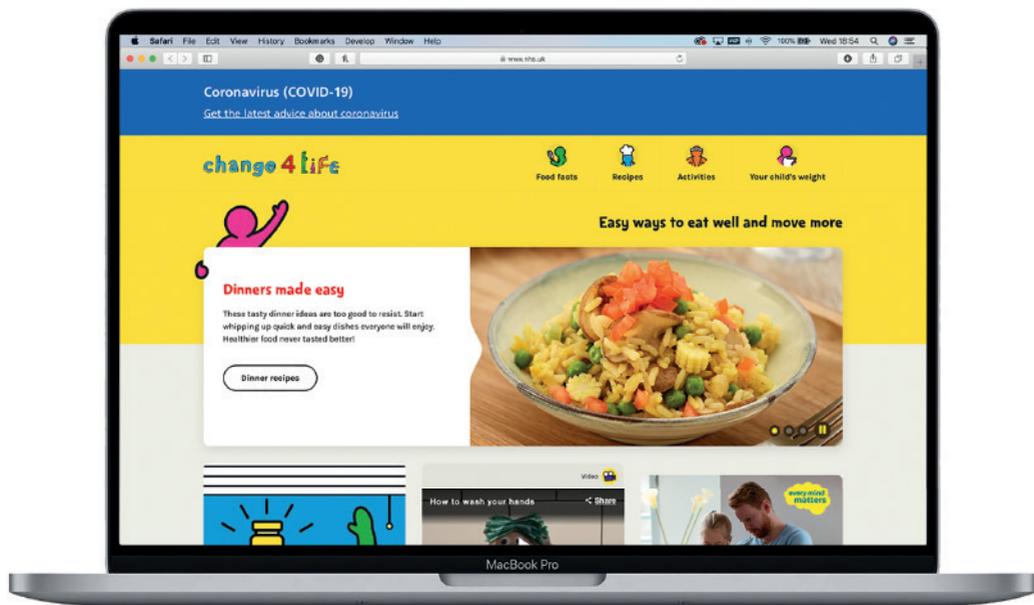
- Egg and chips
- Potato hash
- Sausage, mash and veg
- Enchiladas
- Soup and bread
- Minestrone soup (one pot meal)
- Tuna and veg pasta
- Curry
- Chilli
- Spaghetti bolognese
- Pizza
- Risotto
- Pea and ham soup
- Fish and rice (try tinned mackerel or salmon)

100 calorie snacks as recommended by Change4Life

- Malt loaf slice
- Low fat fromage frais
- Lower fat hummus
- Fresh fruit
- Plain rice cakes
- Crackers with lower fat cheese
- Tinned fruit in juice
- Sugar free jelly
- Chopped veg and hummus
- Plan rice cakes
- Crackers with lower fat cheese
- One crumpet or scotch pancakes

If you have access to the internet then here are some useful websites with lots of other meal planning ideas:

- <https://cookingonabootstrap.com/>
- www.nhs.uk/Livewell/eat4cheap
- www.nhs.uk/change4life
- www.lovefoodhatewaste.com/
- <https://www.bda.uk.com/food-health/lets-get-cooking.html>
- www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/healthy-eating-on-a-budget



Oral Health



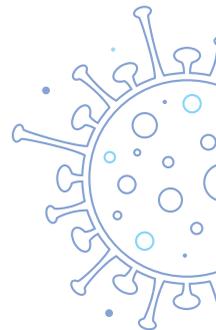


How to help prevent the spread of COVID-19 Coronavirus



Oral hygiene - help prevent spread of COVID-19

- Never share a toothbrush - to prevent sharing viruses
- Change your toothbrush at least every 3 months - if you have COVID-19 symptoms change your brush
- Clean your bathroom regularly
- Close the toilet lid when flushing - this stops spray landing on your brush
- After the lockdown make sure you visit your dentist regularly
- Brush your teeth morning and night using fluoride paste - spit don't rinse
- Drink plenty of water and cut down on sugary drinks and snacks



Dental Emergencies

What if I have a dental emergency and COVID-19 or possible symptoms?

If you believe or know you have COVID-19 and have a dental emergency, please phone **NHS 111**.

If you are registered with a dentist and do not have COVID-19 symptoms

If you are registered with a dentist and assuming you have not got COVID-19 related symptoms, you should call your practice, during weekday working hours they will be able to decide what your options are.

If you are registered with a dentist and do not have COVID-19 symptoms

If you are not registered with a dentist or need out of hours care

- 7 days a week Greater Manchester Urgent Dental Care 8am – 10pm
- Out of hours or not registered with a dentist - Telephone number is **0333 332 3800**
- Please note outside of these hours call **NHS 111**

Lockdown exercise



The benefits of physical activity

- | | |
|---|---|
| ● Better Health | ✓ |
| ● More Energy | ✓ |
| ● Reduced stress | ✓ |
| ● Stronger bones and muscles | ✓ |
| ● Better balance, strength, suppleness and mobility | ✓ |
| ● Improved sleep | ✓ |
| ● Better maintenance of health | ✓ |
| ● A sense of achievement | ✓ |





Playing indoors

When the weather's not good or it's dark outside, or like now in lockdown.

Your home can make an exciting place to play, where children can stay happily occupied, using their imagination and learning to play together if they have brothers and sisters.

And once they've finished, tidying-up can be part of the whole learning experience!

Play doesn't have to involve expensive equipment to be fun. Most of the time, all you need are a few everyday household items, things you can pick up for free, or just your imagination.

Great ideas to get you started

It doesn't take much to spark a child's imagination – given the time and space children will have plenty of fun playing.

The best role for you as an adult is to support them do this, or often just let them get on with it! Using their own imagination is the best way to play.

In the right environment, children at play will tend to be as active as they need to be. You can leave them to it – unless you want to join in the fun yourself!

If you do want to join in be careful not to take over. Remember, this is their play-time, here are some great ideas to get them off to a flying start.



Toddlers and children

Wiggly Worms

Ask the kids to lie on the floor on their tummies with their hands by their sides, and see how far they can wiggle around the home.

Penguin Shuffle Equipment needed – a small beanbag or a bunched up socks

Players stand side by side with their 'eggs' (small objects, like beanbags) balanced on top of their feet. The first one to shuffle across the room without dropping their eggs wins.

Hop about!

One player is the 'hop master' while all the others have three lives. The hop master picks a magic word, and every time they say it, all players must hop three times on the spot. Each time they miss it, they lose a life. When all their lives are gone they're out of the game.

Tea Party Equipment needed – plastic cups, saucers, plates and some cuddly toys. If you don't have a toy tea set, then any plates and cups will do

Get all the dolls and teddies involved to sit in on the imaginary tea party. You can even add in some dressing up to make the party even more fun!

Musical Statues

Equipment needed – music

Pick a games master who is in charge of the music. He or she plays the music while everyone else dances around the room. When the music stops, everyone must freeze like a statue. The last person to stand completely still is out, and anyone moving when the music is not playing is also out. The game continues until the person left at the end is the winner.

Catch Don't Catch

Equipment needed – ball or small beanbag, or bunched up socks

Players stand in a circle with their arms crossed. One person in the centre throws the ball to someone in the circle, saying either 'Catch' or 'Don't catch'. If they say 'Catch', the player should not catch the ball and must not move their arms. If they say 'Don't catch', the player should catch the ball. If a player does the wrong thing or misses the ball, they're out!

Hot Potato

Equipment needed – ball or small beanbag

All players stand in a circle and one person stands with his or her back to the circle and does not watch where the 'potato' is. Everyone passes a ball or small beanbag (or anything else for that matter) from person to person. When the player with his or her back to the circle shouts 'stop', the person holding the potato is out. The game continues until the person left at the end is the winner.

- Information from <https://www.nhs.uk/change4life/activities>

Exercise ideas young people

We have put together some exercises that you could try as a circuit at home to develop and maintain fitness these are aimed at young people although adults can join in too!

These activities can make a big difference to health and wellbeing, and create a real sense of achievement when done consistently. You can use equipment found around the home, which is ideal during lockdown. Try and complete the exercises back to back as a mini circuit and try and complete the circuit every day, or as many days you can each week.

Single Leg Stand

Record how many seconds on each leg

Sit to Stand

Record how many in 30 seconds

Stair Climb

Record how many seconds you can keep going for

Dead Bug Core Hold

Record how many seconds

These exercises are a great way of staying active during lockdown. Why not give it a go and record your progress on the sheet provided.

Lockdown Mini Circuit

1. Single Leg Balance
 2. Sit to Stand
 3. Stair Climb
 4. Dead Bug Core Hold
- **We recommend you practice these activities daily and measure progress each week!**





Single Leg Stand

The single leg stand is a super way of developing balance, along with leg and core strength.

Do this without shoes to strengthen feet and ankles.

Start with arms by the sides or straight out to the sides.

The free leg should be bent to the back as the starting option.

Then hold as long as possible. Wobbling is normal, but the timer stops if the standing foot moves position!

Adaptations:

If balance is too unsteady, start with a chair nearby

Progressions:

If the single leg stand can be held well for one minute on either side, the activity can be made more challenging. The free leg can be at the front, bent at the knee or straight out. Arms can be raised over head. And the most challenging...eyes closed!



Sit to Stand

The sit to stand activity will really work the legs and hip muscles. It will develop muscular strength and endurance of the lower body.

Do this in flat shoes or barefoot and use a chair without wheels. Standing just in front of the chair, the aim is to touch the chair with the bottom and stand back up in a controlled way. Arms are out in front. Bending from the hips, the knees should not go over toes.

Progressions:

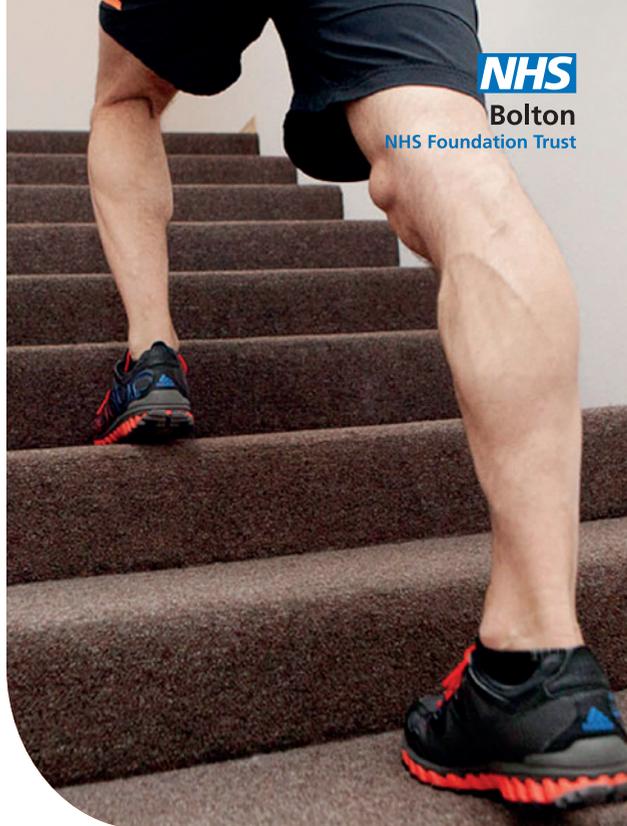
To make this more difficult, use a lower seat, or a bench. Another way to make more challenging is to slow down the process. Lower down to the chair / bench in a very slow and controlled way. Build this into your training and it may help you to do more in the 30 seconds at the end of the programme.

Stair Climb

The Stair Climb is a practical way to test and develop the muscular endurance and speed of the big leg muscles... and a good test of the lungs! Start at the bottom of the stairs and walk/run up to the top and then repeat back down.

Use the stair rail for balance if unsteady...this is about progress over time and safety first! As you become more confident over time you can then try the stair climb without using the stair rail.

If you are struggling with going up and down the whole set of stairs; then try stepping up and stepping down on the bottom step for an alternative exercise...then speed it up if possible!



Try something different

Why not have a go at the tiktok stair shuffle!

Dead Bug Core Hold

1. Lie on the back and gently pull the back to the floor so it is not arching up.
 2. Lift the legs up and hold them bent at the knee as in the picture. Keep the back down and not arching up.
 3. Lift the arms straight up as in the picture.
 4. Use a yoga ball (or a light pillow at home) and hold it in place, using all four limbs. The ball must not rest on the belly. It is there to keep the limbs in place.
 5. Keep breathing as this position is held for as long as possible.
- **This activity is harder than it looks! It is designed to work the Core muscles, but in a safer way than the plank (especially for young bodies)**



Record of Achievement

You can use this at home to track your achievements

| Activity | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Single Leg Stand Record how many seconds on each leg | L | R | L | R | L | R | L | R | L | R | L | R | L | R |
| Sit to Stand Record how many in 30 seconds | | | | | | | | | | | | | | |
| Stair Climb Record how many seconds | | | | | | | | | | | | | | |
| Dead Bug Core Hold Record how many seconds | | | | | | | | | | | | | | |

- You can also have a look at this website for more ideas
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Emotional Health



For young people

The current situation with Coronavirus is not something anyone has ever had to deal and it can impact on our emotional health. We are all having to learn new ways to cope the lockdown, how we feel and how to deal with our worries and concerns.

Why not try our tips and if you need further support with your emotional wellbeing look at the websites links below.

- <https://www.annafreud.org/on-my-mind/self-care/>
- <https://www.bekindtomymind.co.uk/>
- <https://www.camhs-resources.co.uk>

This website has links to lots of resources about mental health and wellbeing

Tips for coping with the lockdown

1. Create a routine – this helps the day to go quickly
2. Think about what you're eating – drink plenty of water
3. Make sure you exercise – physical fitness helps with emotional health
4. Sleep – a good night's sleep helps you to reboot to deal with the next day
5. Limit your intake of coronavirus news.
6. Keep up with your schoolwork - this can help with creating a routine
7. Write down your worries – Get them down on paper and out of your head
8. Have fun
9. Take time out for yourself
10. Keep in contact with your friends – from a distance!

More Help...

If you are struggling with any issues including your mental health then here are a few online webchat and phone lines.

Bolton's Chat Health Team

0750 5331 753 (see page 3)

Kooth

Free, safe and anonymous online support for young people. Kooth is an online counselling for young people, and emotional well-being platform for children and young people aged 11 to 18 years in Bolton, available online until 10pm daily.

<https://www.kooth.com/>

The Mix

National out-of-hours mental health helpline provided by UK-wide charity SANE.

0808 808 4994 (4pm – 11pm, 7 days a week)

Text THEMIX to 85258 Crisis Messenger (24/7)

1-2-1 Chat: for ages 10 – 18 years (4pm – 11pm, 7 days a week)

Childline

A free, private and confidential service to discuss any issues a child or young person is going through.

0800 1111 (4pm – 11pm, 7 days a week)

Web chat: 1-2-1 Counsellor Chat

Parents Helpline **0808 802 5544** (Mon – Fri, 9.30am – 4pm)

Talking to children and young people about COVID-19

Understanding what is going on at the moment is really difficult, as adults we don't yet have all the answers to questions like when lockdown will end, or when will a vaccine be made? When can I see my friends or go back to school?

So explaining COVID-19 to children and young people can be hard, here are a few websites with useful information.

The main thing is to try and answer their questions as honestly as you can and appropriately for their age, why not get them to write down their questions to give you time to think about the answers.

- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

There's a lot of information about Coronavirus in the news. Find out what it is and what to do if you're worried.

- What is coronavirus?
 - 10 tips to cope during lockdown,
 - Help if you're worried
 - Coping with schools closing
 - If you're feeling unwell
- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do

- <https://www.bbc.co.uk/newsround#more-stories-2>

Information, articles, videos and blogs about coronavirus

Lockdown Education

One of the hardest parts of the lockdown for many parents and carers has been helping children and young people with their education, we have to remember that we are not our children's teachers we are their parents and carers and our homes are not schools.

So some of the best advice is to try and relax about what we can achieve, looking after your child's physical and emotional health is important they will learn better when they feel safe.

Here are a few tips that may help, your school can also guide you if needed.

- Keep a daily routine – it's important to start with a good breakfast, a timetable really helps to break up the day into manageable chunks, don't try to do too much at once
- Keep active – break up learning with exercise it helps to boost learning and gives time out to use up energy, Joe Wicks daily PE workout on YouTube is very popular!
- Take regular breaks – it's important to reduce the pressure and give children and young people time to relax
- Try new things – if one way of learning is not working try something else and don't stress
- Virtual learning - if you have access to the internet then there are plenty of positive websites –be guided by your school as they will help but we also have some links below
- Why not get your child to write a diary – this pandemic is future history
- Relax and enjoy this time together

Signposting

Bolton's Humanitarian response

Support for residents who are 'shielding'

The council has set up an emergency contact number for the extremely vulnerable people, who have been told to stay at home at all times and avoid any face-to-face contact (shielding), and who have no family or friends to support.

This group includes organ transplant recipients, those undergoing immunotherapy and people with specific conditions

Contact **01204 337 221** if you, or someone you care for, have received a letter from the Government and require support. The number is open Monday to Friday 8.30am – 5.30pm and Saturday 9am - 1.30pm.

Foodbanks

Urban Outreach Storehouse **01204 385848**

Foodbank accessed through voucher scheme via your keyworker, school or public health nurse (health visitor/school nurse)

- <http://www.urbanoutreach.co.uk/portfolio-posts/storehouse/>

Farnworth & Kearsley Foodbank **01204 861 671**

You can access the foodbank using an e-voucher through your social worker, keyworker, school or public health nurse (health visitor/school nurse)

- <https://farnworthkearsley.foodbank.org.uk/>

Domestic Violence Support

Fortalice 24 hour Support: **01024 365677**

Finance

If you are on benefits you can apply for local welfare provision - **01024 332772**

Accessing benefits – Bolton Council ● www.bolton.gov.uk/benefits

Mental Health Support for adults

All Greater Manchester residents can now access online therapy to help with stress, anxiety, low mood and depression

To find out more and sign up to use Silver Cloud, go to

- <https://GM.silvercloudhealth.com/signup>
-

Babies

Infant feeding team

Provide support for those breastfeeding you can leave them a message on **01204 462339** and or email DL-Communityinfantfeedingteam@boltonft.nhs.uk

Feeding - baby weaning For information on feeding your baby, talk to your midwife, health visitor or nursery nurse or visit these websites:

- www.firststepsnutrition.org First Steps Nutrition
- www.nhs.uk/start4life Start4life
- www.nhs.uk/livewell/healthy-eating NHS Healthy Eating
- www.healthystart.nhs.uk Healthy Start



Bolton

NHS Foundation Trust

Royal Bolton Hospital
Minerva Road, Farnworth, Bolton,
Lancashire, BL4 0JR

t| 01204 390390 w| boltonft.nhs.uk