

Useful contacts/advice/support

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#talk-to-someone-about-how-you%E2%80%99re-feeling>

<https://www.gov.uk/government/organisations/public-health-england>

<https://bromleyborough.foodbank.org.uk/locations/>

<https://nextdoor.co.uk/>

<https://111.nhs.uk/covid-19>

<https://www.samaritans.org/>

BROMLEY BOROUGH FOODBANK

HELPING LOCAL PEOPLE IN CRISIS

HOW FOODBANKS WORK

Providing emergency food to people in crisis.

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.

VISITING A FOODBANK

You will be welcomed by volunteers to discuss your needs and prepare your food parcel.

FOODBANK VOUCHERS

Our foodbank works using a voucher referral system. We know that anyone can find themselves at crisis point for a number of different reasons.

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Our foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors. To find out more about the agencies that hold our vouchers and how you can get help, please contact

Phone us 07876 809430 **Email us** info@bromleyborough.foodbank.org.uk

When you visit a referral agency they will take some basic details from you to complete the voucher. This will help them to identify the cause of your crisis and offer practical guidance. It also means we are able to prepare suitable emergency food for the right number of people.

Once you have been issued with a voucher, you can exchange this for a minimum of three days of emergency food at your nearest foodbank centre.

WHAT'S IN A FOOD PARCEL?

Our foodbank provides three days of nutritionally balanced, non-perishable food.

[The Trussell Trust](#) has worked with nutritionists to ensure food parcels contains sufficient nutrition for at least three days' worth of healthy, balanced meals for individuals and families.

A TYPICAL FOOD PARCEL INCLUDES:

- Breakfast cereals
- Soup
- Pasta
- Rice
- Pasta sauce
- Tinned beans
- Tinned meat
- Tinned vegetables
- Tinned fruit
- Tea or coffee
- Sugar
- Biscuits
- Snacks

DIETARY REQUIREMENTS

Our foodbank can usually adapt your food parcel to meet your dietary needs, for example, gluten free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about a special dietary requirement you may have.

LOCATIONS

FOODBANK CENTRE OPENING TIMES & LOCATIONS

Foodbank Centre	Day	Session Times	Location/Address
Anerley	Wed	10am-12pm	Christ Church Anerley Road London, SE20 8ER
Bromley	Tues	12pm-2pm	United Reformed Church Widmore Road

	Thurs	12pm-4pm	Bromley, BR1 1RY
Central Orpington	Fri	1:30pm-3:30pm	The Goodmead Centre 36 Chislehurst Road Orpington, BR6 0DG
Orpington	Mon Wed Fri	10am-2pm 10am-2pm 10am-2pm	Oak Community Church 345 Chipperfield Road St Paul's Cray, BR5 2LJ

Coronavirus Advice (<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>)

1. Try not to shield your child from events in the world as it's likely they will find out somehow (at school, online, friends etc.).
2. Talk to your children about what is going on and ask them what they have heard about it. Acknowledge their concerns and provide them with some perspective e.g. how many people have been tested and proved to be negative
3. Try to answer their questions and reassure them in an age appropriate manner, avoiding too much detail.
4. Reassure your child that it is very unlikely they will catch-it, but even if they were unlucky enough to get it – they will be ok.
5. Give some practical strategies about how to look after themselves by going through hand hygiene, e.g. show them how to wash their hands properly and tell them they should be doing it before eating etc.
6. As a parent, you do not need to know all the answers but you can help to contain their fears and anxieties by helping them to talk to you about it
7. Encourage your child to consider the sources of information that they are looking at - what they see on social media may not be accurate. Instead try to encourage them to look at advice and information on reputable websites e.g. the government or NHS website
8. It's a good idea to keep as many regular routines as possible, so that children feel safe and that things are stable.
9. Spending time doing any positive activity with your child (e.g. reading, playing, painting, cooking) should help to reassure them and reduce their anxiety. This may also provide space for them to talk through/play through their concerns without having to have a 'big chat'.
10. Encouraging your child to think about the things that they can do that make them feel safer and less worried is a good focus. Knowing that they can build their own resilience is important.

11. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.

Helping Your Child With Anxiety

How can I help my child?

All children and young people get anxious at times, and this is a normal part of their development as they grow up and develop their 'survival skills', so they can face challenges in the wider world. We all have different levels of stress we can cope with - some people are just naturally more anxious than others, and are quicker to get stressed or worried. There are many ways you can help your child to manage their anxiety.

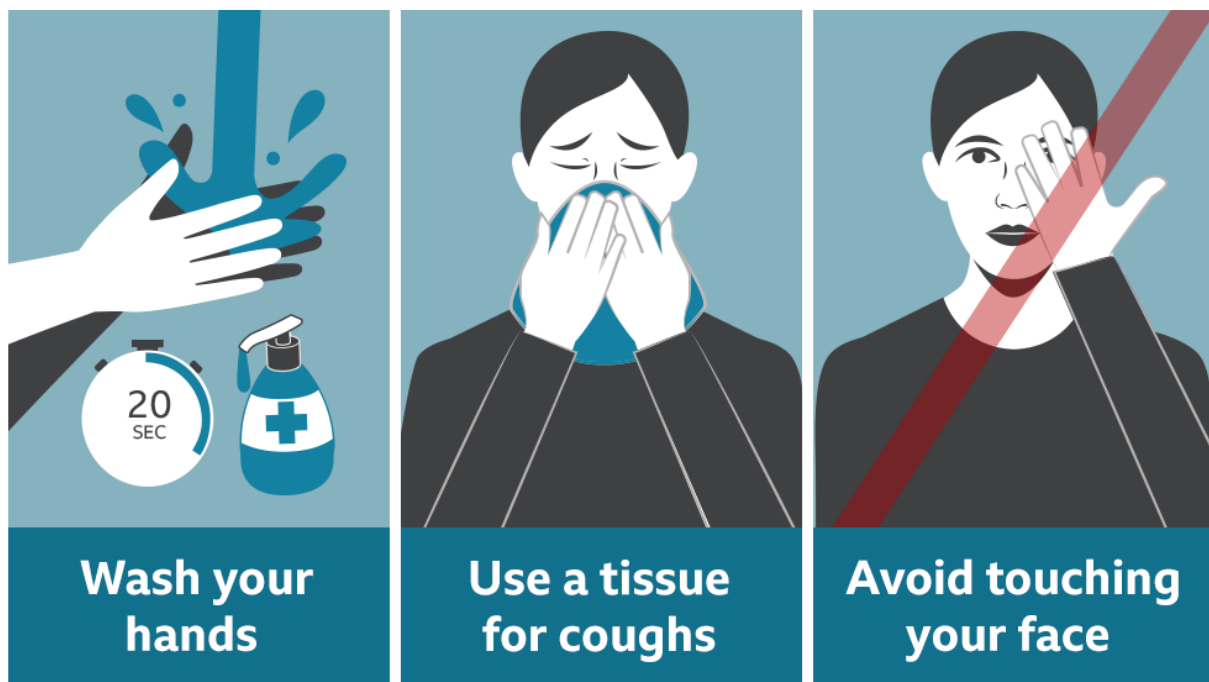
If you feel your child's anxiety is not getting any better or is getting worse, and your efforts have not worked, contact your GP to get professional support.

These are things that can really make a difference:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
3. Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.
8. If your child is feeling the need to check things or repeat certain actions, suggest they count up to 10 before they start checking as a delaying tactic

9. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
10. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.
11. Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
12. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

Coronavirus symptoms: What are they and how do I protect myself?



How do I protect myself?

The best thing is **regular and thorough hand washing**, preferably with soap and water.

Coronavirus spreads when an infected person coughs small droplets - packed with the virus - into the air. These can be breathed in, or cause an infection if you touch a surface they have landed on then your eyes, nose or mouth.

So, coughing and sneezing into tissues, not touching your face with unwashed hands, and avoiding close contact with infected people are important for limiting the spread.

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

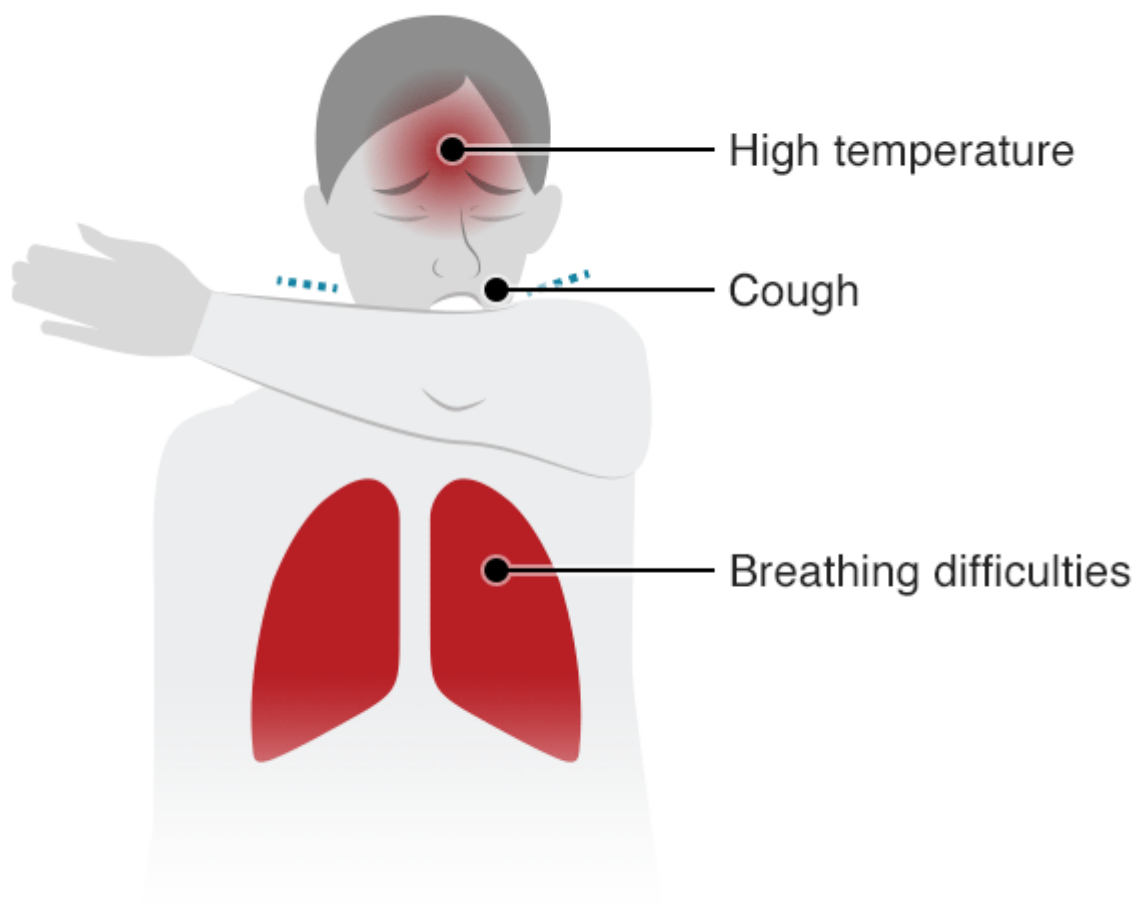
What are the coronavirus symptoms?

Coronavirus infects the lungs. The symptoms start with a fever followed by a dry cough, which can lead to breathing problems.

It takes [five days on average to start showing the symptoms](#), scientists have said, but some people will get symptoms much later than this.

The incubation period lasts up to 14 days, the World Health Organization (WHO) says. But some researchers say it may be up to 24 days.

Coronavirus: Key symptoms



Source: NHS

BBC

People will be most infectious when they have symptoms, but there have been suggestions some can spread the virus even before they are sick. The early symptoms can easily be confused with other winter bugs including colds and flu.

What should I do if I think I have coronavirus?

Patients with mild symptoms - such as a new continuous cough or a high temperature above 37.8C should [self-isolate at home for at least seven days, according to the latest advice issued by Public Health England.](#)

People are being [advised not to ring NHS 111](#) to report their symptoms unless they are worried. They should also not go to their GP, or A&E.

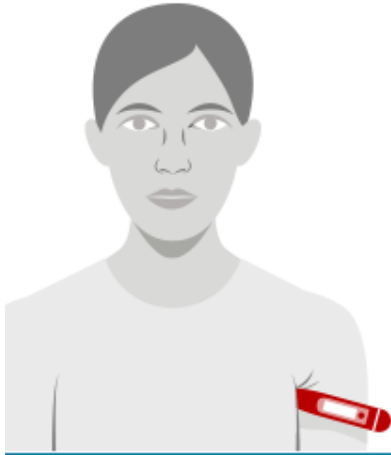
Details for Scotland are to [check NHS inform](#), then ring your GP in office hours, or 111 out-of-hours. In Wales call NHS 111, and in Northern Ireland, [call your GP](#).

If you have come into contact with somebody who may be infected, [you may be told to self-isolate](#). Advice for people who [have travelled back to the UK from affected areas](#) and who may need to self-isolate, has been issued.

The [World Health Organization has also issued advice](#) for the public.

How do I take my temperature?

Anyone with high temperature of 38C+ is advised to self-isolate
The NHS recommends these methods to take your temperature:



Armpit:

- Place thermometer tip in centre of armpit
- Tuck your arm against your body for a minute
- Remove and check temperature



Mouth:

- Place thermometer tip under your tongue
- Leave it in place for about one minute
- Remove and check temperature



Ear:

- Gently tug on ear to straighten ear canal
- Insert digital ear thermometer into ear canal
- Squeeze and hold button for one second
- Remove and check temperature*

*Note reading may not be accurate if thermometer not correctly placed in the ear

Where can I get help?

Young Minds Parents Helpline

- Call us for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).
- Available in England, Scotland, Wales and Northern Ireland.

No Panic

- Support for people struggling with panic attacks, OCD, phobias, and other related anxiety disorders.
- Also provides support for carers of sufferers.
- Helpline: 0844 967 4848 (Daily 10:00–22:00). Charges apply.
- Youth Helpline for 13-20 year olds: 0330 606 1174 (Mon-Fri 15:00–18:00). Charges apply.
- Having a panic attack? Crisis Number with recording of a breathing technique: 01952 680835 (24 hours)