

Emotional Health and Wellbeing Updates for Children and Young People

**Noah’s Ark Centre’s Parent/Carer/School Support Package – Summer Term 2020**

Noah’s Ark Centre would like to utilise their skilled professional staff team in supporting parents/carers and school staff during these uncertain and emotionally confusing times and they are offering two new services to support parents/carers and school professionals.

* **Phone support available for parents/carers and for staff working in schools Monday – Friday between 10am and 4pm – starting Monday 27th April 2020**

Parents/carers and schools’ staff will be able to request a call back from a member of the Noah’s Ark Centre staff team by sending their details to one of the email addresses below and requesting a call back. The aim of this phone support is so that parents/carers and school staff can offload their worries and concerns and talk about their relationships with and support of their children and young people.

Primary schools email: pri.sch.cal.support@noahsarkcentre.org.uk

Secondary schools email: sec.sch.cal.support@noahsarkcentre.org.uk

**Healthy Futures Calderdale**

ChatHealth is brought to you by Healthy Futures Calderdale, and allows you to get in touch with a healthcare professional, at the touch of a button, for advice and support about physical health or emotional wellbeing.

* **Access the service: TEXT 07480 635297 (young people) or 07507 332157 (parents/carers) to start a conversation.**

From 9.00am to 5.00pm Monday to Friday, we have experienced clinicians waiting to help. Messages outside this time frame will receive an automated response letting you know when you will receive a reply, and who to contact to get immediate help.

**Taking time out with Time Out!**

Healthy Minds’ Time Out project is encouraging children and young people of all ages to check out the website [www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk) for daily activities and tips to stay well through these unprecedented times. Instead of linking to a raft of resources, they’re highlighting one idea a day and encouraging young people to get involved and post photos or feedback relating to that activity.

In addition they’re running regular blogs written by young people, who share their highs and lows and how they’ve been finding life without school. Time Out would love to hear from as many young people as possible, so please let your children and young people know about the opportunity and ask them to check out the website. Blogs can be named or anonymous, and anything up to around 500 words in length. For more information, please contact timeout@healthymindscalderdale.co.uk



**C&K Chat**

Chat is a new service launched by C&K Careers. The Chat service offers support and advice for young people in Calderdale and Kirklees, open Monday to Friday 9am-5pm, and Thursday 9am-8pm. Young people can chat to advisors about a range of things, like: college or sixth form, exams, future options, apprenticeships, applications, CVs and interviews, employments skills, work and volunteering, health, finances, housing family worries and more. Find out more [here](https://ckcareersonline.org.uk/news/333-chat).