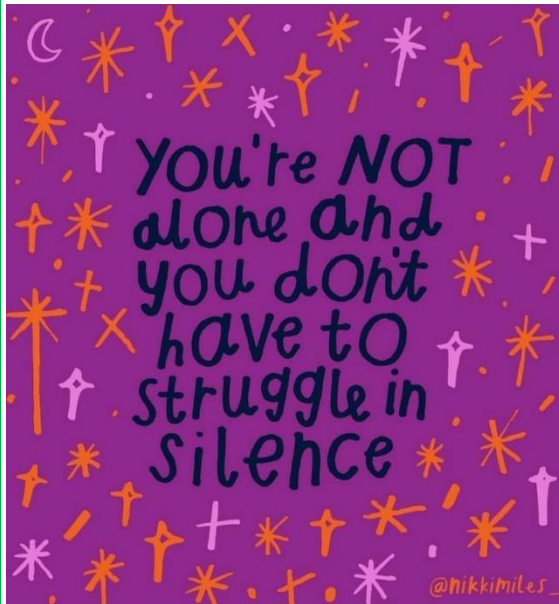




# Wellbeing Support

## Thought for the week:



## Weekly wellbeing family challenge:

We all know that regular exercise and being outdoors can improve our physical health, mental wellbeing and boost our immune system.

The Daily Mile website has some great ideas on how to combine fun activities with getting your daily mile of exercise.

Why not give it a go?

<https://thedailymile.co.uk/at-home/>



## Local schemes:

With pubs and restaurants closed, you might feel like you are constantly looking for new recipe ideas to feed your family.

Cooking Good – a community cooking project that helps families cook straight-forward, nutritious meals from scratch and on a budget – have some great recipe ideas.

Find out more by visiting their Facebook page, or by clicking on the ink below.

<https://www.cooking-good.co.uk/>



## Support:

When we as parents and carers are feeling overwhelmed by the Coronavirus pandemic, it can be really difficult to know what to say to our children to give them reassurance and support their wellbeing.

Young Minds has lots of tips and advice for parents, carers and young people on how to deal with the effects of the Pandemic on wellbeing, behaviour and mental health.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

