



Update on the new restrictions in England from 5/11/20

<https://www.gov.uk/coronavirus>

We all need to work together to help get Coronavirus under control, protect people from becoming ill and get life back to normal.

The key message is –

Stay at home

If you have any symptoms of Coronavirus you need to get a test as soon as possible and do not leave your house except for attending a test centre if you don't get a home testing kit

<https://www.gov.uk/get-coronavirus-test>

Otherwise you should only leave your home for –

- **School or college when open unless asked to stay home**
- **Essential work**
- **Exercise alone or with people you live with or, if you are alone, one other person**
- **Shopping for essential things**
- **Essential medical appointments**
- **If someone is at risk of harm or in danger**
- **If you are instructed to attend court or a police station**

If a place of worship is open you can visit on your own for private prayer

You should not visit other peoples houses or gardens and they shouldn't visit yours

You shouldn't travel or stay away overnight

Help and information for you

Some people are worried about their health, the health of people they care about, personal safety, relationships, money, loneliness, school, work and other issues.

Please speak to a trusted adult about your worries – a parent, carer or family member, teacher, youth worker, Connexions worker, social worker, youth justice worker or you can get help online, links below

If you don't have enough food or money for food please speak to one of the people listed above

Lots of people are online more during this time, when you are online it's important to stay safe

Online safety advice 11-13 year olds

https://www.thinkuknow.co.uk/11_13/

Online safety advice age 14 plus

https://www.thinkuknow.co.uk/14_plus/

Some information to help you during this difficult time –

COVID Information <https://www.bbc.co.uk/newsround#more-stories-3>

Emotional Wellbeing <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Excellent advice on many topics <https://www.themix.org.uk/>

When you need help or support <https://www.childline.org.uk/>

Sexual Abuse <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/>

Family Problems <https://www.childline.org.uk/info-advice/home-families/family-relationships/family-relationships/>

Drug Dealing Issues <https://www.gettingiton.org.uk/county-lines>

Support if you're being exploited https://www.youngcaring.co.uk/wp-content/uploads/2020/06/trusted_spaces_a_poster_version_2_002.pdf

Drugs & Alcohol <https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/#drugs,-alcohol-and-you>

Urgent Mental Health Support <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Help when someone has died <https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services>

Foodbank <https://ealing.foodbank.org.uk/>

Advice re: homelessness & free meals <https://www.ealingsoupkitchen.org/>

Support for young carers <https://carers.org/about-caring/about-young-carers>

Support for children in care <https://coramvoice.org.uk/>

Education & Careers <https://www.youngcaring.co.uk/connexions/>

Legal Advice <https://lawstuff.org.uk/>