

## Information and new websites for parents

### Online safety for parents

Peter Cowley, our Lead Adviser for Online Services and Safety has put together two incredibly useful short videos for parents on keeping their children safe online. They are easy to understand and provide valuable advice.

[bit.ly/afcsaferathome](https://bit.ly/afcsaferathome)

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### Urban strides (dance)

Year 5 children will remember Urban Strides at the O2 and how great they were. Now at **10am** every **Wednesday** you can see them again! Andy Instone will go live on Facebook and Instagram (just search “Urban Strides”) Join Andy for a 20 min injection of positivity, movement and fun times! Plus some key tips for staying positive, resilient and maintaining a positive state of mental health in these turbulent times.

<https://www.facebook.com/urbanstridesdance/>

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In an effort to support families, and children at this difficult time, Jigsaw are giving away **Jigsaw Families stories and Calm Me time (relaxation and mindfulness practice) audios...**on the Jigsaw home page of [www.jigsawpshe.com](http://www.jigsawpshe.com)

Even more exciting they are going LIVE with the Jigsaw Big Sing

<https://www.jigsawpshe.com/jigsaw-big-sing/>

Starting with the Jigsaw Big Sing by giving away the Jigsaw song, ‘Together as One’, (seems apt at this time), along with suggested learning activities etc. they are inviting people to upload themselves singing Together as One. At 3pm on April 14th the collage of videos will go LIVE (same link) so children (and grown-ups) can watch and see if their video made it to the final cut. children singing across the world in this strange time...what could be more uplifting?

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- [www.compassionateneighbours.org](http://www.compassionateneighbours.org) Compassionate Neighbours are trained volunteers offering friendship and listening. Website gives information on worldwide compassionate action in the present coronavirus climate and ways to get in touch for connecting and friendship.
- [www.samaritans.org](http://www.samaritans.org) Samaritans Kingston - Phone: 116 123 - free from any phone or email [jo@samaritans.org](mailto:jo@samaritans.org) 24 hours Samaritans offer emotional support for anyone struggling to cope.
- [www.familylives.org.uk](http://www.familylives.org.uk) Family lives have a free help line that offers support and advice on any aspect of parenting and family life - they have volunteers working from home 9am-9pm Mon-Fri and 10am-3pm Sat/Sun 0808 800 2222
- [www.kingston.foodbanks.org.uk](http://www.kingston.foodbanks.org.uk) 5 local sites offering food every weekday. Telephone 0208 391 1100
- [www.youngminds.org.uk](http://www.youngminds.org.uk) Online and helpline support for anyone worried about the emotional well being or mental health of a young person aged 0-25
- Kingston Single Point of Access: **Tel: 020 8547 5008** – for support and advice