

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

HEALTH & WELL-BEING

HEALTH & WELL-BEING

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Arts & Crafts

Performing Arts



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

Age Categories

This resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Health & Well-Being Activity Resource Pack

The breath is a key to supporting your child, whilst we don't think about breathing the breath if used correctly can help your child when you need it most.

Two basic things to remember; Breathing through the nose and breathing through the mouth. The nose breath triggers rest and relaxation where as breathing through the mouth triggers fight and flight which essentially increases emotions during difficult situations.

Practising breathing patterns with your child when they are calm, by making part of the daily routine which will make it easier to put into use when needed most.

Little Breaths



How to:

Step 1: Find the right space

Make a space in the house away from a busy area, no tv, no electronic devices. A cushion, blanket and clutter free. Keep the space clear to avoid distractions as you need to focus your child on your face and your voice.

Sit in a comfortable position facing opposite your child, keep face to face contact.

Step 2: Lead by Example

When carrying out breathing exercises with your child emphasis the movement and sound of the breath as your child will always take your lead.

Find the balance with this, if you are too theatrical the techniques will not work when your child has fallen over or in the middle of a tantrum - think of this as programming!

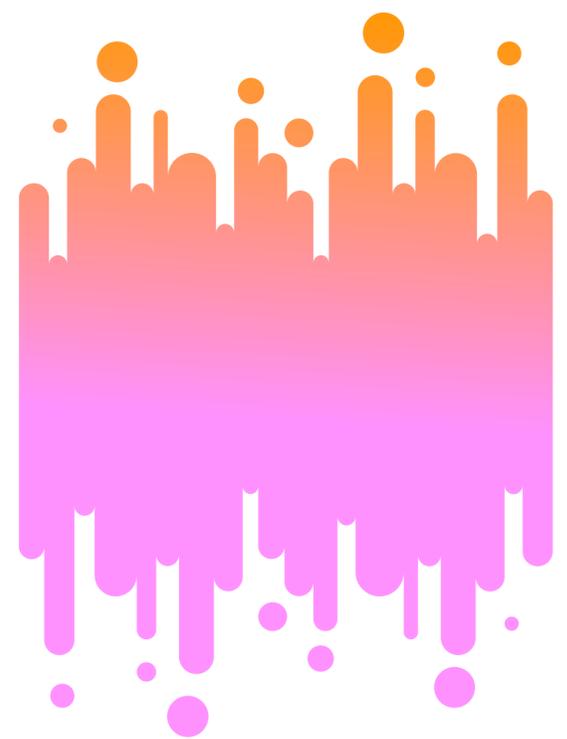


Step 3: How to see the breath

Begin by practicing breathing through the nose by imagining that the breath starts from the toes and comes up through the body and out through the mouth.

The 'In Breath' - imagine breathing in and filling the body up with a nice light colour whichever colour is favourite or the colour that comes to mind. Imagine this colour is filling up with light as you breathe in.

The 'Out Breath' - breathe out through the mouth, imagine the old energy, upset feelings or tiredness is leaving the body. Imagine this energy as a dull, grey or dark colour.



Top Tip:

Imagination is key to breath work as the stronger the focus on the colour it keeps the mind from thinking or distractions on the breath - Pink is normally a favourite for all children.

Step 4: How to count the breath

The **'In breath'** through the nose should be carried out on a slow count of three or four. The **'out breath'** through the mouth should also be carried out at the same pace. There are many breathing patterns/counts that can be followed once familiar with the breath, with under 5's keep it simple - focus on your child being able to know the difference of breathing through the nose and mouth with a rhythm that is slow and steady.

Step 5: The Anchoring Voice

When counting the In breath and Out breath for your child use a slow, steady voice with a calm tone which is soft and gentle. By doing this you **'anchor'** which means your child will make a connection with breathing and your calm voice as a positive experience which will make them feel safe.

Think of an anchor that secures a ship within the sea of emotion. When your child is upset, anxious, crying or even scared the breath work combined with the same tone and calmness will focus your child, allowing for the calming process within the body and mind to occur.

Most parents/guardians and carers do this automatically, adding the use of the **'In breath'** will assist the body on a physical level. It may take time to embed but repetition is the key, repetition will strengthen the way in which your child's responds to difficult situations.

Step 6: Visualisations

Visuals for In breath: a rainbow, stardust, fairy dust, super powers anything that has a positive affirming connection.

educational: gently describe the way the colour rises up through the body. this is an opportunity to re-affirm body parts i.e. up through the toes, the foot, the ankle, rising up the calf/lower legs etc. until you rise up over the neck and head down out through the mouth.

'Out breath' - visualise blowing a dandelion where all the seeds flow with the breath off the stalk. This visual is calming and gives a good example of releasing the breath - for this to work your child must have experienced blowing a dandelion flower! Blowing out candles has too much of a connection with birthdays so be careful with your visual as it will trigger other thoughts in children.

Step 7: Props or Not?

At times children need props to assist with focusing. It is recommended that props are interchanged with breath work unaided for use in situations where props are not available. If the prop becomes the anchor you will find that the technique will not work as well without the prop being present!

Special Teddy or Comfort Toy

For under 5's one of the best props is a comfort toy or teddy, by animating the comfort toy and using it as an example by referring to the teddy throughout the breath work it can assist with your child. Often a child links closely with their comfort toy therefore this prop can be helpful.

Glitter Jar - None toxic (no-glue)

1. Find a plastic or unbreakable bottle or jar which is able to hold fluid easily
2. Fill the jar with warm water
3. Add food colouring or water colour paints to colour your water. Organic options: beetroot juice or diluting juice.
4. Add glitter or sequins to the jar.
5. Shake the jar and watch the glitter settle whilst breathing.



Ticking Clock

Using a good sounding ticking clock can set a soothing repetitive sound which allows your child to relax without realising. The soft sounding repeating sound works with the breath and your voice to sooth.

Focal Point

An object which is a focal point can be useful such as a hanging mobile with a butterfly, bird or object which gently floats or spins such as garden ornaments this will allow the eyes to focus. Selecting the correct focal point is essential as you child will keep their mind too active for the breath work if the object is too interesting or the opposite can happen that your child will fall asleep therefore finding the balance is key.

Step 8: Next Steps

The breath work really can help if your child is out and about perhaps in a park where they have fallen over, you won't have a prop therefore the key of the exercise is to use the voice and breath to support the calming process on all levels. As your child grows, it is useful to encourage self-soothing with breath work to assist with the mind and the emotions.

Very Special Tales - <https://veryspecialtales.com/belly-breathing-kids-diaphragmatic-breathing/>

The Inspired TreeHouse - <https://theinspiredtreehouse.com/calming-breathing-techniques-kids/>

YouTube - <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

6 - 11YRS

Health & Well-Being Activity Resource Pack

Following on from the initial beginners level for breath work the next stage is developing when and where the breathing techniques can be used particularly by children themselves.

Giving additional support with props and ways of carrying out breath work in a 'less obvious' way supports building resilience. Between the ages of 6 - 11 years old children find themselves in numerous environments which can cause stress, anxiety and fear.

It isn't always possible or appropriate for children to take time out to sit in a calming space to calm themselves down, often they will have to have this ability 'on the spot' particularly at school.

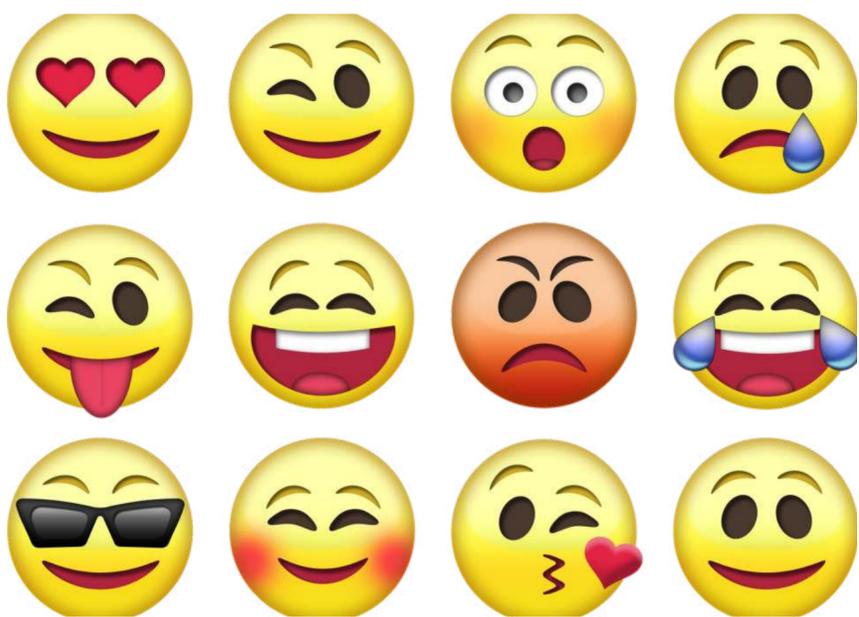
Midi Breath



How to:

Step 1: Learning the signs

Teaching children to know their inner signs of anxiety, stress, anger and fear is essential. Emotions come in all shapes and sizes therefore it is important to spend the time with your child to discuss their own unique triggers including the levels of emotion. By doing this you are helping your child gain the skills to understand where they are at and to help them reduce this before it becomes too difficult or too out of control. Knowing when they need to use the breath work will support them when there isn't an opportunity to talk things through or express their feelings.



Step 2: Lead by Example

Children will always learn by example, parents/guardians/carers are key to the early development of children therefore 'practice what you teach'!

By showing children that you use the breath work within the home and sharing examples of other environments you are supporting your child to stand in their own power and enabling them with coping techniques.

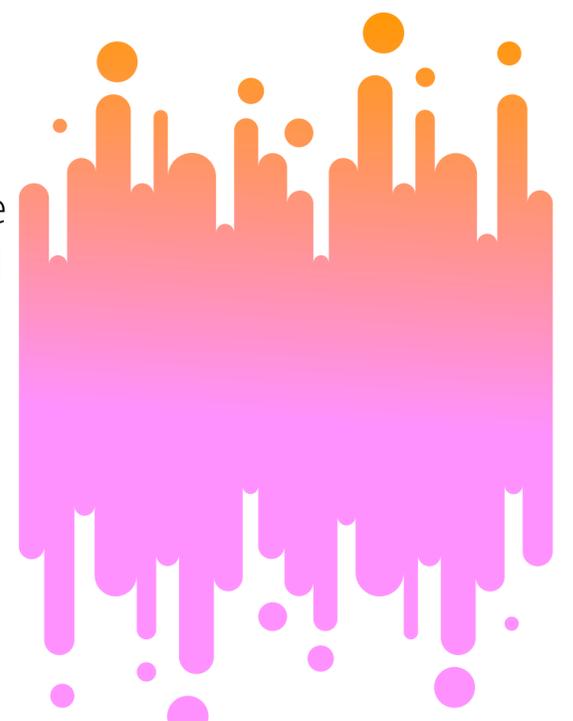


Step 3: Keeping Focus with the Breath

Continuing on with the beginning steps with breath work one of the hardest part of working with the breath for people whether they are a child, young person or adult is keeping the focus on the breath. It takes time to gain the ability to control the mind and only focus on the breath, it can be particularly difficult for children if they have a lot of energy.

To assist with keeping your child focused on their breath initially you can encourage your child's mind to follow the concept with gentle physical contact with a directional focus.

To do this trace your finger starting from the toes up the body whilst in time with your child's **'In breath'** and with the out breath trace your finger down the nose



Top Tip:

Taking time to practice sitting still will support your child within school. Sitting still is often a challenge therefore 10mins practice a day will build up

Step 4: How to count the breath

There are many patterns you can follow with breath work links have been placed below for further understanding on options, each pattern work with the mind and body in different ways. In order to develop your child further with taking more active participation and control, rather the parent/guardian/carer directing, teach your children to finger count the rhythm. Fingers can assist without the mind having to think. Separate the **'In breath'** by touching each finger to the thumb on the left hand for the and the same again on the right hand and then on the left hand for the **'out breath'**.

Step 5: Inner Voice vs. Parent Voice

Within the beginners section within the under 5's focus was placed upon the development of the parent/guardian/carer voice as an 'anchor' for the breath work.

Between the ages of 6 - 11 years old there is a point where it is important to encourage your children to find their inner voice rather than always seeking the parent/guardian/carer voice for reassurance as it will build resilience long term in their every day life.

By supporting your child to develop a clear voice which is kind and gentle whilst calmly linking their inner voice with breath work. In doing so the calm inner voice with breath patterns will be a strong tool with coping in their everyday life. It is all too easy for a child to develop the critical inner voice in today's pressures, it is therefore more essential than ever to support your child to find a strong empowering inner voice.

Step 6: Visualisations

TV controls: A visual technique which can assist is imagining the mind as a TV screen and you have the controls. When a thought comes in you have the ability to turn down the volume, mute the sounds, change the channel or even turn off the TV completely. Keep the TV screen blank, the channel may come on but as soon as it does, let go of the thought and change the channel.

Clouds: Imagine a warm summers day, that you are laying on the grass, looking up to a blue sky. Allow the feeling to wash over you, relaxing with the gentle warm heat on your skin. As you are breathing in the feeling of calmness fill you up within. thoughts come in to your mind, visualise the thought as a cloud, imagine the cloud drift by across the blue sky. As it floats by watch the cloud dissipate as it does, the thought weakens it's hold and drifts away. Repeat the same visual each time.

Step 7: Props, Tools and Exercises

Props are always useful for focus, given the change within the 6 - 11 year group props will naturally move on from comfort toys. Props can remain useful in terms of keeping focus therefore use when appropriate whilst encouraging breath work sessions without props.

Mandalas

Mandalas can be used as a focal point for breathing.

This is particularly useful if your child doesn't want to carry out the usual method of breath work. Try a breath work session whilst creating a mandala, create in silence whilst carrying out the usual breathing pattern with the **'In and Out Breath'**.

Glitter Jar - Glow in the Dark

Glow in the dark glitter jars are great for times when your child is having anxiety the night before an event or difficult day at school. By following on from the glitter jar the connection with breath work and the jar will be imbedded. Using the glow in the dark jar will allow your child to carry out breathing exercises prior to falling asleep allowing for relaxation rather than anxiety.



Music

Selecting music which is calming can assist with an alternative option for breath work sessions. The key music selection is the pace and simplicity, selecting sounds such as rain falling, or spiritual sounds is preferable.

Pictures

Focusing on a picture can assist with breath work, however, the right type of picture must be used to avoid the mind thinking or analysing the picture. Simplistic pictures or photos such as a single candle and a flame, a rainbow circle, simple shapes such as triangles, squares. If pictures or photos such as beaches can be problematic as daydreaming can occur about the next holiday! Free pictures can be found with a simple search on 'pictures for meditation'.

Step 8: Next Steps

Review the following websites which have excellent options for additional exercises with breathing exercises.

Coping Skills for Kids - <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Cosmic Kids Yoga - <https://www.cosmickids.com/>

Teachchildrenmeditation - <https://www.teachchildrenmeditation.com/mandala-meditations-for-kids/>

YouTube: Mindful Kids - <https://www.youtube.com/watch?v=qFZKK7K52uQ>

12-15YRS

Health & Well-Being Activity

Resource Pack

Following on from beginners and the basics we will move into intermediate, however, it is always useful to remember that we are always moving between all levels within life. We are always learning each and everyday, some days we get it right and other days we just don't, no matter how hard we try.

Having learnt some breath work techniques that can be used in different environments, the next step is to try and master some of the more advance techniques which will work on a deeper level. From the ages of 12 - 15 years of age, young people begin the transition into adulthood which is an ever changing landscape with it's peaks and troths therefore patience is key!



Step 2: Developing your voice

As you grow, it becomes more important to develop your voice in the right way, to use it with empowerment for the right things in life. How do you do this?

One way to develop your voice is to understand your inner voice, to know the difference between your **ego** and your deeper self. To do this, breath work will allow you to calm down the 'mindless chatter' in your head. By taking the time to understand who you are within will assist you with your way forward in life, not loosing yourself within your peers or situations that may not be beneficial for you

Focused Breath



How to:

Step 1: Knowing the Signs

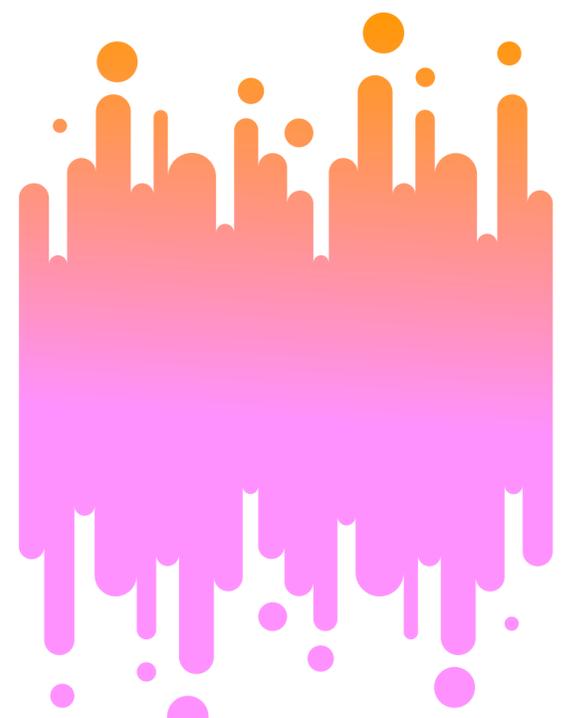
During this age you will experience a lot of changes, it is important to understand the signs of stress and anxiety. It is less likely that your parent/guardian/carer will be with you in situations where they are able to support you with the reassurance. With this you will need to begin to understand how to cope with the thoughts, feelings or sensations that cause issues. To understand the early signs before they grow will allow you to use your breath to reduce stress until you can either remove yourself from the situation or until the stress reduces. Learn your signs, you are the best person to know your signs!



Step 3: Nasal Breathing

Nasal breathing is often used for balancing internal systems and balancing the mind and emotions. The technique taps into the nervous system, balances the right and left brain hemisphere.

Between the ages of 12 - 15 years of age there is a surge of emotions due to a multitude of reasons ranging from hormonal changes in the body, the transition from primary to secondary school and particularly the impact of studies and exams. Young people face anxiety and stress on a daily basis all of which can be reduced when using a variety of techniques ranging from foods, environmental changes and breathing exercises including alternate nostril breathing.



Top Tip:

Practice makes Perfect. Mastering the breath work, visualisations and calming meditations helps the body and mind to balance. It reduces anxiety and stress. When you need it most the body and mind will settle into a calmer place just with breathing as part of a 'Learned response' without you having to think about it!

Step 4: How to count the breath

Breath work patterns and counting if followed work well and assist children and young people maintain a way of dealing with the body, mind and emotions, however, regularity is key. If you only carry out the technique when you are most stressed it does not work as well as it should do. The trick is to practice Breath work daily even if it is only for 10 - 15mins, if you cannot do this then begin by once a week for 30 mins and then build up to twice, three, four days before you know it you will have a regular daily routine. which will help you more when you need it most!

Step 5: Using your voice

Once you start to develop your voice the real work begins! The internal voice can be critical, derogatory towards yourself to the point of creating unwanted feelings of guilt, anger, fear, distress and many other negative emotions.

How do you develop your inner voice? you are looking for the calm sound of your inner self, the inner voice that is positive and constructive, the voice that you could call your 'adult voice of reason'. This will be important for you to develop as you are going to need this more and more as you transition into adulthood. Your parent/guardian/carer won't always be around to advise you so you need to have the ability to advise yourself with honesty!

The key with your inner voice is to have a checklist of: is the voice a 'wise' voice, are you doing the right thing? are you making excuses to act out and do what you want to do or are you rationalising to make it ok to do? Be real with yourself as all actions have consequences, it is important to get this right!

Step 6: Visualisations

Walking the Line: imagine a line drawn on the ground or in the sand. Within the rhythm of the 'In and Out Breath' walk the line without falling off the line, you focus on each breath to ensure a steady, calm and firm foot placement.

Birds: Imagine a flock of birds squawking as they fly around the trees. Imagine the birds are your thoughts. If the thoughts are like birds flying around the tree looking for the perfect tree to make a nest. Your mind represents the tree, the key is not allowing the bird land in the tree to make a nest. Even if the bird lands in the tree, shake the bird out of the tree each time the bird or birds land.

The Tree - Imagine yourself as a tree, visualise with each breath the roots deepening into the ground, deeper and deeper to strengthen yourself. See the roots thick and solid giving you a deep inner strength with energy from the earth supporting your growth.

Step 7: Props, Tools and Exercises

It is important to practice breath work in everyday situations not just in a quiet space, as there will be times that you will need to calm yourself in the midst of a busy environment. There are props, tools and exercises that you can use without anyone being aware of them which can be extremely useful!

PaperClip

Something as simple as a paperclip can be held within the palm of your hand as you carrying out your breath work. Use this to focus on, visualise charging this during your breath work session. When you are elsewhere you can hold the paperclip and focus your mind on this during any situation that you are in which is causing you stress or anxiety, it will keep you focused!

Mantras

A mantra is something used to occupy the thinking part of the mind during meditation which breath work is central to meditation. You can use anything you would like for your own Mantra, it is better to use words that you would normally use.

Mantras should be a positive affirmation The key is to really **'feel'** your mantra and affirmation not just think it or just say the words. The mantra has to mean something to have an effect. In this instance *your words have power!*



Pebble or stone

A small pebble or stone can be used, create a mandala pattern on the pebble or stone. Whilst you are creating think of the power you want to place into the pebble. Visualise the energy you are putting into the item with every breath in and out, with every brush stroke that you paint. Paint a power symbol or pattern as all hold energy, seal it with varnish. Carry this with you as a power stone.

Walking Meditation

If you are feeling stress or anxiety which involves a high amount of energy where you cannot sit down or relax. Use the walking meditation to assist with reducing your stress/anxiety. Find a green space in the park, somewhere calm with as little distraction as possible. Once there, begin to walk in a circle or up and down in a line or round a track. if you cannot walk in a circle. Focus on your feet with a mindful consideration as you do so whilst using your breath work pattern. Keep a slow, calm rhythm with your breath and your foot placement as per the visualisation earlier.

Step 8: Next Steps

The breath work really can help if your child is out and about perhaps in a park where they have fallen over, you won't have a prop therefore the key of the exercise is to use the voice and breath to support the calming process on all levels.

Psych Central - <https://blogs.psychcentral.com>

YouTube: Fablefy - <https://www.youtube.com/channel/UCGYeWtdm9GXYcdgkLph9Rcw>

Sacred Symbols - <https://thespiritofwater.com/pages/sacred-symbols-for-personal-power>

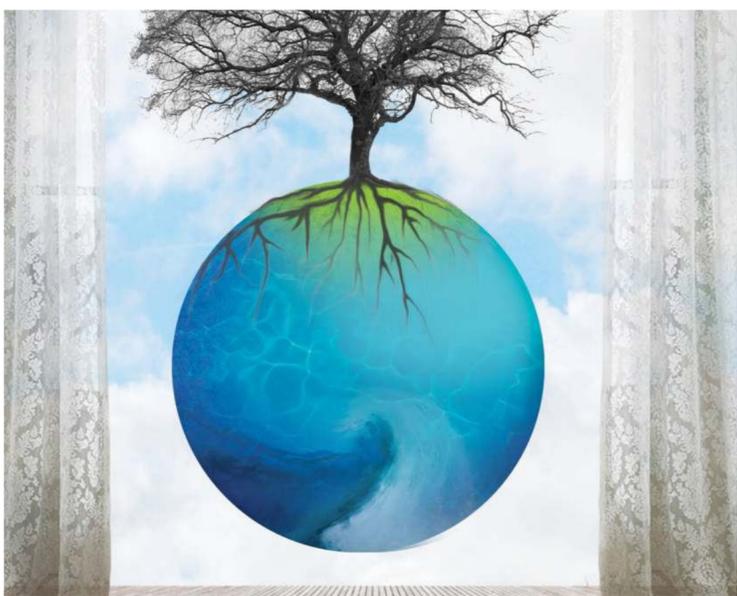
15+

Health & Well-Being Activity Resource Pack

Beginners, basics and intermediates... were do we go now - straight to advanced? Not so fast! Whilst at 15 years of age we are a lot more street, have grown into a stronger sense of 'self' it doesn't mean that we have mastered or reached the advance stage... if anything we are still on a steep learning curve.

At 15 onwards the transition into adulthood becomes more complicated as we often feel mature, we have the ability to see life in an adult way but the truth it is only with time and experience under our belt do we begin to understand the finer details of advance techniques.

Taking this into account we will look at more detailed breath and inner work to assist the journey into adulthood.



Step 2: Lead by Example

At the age of 15+ developing your voice is essential not only internally but externally within the world. By working on your inner-self day by day you will step closer to your future. There comes a pivotal point of leading by example in every part of your life where you don't just *'talk the talk'* you *'walk the walk'*.

Where mastery begins is the point that you walk the walk within all areas of your life amongst friends, amongst peers even those you consider as enemies, within school and the wider world of experiences.

One Breath



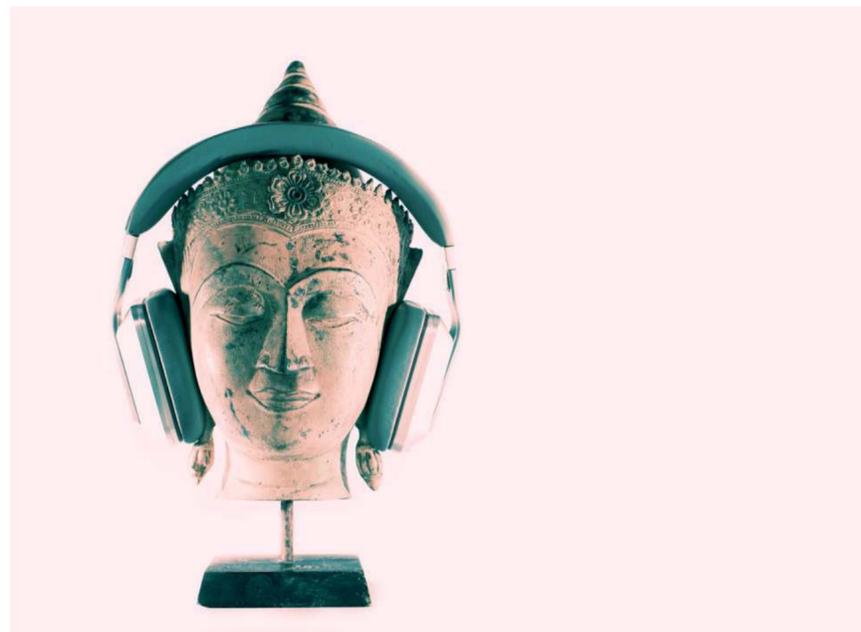
How to:

Step 1: Mastering Self & Signs

At this stage you should have a better idea of your inner signs where stress begins to rise within yourself, if not, then continue, continue, continue with learning your signs and triggers.

Where you have learnt your sign the next phase is really taking control and learning to master your inner-self within all situations which trigger reactive behaviour or emotional feelings.

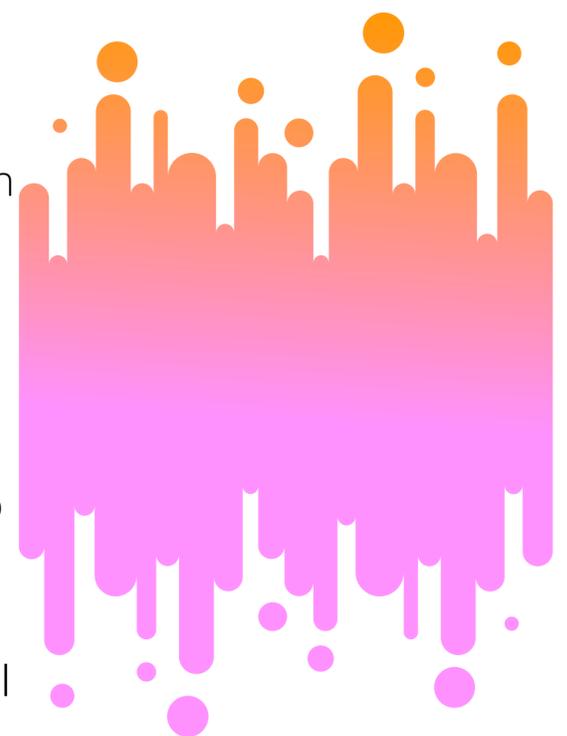
Mastering the breath work will take time, patience and dedication to carrying out daily practice. The dedication is essentially putting money in the bank of life.



Step 3: Breath Work

To extend the use of the breath throughout your day not just within breath work exercises or set times. To become more in tune you will practice conscious connected breathing.

Whilst we breath without thinking, advance techniques break this rule as you will become conscious of your breathing, you will connect with the breath throughout the day. Paying attention to how you are breathing can give you fine tuning to your emotions or thoughts. Assessing whether you are breathing through the nose or mouth, from the upper chest or from the base, whether your breath is short, fast, sharpe all give an indication to the state of your body, mind and emotions.



Top Tip:

Visualise breathing from your belly rather than from your chest, this will assist you to breath deeply which gives the body more oxygen.

Step 4: How to count the breath

Implementing breath work patterns in to your daily routine is an advanced technique in a sense as you are consciously breathing which means you are taking the time to learn about the triggers that effect your breath and how you can work with this by altering your breath to maintain emotional balance as much as possible. Keep it simple, breathing in on count of 4 and breathing out, it can be done in a gentle way where no one will even notice that you are working with your breath to regulate your feelings or stress.

Step 5: The Silence

Working with your inner voice should become easier with time once you have begun to work out and trust the inner you. Within your breath work, inner visualisations and meditation this voice will grow, keeping focus is essential to give yourself inner space from the day to day stresses and emotional ups and downs that everyone has.

Each and everyday we have constant noise surrounding us from the environment, people and things. If you take up meditation and sit for long periods of time you can experience nothingness known as 'the void'.

This is a space where there are no thoughts, no distractions, no inner voice dialogue or emotions - just silence. This can be un-nerving for some who experience it as most of us never quieten the mind, body or emotions to this level, there is always something going on. If you find yourself within the silence, be comfortable and know that all is ok, this is silence as space where of 'just be' no more, no less.

Step 6: Visualisations

Feather: imagine a small white feather floating in the blue sky, with the out breath the feather gently floats downwards and with the breath in the feather rises. Keep your visualisation slow and floating with the rhythm of your breath. As you advance, imagine yourself as the feather letting go and rising as the feather. This will assist to release tension.

Beach: Paint a picture in your mind of a beach cove, a quiet secluded beach in the area. You are at the top of a cliff looking down on the beach. Walk down the steps to the beach, notice your feet with each step, as you do you will relax with every placement. visualise walking across the sand and sitting in front of the gentle waves washing onto the shore. With this visual you should feel the waves linking to the rhythm of your in and out breath. Within your visualisation to gain the maximum relaxation, focus on the detail such as how the sand feels on your feet, how the waves move, the sunlight, the breeze and how it makes you feel relaxed. Visualisations can be supported with music or YouTube with sounds of the ocean which will allow for total relaxation.

Step 7: Props, Tools and Exercises

Deciphering which tools and exercises to assist you is the hardest part, knowing the relevance of the exercise and how supports growth and understanding. The key is to go with your intuition. Listen to your inner knowing, your inner voice otherwise know as a gut feeling or intuition. Trusting yourself with developing yourself within is key as this will assist you in day to day life as well.

Inner child

Visualise your emotion and feelings as a 5 year old showing you how they feel about the issue/problem whilst you continue breath work. How does your 5 year old reacts; is it anger, is it a tantrum, is it sadness or fear. As you carry out the breath work, watch your 5 year old change to a calmer place, once this occurs you can see the emotion has leveled out.

Self - Trust

Once you have worked on the Inner child visualisation, the next exercise building self - trust. Self trust is essential to develop.

Many exercises are carried out via physical experience to push through the fear. Try removing the adrenaline filled experience, sit quietly and go within, this is where the real self-trust is developed.

Yoga

The term yoga implies "to yoke," which is often considered as a practice that unifies the mind, body, and soul. Working with the mind, body and soul through Yoga practice is the natural next step.

Walking Meditation

If you are feeling stress or anxiety which involves a high amount of energy where you cannot sit down or relax. Use the walking meditation to assist with reducing your stress/anxiety. Find a green space in the park, somewhere calm with as little distraction as possible. Once there, begin to walk in a circle or up and down in a line or round a track. if you cannot walk in a circle. Focus on your feet with a mindful consideration as you do so whilst using your breath work pattern. Keep a slow, calm rhythm with your breath and your foot placement as per the visualisation earlier.



5 Powerful Ways To Develop Self-Trust

Understand the Power of Silence.

Thought Catalog / Mar 24, 2016

Step 8: Next Steps

The next stage is a life long development of your own voice through life experiences, hopefully using the breath work to assist you navigate the various roads and terrains that you will travel! For further advancement please refer to the links below:

Teen Health Nemours - <https://kidshealth.org/en/teens/meditation.html>

This Breath - <http://thisbreath.com/html/breathwork.html>

Very Well Mind - <https://www.verywellmind.com/visualization-for-relaxation-2584112>

0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

