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**USEFUL RESOURCES**

This list of resources has been compiled to provide support, information and learning materials, which will assist, staff, volunteers and individuals during the Pandemic. We would like to acknowledge the contribution of the other Gwent local authorities, Caerphilly, Blaenau Gwent, Torfaen and Monmouthshire and the Greater Gwent, Social Care and Wellbeing Partnership, for sharing their resources. We would also like to acknowledge the contribution of authorities beyond Gwent and the useful information shared by organisations and national links that has assisted us to compile this list. Brynglas House is updating links via our Facebook page and we will continue to update this page.

[**https://www.facebook.com/pg/Brynglas-House-Training-103279044638729/about/?ref=page\_internal**](https://www.facebook.com/pg/Brynglas-House-Training-103279044638729/about/?ref=page_internal)

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| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** |  **CYP** | **ADULTS** |
| Coping with eating disorders during the pandemic | <https://youngminds.org.uk/blog/coping-with-an-eating-disorder-during-the-coronavirus-pandemic/> | Young Minds Web Site | √ | √ | √ |  |
| CYP coping with OCD during the pandemic | <https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/> | Young Minds Web site | √ | √ | √ |  |
| CYP Coping with anxiety during the pandemic | <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/> | Young Minds Web Site | √ | √ | √ |  |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| CYP how to protect your mental health whilst self-isolating | <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/> | Young Minds website | √ | √ | √ |  |
| CYP The importance of play during social distancing and self-isolation | <https://www.llamau.org.uk/news/the-importance-of-play-for-children-during-social-distancing-and-self-isolation?fbclid=IwAR1GVAbpFKT3eqxbJkB0gBlxZpisjILryKFYI_FI7GCPOD8nY7GoffE893A> | Llamau Webiste | √ | √ |  |  |
| Information for parents with disabled children | <https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/> | Contact Website | √ | √ | √ |  |
| Various resource links | <https://www.gavo.org.uk/covid19?fbclid=IwAR2R3nA-tepCrB_RddjbTSsSzcwENMUFIdhCecBh-I3af0CnCHVXvL5E8W4> | GAVO | √ | √ |  |  |
| CYP Mental Health | <https://www.camhs-resources.co.uk/?fbclid=IwAR0lEO2aCgW_frGwMMFN8OFgXDjDtkqDm_SOSUxsN8gC14rQhEq7NtidYrg> | CAHMS website | √ | √ | √ |  |
| Teenage mental health – How to protect teenagers mental health during coronavirus | <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19> | UNICEF website | √ | √ | √ |  |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR****STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| CYP | Voices from Care Cymru’s virtual engagement plan for care experienced children and young people during the COVID-19 disruptions | Flyer Voices from Care | √ | √ | √ |  |
| Child Sexual Abuse Campaign | <https://www.stopitnow.org.uk/wales/its-time-we-talked-about-it/> | Stop It Now website | √ | √ | √ |  |
| What is Care Video | <https://www.youtube.com/watch?v=uxPRXzonKIA&feature=youtu.be> | Caerphilley/BG You tube video | √ | √ | √ | √ |
| Safeguarding brief training guide | <https://www.youtube.com/watch?v=wgRUqCSmp98&feature=youtu.be> | Caerphilley/BG you tube | √ | √ | √ | √ |
| Personal Care | <https://www.youtube.com/watch?v=-gnpx3mvN7k&feature=youtu.be> | Caerphilley/BG you tube | √ | √ | √ | √ |
| Infection Control | <https://www.youtube.com/watch?v=r2a1_vcaD4Q&feature=youtu.be> | Caerphilley/BG you tube | √ | √ | √ | √ |
| Safe Administration of Medication | <https://www.youtube.com/watch?v=wFpec5GZ7qw&feature=youtu.be> | Caerphilley/BG you tube | √ | √ | √ | √ |
| Understanding Dementia | <https://www.youtube.com/watch?v=0nsFnj17wAE&feature=youtu.be> | Caerphilley/BG you tube | √ | √ |  | √ |
| Talking to your child about Coronavirus | [https://youngminds.org.uk/…/talking-to-your-child-about-co…/](https://youngminds.org.uk/%E2%80%A6/talking-to-your-child-about-co%E2%80%A6/) | Young Minds Website | √ | √ | √ |  |
| Coronavirus: helpful information to answer questions from children | [https://www.place2be.org.uk/…/coronavirus-information-for-…/](https://www.place2be.org.uk/%E2%80%A6/coronavirus-information-for-%E2%80%A6/) | Place 2 Be Website | √ | √ | √ |  |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| Coronavirus information hub for children | <https://www.childcomwales.org.uk/coronavirus/> | Children’s commissioner in Wales Web site | √ | √ | √ |  |
| Coronavirus guidance for social or community care settings | [https://gov.wales/coronavirus-covid-19-guidance-social-or-c…](https://gov.wales/coronavirus-covid-19-guidance-social-or-c%E2%80%A6) | Welsh Government website | √ | √ | √ | √ |
| Prevent Covid-19 | <https://www.virtual-college.co.uk/courses/prevent-covid-19-free-training> | Virtual college free elearning | √ | √ | √ | √ |
| Infection Prevention and Control | <https://www.virtual-college.co.uk/courses/health-and-safety/introduction-to-infection-prevention> | Virtual College free elearning | √ | √ | √ | √ |
| Dementia | <https://socialcare.wales/service-improvement/people-with-dementia> | Social Care Wales website | √ | √ |  | √ |
| What is Dementia leaflet | <https://www.dementiauk.org/wp-content/uploads/2019/06/What-is-dementia-new-style-WEB-1.pdf> | Dementia.org.uk | √ | √ |  | √ |
| Are you prepared to save a life | <https://www.virtual-college.co.uk/prepared> | Virtual College elearning free | √ | √ | √ | √ |
| An Introduction to Infection prevention and control | <https://www.virtual-college.co.uk/courses/health-and-safety/introduction-to-infection-prevention> | Virtual College free elearning | √ | √ | √ | √ |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| How to reduce the spread of infection | <https://www.virtual-college.co.uk/resources/2020/03/how-to-slow-the-spread-of-the-infection> | Virtual college free elearning | √ | √ | √ | √ |
| How to Wash your hands | <https://www.virtual-college.co.uk/resources/2020/03/how-to-wash-your-hands> | Virtual college free elearning | √ | √ | √ | √ |
| Infection Prevention and Control | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| Understanding animal welfare in violent homes | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| Female genital mutilation | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| Keeping children safe Protecting them from CSE | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ |  |
| Awareness of type 1 Diabetes | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| Awareness of forced marriage | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| Get moving get healthy | <https://www.virtual-college.co.uk/resources/free-courses> | Virtual college free elearning | √ | √ | √ | √ |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| Wellbeing During Coronavirus | Children in Wales flyer/poster (SDrive) | Children in Wales | √ | √ | √ |  |
| Coronavirus information page | <https://gov.wales/coronavirus> | Welsh government | √ | √ | √ | √ |
| Covid-19 Safeguarding children | Poster (S:DRIVE) | Welsh Government | √ | √ | √ |  |
| Safeguarding | Welsh government safeguarding information for practitioners (Flyer) S:drive | Welsh Government | √ | √ | √ |  |
| Support for victims of domestic abuse | <https://gov.wales/support-victims-domestic-abuse> | Welsh Government | √ | √ | √ | √ |
| How to volunteer | <https://gov.wales/safe-help/volunteering> | Welsh Government |  | √ |  |  |
| Coronavirus health advice for people with asthma | <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/> | Asthma.org.uk | √ | √ | √ | √ |
| Introduction to Manual Handling | <https://vimeo.com/402915408> | Carmarthen Council video | √ | √ | √ | √ |
| Physical roll to fit a sling in bed | <https://vimeo.com/402915797> | Carmarthen Council video | √ | √ | √ | √ |
| Hoisting from a bed to a chair | <https://vimeo.com/402912215> | Carmarthen Council video | √ | √ | √ | √ |
| Removing a sling in a chair | <https://vimeo.com/402917755> | Carmarthen Council video | √ | √ | √ | √ |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| Fitting a sling in a chair using a slide sheet | <https://vimeo.com/402906279> | Carmarthen Council video | √ | √ | √ | √ |
| Fitting a sling using slide sheets (unravelling technique) | <https://vimeo.com/402907484> | Carmarthen Council video | √ | √ | √ | √ |
| Well-being for Social Care Workers during the Pandemic | <https://socialcare.wales/service-improvement/health-and-well-being-resources-to-support-you-during-the-coronavirus-covid-19-pandemic#section-35704-anchor> | Social care Wales Web site | √ | √ | √ | √ |
| Well Being during Coronavirus | [https://www.nhs.uk/…/coronavirus-covid-19-staying-at-home-…/](https://www.nhs.uk/%E2%80%A6/coronavirus-covid-19-staying-at-home-%E2%80%A6/) | NHS | √ | √ | √ | √ |
| Staying Safe during Coronavirus | <https://gov.wales/live-fear-free/staying-safe-during-coronavirus-emergency?fbclid=IwAR1Zrufr3LEJa0bj8QGri02nxRL3W5kOL0FRW2UUe2UAdN80MDLPnpzkd6A> | CarersUK | √ | √ | √ | √ |
| Coronavirus tips for social workers | <https://twitter.com/_socialworknet> | Social Work net website | √ |  | √ | √ |
| Advice line for Over 70’s | <https://www.ageuk.org.uk/cymru/information-advice/age-cymru-advice/check-in-and-chat/> | Age UK | √ | √ |  | √ |
| Anxiety Advice | <http://www.anxietyuk.org.uk/coronanxiety-support-resources/> | AnxietyUK | √ | √ | √ | √ |
| Coronavirus help and information | <https://seneddresearch.blog/2020/03/17/coronavirus-constituency-support/> | Senedd Research Welsh Government | √ | √ | √ | √ |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| Health, well-being and safety during coronavirus | <https://www.cipd.co.uk/knowledge/fundamentals/emp-law/health-safety/coronavirus-factsheet> | The Chartered Institute of personnel and development | √ | √ | √ | √ |
| Coronavirus tools for children and young people | <http://www.socialworkerstoolbox.com/covid-19-coronavirus-resources-parents-carers/> | The social worker toolbox | √ | √ | √ |  |
| Coronavirus | <https://docs.google.com/forms/d/e/1FAIpQLSeYsWKp6YWCazVzKmNQTaiWCox7-VWRKfQI98R2scjcvNuh8g/viewform> | Unison elearning Signs, handwashing, infection control | √ | √ | √ | √ |
| AWIF webinar | <https://www.facebook.com/events/213962840017613/> | Unison | √ | √ | √ | √ |
| Coronavirus resources from SCW | <https://socialcare.wales/service-improvement/information-and-resources-to-guide-you-through-covid-19> | SCW | √ | √ | √ | √ |
| Coronavirus resources for people with learning disabilities | <http://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/LD-Senate-Coronavirus-resources-for-use-with-people-with-learning-disabilities-27.3.2020.pdf> | Learning Disability England | √ | √ | √ | √ |
| VAWDASV e learning accessible for all | <https://learning2.wales.nhs.uk/course/view.php?id=71&fbclid=IwAR3Tbj4RzMcf1lNigCph4501owLmkEEr-eomloGABQ9gPe4IaSgeVxPeMLM> | Live Fear Free | √ | √ | √ | √ |
| **TOPIC** | **LINK** | **RESOURCE** | **FOR STAFF** | **FOR VOLUNTEERS** | **CYP** | **ADULTS** |
| Wales Safeguarding Procedures | <https://www.gwentsafeguarding.org.uk/en/Adults/Protocols-and-Procedures/Wales-Safeguarding-Procedures/The-Wales-Safeguarding-Procedures-for-children-and-adults.aspx> | Gwent Safeguarding | √ | √ | √ | √ |
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