



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

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	√	√	√	

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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=IwAR1GVAAbpFKT3eqxbJkB0gBlxZpisjILryKFYI_FI7GCPOD8nY7GoffE893A	Llamau Website	√	√		
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-l3af0CnCHVXvL5E8W4	GAVO	√	√		
CYP Mental Health	https://www.camhs-resources.co.uk/?fbclid=IwAR0IEO2aCgW_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	√	√	√	

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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	Caerphilly/BG You tube video	√	√	√	√
Safeguarding brief training guide	https://www.youtube.com/watch?v=wgRUqCSmp98&feature=youtu.be	Caerphilly/BG you tube	√	√	√	√
Personal Care	https://www.youtube.com/watch?v=-gnpx3mvN7k&feature=youtu.be	Caerphilly/BG you tube	√	√	√	√
Infection Control	https://www.youtube.com/watch?v=r2a1_vcaD4Q&feature=youtu.be	Caerphilly/BG you tube	√	√	√	√
Safe Administration of Medication	https://www.youtube.com/watch?v=wFpec5GZ7qw&feature=youtu.be	Caerphilly/BG you tube	√	√	√	√
Understanding Dementia	https://www.youtube.com/watch?v=0nsFnj17wAE&feature=youtu.be	Caerphilly/BG you tube	√	√		√
Talking to your child about Coronavirus	https://youngminds.org.uk/.../talking-to-your-child-about-co.../	Young Minds Website	√	√	√	
Coronavirus: helpful information to answer questions from children	https://www.place2be.org.uk/.../coronavirus-information-for-.../	Place 2 Be Website	√	√	√	

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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...	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	√	√	√	√

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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	√	√	√	√

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Wellbeing During Coronavirus	Children in Wales flyer/poster (S:Drive)	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	√	√	√	√

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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-.../	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	√	√	√	√

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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	√	√	√	√

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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	√	√	√	√