



**FAMILY SUPPORT
PACK DURING COVID-
19**

Contents

Page 3: Covid-19 advice and guidance

Page 4-10: Lunch and dinner ideas and recipes

Page 11-13: Mindfulness activities

Page 14-15: Sensory activities

Page 16-17: Activities for the family at home

Page 18-20: Contact details for additional support

Page 21-22: North Liverpool Foodbanks

Page 23: South Liverpool Foodbanks

COVID-19

****Stay at home to help stop the spread of Corona Virus****

You should only leave the house for 1 of 4 Reasons:

- 1.) Shopping for basic necessities i.e. food and medicine
- 2.) One form of exercise per day
- 3.) Any medical need or to help provide care for a vulnerable person
- 4.) Travelling to and from work only when necessary

How to stop infection spreading:

- 1.) Wash hands with soap and water for 20 seconds
- 2.) Use hand sanitiser soap if gel is not available
- 3.) Wash your hands as soon as you get back home
- 4.) Cover your mouth and nose with tissue or your sleeve when you sneeze or cough
- 5.) Put used tissue in the bin immediately afterwards

If you need medical help or assistance:

- 1.) If you have coronavirus symptoms (high temperature, continuous cough) call 111
- 2.) For health information and advice use the NHS or your Local GP's website
- 3.) For urgent medical help call 111 if you are unable to get help online
- 4.) For life threatening emergencies dial 999



Food ideas

We know that schools and education settings are concerned about the impact of coronavirus (COVID-19) on pupils currently eligible for benefits-related free school meals.

Guidance explains what schools should do to make sure eligible pupils have continued access to free school meals where:

- The pupil has to stay at home because they and/or wider family members are displaying coronavirus (COVID-19) related symptoms
- The school is only open for certain groups or is closed temporarily

Support for pupils staying at home:

- Woolton High are providing eligible families with supermarket vouchers

****Important Notice to all families****

Be aware of scam emails

We are aware that some parents are receiving text messages/emails stating the following: 'As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported'.

- We can confirm that this not official and is a scam email.
- We urge parents that if any emails/texts are received like this to **NOT** respond and delete it immediately!

Lunch ideas

Choice of Sandwiches/Baguettes

- Ham/Cheese/Tuna/Egg/Salad/Turkey Breast/Roast beef slices/Chicken Slices/cheese and red onion

Jacket potatoes with filling

- Cheese/Egg Mayo/Tuna/Beans

Pizza Toast

- Place mozzarella and pepperoni on top of bread and grill for approx. 3-5 mins

Quick and easy

- Beans on toast
- Scrambled egg on toast
- Bagels (egg or bacon) filling
- Koka/Maggie's noodles
- Pasta in sauce
- Tinned Soup
- Fruit salad
- Cheese and crackers
- Sausage rolls
- Egg muffins

Pasta Dishes (Warm)

Spaghetti Bolognese

- Mince
- Spaghetti
- Bolognese sauce
- Add mushrooms/onions

Pizza Pasta Bake

- Pepperoni/Chorizo (sliced into small pieces)
- Pasta Shapes
- Tomato pasta sauce
- Cheese (Grated)

Directions

- Cook pasta in a pan as normal
- Once ready, drain and add pepperoni/Chorizo to pasta
- Place in a baking dish and add tomato pasta sauce and stir thoroughly
- Bake in oven for around 20/30 minutes
- Add grated cheese
- Place back in the oven for 5 minutes until cheese is melted
- Serve and enjoy

Spaghetti Carbonara

- Bacon lardons (Or Streaky Bacon cut into small pieces)
- Spaghetti
- Carbonara Sauce
- Parsley

Directions

- Cook spaghetti and bacon in pan as normal
- Once ready, drain spaghetti and place back in pan
- Add bacon to pan
- Add Carbonara sauce and stir thoroughly on a low heat for approx. 5-7 mins
- Serve and sprinkle some parsley

Pasta Dishes (Cold)

Bacon Pasta

- Pasta shapes
- Bacon lardons (Streaky bacon cut into small pieces)
- Sweetcorn
- Spring onion
- Mayonnaise
- Lemon juice

Directions:

- Cook pasta and bacon as normal
- Drain and place pasta in a large bowl
- Add bacon, sweetcorn and chopped spring onion and stir
- Add mayonnaise, some lemon juice and Stir
- Let cool and then place in the refrigerator
- Once cool serve and enjoy!

Tuna Pasta

- Tuna
- Pasta shapes
- Cucumber, sweetcorn, mixed peppers, red onions
- Mayonnaise

Directions

- Cook pasta as normal
- Once ready drain and place in a large bowl
- Add Tuna when pasta is cooked
- Slice and add cucumber, peppers and red onions and stir
- Add mayonnaise and stir
- Let cool and place in the refrigerator
- Once cool serve and enjoy!

Chicken Dishes:

Lemon Roasted Chicken and Potatoes

- Chicken Thighs
- Potatoes (Red or white) cut into quarters
- Onion (Chopped)
- Spinach
- Lemon wedges
- Seasoning (Garlic, rosemary, paprika)

Directions

- Place potatoes, lemon wedges and onion in a large bowl
- Add 2 tablespoons of oil, some garlic, pepper and rosemary seasoning and stir
- Place ingredients in a baking tray and bake for 20 mins
- Add seasoning to chicken thighs and brown chicken in the pan
- Then place chicken into the baking try oven and cook for a further (30-40) mins
- Cook spinach and add when dish is ready
- Serve and enjoy!

Chicken Tikka Masala/Korma

- Diced Chicken Breast

- Rice
- Tikka/Masala jar sauce
- Nan bread (optional)

Directions

- Cook chicken in pan
- Boil rice in pan
- When chicken is ready add choice of sauce and stir
- Drain rice and place on a plate
- Add chicken tikka/korma on top of rice
- Serve with nan bread

Crispy Chicken Wraps:

- **Chicken goujons**
- **Tortillas**
- **Ice Berg lettuce**
- **Mixed Peppers**
- **Cheese**

Directions

- Cook Chicken goujons in oven for approx. 30-40 mins
- Once ready, Place tortillas in the microwave for approx. 10 seconds
- Add Sauce of choice to Tortilla and spread evenly
- Add Goujons (1 or 2) to tortilla
- Add lettuce, cheese and peppers
- Wrap up and enjoy!

Chicken Stir Fry

- Chicken Breast sliced
- Egg noodles
- Mixed pepper/onions/sprouts
- Soy Sauce

Directions

- Cook sliced chicken breast
- Add noodles and vegetables once chicken is cooked
- Stir in some soy sauce
- Serve and enjoy!

Beef Dishes:

- Cheese Burgers
- Beef Stir Fry
- Hot Dogs

Beef Stroganoff

- Sliced Beef steak
- Pre-Packed Stroganoff sauce
- Milk
- Boiled Rice

Directions

- Cook beef in pan
- Stroganoff sauce mixture- Place in pan and add milk
- Place on hob and stir until sauce has thickened
- Once beef is ready add into the sauce
- Cook rice
- Serve and enjoy

Cottage Pie

- Mince
- Potato
- Carrot
- Onion
- Beef stock/Gravy

Directions

- Fry mince in pan until browned
- Add chopped carrots and onion
- Add beef stock/Gravy and stir
- Meanwhile, boil potatoes until tender
- Once ready, drain and add some milk and butter to potatoes and mash
- Spoon the mince onto a baking tray
- Spoon the mash on top
- Place in the oven and bake for a further 25-30 mins (until topping is golden)

Turkey Stuffed Peppers

- Turkey Mince
- Brown Rice
- Large Peppers
- Seasoning as required

Directions

- Fry Turkey mince until cooked thoroughly (Approx. 5 minutes)
- Cook rice and the combine mince and rice
- Cut peppers into halves (length wise) and remove all seeds
- Spoon the meat mixture onto the peppers
- Cover peppers with foil and bake on a low heat in oven for approx. 30 minutes

Foods you can freeze

- ✓ Eggs (Crack eggs into a muffin tray and place into freezer)
- ✓ Cheese
- ✓ Milk
- ✓ Bread
- ✓ Rice/Pasta (Once cooked)
- ✓ Yoghurt
- ✓ Butter
- ✓ Bananas (Peeled)
- ✓ Meat (Raw and Cooked)
- ✓ Herbs
- ✓ Potatoes (Once Cooked)
- ✓ Chopped onions

Mindfulness Activities at home



- Mindfulness is a type of meditation which helps you focus on being aware of what you're sensing and feeling in the moment.
- Mindfulness exercises in your daily routine helps to reduce feelings of anxiety, depression and tiredness.
- It teaches us how to respond to stress with awareness of what is happening in the present moment, rather than acting immediately and being unaware of what emotions or motivates may be influencing that decision.
- Trying just a few of the techniques below could help you achieve an effective life balance

5 Mindfulness Exercises you can try:

1.) Mindfulness Breathing

- Start by breathing in and out slowly. One breath cycle should last approx. 6 seconds
- Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body

- Let go of your thoughts. Let go of things you have to do later today. Simply let thoughts rise and fall of their own accord and be at one with your breath.

2.) Mindful Listening

- Select a piece of music you have never heard before
- Close your eyes and put on your headphones
- Allow yourself to explore every aspect of track. Even if the music isn't to your liking at first, let go of your dislike
- Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyze each one by one
- The idea is to listen closely, to become fully aware with the sounds without judgment of the genre, artist, lyrics or instrumentation. Don't think, hear.

3.) Mindful Tense and Release muscle Relaxation

- Tense and release muscle relaxation is an exercise that relaxes the mind and body by progressively tensing and releasing those large muscle groups
- This activity is perfect prior to going to sleep because it helps the body release tension. Have your child try this activity lying down after they get into bed for the night.
- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in your calves for 5 seconds then gently release.
- Working your way up the body, squeeze the thigh muscles for 5 seconds and gently release
- Continue moving up the body for more relaxation

4.) Heartbeat Exercise

- The heartbeat exercise is a wonderful grounding activity because it allows your child to focus on the sensations in the body. This exercise is a wonderful activity to do if your child is feeling stressed or anxious.
- For example, if your child is working on online school learning and getting frustrated or feeling stuck, you can redirect them by asking them to STOP what they are doing and take a break.

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute. At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- Tuning into the physical body is a wonderful way to redirect the focus. With this new burst of energy, your child will feel a new motivation to complete the previous task.

5.) Creating a Glitter Jar

- The glitter jar is a great activity to use when your child is worried, upset, nervous or angry.
- The glitter in the jar represents your child's thoughts, rushing around in a mad dash.
- Simply have them shake the glitter jar and remain quiet and still while the glitter is settling.
- As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom.

➤ Steps to create a glitter jar

- ❖ Start by finding a glass jar, you can also use a plastic water bottle if you can't find a jar
- ❖ You will also need one bottle of clear glue and some kind of glitter.
- ❖ Fill the bottle up 3/4 of the way with water. Next, add the clear glue and glitter.
- ❖ Seal the lid and shake

Online Resources for Mindfulness Exercises:

- [Gonoodle.co.uk](https://www.gonoodle.co.uk)
- GoNoodle gets kids up and moving to fun, engaging content and games. It is free online resource which provides ways for kids and families to move and learn together.
- GoNoodle offers free:
 - Movement, yoga, and mindfulness videos
 - Downloadable curricular activities
 - Recommended off-screen home activities

Sensory Activities at home

- Sensory play is any activity that stimulates children's senses: touch, smell, taste, sight and hearing.
- Stimulating the senses helps children develop thinking, language, social-emotional, and physical skills.

Squishy bags

What you will need:

- 1 cup of flour
- 6 tablespoons of water
- Food coloring
- Zip lock lunch bags



Step 1: Place flour into a bowl and add food coloring

Step 2: Add water and mix until all ingredients are blended

Step 3: Scoop the mixture into a zip lock lunch bag

Step 4: Before fastening the end, place the squishy bags on a flat surface, gently push out any excess air to avoid air bubbles

Play ideas:

- Use your finger, soft paint brush or a cotton wool bud to write your name, letters, numbers and shapes.
- Explore the squishy bag for a sensory experience, watch what happens as you squeeze, squish, press, etc.

Rainbow Spaghetti

What you will need:

- Spaghetti (cooked and cooled)
- Food coloring
- Water
- Zip-lock bags

Step 1: Once spaghetti is cooked and cooled, add to zip lock bags (you will need one bag per colour)

Step 2: Add food coloring and a few drops of water to each bag

Step 3: Mix coloring and spaghetti- Do this by squeezing, squashing, throwing until colour has moved around the bag

Step 4: Rinse colored spaghetti—Place into colander and rinse under the tap (Repeat with each colour)

Step 5: Play with the rainbow spaghetti



Potato Painting

What you will need:

- Potatoes
- Paint
- Paper plates
- Paper

Step 1: Carve potato into desired shape

Step 2: Dab potato into the paint

Step 3: Create your art work!



Household activities for all the family

- Card Games
- Jigsaws
- Crosswords/word searches
- Coloring
- Baking/Coloring
- Quiz evenings
- Hangman Games
- Charades
- Board games
- Make your own bingo
- Make a family tree
- Go on a bike ride/walk in the park
- Check out Animal cams from a variety of zoos by following these links:
<https://zoo.sandiegozoo.org/live-cams> <https://nationalzoo.si.edu/webcams>
<https://www.houstonzoo.org/explore/webcams/>
<https://www.earthcam.com/events/animalcams/>
<https://www.dublinzoo.ie/animals/animal-webcams/>
- PE with Joe Wicks on YouTube
- Dance with Oti Mabuse on Facebook (11.30am everyday)
- Storytime with David Walliams (11am every day on www.worldofdavidwalliams.com)

- **Create a routine chart for the weekdays**
- **Movie Marathons**
- **Online work**
- **Virtual yoga (yoga Ed YouTube channel)**
- **Virtual tours of Liverpool museums**
<https://www.liverpoolmuseums.org.uk/world-cultures-virtual-gallery-tour>
- **Buckingham Palace Virtual Tour** <https://www.royal.uk/virtual-tours-buckingham-palace>
- **Virtual Nasa Exhibits**
<https://artsandculture.google.com/search/exhibit?p=nasa&hl=en>

Useful Contact Details to Provide Further Support

- **(Covid-19): Liverpool Council Coronavirus Hotlines- 01512333066**
 - For anyone who needs support with a range of basic tasks
 - Open from 8am-6pm 7 days a week

- **Citizens Advice: Website <https://www.citizensadvice.org.uk/>**
 - Contact Citizens Advice for information around benefits, work, money, debts, housing
 - Simply type in your postcode for information from your local Citizens Advice

Mental Health Hotlines

- **Samaritans (Confidential support for feelings of distress and despair): 116 123 (Free 24-hour hotline)**

- **Anxiety UK: 03444775774 (Monday to Friday: 9.30-5.30)**

- **Mind (Promotes the views of those with MH needs): 03001233393**

- **SANE (Emotional support for people affected by mental illness): 03003047000 (4.30-10.30)**

- **Young Minds (Information on child mental health. Services for parents): 0808 802 5544 (Monday-Friday 9.30-4pm)**

- [YPAS Therapeutic support for young people aged 5-25 years:](#) Central (0151 707 1025) YPAS South (0151 305 2030) YPAS North (1051 305 2040) (Email: support@ypas.org.uk)

Domestic Violence Hotlines

**** In an Emergency dial 999 or alternatively call 101 if there is not an immediate threat of violence ****

- [Liverpool Domestic Abuse Service:](#) 0151 263 7474 (Mon-Thurs 9am-5pm) (Friday 9am-3pm)
- [South Liverpool Domestic Abuse Service:](#) 0800 083 7114 (Mon-Thurs 9.30am-4.30pm) (Friday 9-4pm)
- [Worst Kept Secret \(Merseyside\):](#) 0800 028 3398
- [Women's Aid:](#) 0808 2000 247 (24 hours)
- [The Men's Advice Line \(For male victims of domestic violence\):](#) 0808 801 0327 (Monday-Friday 10am-1pm and 2pm-5pm)
- [Respect \(Confidential advice for people who are abusive/violent towards partners\):](#) 0808 802 4040

Addiction Helplines

- Alcoholics Anonymous: 0800 917 7650 (Free 24 hour)
- Narcotics Anonymous (Drugs): 0300 999 1212 (10am till midnight)

Bereavement Helplines

- Liverpool Grief Support: 0151 475 9001
- Cruse Bereavement Care: 0808 808 1677 (Mon-Fri 9-5pm)

Woolton High School: 0151 330 5120

- Don't forget staff at Woolton High welcome any questions/queries and guidance and support for all families during term time.
- The staff team will be available to answer any calls during school hours (Monday-Friday 8am-1.30pm)

Local Food Banks

* Valid foodbank vouchers are required to receive emergency food*

NORTH LIVERPOOL TEL (0151 226 3406):

<p>➤ <u>All Saints Stoneycroft</u> Broadgreen Road L13 4BW (Thursday 10am- 12pm)</p>	<p>➤ <u>Good Shepard Church</u> Lower House Lane L11 2SF (Wednesday 9.30- 11.30am)</p>	<p>➤ <u>Christ Church</u> <u>Anfield</u> 157 Hartnup St L5 1UW (Tuesday 10am- 12pm)</p>
---	---	---

<p>➤ <u>Salvation Army</u> Cavendish Drive L9 1NB (Monday 10-12pm)</p>	<p>➤ <u>West Everton Community Council</u> The Friary Building Bute Street L5 3LA (Wednesday 2- 3.30pm)</p>	<p>➤ <u>Kensington and Fairfield</u> Fairfield Centre Sheil Road L6 3AA (Saturday 10am- 12pm)</p>
<p>➤ <u>St Andrews's Church</u> Adshead Road L13 0AL (Friday 10.30- 12.30)</p>	<p>➤ <u>St John's Church</u> West Derby Lane Green Lane L13 7EA (Saturday 10.30- 12pm)</p>	<p>➤ <u>Christ Church Parish Centre (1051 226 3406)</u> Sedgemoor Road Norris Green L11 3BR (Thursday 10am- 12pm)</p>

SOUTH LIVERPOOL:

<p>➤ <u>St Mark's Church</u> <u>(0151 792 9067)</u> Cranwell Road Childwall Valley L25 1NZ (Saturday 10am-12pm)</p>	<p>➤ <u>Noah's Ark Centre</u> <u>(0151 475 1468)</u> Ganworth Road Speke L25 2SA (Thursday 10-12pm)</p>	<p>➤ <u>Bridge Chapel Centre</u> <u>(0151 281 9716)</u> Heath Road Garston L19 4 XR (Friday 10.30-12pm)</p>
<p>➤ <u>St Gabriel's Church</u> Yates Street Toxteth L8 6RD (Tuesday 1-3pm)</p>	<p>➤ <u>Deeper Life Bible Church</u> Solway St East L8 0QL (Thursday 2-4pm and Saturday 12-2pm)</p>	<p>➤ <u>Netherley Youth and Community Initiative</u> <u>(0151 487 6421)</u> St Gregory's Church Damson Road L27 8XR (Wednesday 10am-1pm)</p>