



Supporting our Club Members and Community to keep healthy and happy.

“Our Club, Our Community, Our Future”

#StayHomeSaveLives



twitter.com/PenicuikAthYFC



facebook.com/PAYFCfootball

www.payfc.net



instagram.com/penicuik.ath.yfc/



Take care of your health and wellbeing

Tips and information at:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Information for Young People:

<https://young.scot/campaigns/national/coronavirus>



Some key ideas to look after your health and wellbeing



- Connect with people
- Decide on your routine
- Try to keep active
- Get as much sunlight, fresh air and nature as you can
- Find ways to spend your time
- Find ways to relax and be creative
- Keep your mind stimulated
- Try to keep a healthy diet and stay hydrated



Connect With People



Advice for individuals:

- Keep in touch digitally.*
- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

What we will do:

- Run our weekly Cuckoo Challenge
- Periodically set homework style challenges such as our current "history of PAYFC"
- Run fun games to get involved in such as our current "last man standing" competition on our team app
- Add quizzes, games etc. on our social media

***Through their regulated role in football, adults should not message/video call under 16s directly
Remember to get parental/carers consent when setting up social media groups/chats!***

Decide on Your Routine & Try to Keep Active



Advice for individuals:

- Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
- Think about how you'll spend time at home. For example, plan activities to do on different days or habits you want to start or keep up.

Library of Resources



For Young People:

[Young Scot](#) - Information and advice for Young People

For Parents:

[Parent Club](#) – Advice and resources for parents

[British Psychology Society](#) – Advice on talking to children about illness

Wellbeing:

[Mind](#) – Coronavirus and your wellbeing

[SAMH](#) – Self help and wellbeing

[Heads Up Programme](#) – Getting comfortable talking about mental health

If you are looking to support someone feeling anxious at this time:

[British Association for Counselling & Psychotherapy](#)



Where to get help



Scottish FA Child Wellbeing & Protection Policy is available here [Scottish FA policy](#) or email Childrenswellbeing@scottishfa.co.uk

if any child or young person wants to raise any concerns, or any adult within a club setting has a concern about a child and needs some advice.

Some additional helplines and advice can be found below that may be of use:

Scotland's domestic abuse helpline: 0800 027 1234 or <https://sdafmh.org.uk/> for a chat online.

Call Breathing Space on 0800 83 85 87: Listening, advice and information for people in Scotland feeling low, stressed or anxious.

LGBT Health and Wellbeing Helpline: Information, support or simply a friendly voice - <https://www.lgbthealth.org.uk/> or 0300 123 2523

Parents Helpline – 0800 28 22 23: For tips, advice and support for parents or if you simply need to talk



STAY AT HOME SAVE LIVES

**“Stay healthy, stay safe, most importantly stay home”
Steve Clarke**



**NOTHING
MATTERS
MORE**

It is ALL of our responsibility to help get Scotland through this pandemic.

Please follow and share up to date Government advice from:

www.gov.scot/coronavirus-covid-19/

