

FREQUENTLY ASKED CHRISTMAS HOLIDAY QUESTIONS

Self-isolation over the Christmas period: Frequently asked questions

You may find these answers helpful if you have been told that your child must self-isolate during the Christmas period.

Can we still form a Christmas bubble?

You cannot form a Christmas bubble whilst self-isolating. If the isolation period finishes during the Christmas bubble period (23-27 December), you can form your Christmas bubble after that. For example, if the last day of self-isolation is 24 December, you can form a Christmas bubble between 25 and 27 December. If the last day of self-isolation is 27 December or later, you cannot form a Christmas bubble at all. We know this is a difficult situation and it may mean that you cannot see family over Christmas, but self-isolation is one of the most important ways we can protect loved ones.

Can we travel during the self-isolation period?

Your child must not travel during self-isolation. They should stay at home at all times.

My child usually goes to a club or childcare setting during school holidays. Can they still go?

No, your child must remain at home during their self-isolation period. Please do not take them to any club or childcare setting.

Can the rest of my household continue normal activities?

Yes, unless your child develops symptoms of COVID-19, other members of the household can continue normal activities, although we understand households with one adult may not be able to do so due to staying home with your child. If this is the case, you should ask friends and family to help with shopping where possible. If you aren't able to find support you can call your council's COVID-19 helpline:

- Bournemouth, Christchurch and Poole Council: 0300 123 7052
- Dorset Council: 01305 221000







Emotional Health and Wellbeing Resources

Dealing with stress



Under challenging circumstances, it can be difficult to tell when you are experiencing stress. Stress affects everyone in different ways. Now more than ever, it's important to look out for signs of stress in yourself and others.

Are you experiencing any of these more frequently than usual?

-  Always feeling overwhelmed, worried, anxious or scared
-  Having racing thoughts or difficulty concentrating
-  Having trouble sleeping or feeling tired all the time
-  Eating more or less than usual
-  Feeling irritable or impatient
-  Avoiding certain things or people

Once you recognise signs of stress, you can take steps to deal with it

- It's often helpful to **speak to a trusted friend, colleague or your manager**.
- Every Mind Matters** has lots of tips for dealing with stress.
- Dorset Mind** has a range of support services which have been moved online. You can refer yourself to these.
- For support with mental health and other issues, you can contact your **employee assistance helpline**. Speak to your manager or HR team to find out more.
- If you're struggling to cope with stress or you've experienced a traumatic event, **Steps 2 Wellbeing** have psychological therapists and counsellors who can help. You can **refer yourself for support online**.
- If you need urgent mental health support, you can call **Connection**, Dorset's 24/7 mental health helpline, on 0300 123 5440.
- Teachers can contact the **Education Support** helpline 24/7 on 08000 562 561 or by texting 07909 341229.

Mental health and wellbeing support for young people



ChatHealth

ChatHealth is a secure and confidential text messaging service for 11-19 year olds. Send a text to **07480 635511** and a member of the school nursing team can give you advice on things like sexual and emotional health, alcohol, drugs and smoking.

Kooth

Young people in Dorset can get mental health support online from Kooth. Using the online platform, 11-18 year olds can access professional counsellors, moderated forums and self-help materials. You can visit [kooth.com](https://www.kooth.com) 24 hours a day.



Young Minds

Young Minds is a young people's mental health charity. They have lots of useful online resources, like advice and guidance on [mental health during the coronavirus pandemic](#). They also have a free 24/7 crisis messenger. You can text YM to **85258** if you are experiencing a mental health crisis and need urgent help.

Dorset CAMHS

Dorset CAMHS have created some great videos to help children and young people deal with the changes to their school day due to COVID-19. You can find them on [Dorset HealthCare's YouTube channel](#).



In a crisis?

People of all ages can call **Connection**, Dorset's 24/7 mental health helpline, for free on **0300 123 5440**.

Mental wellbeing self-care during COVID-19



COVID-19 means we are all experiencing an unprecedented situation. Everyone reacts differently, and we will have periods where we find it more difficult to deal with. **It's okay not to feel okay**. Talking to someone can often help.

Feeling stressed, worried or anxious means that you are human. These are normal reactions to challenging circumstances.

It's important to take a step back. Having a good wellbeing routine will help prevent the build-up of emotional distress and anxiety.

There is a range of mental health and wellbeing support available to teachers across Dorset. Click the links or search for them online.

For practical tips on maintaining your mental wellbeing and support if you're **anxious** or **stressed** about coronavirus, take a look at [Every Mind Matters](#).



Find out about the range of support [LiveWell Dorset](#) offer for improving physical and emotional wellbeing. You can also book on to [Five Ways to Wellbeing](#) or [Helping You to Help Others](#) online training.



Mental Health Foundation has lots of tips and resources, including on parenting, relationships and financial worries.

For more information about the mental health and wellbeing services available to you, visit [Dorset HealthCare's information on coronavirus wellbeing support](#) or your organisation's intranet.

Dorset Mind has a range of self-help resources and support services which have been moved online. You can refer yourself.