

How we are supporting children

Is your child nervous or unsure about returning?

For some children, FUNdays Club will be their first time with other children for many months. Even for the others, it is many months since they were with us. Many will not have experienced the changes in shops, places of work and other areas of life familiar to adults. So, they may well be anxious about what lies ahead of them.

Please read through the Returning to FUNdays Club guide for children with your child, letting them know that their feelings about returning are okay and normal. We can provide some stories to help, if you are unsure how to explain to your child what has been going on. We will also be releasing a YouTube video to watch with your child if possible.

FUNdays Club will be following the Wiltshire Council guide to supporting children following a disaster or serious incident. We are thankful to Wiltshire Council for providing this helpful guide, and for supporting the additional training many of our staff have undergone. We will be providing the emotional support identified in the Guide and believe this will enable our children to make a positive and successful return to the Club. We are aware that some returning children will need more support than they did before, and that some children who were previously coping may not now do so unaided.

The Guide identifies a need for five key areas of emotional support:

- **A sense of safety:** It is important that adults and young people feel safe upon their return. Reading the guide for children, listening to the stories and watching the video should all help to promote this.
- **A sense of calm:** Children are likely to experience a range of emotions, both pleasant and unpleasant. It is important that they are helped to manage these emotions and return to a state of calm. We will reassure them that all their feelings are normal and okay. The Club will have displays and fun activities concerning this aspect of their experience. Laughter is important and will be encouraged.
- **A sense of self and collective control:** Children need to feel they have control over what is happening to them, and a belief that their actions will lead to positive outcomes. FUNdays Club will run extra FUNdays Club Forums, rather like a School Council, at which children can influence certain aspects of the club and are given a small budget to spend.
- **Social connectedness:** It is important that children feel they belong and have a social network to support them within FUNdays Club. This can be developed still more for children with longer or permanent bookings.
- **Promoting hope:** While things may feel difficult at the moment, the children will be provided with reassurance and helped to understand that things will get better: that

in the long term they will feel positive again. We will be doing fun activities looking into the future to help foster this confidence.

For children or families who are feeling particularly anxious, we are offering additional support. These include additional stories to read with your child, personalised online live tours and more. Please call us if you would you would like some extra support for your child or family.