

## ACL update No 6

Dear All, thank you for all for the continuing work that you are doing. We have more courses being prepared for delivery which is good news, and others in the pipeline. It is really encouraging that so many are thinking how best to engage with learners.

To coincide with National Mental Health Week, you will find information below on well-being. With the government change in advice on use of face coverings when in populated areas we have attached information about making your own face covering. Please do share what you think is relevant to your contacts.

Please do contact us if you need anything else.

Keep safe and well

Wendy Scott

Development coordinator (teaching and learning)

[Wendy.scott2@hants.gov.uk](mailto:Wendy.scott2@hants.gov.uk)

07548156112



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### Well-being

**National Mental Health Week:** The focus for this year's mental health awareness week is kindness.

During the Covid-19 crisis mental health is particularly important. We have seen many acts of kindness in the media as we work to support others in these unusual times. Do look at what is happening national with next year's campaign.



## Importance of sleep: Are you worried about sleep patterns?

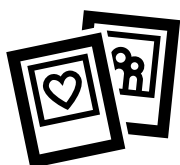


Our sleep may be affected without the routine of school and work, anxiety about the virus, and uncertainty of the future. This can be particularly evident for children with neurodevelopmental issues such as Autistic Spectrum Disorder, who are often sensitive to changes in routine. Excess screen time, especially in the evening, can have a detrimental impact on sleep as it stimulates the brain and makes it hard to wind down. Why is sleep important?

- Sleep encourages an effective immune system – more important now than ever.
- Sleep improves brain function helping our attention, memory, behaviour, and learning.
- Sleep improves mood. Lack of sleep can [cause or worsen feelings of depression and anxiety](#).
- Sleep improves mental health.

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## Keeping in touch:



With social isolation many people may be feeling disconnected. Why not send a free postcard to a loved one using [TouchNote](#)! Just upload a picture, write a message, and they'll send your postcard to your family or friends anywhere in the UK.

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## Meditative moments



Using medication or mindfulness can really help improve mental well-being. Here's a helpful [starter guide](#) to trying out meditation. This visual guide breaks it down into simple steps, so you can start feeling calmer and more content.

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## COVID 19 next steps: easing of lock down restrictions

We've attached some advice in relation to the easing of restrictions to this email.

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### Face Masks



There are lots of online tutorials on how to make your own cloth facemask, including ones that do not require any sewing, just a square of material and two hairbands or elastic bands.

Do remember that masks do not guarantee protection but aim to reduce the likelihood of you passing on any infections. The Government advice on social distancing should still be observed. We have attached a PDF on how to sew a facemask.