



Temporary Closure

It is with sadness that we feel we now have no option but to temporarily close our sessions as of this week due to the increasing risk of Covid-19 to our families, volunteers and visitors.

We know that this will cause upset for our families who have begun to rely on their weekly visit to Jolly Josh but it is currently the safest option.

We will be inviting our parents/carers to a closed discussion group to enable our families to stay connected during this period.

Please continue to follow Public Health England and NHS England guidance, which is changing and updating regularly.

An outline of the virus can be found here

<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

During such times, it is also essential to look after ourselves, increased anxiety is bound to take hold, more so, for our families with children with complex medical needs. Please find the time to

- Reassure children that they are safe
- Limit children's exposure to the news
- Present information to children in an appropriate manner- there's lots of assistance online
- Talk about their worries/anxiety. A wonderful book to introduce this is 'The Huge Bag of Worries' by Virginia Ironside
Share coping skills
- Provide opportunities for mindfulness, such as meditation, yoga (You Tube- Cosmic Kids), colouring, reading, opportunities for fresh air, relaxation techniques, guided meditation (if you haven't tried these, they're a must! You Tube adult/children's versions), etc.
- Create a routine and structure (imperative if schools do close) We've attached an example, adapt to suit.

We look forward to being able to welcome our families back as soon as it is safe to do so. In the meantime, we will continue to work towards the development of our venue.

Please stay safe, we have hope (as always) and send love and best wishes.

Team Jolly Josh x





COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Credit: Jessica McHale Photography

