**Useful websites:**

**MYPAS**

MYPAS has updated and improved their website for young people, parents and professionals: [www.mypas.co.uk](http://www.mypas.co.uk)

There’s the new “Looking after your wellbeing during lockdown” page that has loads of handy tips and ideas on how to look after yourself at this time. Topics include information on sleep, money worries, and substance use, keeping to a routine, exercise, support, looking out for others, food and being mindful.

**PARENT CLUB**

The Parent Club website is full of resources and ideas to supporting you during the Covid period:

<https://www.parentclub.scot/topics/coronavirus>

**SCOPE**

With schools closing, many parents are homeschooling their children. This may be more challenging if your child has Special Educational Needs (SEN). But there’s online support and a range of educational and fun activities to help you through this difficult time.

<https://www.scope.org.uk/advice-and-support/homeschooling-during-lockdown/>

**SUSTRANS**

Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home. Parents can access resources by registering for our free parent newsletter. Over four weeks, they’ll receive weekly videos, themed activities, games and challenges designed by our experienced school officers.

<https://www.sustrans.org.uk/campaigns/outside-in/>