



Getting Through Coronavirus H&F Youth Council's tips for young people

What is the official advice?

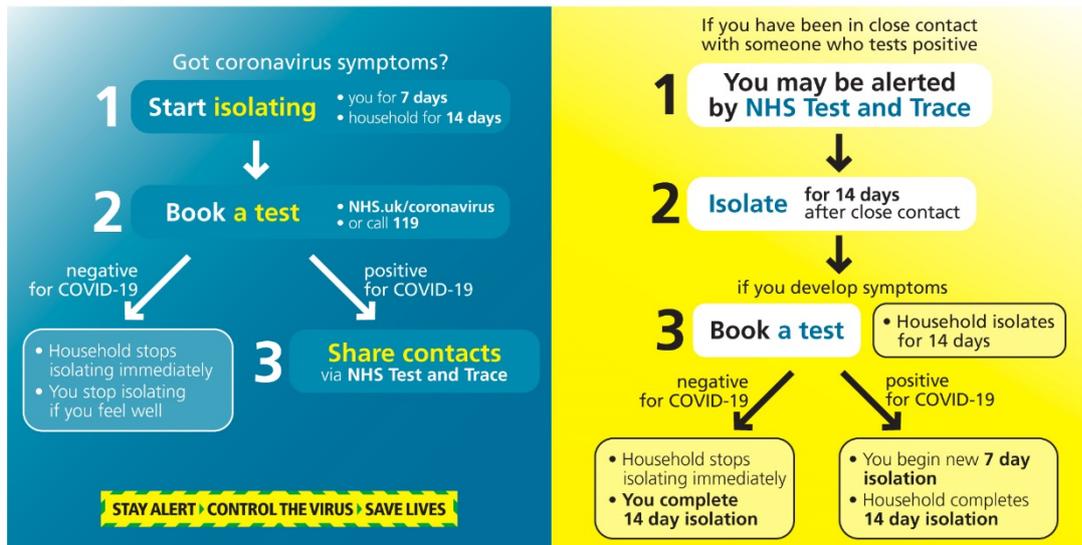
The 2m (6ft) social distancing guidance has changed in **England** to "one metre plus". This means that you should still **stay two metres apart where possible**, but if you can't, stay 1 metre apart while taking precautions, like wearing a mask or washing your hands regularly.

A lot has changed since July 4:

- Almost all businesses, including restaurants, bars, hair salons and cinemas have now reopened, although they must comply with the new social distancing advice.
- You **can now use public transport for any journey** but you must wear a mask, and try to avoid busy times.
- Face masks will be mandatory in shops from 24 July
- You can meet one other household at a time indoors, although you should observe social distancing wherever possible
- Schools are currently planning to open to all pupils as normal in September, with some changes to limit close contact between pupils.

The NHS Track and Trace system is now operational. If you've come into contact with someone who's tested positive for Covid 19, you will be alerted and told to self-isolate. Likewise, if you test positive, you should list everyone you came into close contact with so they can get tested and self-isolate if necessary.

The latest government advice can always be found [here](#).



Things to do during the summer

Now that school's over and the lockdown has been eased,

The council's **Summer in the City** website has a great list of summer events and activities for young people that are all completely free and will be taking place **in person!** Of course, social distancing guidelines will be followed. Activities include basketball, music and songwriting courses, language courses and dozens more. You can find more information [here](#).

The Young Hammersmith & Fulham Foundation's [website](#) also has a list of clubs and activities, both online and in person, for young people. It's updated constantly, so you should check regularly to see if anything new has been added.

The Lyric Theatre are also offering summer classes throughout August on acting and filmmaking. Each course runs for five days but sadly they're not free – each course costs £50 for the whole week. Bursary places are available. You can find more info, dates for each course and book a place on this [website](#).

Where can I find someone to talk to?

If you feel like you need someone to talk to during this crisis please do, don't sit back in silence. There are lots of places online where you can get advice, support and counselling for free.

[Kooth](#) is a free online counselling and emotional wellbeing support service commissioned by the local authorities. It provides young people aged 11-25 years old with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.



Kooth offers the following:

- Confidential, 1-2-1 messaging with Kooth's team of counsellors.
- Kooth Magazine (a hub full of creative pieces and personal experiences for peer to peer support).
- Kooth discussion forums to facilitate peer-led support and self-help articles (many written by service users).
- Counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

[H&F Mind](#) is another organisation that provides more general support in various different areas. Their page on the [Five Ways to Wellbeing](#) – **Connect, Be Active, Take Notice, Keep Learning, Give** – is really useful.

If you're not feeling great or are having a hard time, [this](#) website has lots of advice on ways you can look after yourself at home.

Youth Council- Who we are – and how to get in touch?

We're a group of youth representatives (aged 13-25) who live, go to school in, or are looked after by Hammersmith & Fulham. As the voice of the young people in the borough, we create innovative ways to get their views and present them to decision makers. We also give our opinion on policies, activities and services and are involved in the recruitment of professionals that work with young people.

You can get so much out of becoming a Youth Councillor, something really positive to add to your record of achievement, applications and references, meet new friends and develop lots of new skills.

We'll be recruiting for new members in September, so if you're interested in joining please email Brenda.whinnett@lbhf.gov.uk

This will be the last edition of the Youth Council's Covid 19 tips and advice that we'll be writing. Hopefully you've found these helpful and interesting, and have tried out some of the activities and advice we've suggested.

Ozan and Scarlett have been leading this project, and we'd really like to thank all the other Youth Councillors who have contributed: Raniah, Marley, Sara, Ainhoa, Hasana, Mariam, Maddy, Isabela, Elise, Faye, and Rumaysah.

You can always get in touch with us, or share any thoughts and ideas you have by messaging @youth_council_hf on [Instagram](#)