

Armed Forces Children & Young People

Update 6 – April 2021



Welcome to our monthly update for school/nursery staff which provides information on resources available, useful websites, books and organisations, funding opportunities etc. which could help support the young people in your establishment. Please feel free to circulate to staff/colleagues.

The Armed Forces Covenant Fund Trust

The Armed Forces Covenant Fund Trust have just announced new funding programmes for the 2021/22 financial year.

These programmes are designed to support veterans, Armed Forces families and serving personnel, to recover from some of the wider impacts of the Covid pandemic.



GRANTS OF UP TO
£10,000
FOR LOCAL PROJECTS
TO SUPPORT ARMED
FORCES
COMMUNITIES

Round 2 – if you apply by midday on **2 August 2021**, you'll receive a decision in late October 2021.

Will your project do the following?

Reduce loneliness or isolation in Armed Forces communities, or improve their wellbeing?

Offer a project that people want to take part in, and not duplicate other local work?

Be able to start within a month if you were awarded a grant?

Round 3 – if you apply by midday on **19 November 2021**, you'll receive a decision in late February 2022.

For further info please click on the following link:

We can support projects where

The Covid pandemic had a significant impact on your organisation or the Armed Forces communities that your organisation supports

£10,000 would make a significant difference

You can tell us clearly in your application form about the difference your project will make

Project ideas don't have to be new. We can fund extensions of existing work if this will make a clear difference to Armed Forces communities

We are running three rounds of this programme in 2021/22. Please read our guidance for more information

[New funding programmes opening in April 2021 : The Armed Forces Covenant Trust \(covenantfund.org.uk\)](https://covenantfund.org.uk)

Anxiety Workshop

I recently spoke with Nickie Young, Service Children's Champion for North Yorkshire Council. They work with schools who have Service children on roll providing support for children and their families.

They have created an Anxiety Workshop and would usually deliver it in schools but due to COVID they decided to film them instead. They also wrote a teacher information pack which helps the teacher use the workshop with their class and suggests ways of extending the learning after the workshop.

The aim of the Anxiety Workshops is to help children and young people understand anxiety and develop a tool kit of strategies to help them overcome their anxiety and improve emotional wellbeing.

Nickie is very happy for this resource to be shared with other schools and asks if you do use this resource if you could please provide some feedback.

Anxiety Workshop 1 – Max Can't Sleep (5-7 year olds)

Max is a happy boy – that is until bedtime when he can't sleep. The video tells Max's story and introduces the tools he uses to help him overcome his anxiety. There are lots of opportunities for children to get involved in Max's story, to talk about their anxieties and try the stretches and breathing exercises that help Max.

Available at: https://youtu.be/_9u-fN246t0

Anxiety Workshop 2 – Caveman Bob (7-11 year olds)

This workshop aims to help children understand where anxiety comes from, why it makes us feel the way it does and what we can do to help us feel less anxious. There are lots of opportunities for children to get involved, talk about anxiety and try the stretches and breathing exercises suggested.

Available at: <https://youtu.be/tGTeQSa81rE>

If you would like to receive a copy of the Teacher Information Pack and Feedback Form then please contact me.

RCET

The Voice of Pre-school/Early Years and Primary School pupils leaflets are now available to download

[RCET-Teen-Talks-leafletandposter_A3_Teeny-LS.pdf](#)

[RCET-Teen-Talks-leafletandposter_A3_Primary-LS.pdf](#)

For more RCET resources please click on the following link [Royal Caledonian Education Trust: Scotland's Armed Forces Children's charity – » About us – Publications \(rcet.org.uk\)](#)

Forces Children's Education

To complement our website [Forces Children's Education](#) we have created social media accounts on LinkedIn, Twitter and Facebook and we would love it if you reached out to us, you can find us on any of these platforms simply by searching **Forces Children's Education** or by using the links below.

On LinkedIn, please connect with us:

[Forces Children's Education | LinkedIn](#)

On Twitter, follow us and we will follow you back.

[Forces Children's Education \(@ForcesChildren\) / Twitter](#)

On Facebook, just pop in and like our page.

[Forces Children's Education | Facebook](#)

We would welcome any suggestion on the content and what you would like to see on these pages going forward and would be delighted if you shared the details with your contacts.



If you would like further information on any of the above then please contact:-

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