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## **FEBRUARY NEWSLETTER**

### **Welcome to the LDSA monthly newsletter**

Firstly, we hope that you are all safe and well.

Sadly we are still in the grip of a global pandemic, which means planning for in-person events for 2021 is extremely difficult but we will continue to review this as time goes by.

We will be holding virtual events, and we will keep you fully updated on these events as we go forward.

As we are in yet another lockdown, predicting when we will be allowed

back into stadiums is impossible. We appreciate the difficulties that this causes to many of our members, especially with mental health.

The majority of our junior members are homeschooling at the moment, which brings added pressure to bear upon families that are already struggling with stress due to the economic pressures caused by covid restrictions.

February 1st, 2021 is Children's Mental Health Week, and we want to give you some information and links to resources that may be of valuable assistance to you as we go through these difficult days.

We also want to provide additional links to mental health resources that our members may benefit from.

Please stay safe, take care, and most importantly, look after each other.

YNWA

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## **CHILDREN'S MENTAL HEALTH WEEK**

**Here is some information on what is going on and also some resources and activities that will be of great assistance to families which you can access by pressing the link below.**

## CHILDRENS MENTAL HEALTH WEEK RESOURCES

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The BBC has put together some great stuff on their platforms to help parents and children who are homeschooling. Here is a link to the resources and activities available.

I am sure that this will be an invaluable resource to many of you.

[BBC Bitesize](#)

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Recognizing the signs that a child may be struggling with their mental health can be really hard. We've got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings, or self-harm.

[NSPCC CHILDREN'S MENTAL](#)

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## Harry's Story

It is fair to say that just like many of our children 2020 was a difficult year for them mentally.

Harry was in this category but thankfully, his 'mum Claire' sort support from the LFC Foundation.

However, with fantastic support from his family and our friends at the LFC Foundation, Harry came through it. He even participated in a photo project organized by Alder Hey and the NSPCC. To reward Harry for his strength and determination, we presented him with an LFC shirt signed by Trent Alexander Arnold, and we believe that this is why Trent scored on Thursday evening!

Help is out there; please follow the example of young Harry and reach out if you feel that your child needs it. It's free but it can make a huge difference to a child's well-being.

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### SUPPORT FROM THE LFC FOUNDATION

Please click on the link below for information on the LFC Foundation's Mental Health strategy.

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**LFC FOUNDATION MENTAL HEALTH SUPPORT**

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**ADULT MENTAL HEALTH**

**Adult Mental Health support.**

**It's ok not to be ok. Please don't suffer in silence. If you feel that you need a little bit of support, please contact one of the organizations below.**

**EVERY MIND MATTERS**

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**SPIRIT OF SHANKLY, LFC FOUNDATION & RED NEIGHBOURS MENTAL HEALTH**

**MORE INFORMATION ON THE PARTNERSHIP HERE**

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## LDSA & LFC SURVEY

### LDSA AND LFC

We do not have a clear understanding of how our LDSA membership translates into LFC membership via season tickets and official memberships.

There are a great many benefits that our LDSA members can gain from us having this information.

Thank you if you have already taken the survey, but can I please ask those who haven't yet taken the survey to complete it as soon as possible.

It will only take a few seconds, and the information will be invaluable to us going forward in our negotiations.

[LDSA & LFC SURVEY](#)

### ORGANISATIONS OFFERING SUPPORT, ASSISTANCE & INFORMATION

[LEARN MORE ABOUT MENTAL HEALTH HERE](#)

**LFC FOUNDATION MENTAL HEALTH**

**EVERY MIND MATTERS**

**MIND**

**CARERS UK**

**NATIONAL DEBTLINE**

**GOV.UK CORONAVIRUS INFORMATIN**

**MONEY SAVING EXPERT**

**TURN2US**

**THE SAMARITANS**

**REMEMBER! IT'S OK NOT TO BE OK.**

**IF YOU NEED HELP OR YOU JUST NEED**

**SOMEONE TO TALK TO PLEASE REACH OUT.**

**LET'S MAKE SURE THAT NO ONE WALKS ALONE**

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**LDSA WEBSITE AND SOCIAL MEDIA**

**LDSA Official website**

**Twitter**

**Facebook**

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**WE ARE LIVERPOOL AND THIS MEANS MORE**



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