



# Newsletter



**NSPCC**

The Internet is an amazing place. Kids can play, create, learn and connect – the possibilities are endless. But there are also risks. That’s why we’re here to help you, as parents, make it easy for your kids to confidently explore this world safely.

[Online safety partnership](#)



**THINK  
UP  
KNOW**

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. A range of resources from 4-14+ including parent/carer information.

Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

[thinkuknow](http://thinkuknow)



**Young  
Wrexham**

**Your place to find information,  
news and advice in wrexham**

Young Wrexham is an interactive website for all young people aged 11 – 25 who live, work or study in the Wrexham area. This website has been designed to give you better information about activities, services and opportunities that are available for you in Wrexham, and also to give you information and advice on issues that young people face on a daily basis. The site also has news stories, videos and blogs made by young people in the area and is designed to encourage young people to get directly involved with the website.

[Young Wrexham](#)



**Hwb**  
Digital Learning for Wales

The Young Person’s Mental Health Toolkit directs young people, aged 11 to 25, to a variety of online resources which can help them through the lockdown and beyond. In each of the six sections there are websites, apps, helplines, and more which support mental health and wellbeing. This has been based on the resources that Welsh local authorities and Welsh health boards already recommend for use.

In this playlist you will find resources that provide tips, advice and guidance on the coronavirus and how you can support your mental

health. If you have questions about the virus, the lockdown, or how you can stay healthy, this is the place to be.

[English](#)  
[Cymraeg](#)



Don't forget there is lots of information available for free on Hwb

[Online Safety at Home](#)



Rise Above is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice.

[Rise Above](#)



**Need information?**

**Want advice?**

**Wish you had support?**

**Contact Meic**

Meic is the helpline service for children and young people up to the age of 25 in Wales.

From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change.

Contact us in Welsh or English – it's up to you! We are open 8am to midnight, 7 days a week. You can contact us by phone, SMS text and instant messaging. Meic is confidential, anonymous, free, and just for you.

[meic](#)

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## And finally.....

With the spell of hot weather across the UK, some of us may be finding it difficult to sleep at night. So while you're lying awake in bed, here are a few sleep facts

for you to ponder while waiting to fall into a slumber.....

# 22 INTERESTING FACTS About Sleep



1. 12% of people dream entirely in black and white



2. Two thirds of a cat's life is spent asleep



3. A giraffe only needs 1.9 hours of sleep a day, whereas a brown bat needs 19.9 hours a day



4. Humans spend 1/3 of their life sleeping



5. The record for the longest period without sleep is 11 days



6. It's not uncommon for deaf people to use sign language in their sleep



7. Dysania is the state of finding it hard to get out of bed in the morning



8. Parasomnia is a term that refers to unnatural movements during your sleep



9. The sensation of falling when half asleep and jerking yourself awake is called 'hypnic jerks'



10. It's thought that up to 15% of the population are sleepwalkers



11. 1 in 4 married couples sleep in separate beds



12. Sleep deprivation will kill you more quickly than food deprivation



13. Those born blind experience dreams involving things such as emotion, sound and smell rather than sight



14. Within 5 minutes of waking up, 50% of your dream is forgotten



15. Pain tolerance is reduced by sleep deprivation



16. 41% of the British population sleep in the foetal position



17. Sleep experts have discovered a direct link between people's favourite sleeping positions and their personalities



18. Ideally, falling asleep at night should take you 10-15 minutes



19. Humans are the only mammals that willingly delay sleep



20. Sleeping on your front can aid digestion

