

Information for children with SEND during Covid-19 lockdown

We understand that times are hard for everyone right now but especially for those having to stay home with a SEND child while services are closed. Hackney Ark Resource Centre and Hackney Local Offer co-ordinator have put together this newsletter to share information from local services to help you get through this time. We hope its helpful and stay safe, Sarah and Ella

Supporting evidence letter for children with Autism

We understand that the limits on going out and how we must behave when we are out, may be especially difficult for autistic young people and their families. These are important restrictions that are in place to help make us all safer. They will not last forever and they are not intended to make life really difficult for people who are autistic, those who have learning difficulties or other medical conditions. Government guidance states:

“You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - including if that involves travel beyond your local area - then you can do so. This could, for example, include where individuals with learning disabilities or autism require specific exercise in an open space two or three times each day - ideally in line with a care plan agreed with a medical professional.

Even in such cases, in order to reduce the spread of infection and protect those exercising, travel outside of the home should be limited, as close to your local area as possible, and you should remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.”

To find out how to request a letter please visit:

<https://www.hackneylocaloffer.co.uk/kb5/hackney/localoffer/advice.page?id=EzGp60ZySlA>

Education

There is a lot of government guidance being produced for parents and this is issued on an ongoing basis. The latest guidance for parents on education covers much of the previous guidance and is a useful reference. It includes information about online lessons available daily for those with digital access, information about how to get access to digital equipment if you do not have it and advice about what to expect from settings and explainers about previous guidance. There are also links to trusted learning resources recommended by special school headteachers and others working in the SEND sectors. “What parents and carers need to know about schools and other education settings during the coronavirus outbreak” is available on the Gov.uk website.

DfE coronavirus helpline: 0800 046 8687

E-mail. DfE.CoronavirusHelpline@education.gov.uk

- https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers?utm_source=1910d343-1533-404f-a176-c51428eff6b6&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate
- <https://www.gov.uk/government/publications/coronavirus-covid-19-send-risk-assessment-guidance>
- [**DfE Guidance - Help children with SEND continue their education during coronavirus \(COVID-19\)**](#)

Starline

Starline, a new national helpline for parents offers a free telephone helpline open six days a week. Home learning advice is provided directly from qualified teachers and parenting and education experts.

Phone: 0330 313 9162

Web: www.starline.org.uk

Council for Disabled Children

The Council for Disabled children have been working with the government and national partners to ensure that the concerns and views of parents of disabled children and those with additional educational needs are considered through arrangements made in response to the pandemic. If you have a question about SEND that you cannot get an answer to you can contact them and it may be included in their fortnightly frequently asked questions responses that are published on their website.

<https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>

Occupational Therapy virtual resources

Phone or video screening calls are offered for all patients who would normally be accepted for new referrals. Interventions are being offered via video call where possible and appropriate and to provide support for the wider community we have recorded our Sensory Workshop for families and can offer this as an 'Electronic Version'.

Home safety assessments for children who meet this criteria are still on offer via video or phone calls.

Physiotherapy drop-in consultation slots will replace the drop in session for the time being. These begin again on 11th May via phone or video. Service contact number Monday – Friday Sharon (administrator) : 02070147025

Physiotherapy Drop In Clinic 2020

Do you have any concerns or questions about your child's development?

- Drop In is for children and young people aged 0-18yrs
- Short 15 min telephone and video consultation slots will be offered on a first come first serve basis to those who call to book in
- Children and young people will be screened by a physiotherapist where advice will be given. Onward referrals will be made where necessary.

When?

Mondays 13.00– 16.00

11 May

8 June

13 July

10 August

14 September

12 October

09 November

14 December

How it will work?

Call **0207 014 7025** to schedule in a 15 min slot. You will be asked about what your concerns are, to provide an email address (if you have one) and telephone number

You will receive a call by the Physiotherapist at your allocated time slot

Where indicated you may be asked to be available for a video appointment:

A link to access the video call will be sent to you via email, you will need to access this link 5-10 mins prior your allocated slot and to go through instructions

A physiotherapist will join you at your allocated time

For some advice or tips on your child's development, come and speak to a physio-



This is the service we are currently able to provide, until face to face appointments can be resumed.

Online Parent Workshop—led by occupational therapy at Hackney Ark

This online service is an interim plan during COVID-19 and face to face workshops will resume when government restrictions are lifted.

Sensory Processing and Regulation

- Helping your child play and learn-

Your child does not need a referral to OT for you to access this online workshop but you must contact us to book your place in advance.

Call or email

Natalie Bull—natalie.bull@nhs.net or

Sharon O'Reilly—Sharon.o'reilly@nhs.net

Telephone No. 020 7014 7025

Workshop Dates/Times:

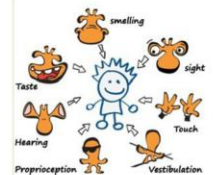
Wednesday 1st April 2020—full

Wednesday 22nd April 2020—full

Wednesday 6th May 2020

Wednesday 3rd June 2020

Wednesday 1st July 2020



Educational Psychologists

Educational Psychology Service are running their parent advice session by phone on Wednesdays from 2-4pm. It's best to book a slot in advance as with the system for face to face advice.

Contact: 020 8820 5719 on Wednesdays
between 2pm – 4.30pm

CAMHS

CAMHS have put together the following documents to update and help families and young people know how to manage their well-being and mental health, with support if needed, during the current government enforced lockdown.

[COVID-19 resources for parents-carers CAMHS](#) (information, resources and links)

Short leaflet that helpfully identify sources of support for a those experiencing different levels of difficulty and includes current contact numbers for a range of eventualities.

[City Hackney CAMHS COVID Getting Help](#)

Short breaks

The Short Breaks team are still available for queries Monday - Friday 9am - 5pm.

Short Breaks offer - COVID 19 temporary changes and increased flexibility extended - Due to the impact of COVID 19, a number of children and young people are not able to access their usual Short Breaks, either because the carer is unavailable, the Short Breaks provider has had to close/cancel their activities or because you are unable to spend your Individual Budget on your prepaid card. Due to these current exceptional circumstances Short Breaks are offering families some alternative support to the standard Short Break offer and will be allowing families the opportunity to purchase equipment and toys such as outdoor play equipment, books, arts and craft materials, etc. There are restrictions to this offer so please contact the service if you haven't already received information from them.

Phone 020 8356 6796

e-mail: Short.Breaks@hackney.gov.uk

Web: www.shortbreakshackney.com

SENDIAGS

SENDIAGS, the impartial SEND information, advice and support service, are still working remotely and available for advice by phone. Please contact the service coordinator who will arrange for a team member to call you back.

Phone: 07500 066 513

e-mail: sendiags@learningtrust.co.uk

Prospects Careers Service (part of Shaw Trust)

Prospects have also produced a useful summary of the exam result arrangements for this year:

[https://search3.openobjects.com/mediamanager/hackney/fsd/files/gcse and a level exams during pandemic - latest results guidance prospects summary april 2020.pdf](https://search3.openobjects.com/mediamanager/hackney/fsd/files/gcse_and_a_level_exams_during_pandemic_-_latest_results_guidance_prospects_summary_april_2020.pdf)

All settings are working with the government to try to limit any disadvantage to young people that have worked so hard for this important time in their lives.

Prospects Careers Service are still operational by phone and can advise parents and carers and young people themselves about education, training and employment options for next year. The service has a specialist SEND advisor:

Phone: 020 8356 2664 (Prospects office)

Phone: 07769 648 664 (SEND advisor Bryan Taylor)

Inclusion and Specialist Support Team

Inclusion and Specialist Support Team, Area SENCos, Portage and specialist visual and hearing impairment teams are continuing to work with families know to their services and are happy to provide advice and appropriately signpost to individuals within the teams if appropriate. Resource packs are available on request. Social Stories are available on Hackney's Local Offer website or by request that explain the situation and help children understand the impact of it and the need for different behaviour at this time.

Contact: Quita - Team Lead Inclusion and Specialist Support 020 8820 7233 (work)

The Early Support Team

The Early Support Team have compiled an activities pack of resources to suit varying levels of need. The team can send the pack to settings and families via email (or hard copies can be sent by mail if more convenient for some families).

These resources range from simple games and activities to play with and without toys, a massage story, online activities for children with autism and much more.

If you would like a copy of the resource pack please e-mail a member of the Early Support Team. Contact details below:

Sasha Lysons Sasha.Lysons@learningtrust.co.uk

Ruth Zialor Ruth.Zialor@learningtrust.co.uk

Livia Slemender Livia.Slemender@learningtrust.co.uk

Dianne Sandler dianne.sandler@learningtrust.co.uk

Joanna Matheson Joanna.Matheson@learningtrust.co.uk

Mamtut Cham Mamtut.Cham@learningtrust.co.uk

Our Area SENCo lead Dianne Sandler also has a Pinterest page with lots of lovely ideas. Access Dianne's Pinterest page via this link:

<https://www.pinterest.co.uk/diannesandler/>

Local mutual aid groups

There are lots of groups popping up around Hackney of volunteers offering practical and emotional support during this time



COVID-19 MUTUAL AID UK

Hackney Central locals organising
support in our local community



Self-Isolating? You are not alone.

We are a group of local Hackney Central residents who have organised to support our neighbourhood during the corona virus outbreak. We are here to chat on the phone if you feel lonely, or pick up medical prescriptions for you, or even do some essential food shopping if you cannot leave the house.

If you are alone and need help call or text

0333 050 3324

Between 10:30am and 5pm

Or you can email covidaid.hackneycentral.amhurst@gmail.com

PLEASE NOTE

We are a volunteer group and might not be able to help everyone
We will never ask for money or bank details from you

No one from our group will enter your home.
Any deliveries will be left outside your door.

We are not able to offer medical advice or assistance.
Please call NHS 111 if this is what you require.

Find us on Facebook: Hackney Covid-19 Mutual Aid

A HELPING HAND IN HAGGERSTON

Are you unable (or worried) to leave your home because of Covid 19 / Corona virus? Do you need someone to run errands for you: do your shopping, cook food, pick up a prescription, ...?

WE CAN HELP!

We are a group of local residents who are getting together to help out in the community during this time of crisis.

We don't want anything in return.

Call, whatsapp or text us on **07563 245 011** or email haggerstonmutualaid@mail.com to discuss what you need and what we can do to help.

DO YOU WANT TO HELP?

If you are willing and able to help out, get in touch through the provided number, or join our Whatsapp or organising group by typing this URL in your phone browser <https://bit.ly/3cYd3wF> or scanning the QR code below:



We washed our hands before posting and delivering this, and you should too!

IF YOU'RE SELF-ISOLATING YOU'RE NOT ALONE

Are you unable (or worried) to leave your home because of Covid 19/ Coronavirus?

Do you need someone to run errands, do your shopping, pick up a prescription, walk your dog, have a phone chat with to break up your day?

We are a group of Homerton residents who are getting together to help out in the community during this time of crisis. We don't want anything in return, we won't ask you for money and we won't enter your home.

Call your local volunteers Roisin, Emma & Christie on:

0800 009 6935

Or text us on:

07494 770 350

Or email us at: homertonhelpers@outlook.com

**DON'T WORRY, WE WASHED OUR HANDS
BEFORE DELIVERING THESE!**

Covid-19 Mutual Aid

Are you unable to or concerned about leaving your home because of Covid-19/Coronavirus? Do you need someone to run errands - do your shopping, cook food or pick up a prescription etc.? We can help!

We are a group of residents in Lea Bridge Ward who are coming together to support the most vulnerable with errands, information distribution and emotional comfort.

Covid-19 Mutual Aid Local Groups are setting up independently all over the country - and the world! - to support people in their local area through the outbreak.

Groups are all autonomous and organising a broad range of activities, but most of them include: setting up WhatsApp groups for local volunteers to join; creating leaflets and flyering (while avoiding door-knocking and face to face interactions); providing a number for local people to call if they need support; running errands and shopping for people; providing a friendly ear and some emotional support to folks who are self-isolating or finding the pandemic overwhelming.

The groups are run entirely by volunteers and not medical professionals. We cannot give out medical advice or assistance. We don't want anything in return and we don't ask for money



No one from your local support groups will enter your home. Do not give any money, bank cards or any items of value to people you don't know.

Please text, ring or WhatsApp

07311092722

to talk about what

we can do to support you, or if you would

like to join us. You can also check

the Facebook group for updates and email

leabridge.c19mutualaid@gmail.com

**On the back of this leaflet is some basic advice to keep safe.
(Don't worry, we washed our hands before delivering these!)**

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Hackney Learning Trust

A resource bank is available on Hackney Learning Trust's website with a focus on well-being and learning activities. New resources are added regularly and schools and settings are contacted to make them aware of updates so that they can share them with the parents of children in their settings. Teams at Hackney Learning Trust continue to provide support and advice for settings and are in regular touch with headteachers and SENCOs as the situation develops.

www.learningtrust.co.uk/content/mental-health-and-wellbeing-resources

Disabled Children's Service

Disabled Children's Service social workers are carrying out welfare checks with families and liaising with other services such as schools who may be offering you support. Should you require support around the use of Direct Payments or in relation to queries or concerns about the support being provided by care agencies, please contact your social worker by phone or email.

If this is not possible contact the team on 020 8356 6789

Coping during covid-19 research

The COVID-19 pandemic is an unprecedented global situation which has changed our daily way of life. Research continues to take place on the impacts of Lockdown on mental health. If you would like to share your family's experiences you can complete the surveys below from Autisica

https://www.lawsonlab.co.uk/covid-19?dm_i=4U0R,C1R0,PHHW4,1CKH1,1

Or Emerging Minds Network

<https://cospaceoxford.com/survey>

Speech and Language

The Speech and Language team are here to support you during the current situation but many of their usual activities have had to be put on hold.

- **Talking Walk-in** drop-in assessment clinics **are not running**.
- **New referrals** are being accepted but families will be contacted by telephone in the first instance and only seen face to face if absolutely necessary
- **Advice and Support** will be given by phone and online. There are many resources available on this website which may be useful.
- Support with **explaining Coronavirus** to children and young people can be found on their [News](#) page.
- Please contact huh-tr.sltinfo@nhs.net with any queries

Sunflower Lanyard scheme

The Sunflower Lanyard acts as a discreet sign that the wearer (or somebody who is with them) has a hidden disability and requires additional assistance. There is no qualifying list to being able to access a lanyard as no one is excluded including people who have yet to be diagnosed and whose daily life is made more challenging by their hidden disability.

You can order you lanyard [here](#)

Local offer

Hackney's SEND Local Offer website has a page listing resources that may be useful during the Coronavirus outbreak with a focus on those with SEND.

It has information, links and resources for children and young people of all ages and abilities. The page also links to the latest information from teams at Hackney Ark and SEND related teams at Hackney Learning Trust. The page is regularly updated and new information or resources

www.hackneylocaloffer.co.uk/team-updates

www.hackneylocaloffer.co.uk/coronavirus-send-resources