

Coronavirus (COVID-19): support and resources to help children, young people, carers and their families

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North Tyneside Council

We recognise that children and young people with Special Educational Needs and Disability (SEND) and their parents/ carers are facing numerous challenges as a result of Coronavirus (Covid-19). This document is intended to explain what support is available on a local level to children, young people, carers and families and to offer resources to support children, young people and their families during this time.

1. Local Information and Support

1.1. For general information and support regarding special educational needs or disability please look on the **local offer** for SEND

<https://my.northtyneside.gov.uk/category/1243/local-offer-special-educational-needs-and-disabilities-send>

1.2 There are other services on the **Council website** which can be found here

<https://my.northtyneside.gov.uk>

1.3 In particular there is information about the Covid-19 **Support Hub**, for those in need of immediate help and support and who can't call on family, friends or neighbours.

It is available to anyone in urgent need of non-clinical help in the borough, but priority will be given to those identified by the NHS as critically vulnerable due to health conditions.

Support will be tailored for individual needs, including help with essential food and medicine deliveries.

The opening hours for the **COVID-19 support hub** are Monday to Friday, 8am to 5pm, and is available via TEL: 0345 2000 101 or by emailing contact.us@northtyneside.gov.uk.

1.4 The **council's emergency contact** numbers remain available as normal. You can find details of these [here](#).

1.5 North Tyneside-based charity **VODA** is coordinating volunteers in North Tyneside, please visit www.voda.org.uk for more information.

1.6 Parents of children from 0 - 19 years-old can get advice and guidance from [our 0 - 19 Public Health Service](#)

1.7 Special School Nursing Service

How can we help?

The service starts when children accept a place at a North Tyneside Special School. It includes nurses, a nursery nurse and a nursing assistant experienced in caring for children with complex health and/or learning difficulties.

The team covers Woodlawn nursery, school and sixth form, Beacon Hill nursery school and sixth form, Southlands School, Silverdale School, Benton Dene School and The Melrose Centre.

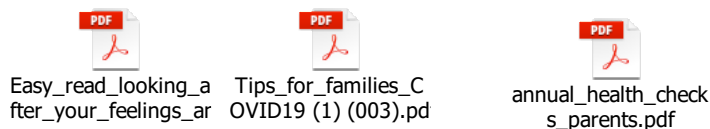
The Special School Nursing Service provides bespoke support and advice in and out of school with issues such as.

- Complex health
- Continence
- Emotional health and wellbeing
- Behaviour support
- Growing up and relationships
- Keeping healthy and weight management
- Bespoke health education programmes e.g. oral health, sexual health, nutrition
- Transition and helping young people with a learning disability 14+ to access their annual GP health check appointment.

Please note that due to Coronavirus (Covid 19) many children are not attending school at this time. The service can provide outreach to help you with any concerns or advice. Bespoke resources can be developed for your child or young person. We liaise directly with many health professionals to get you the appropriate help and support you need.

The service is available during school term time and is based at Beacon Hill School and Woodlawn School. You can contact us Monday to Friday 8.30-3.30pm on 0191 6433010. Or you can contact the Team Lead Elaine Davies on 07795413396

Helpful resources



1.8 If you require any additional support and have an allocated **social worker** or **early help** practitioner, please contact them directly or ask to speak to the duty worker.

1.9 If you want to discuss progress regarding the Education, Health and Care Needs assessment or review process please contact the allocated **SEND Officer**, or the duty officer on 0191 6438684.

1.10 If you require support or advice regarding your **child's education** please speak to the teaching staff at your child's school.

1.11 In addition the **Educational Psychology Service** is offering an advice line during the pandemic. This can be reached on 0191 6438739.

1.12 Information about **school catering** can be found here.

<https://my.northtyneside.gov.uk/node/26520>

1.13 Information about **school transport**, can be found here

<https://my.northtyneside.gov.uk/page/26134/coronavirus-covid-19>

1.14 Information about North Tyneside **SENDIASS** (Special Educational Needs Information Advice and Support Service) can be found here

https://my.northtyneside.gov.uk/sites/default/files/web-page-related-files/SENDIASS%20Leaflet%202019_1.pdf

1.15 Information about **NTPCF** (North Tyneside Parent Carer Forum) can be found here

<http://www.ntpcf.co.uk/>

2.Resources to support you and your child during the Coronavirus outbreak

2.1 Looking after each other and ourselves

Thrive-Online Parent Toolkit

<https://www.facebook.com/groups/145621073473221/>

Thrive website for parents and carers

<https://www.thriveapproach.com/>

Advice and resources about **coping**

<https://www.berkshirehealthcare.nhs.uk/media/33429356/coping-family-life-during-the-lockdown.pdf>

Advice for **keyworker parents**

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Advice%20for%20keyworker%20parents%20-%20helping%20your%20child%20adapt.pdf>

Preparing your child to **return to school**- Top tips from Royal College of Occupational Therapists

<https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/Top%20tips%20for%20preparing%20your%20child%20for%20returning%20to%20school%20-1%20%282%29.pdf>

Support for Families and Parents on the NTEYSIS website that can be found here

<https://nteysis.org.uk/resources-to-support-staff/>

Wellbeing pages on the council website can be found here:

<https://my.northtyneside.gov.uk/category/1430/health-and-wellbeing-during-covid-19>

Kooth is an **online counselling and emotional well-being** platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. On kooth, you can chat to friendly counsellors via the web, read articles from

young people that you will be able to relate to, get support from the online kooth community via telephone, email and online. You can also write in a daily journal.

<https://www.kooth.com/video>

<https://www.kooth.com/>

Coronavirus: **Mental Health and wellbeing** resources 17/04/20 Includes links to guidance on supporting vulnerable groups, parents and staff wellbeing and a link to bereavement training

<https://www.mentallyhealthyschools.org.uk/media/2008/coronavirus-mental-health-and-wellbeing-toolkit-3.pdf>

Coronavirus: resources for **managing anxiety and improving wellbeing** 30/04/20

<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>

Looking after each other and ourselves – A guide to supporting the **mental health and wellbeing** of staff at schools and colleges during periods of disruption (aimed at staff but contain helpful advice for everyone)

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

The following two links contain short free courses which suggest ways to support your mental health

[COVID19 – Staying Mentally Well](#) – walks you through simple steps you can take to try to look after your emotional wellbeing and mental health (aimed at staff but contain helpful advice for everyone)

[Simple Self-Soothe Strategies](#) – introduces you to five simple strategies for relaxation and self-soothing which can be used by adults or children

This MHFA guidance includes a video (with a version in BSL) and helpful advice for those **working from home** which could also be helpful for a young person [Supporting your mental health while working from home](#)

Bereavement support for Families

www.holdingheartsNE.co.uk/covid-19-bereavement-support

Anna Freud Centre Resources

<https://www.annafreud.org/coronavirus-support/coronavirus/>

Learning Disability: There is second update on the learning disability matters for families' website with a range of resources to support **family resilience and health and wellbeing** of children and young people with a **learning disability**. You can access it here: <https://learningdisabilitymatters.co.uk/covid-19/>

Young Carers -The Children's Society have developed some resources, advice and information for young carers during Covid-19 – please feel free to use and share with your networks. You can find them [here](#).

Carers- There are also resources available here

<https://www.positiveapproachestosupport.co.uk/covid-19-support-for-carers>

Challenging Behaviour: This edition of the newsletter along with back copies are available on the website: <https://www.challengingbehaviour.org.uk/information/cbf-newsletters.html>

Additional resources



Advice for keyworker parents - helping you



Coping-family-life-during-the-lockdown.pdf



Advice for Parents and Carers.pdf



Wellbeing and Mental Health.pdf



Activities for Parents and Carers.pdf



Theraplay activities.pdf

2.2. Understanding and explaining about Coronavirus

Coronavirus, a **book for children** by E Jenner, K Wilson & N Roberts, illustrated by A Scheffler

<https://onedrive.live.com/view.aspx?resid=6A1ED29C5CD8E289!112&ithint=file%2cjpeg&authkey=!AJp5M5U4sQRiy54>

My Coronavirus Story

<https://cdn.flipsnack.com/widget/v2/flipsnackwidget.html?hash=fxt9ypmcb&t=1584407416&fullscreen=1Riy54?e=Xx1WGk>

Supporting Children with **Learning Disability/ASD** Coping with Covid- 19 Isolation
<https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/Supporting%20Children%20with%20LD%20%26%20ASD%20with%20COVID%20Isolation.pdf>

Easy read -staying alert and safe

https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/staying-alert-and-safe-easy-read_v1b.pdf

Social distancing

<https://drive.google.com/file/d/1Bo9nfPC8ly6ASe-gk58vKPocTpy5kt7S/view?usp=sharing>

Hand washing and social distancing

<https://drive.google.com/file/d/1OtyWNe4BuUtymUJASbD2EmkpzIMamtQ7/view>

Wearing PPE

https://drive.google.com/file/d/1e9_EZ8Vk0siznETgboqc1OvIM67vCjMx/view

Explaining Coronavirus

<https://www.youtube.com/watch?v=9OS8vbjr2-Q&feature=youtu.be>

