

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

## Contents

### 1. Local Information and Support

- 1.1 SEND Local Offer
- 1.2 Council website
- 1.3 Covid-19 Hub
- 1.4 Emergency contact numbers
- 1.5 VODA-volunteers
- 1.6 0-19 Public Health Service
- 1.7 Children's social care
- 1.8 SEND Support Service
- 1.9 Education
- 1.10 Educational Psychology helpline
- 1.11 School meals
- 1.12 School transport
- 1.13 North Tyneside SENDIASS
- 1.14 North Tyneside Parent Carer Forum

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

- 2.1 Thrive-Online Parent Toolkit
- 2.2 Thrive website for parents and carers
- 2.3 Advice and resources about coping
- 2.4 Advice for keyworker parents
- 2.5 Preparing your child to return to school
- 2.6 Support for Families and Parents
- 2.7 Wellbeing
- 2.8 Coronavirus: Mental Health and wellbeing resources
- 2.9 Coronavirus: resources for managing anxiety and improving wellbeing
- 2.10 Coronavirus, a book for children
- 2.11 My Coronavirus Story
- 2.12 Supporting Children with Learning Disability/ASD Coping with Covid- 19 Isolation
- 2.13 Easy read -staying alert and safe

### 3. Stories/social stories-Makaton

- 3.1 Social distancing
- 3.2 Hand washing and social distancing
- 3.3 Wearing PPE
- 3.4 Explaining Coronavirus

### 4. Additional resources

- 4.1 Advice for keyworker parents
- 4.2 Coping with family life during the lockdown
- 4.3 Advice for parents and carers
- 4.4 Wellbeing and mental health
- 4.5 Activities for parents and carers
- 4.6 Theraplay activities

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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](mailto: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](http://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 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.

1.8 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.

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

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

1.11 Information about school catering can be found here.

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

1.12 Information about school transport, can be found here

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

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

1.14 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 Thrive-Online Parent Toolkit

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

2.2 Thrive website for parents and carers

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

2.3 Advice and resources about coping

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

2.4 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>

2.5 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>

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

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

2.7 Wellbeing pages on the council website can be found here:

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

2.8 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>

2.9 Coronavirus: resources for managing anxiety and improving wellbeing 30/04/20  
<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>

2.10 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%2cpp tx&authkey=!AJp5M5U4sQRiy54>

2.11 My Coronavirus Story

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

2.12 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>

2.13 Easy read -staying alert and safe

[https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/staying-alert-and-safe-easy-read\\_v1b.pdf](https://councilfordisabledchildren.org.uk/sites/default/files/field/attachemnt/staying-alert-and-safe-easy-read_v1b.pdf)

### **3. Stories/social stories-Makaton**

3.1 Social distancing

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

3.2 Hand washing and social distancing

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

3.3 Wearing PPE


[https://drive.google.com/file/d/1e9\\_EZ8Vk0sizrETgboqc1OvIM67vCjMx/view](https://drive.google.com/file/d/1e9_EZ8Vk0sizrETgboqc1OvIM67vCjMx/view)


3.4 Explaining Coronavirus

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

## 4. Additional resources

  
Advice for keyworker  
parents - helping you  
4.1

  
Coping-family-life-du  
ring-the-lockdown.pdf  
4.2

  
Advice for Parents  
and Carers.pdf  
4.3

  
Wellbeing and  
Mental Health.pdf  
4.4

  
Activities for Parents  
and Carers.pdf  
4.5

  
Theraplay  
activities.pdf  
4.6