 **Short Breaks Support CORONAVIRUS**

**Update 2 – Resources and Information**

**8th April 2020**

*A lot of information and resources have been shared across GM networks in recent weeks in relation to the CORONAVIRUS - how we can look after ourselves and each other and also ideas for things children and young people can do during this lockdown. We have gathered these together on the following pages alongside recent Government communication and guidance.*

*We have also received the details of a study the University of College London has recently launched into the psychological and social effects of Covid-19 in the UK which we have included in the list.*

*We hope you find this useful.*

*The impact of virus locally and nationally does mean that things can change quite quickly we aim to regularly update information as circumstances and government advice and guidance changes.*

Visit the web page [The Bury Directory](https://www.theburydirectory.co.uk/kb5/bury/directory/home.page) For updated Information and Advice on local services

**Central Contact Number for Children with Disabilities**

**0161 253 6070**

| **Theme** | **Description** | **Document/Link** |
| --- | --- | --- |
| 1. Government communication / information | Minister Ford's open letter to the SEND sector Please find attached an open letter to children and young people with SEND, their parents, families and others who support them from Vicky Ford, Parliamentary Under Secretary of State for Children and Families. The letter signposts key Covid-19 guidance published over the past week. |  |
| 1. Government communication / information | The guidance for parents and carers on supporting children and young people's mental health and well being has been updated and can be found at: | <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing> |
| 1. Government communication / information | Main Link to Schools Guidance: Guidance and advice about coronavirus (COVID-19) in educational settings for staff, parents and carers, pupils and students. | <https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings> |
| 2. Health & Wellbeing | Wellbeing Calendar from Action for Happiness 30 actions to help us cope and look after ourselves and each other |  |
| 2. Health & Wellbeing | The impact and implications for our young people are described in this comment piece for the Guardian by Donna Ferguson: | [A survival guide for parents during family isolation](https://www.catalystpsychology.co.uk/r?u=FECXgvVBAH18GBWRCy8D9ZAsCCkUpLHchUVnSvA50q5Dvx2IT-G9Btg4Vd-4D_ztvl8DufDW_wkOcFl8q0YBzUsRjQWIInCfNikyLImhwpSVHMJ5qvk8lJ6hW4QMu3M2Vcf5DDfuFRttNwW94CE7prNxvXgj39aDTj8wr0aaBBc&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=3) |
| 2. Health & Wellbeing | From The Counselling Teacher: visual tool to help us focus on things we can control during this crisis and maintain our wellbeing | [I can control/I cannot control visual](https://www.catalystpsychology.co.uk/r?u=x7qo17qR1Kb0lLg85yQYfAbXTC6Z7wxyptuSZemzKnHim4gUO6GYVW-i0x_i7pF-qYTBDjirwtWDYTQbHm_7saJo5mjnX-YbWfmB_2oD8qZFXVLiMvVoAlaU9RwULL8SFQ3WPjfoNa3W6hdOzLnjKFPckmO3IA9m9B11ycGUmFxSrb7pFDWNcu0n6HGheIf6&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=4) |
| 2. Health & Wellbeing | BBC Bitesize: Spending less time with others to stop the spread of Coronavirus is going to mean a big change in our lifestyles, but a temporary one. To help anyone who feels alone with their thoughts and concerns at this time, BBC Bitesize has spoken to Joshua Fletcher, who specialises in tackling anxiety. | [How to look after your mental wellbeing at home](https://www.catalystpsychology.co.uk/r?u=BOdf-ip-bFRCEZibDBbHGie5zxv7VdhWQcEdh1Dr7nZc6EWW5hsXu8Kg3inRRxt1&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=5) |
| 2. Health & Wellbeing | Young Minds, leading charity to improve the emotional health and well being of young people:   If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do. | [What to do if you’re anxious about coronavirus](https://www.catalystpsychology.co.uk/r?u=EZkeAboe4XLtT3yxLsPp7g6E7B43Jkxt_ANNZ54lMvkwmO5EeX8ABGK8ph7rMv-glyZLVJk-qMQv1NaimQJVum6AXUQ9Zx_-npqSQuBDBMU&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=6) |
| 2. Health & Wellbeing | Lisa Damour, writing in the New York Times reminds us that because of coronavirus, teenagers are missing out on many rites of passage. She recommends offering compassion in this piece: | [Quaranteenagers: Strategies for Parenting in Close Quarters.](https://www.catalystpsychology.co.uk/r?u=PiInCVHjZg_Lhb0RQ-dhdxjsOHiYfiOkZ6gNburZ9JpnZBrUasqx2gDjZ3E7-xxPO7vcuoUSnRJGYHBtdZgKbFbBn3PjEa48MsouTANZqv7bk4ZwxWYbSEyhSVVMn5dsT_e5QJgqEtwmSUpFZ0GTSVzmWJJIojhbUcEp4OFVGAo&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=7) |
| 2. Health & Wellbeing | If you are worried that your teenager is spending too much time on their phone, the British Psychological Society advises that being active on social media will help us cope with isolation: | [BPS advice](https://www.catalystpsychology.co.uk/r?u=pLAsxixqNxHoOMAne2dHWD18E0S2RyCjNaLJ_cH9zLYkuejLTF6ze7kQB2A8Ze6Ng3ePGvXUmaZPjh6h60d2PQfIo--gvJIC1xkvHfZeOALPoJhRmjLMEHpbBSyPxeopbW0Zxt5up3WEGefWW_al1koGYvOgeKZU9PpQv8aB7oY&e=a6cb5bdf421087671dff13723073f1485bee066d) |
| 2. Health & Wellbeing | Catalyst Psychology has gathered together a lot of resources to support young people at home, with a particular focus on teenagers as socialisation outside the family plays a particularly important part in adolescent development.They have put together an information page with a range of Apps, Podcasts to support adults. They also have an information page with ideas for play with children and young people.All information and resources can be found in the COVID19 support section of their website. | <https://www.catalystpsychology.co.uk/covid19_support> |
| 3. Information | NHS England and NHS Improvement (19/03/2020) Learning Disability and Autism Resource for Coronavirus - information and resources for families, professionals and providers |  |
| 3. Information | Recommended by Mari Saeki at NAS are the Pathways daily video blogs on aspects of the corona virus. They are useful, particularly for people with learning disabilities or autism at home or work who are struggling to understand what is happening or are upset.: | <http://pathwaysassociates.co.uk/self-advocates-and-families/news/coronavirus---daily-video-updates.html> |
| 3. Information | A scam around Free School Meals has been highlighted, where people are being contacted and asked for their bank details by people purporting to be from official bodies such as HMRC and DfE. No one should be calling to ask for bank details. The Action Fraud website has information about different kinds of fraud and how to report them at: | <https://www.actionfraud.police.uk/> |
| 3. Information | NW employers have developed this resource kit for families - The Anti-Baddies Resilience Toolkit. |  |
| 3. Information | Covid19 Local Mutual Aid Groups across the UK are coming together to support those in need. In GM there are a large number of groups and they have been delivering leaflets to reach out to those most vulnerable to offer support such as grocery shopping, prescription delivery, dog walking and telephone befriending services Use the link to find out more information about the Mutual Aid and to find your local group | [COVID19 Local Mutual Aid Groups across UK](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk2OTc0ODEiLCJ1cmwiOiJodHRwczovL2NvdmlkbXV0dWFsYWlkLm9yZy8ifQ.Zk_zm0GGis6XSHe11MH_4QgLIVz8Mll_0sd5JL2W1c0/br/76994833227-l) |
| 3. Information | School Meal Vouchers. Bite Back 2030 is an organisation which has been working with GMHSCP has issued some advice on how to has feed kids at home on a budget. It includes useful info on how people whose children receive free school meals can claim a £15 shopping voucher along with healthy meal ideas | [Bite back 2030:feed kids at home on a budget](https://urldefense.proofpoint.com/v2/url?u=https-3A__biteback2030.com_real-2Dstory_making-2Dyour-2Dps15-2Dfree-2Dschool-2Dmeal-2Dvoucher-2Dgo-2Dfurther-2Dhome&d=DwMF-g&c=bMxC-A1upgdsx4J2OmDkk2Eep4PyO1BA6pjHrrW-ii0&r=3C-1tw_5TJYutJzqO_cP55ZNXfgHTjwXlX5LtGb) |
| 3. Information | The Challenging Behaviour Foundation set up a new Covid-19 page on its website which they will keep updated with relevant information and resources for families In recognition that isolation is likely to lead to behaviour change they have produced an information sheet “Challenging behaviour – supporting your loved one at home” along with a more visual summary of the same information ”Supporting children and adults with severe learning disabilities at home during the coronavirus pandemic” .Both attached below. The foundation has also put all their challenging behaviour DVDs online so anyone can access them for free https://www.challengingbehaviour.org.uk | |  | | --- | | <https://www.challengingbehaviour.org.uk/> | |
| 4. Education | Mr Bruff teaches daily lessons on the English GCSE through YouTube with worksheets. He even goes through the comments to give feedback! | [Mr Bruff](https://www.catalystpsychology.co.uk/r?u=GQ96LxW7tJscudkL8mlwN4pTxGfsVwmpLxkqL8wAU52smd0Ugyz-ajGn0t2O4zT8&e=a6cb5bdf421087671dff13723073f1485bee066d&utm_source=catalystpsych&utm_medium=email&utm_campaign=catalyst_courier_2&n=15) |
| 4. Education | For those with some time there is a free online course running for the next 4 weeks from Bath University "Good practice in autism education". It starts TODAY for parents and professionals and begins with a forum for people to share tips on being at home with a child: | [https://www.futurelearn.com/courses/autism-education](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.futurelearn.com%2fcourses%2fautism-education&c=E,1,csivIfyuDbQwO1q09a0o2LKLIbwc7tZGMgJ4BuqBuM4Tho-b9EPCQSIHmvq1twUIvX8zb8lMQZuxXlT3_Fyyx5_s6gWimNj3FT0T7qkYh9A,&typo=1) |
| 4. Education | Manchester's Skills for Life Coordinator has produced a resource primarily aimed at parents of SEND children. It is a simple guide to teaching a few basic skills at home and is attached below |  |
| 5. Activity | If you want to encourage your teenager’s creativity, try this idea from Nicola Morgan “The Teenage Brain Woman” who recommends writing a diary and is planning a writing competition open to all age groups. More information on her blog, please note entries will be through your school. | [Nicola Morgan](https://www.catalystpsychology.co.uk/r?u=eqA8sxgGoBvmkDeMBuX4uvLIRHcg48bHQCobhjdowJ8fvtpDLniupYbDvVzqPF0UvVWup92uuy_34hE_EgoU7Rt5Thcv4QGlFNBrTDNDTLRAZ60Mwpmnscsokl-2j2cscKw_8PwMSaB7dDCS86z3kdsb_4ZSli8NNg2u_4FMqwXcTQjORbFd5A72kjsyrOnib4WxcsjaR0EEPXESSj8oUr) |
| 5. Activity | Sport England has set up a national campaign called Join the Movement with tips, advice and guidance on how to keep or get active in and around home. | <https://www.sportengland.org/stayinworkout> |
| 6. Social Care information | Family Rights Group leaflet - Top tips for kinship carers to help children to maintain relationships during the Coronavirus outbreak - supporting children and young people who cannot live with their parents |  |
| 7. Research | University of College London Covid19 Study. UCL has recently launched a study into the psychological and social effects of Covid-19 in the UK. The results from this are vital if they are to understand the effects of the virus and social distancing measures on individuals. They will help to track trajectories of mental health and loneliness in the UK over the coming weeks, identify which groups are most at risk, and understand the effects of any potentially protective activities people could be engaging in. This will help to inform the advice that people are given about how to stay well at home. They are aiming to recruit a large longitudinal sample, please could you spread the word about the study. In particular they’re looking for cascades of the study through relevant newsletters and mailing lists and any efforts that will help to ensure a diverse sample. The study is open to all adults in the UK. Participation involves answering a 15-minute online survey now and then answering a shorter 10-minute follow-up survey once a week whilst social isolation measures are in place. To take part, visit www.covid19study.org | [UCL COVID19 Study](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk2OTc0ODEiLCJ1cmwiOiJodHRwOi8vd3d3LmNvdmlkMTlzdHVkeS5vcmcvIn0.RiFt2SgHhQW9NJgVmtW0lEKci8h_LT6ABeholPAoi38/br/76994833227-l) |

[](https://www.nhs.uk/conditions/coronavirus-covid-19/)

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