



# Information for parent-carers of children with SEND

## Covid-19 SEND updates

We understand that times are hard for everyone right now and especially so for parent-carers and young people with SEND.

Hackney Ark Resource Centre coordinator and Hackney's Local Offer co-ordinator have put together joint newsletters during the lockdown restrictions to share national information and updates and updates from local services.

We hope these are helpful and hope to more of each other soon. .  
Warmest wishes, Sarah and Ella

# **Cllr Woodley Blog 19<sup>th</sup> June : Update on support for families, childcare and SEND provision**

“As the new Cabinet Member for Families, Early Years and Play, I knew that I was taking on a challenging role. My appointment in the first week of March coincided with the run up to the spring budget, and some of the first work I did was around two key campaigns, calling on the Government to invest in early years, and to properly fund our special educational needs and disabilities (SEND) provision.

I had no idea how quickly these concerns would escalate. By mid-March we were in lockdown, and the coronavirus pandemic had changed everyday life as we know it.” [Read more...](#)

Cllr Woodley - Cabinet Member for Families, Early Years and Play

# HiP parent-carer forum-Transition to Year 7 online discussion and information session

HiP would like to invite parents/carers of Year 6 students with SEND to an online information session about the school transition to Year 7.

Speakers include representatives from SEND services at Hackney Learning Trust.

- Date: Thursday 2nd July 2020
- Time: 1 –2:30 pm
- Online: via Zoom link sent when you register

To make the best use of the limited time, it will be helpful to have some questions in advance. Please register your interest in the session, by sending

- Your name
- Contact details, and
- Questions/topics you would like covered

via email to [info@hiphackney.org.uk](mailto:info@hiphackney.org.uk) or text on 07985739851.

# Tummy Time

As a result of the current situation with Covid-19 and inability to continue with Tummy time sessions at children's centres, the Hackney Ark Physiotherapy department have created a video resource to continue educating families and raise awareness about the importance of tummy time.

The video is available on YouTube and the description box has a link to a full list of resources that users can access.

[Tummy Time online session](#)

# **Free online music sessions for children with PMLD**

Soundabout Live! interactive music-making sessions every Tuesday & Saturday at 2pm.

Every Live session is stored on Soundabout's YouTube page and available on their website.

Updates to this page are made the same day as the live broadcast.

The most recent session will always be at the top of the page.

[Soundabout Live!](#)

# **Online parent workshop - led by occupational therapist @ Hackney Ark**

The 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  
Wednesday 1st July 2020

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](mailto:natalie.bull@nhs.net) or
- Sharon O'Reilly—[Sharon.o'reilly@nhs.net](mailto:Sharon.o'reilly@nhs.net)
- Phone: 020 7014 7025

# **Government extends the National Trial for SEND**

Since April 2018, a trial has been running to enable the SEND Tribunal to make non-binding decisions about the health and social care aspects of Education, Health and Care plans.

This trial was originally ongoing until 31st August 2020 but the Government has decided to extend it until 31 August 2021.

Vicky Ford - Minister for Children and Families, sent an open letter to all Directors of Children's Services which is available [here](#).

# IPSEA - Live virtual training

IPSEA's face to face training courses are now running as virtual sessions.

- [SEND Law for Frontline Staff 25th June](#)
- [Level 2 SEND Law training 8th July](#)
- [EHCP Masterclass: Obtaining a plan 16th July](#)
- [SEND Law for Local Authorities 29th July](#)
- [EHCP Masterclass: Existing plans 30th July](#)
- [Previous webinar on a range of SEND topics pre-recorded](#)

# NEW - CAMHS Alliance - website launch

- New CAMHS Alliance website for City & Hackney is now up and running. Parents-carers and young people can view this here: <https://cityandhackneycamhs.org.uk/>
- The website contains information about services for parents, young people, children and professionals. It has a new "Resources" tab and "Events" section.
- They have also set up a [YouTube channel](#) where they will be sharing videos and webinars

# Child line - CALM ZONE

Child line has a website offering tips for children and young people to help develop strategies to practice being calm.

“There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.”

Calm Zone website here: [Child line - CALM ZONE](#)

# **Disabled Children's Partnership report on life in lockdown**

The 'Left In Lockdown' survey received over 4000 responses from parents of disabled children and young people. The top 3 concerns expressed were: the impact on children's behaviour and mental health; impact of children's friendships and managing home schooling; and what will happen if parents contract Covid-19.

Recommendations of the report include: the need of a plan for re-establishing and expanding care support such as short breaks; and for the Care review to include a focus on social care support for disabled children - to support the SEND Review and to address the wider changes needed.

Find out more on the [CDC website here](#).

# Actor writes about losing a sister to Covid-19

The actor Rory Kinnear lost his sister Karina - who had complex needs - to coronavirus in May.

Following her death he wrote an article in the Guardian, which you can read [here](#), in which he highlighted that those who most need compassion are being hit the hardest at this time.

He said he hoped that in the future focus would turn to financial and emotional investment in the lives of people such as his sister.

Rory was interviewed for Channel 4 News last Friday and gave a moving and heartfelt account of life with his sister that is worth a watch or listen. You can view it online here [Rory Kinnear Chanel 4 News interview](#)

# **‘Contact’ are introducing a new 1-1 listening ear service**

Contact understand that many may be feeling hugely overwhelmed, confused and exhausted during the Covid-19 crisis and simply don't know where to turn.

You might be struggling emotionally and looking for strategies to help you cope. Perhaps the lack of any real routine at the moment has badly affected your child's behaviour or sleeping patterns and you are looking for practical advice.

Or maybe you just need to talk to someone who understands the extra challenges you face as the parent carer during the national pandemic and who can point you in the right direction to get the family support you need. They have therefore set up the 1-1 Listening Ear service

Find out more [here](#).

# TFL – face coverings on public transport – reasonable adjustments

The DfE website has the following guidance on reasonable adjustments in regards to face masks on public transport.

'Face coverings should not be worn in any circumstance by those who may not be able to handle them as directed (for example, young children, or those with special educational needs or disabilities) as it may inadvertently increase the risk of transmission.'

You can download a Face Covering exemption card from the TfL website to show to driver or station staff

<https://www.keepsafe.org.uk/posters>

If you do not have a printer **or a smartphone for a digital version** your school may print this for you or ask Sarah at Hackney Ark Resource centre to print for collection and post a card to you (0207 014 7005).

# Coalition of Children's Charities

More than [£7 million](#) will fund the launch of the [See, Hear, Respond service](#), to provide targeted help to vulnerable children, young people and their families affected by the virus.

The coalition, led by Barnardo's, will work alongside local authorities, schools and colleges, police forces, healthcare professionals and other vital services.

If you have concerns about a child or young person under 18 living in Hackney contact FAST (First Access and Screening Team)

e-mail: [Fast@hackney.gov.uk](mailto:Fast@hackney.gov.uk)

Phone: 020 8356 5500

Phone: Out of hours: 0208 356 2710

# Employment information

The [attached factsheet](#) provides support and information available to help parents find a new job or get back into employment, understand what benefits you can claim and provide you with useful sources of information.

## Training and Upskilling opportunities

### 1-2-1 Employment Support

Meet (virtually) with a Hackney Works Advisor to gain support creating supporting statements and an advisor will contact you to arrange an appointment.

[Register here](#)

### 1-2-1 Pre-Employment Coaching

For women who are experiencing redundancy and are struggling to secure interviews in the current climate. Pre-interview and employment coaching sessions. 1-2-1 hour-long sessions will be delivered by Smart Works' trained interview coaches over the telephone.

[Register here](#)

## National Careers Service

5-10 mins assessment, which asks you to think about the type of work you want to do. At the end, you will receive a summary of job groups that might interest you based on your answers.

[Register here](#)

# New Skills Toolkit courses

The Skills Toolkit online learning platform is available to everyone and provides easy access to a selection of high-quality digital and numeracy courses, which can help people build up their skills, progress in work and boost their job prospects.

More free courses have been added to [The Skills Toolkit](#) with topics including getting the most out of Microsoft Outlook, introductions to finance and bookkeeping and understanding how computer networks operate.

# Huddleston Centre - Corona virus service update

The building is closed for the time being but staff are still working from home. E-mails are the best means of contact if you have any questions that the following update does not answer.

- Face to face sessions are suspended as the venue has been temporarily closed.
- All club sessions are currently being delivered via google meet (on-line)
- Wednesday's Access Swim project has been replaced with on-line exercise/workout sessions focused on physical activity.
- All other sessions themes and activities are based on suggestions from the young people.
- Those who access the service as part of their Short Breaks provision are being directly contacted.
- Phone calls to young people and their families to prompt participation allow an additional opportunity to raise any issues or concerns about how they are feeling.
- 1:1 well-being conversations with staff are being offered to young people accessing the service.
- The service will publicise updates on any holiday activities once arrangements are confirmed

To take part in sessions or for further information please contact Huddleston's Youth Project Manager: [cassandra@huddlestoncentre.org.uk](mailto:cassandra@huddlestoncentre.org.uk)

# **Transition from child to adult healthcare services – national research study**

NCEPOD (National Confidential Enquiry into Patient Outcome and Death) are currently developing a study to look at the transition of care from child to adult healthcare services.

They are looking for young people and parent-carers to become involved with this work as focus group participants, participating in online and face to face focus groups (when possible) to help agree and identify what matters to young people in the process of transition. All travel expenses will be covered. For more information please contact NCEPOD.

E-mail: [transition@ncepod.org.uk](mailto:transition@ncepod.org.uk)

Phone: 020 7251 9060

NCEPOD, Ground Floor, Abbey House, 74-76 St John Street, London. EC1M 4DZ

# Hackney – Black Lives Matter

[Read the Statement made by the Mayor of Hackney and Cabinet about the death of George Floyd](#)

## Message from Young Hackney

“We want all our Black young people & their families to know that you matter.

We acknowledge your experiences and your emotions are valid. If you would like to speak to us about how you’re feeling please call us on 020 8356 7404 9am-5pm or email us at [yh.online@hackney.gov.uk](mailto:yh.online@hackney.gov.uk).

If a young person would like to develop a group/project that challenges racism & supports young people who are impacted by racism, they can visit the [Youth Opportunity Fund](#) page on our website to apply for a grant of up to £1,500 to fund their idea.

If a young person has been impacted by racism and would like individual support from a youth support development worker they can call or email us. Parents/guardians can also refer by phone call or email and we will make contact.

Young people can attend our Health and Well-being drop-in session for general health and well-being support. They can also attend a one-to-one drop-in session with a clinical psychologist to directly discuss therapeutic support. For more information about both these support groups please contact us.”

<https://www.younghackney.org/>

# **Black Lives Matter - resources for discussion with children and young people**

- [Parent's guide to black lives matter](#)
- [Booktrust - black-lives-matter – recommendations](#)
- [BBC Newsround - What is racism - and what can be done about it?](#)
- [Childline - Racism and racial bullying](#)
- [Resource for talking about race, racism and radicalized violence with kids](#)
- [Save the Children - Tips for Talking with Children About Racism and Social Justice](#)
- [Teaching Young Children about Race - A Guide for Parents and Teachers](#)

# Covid-19 information in different languages

Doctors of the World have produced and shared Coronavirus (COVID-19) advice for patients in 60 languages.

This was produced in partnership with the British Red Cross and other partners and individuals for producing high-quality translations, including Migrant Help, Clear Voice, Transbless Translations, Europa and East European Resource Centre. All language files are available in written and audio format, to view in a browser, listen to, or download for free.

Please note the guidance is based on the government's updated advice and health information and is valid across the UK. Languages this information is available in:

Afrikaans, Albanian, Amharic, Arabic, Armenian, Bengali, Bulgarian, Burmese, Czech, Dari, Dutch, English, Estonian, Farsi, Filipino, Finnish, French, German, Greek, Gujarati, Hausa, Hindi, Hungarian, Igbo, Indonesian, Italian, Kiswahili, Korean, Krio, Kurdish Sorani, Latvian, Igbo, Lithuanian, Malayalam, Nepali, Oromo, Pahari, Pashto, Pidgin, Polish, Portuguese, Punjabi, Romanian, Romany, Russian, Simplified Chinese, Sindhi, Slovak, Somali, Spanish, Tamil, Tetum, Tigrinya, Traditional Chinese, Turkish, Twi, Urdu, Vietnamese, Wolof, Yiddish, Yoruba

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Also of interest may be these Covid-19 info graphics available in different languages. Just filter by the language you want to view the information in: <https://covid19graphics.info/>

# Hackney SEND Local offer website

Information on teams at Hackney Ark and SEND services in borough.

[www.hackneylocaloffer.co.uk/team-updates](http://www.hackneylocaloffer.co.uk/team-updates)

Hackney's SEND Local Offer website lists resources that may be useful during the Coronavirus outbreak with a focus on those with SEND. These include local and national resources for children and young people of all ages and abilities.

[www.hackneylocaloffer.co.uk/coronavirus-send-resources](http://www.hackneylocaloffer.co.uk/coronavirus-send-resources)