

Summer Support Pack for Parents/Carers of Children with Special Educational Needs/Disability



Compiled by **Our Voice** and **Enfield SENDIASS @ Every Parent & Child** with contribution from the **Enfield Thrives Together** Partners

JULY 2020

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Every Parent & Child (EPC)

EPC is a well-known and respected local charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much they value our services and the difference our support makes to their lives.

Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Enabling children and young people with social, emotional and mental health needs access appropriate support.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Ensuring parents and carers have the knowledge to make decisions on the services and support their families' needs.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.

Our Mission and Vision Statement

EPC's mission is to enable London children and young people, particularly those with Special Educational Needs and/or Disability, to thrive and succeed in education, their families and the community to improve their life chances.

Our vision is for EPC to be the recognised and trusted organisation representing the voice and aspirations of all London children and young people and to support them to learn, develop and thrive within their families and the community.

Every Parent & Child
Community House
311 Fore Street, London, N9 0PZ

Website: www.epandc.org.uk
email: enquiries@epandc.org.uk
Telephone contact - 0208 373 6243



Enfield SEND Information, Advice and Support Service (SENDIASS) is a statutory service commissioned by London Borough of Enfield in accordance with the SEND Code of Practice 2015.

It operates independently from the local authority. It provides impartial, confidential information, advice and support to children and young people between 0 and 25 years who have, or may have, SEN or a disability and to parents of children and young people with SEND. The service also facilitates parents' and young people's engagement in decision-making about special educational needs, provision and policies. Our parents' and young people's steering groups have continued to meet and advise the service on how to best reach families in the community.

New Website Launched: www.enfieldsendias.org.uk

UPDATE

Over the Summer period the SENDIASS Team will continue to be open for business. Whilst the office at Community House remains closed for the months of July & August, the SENDIASS Team have secured office space for every Thursday for the foreseeable future that will allow face-to face meetings with caseworkers, if so required. Please discuss this with your caseworker or the helpline advisor if you require a face to face meeting.

The SENDIASS helpline will continue to run as normal.

The helpline numbers are **07903 762008** or **07903 762009**. If the phone is unanswered, please leave a message and one of the team will get back to you as soon as practicable. Please note that over the months of July & August, we have a much smaller team in the office because the majority of the teamwork term time only; please bear with us, as all of us are currently employed on part time contracts. Our usual team of trusted volunteers also take time off over the summer months, which means that we are again short staffed. Please be reassured that the staff remaining will endeavour to offer the best service that they can.



Our Voice – what we do

Our Voice is the recognised Parent/Carer Forum for the Borough of Enfield - a voluntary, parent led organisation supporting families with children who have a Special Educational Need and/or Disability, aged 0-25.

We aim to improve services for our families in Enfield by collaborating with the Local Authority and Health, as well as local and national Voluntary Sector Organisations and Schools. We are funded by the Department for Education via Contact (a national charity) but most of us work on a voluntary basis, and we are also a part of the national organisation, the National Network of Parent Carer Forums (NNPCF).

Since March this year we have been particularly busy providing support and information to parents and carers, many of whom have been facing huge challenges, and ensuring that their views and needs are fed back to the Local Authority and Health services. Although we normally officially only operate during term time, we plan to continue this work throughout the summer months, as we know that many families have been struggling, and that this will become more severe over the holiday period.

Our key activities at the moment are:

- Providing information, guidance and signposting to other services through our helpline, website and emails sent to our mailing list at least once a week.
- Gathering information about how parents are coping and what support they need through a survey and talking to them at our virtual events and one-to-one.
- Providing daytime and evening informal drop-in sessions ('Cuppa and Chat') for parents and carers to connect with each other to give mutual support, share experiences and discuss the challenges and issues they face.
- Running a series of videoconferences with invited guests from Local Authority and Health Service areas on a wide range of topics. We have already held sessions on Mental Health and Emotional Well-being, Short Breaks and Keeping Safe (with Public Health). Other sessions planned for the next months include Travel Assistance, Sleep, Positive Behaviour Support, Transition, Return to School and more.
- Monthly Zoom parties with a children's entertainer for our members children.
- We have continued to work with services across the LA on a wide range of existing and new projects, and make sure that they consider how parents and carers are affected by the decisions they make. We also give similar input to the government through the NNPCF.

If you are a parent or carer of a child or young person with SEND, please do get in touch with us and/or join our mailing list. Our contact details are: Telephone [07516 662315](tel:07516662315)
Email: info@ourvoiceenfield.org.uk Website: www.ourvoiceenfield.org.uk

SEND Parent/Carer Events

Summer 2020

The next pages show some of the support events currently planned by Our Voice, SENDIASS, Enfield Carers Centre and Enfield National Autistic Society (ENAS) to support the parents and carers of children and young people with Special Needs and Disabilities. These are correct at the time of writing but please check with the organisation in question nearer to the time.

Our Voice Parent Carer forum

Website www.ourvoiceenfield.org.uk

Telephone 07516 662315

email info@ourvoiceenfield.org.uk

for more information about events over the summer see events page at www.ourvoiceenfield.org.uk/events

SENDIASS / Every Parent and Child

Website <http://enfieldsendias.org.uk/>

Telephone 07903 762008 or 07903 762009.

email on sendiass@epandc.org.uk

For more information about events over the summer see the events page at www.enfieldsendias.org.uk/send-iass-events/

Enfield Carers' Centre (ECC)

Website: www.enfieldcarers.org

Telephone 020 8366 3677

email info@enfieldcarers.org

For more information about events over the summer see events page at <https://enfieldcarers.org/events/month/>

National Autistic Society, Enfield Branch (ENAS)

Website: www.enfieldnas.org.uk

Telephone 07757 120 777

Email: branchofficer@enfieldnas.org.uk

Contact ENAS for more information about events.

<p>Overview of events</p> <p>See previous page for contact details</p>				
	Date	Time	Meeting	Venue
July				
Our Voice	Sun 26 th	3 - 4 pm	Mr Marvel Zoom children's party (Our Voice members only)	Zoom
ECC	Mon 27 th	11 am – 12.30 pm	Mental Health Carers' Support Group – support and services during Coronavirus	Zoom & phone
ECC	Tue 28 th	10am – 12 noon	Carers Legal Advice clinic – 10-15 minute phone appointments	Phone
SENDIASS	Tue 28 th	10 am– 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Tue 28 th	8.30 pm – 9.30 pm	Cuppa and Chat	GoTo & phone
Our Voice	Wed 29 th	10.30 - 11.30 am	Cuppa and Chat	GoTo & phone
SENDIASS	Wed 29 th	11.30 am– 2.30 pm	Picnic in the park	Salisbury House
Our Voice	Thu 30 th	10.30 am – 12noon	Travel Assistance videoconference for parents	GoTo & phone
SENDIASS	Thu 30 th	7.30 – 9 pm	SENDIASS Virtual Coffee and wine club	Zoom
August				
ECC	Mon 3 rd	11 am – 12 noon	Daytime Carers Support drop in and new carers	Zoom & phone
SENDIASS	Tue 4 th	10 am – 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Tue 4 th	8.30 pm– 9.30 pm	Cuppa and Chat	GoTo & phone
SENDIASS	Wed 5 th	11.30am – 2.30 pm	Picnic in the park	Salisbury House
SENDIASS	Thu 6 th	7.30 pm – 9 pm	SENDIASS Virtual Coffee and wine club	Zoom
ENAS	Thu 6 th	8 pm – 9.30 pm	ENAS Summer Holiday Coffee Drop ins	Zoom
SENDIASS	Tue 11 th	10 am – 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Wed 12 th	10.30 am – 12noon	Cuppa and Chat	GoTo & phone
SENDIASS	Wed 12 th	11.30 am – 2.30 pm	Picnic in the park	Salisbury House
ENAS	Thu 13 th	10 am – 12 pm	ENAS Summer Holiday Coffee Drop ins	Zoom
ECC	Thu 13 th	10 am – 12 noon	Carers Legal Advice clinic – 10 - 15 minute phone appointments	Phone
SENDIASS	Tue 18 th	10 am – 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Tue 18 th	1.30 pm – 3 pm	Positive Behaviour Support webinar	GoTo & phone
Our Voice	Tue 18 th	8.30 pm – 9.30 pm	Cuppa and Chat	GoTo & phone

SENDIASS	Wed 19 th	11.30 am – 2.30 pm	Picnic in the park	Salisbury House
ECC	Thu 20 th	10 am – 2.30 pm	Benefits Advice: Carers Allowance & Attendance Allowance video workshop	Zoom
ECC	Fri 21 st	11 am – 12 noon	Daytime Carers Support Group	Zoom & phone
ECC	Mon 24 th	11am – 12.30 pm	Mental Health Carers' Support Group – make a carers emergency plan	Zoom & phone
ECC	Tue 25 th	10 am – 12 noon	Carers Legal Advice clinic – 10-15 minute phone appointments	Phone
SENDIASS	Tue 25 th	10 am – 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Wed 26 th	10.30 am – 12 noon	Cuppa and chat	GoTo & phone
SENDIASS	Wed 26 th	11.30 am – 2.30 pm	Picnic in the park	Salisbury House
ENAS	Thu 27 th	10 am – 12 noon	ENAS Summer Holiday Coffee Drop ins	Zoom
Our Voice	Sun 30 th	3-4 pm	Mr Marvel Zoom children's party (Our Voice members only)	Zoom
September				
SENDIASS	Tue 1 st	10 am – 12.30 pm	SENDIASS Virtual Zoom Coffee morning	Zoom
Our Voice	Tue 1 st	8.30 pm – 9.30 pm	Cuppa and chat	GoTo & phone
ECC	Fri 4 th	10 am– 11.30 am	Autism/Asperger's Support Group	Zoom & phone
ECC	Mon 7 th	11 am –12 noon	Daytime Carers Support drop in and new carers	Zoom & phone
Our Voice	Wed 9 th	10.30 am – 12noon	Cuppa and chat	GoTo & phone

**Special Educational Needs &
Disability Information, Advice &
Support Service
ENFIELD**



SENDIASS VIRTUAL/ ZOOM COFFEE MORNINGS

When: Tuesday mornings from 10.00 -12.30

Are you feeling isolated?
Do you need the support of like-minded people facing similar problems? Has lockdown left you distraught and feeling alone?
If all of the above sounds familiar, please feel free to join us at our Coffee mornings during the summer:

Dates:

Tuesday 28th July 2020
Tuesday 4th August 2020
Tuesday 11th August 2020
Tuesday 18^h August 2020
Tuesday 25th August 2020
Tuesday 1st September 2020

ZOOM LOG IN

[https://zoom.us/j/94580537430?pwd=SzNqQk1UMIN4MjFtdkZCeHIE
L3RpZz09](https://zoom.us/j/94580537430?pwd=SzNqQk1UMIN4MjFtdkZCeHIE
L3RpZz09)

ID: 945 8053 7430
Password: 498931



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SENDIASS VIRTUAL/ ZOOM COFFEE & WINE EVENINGS

When: Thursday evening from 7.30pm -9pm

Are you feeling isolated?
Do you need the support of like-minded people facing similar problems? Has
lockdown left you distraught and feeling alone?
If all of the above sounds familiar, please feel free to join us at our Coffee
mornings during the summer:

Dates:

Thursday 30th July 2020
Thursday 6th August 2020
Thursday 13th August 2020
Thursday 20th August 2020
Thursday 27th August 2020

ZOOM LOG IN

<https://zoom.us/j/91564181211?pwd=K11peVOxN3JscFd0OW1MbG90O1ZOOT09>

ID: 915 64181211
PASSWORD:918808

SENDIASS – SUMMER PICNIC IN THE PARK

This event is kindly funded by

Enfield Council's Joint Service for Disabled Children

WEDNESDAYS – 11.30am -2.30pm

Have you found lockdown isolating and lonely? Have you had all your networks of support been stripped away? Could you do with some support and comfort / company with parents and young people with SEND in similar situations? If all of the above sounds familiar come along and join in our picnic in the park campaign over the summer.

Dates: Wednesday 29th July 2020

Wednesday 5th August 2020

Wednesday 12th August 2020

Wednesday 19th August 2020

Wednesday 26th August 2020



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GROUND RULES:

- All Children, Young People & families with SEND are cordially invited to our SENDIASS picnic in the park. Siblings of the child with SEND are also welcome.
- Please note that if you attend this event, you as an adult will be requested to remain to look after the needs of your child and siblings. SENDIASS do not take any responsibility for your child or young person. Ground rules will be set to observe social distancing and ensure that the picnic area remains Covid secure. If you are found to be in breach of these ground rules, you will be asked to leave.
- Each family should bring along their own picnic blanket and picnic.
 - Toilet facilities will be available on site.

LOCATION:








The Gardens of Salisbury House, Salisbury House Arts Centre
Bury Street West, London N9 9LA

To book a place, please email: sendiass@epandc.org.uk

Or call us on our helpline on 07508-918009



Our Voice Calendar Summer holidays 2020

Sunday 26 th July 3-4 pm		Mr Marvel Zoom party – online interactive children’s party for Our Voice members only Join our mailing list to get access
Tuesday 28 th July 8.30 – 9.30 pm		Cuppa and Chat Informal chat session – drop-in – no need to book
Wednesday 29 th July 10.30 – 11.30 am		Cuppa and Chat Informal chat session – drop-in – no need to book
Thursday 30 th July 10.30 am – 12 noon		Travel Assistance A videoconference for parents of children and young people using home to school transport, exploring their options for September. Places must be pre-booked – see Our Voice website for details.
Tuesday 4 th August 8.30 – 9.30 pm		Cuppa and Chat Informal chat session – drop-in – no need to book
Wednesday 12 th August 10.30 – 11.30 am		Cuppa and Chat Informal chat session – drop-in – no need to book
Tuesday 18 th August 1.30 pm – 3.00 pm		Positive Behaviour support webinar - looking at how parents can use Positive Behaviour Support (PBS) to manage challenging behaviour at home. Places must be pre-booked – see Our Voice website for details.

Tuesday 18 th August 8.30 – 9.30 pm		Cuppa and Chat Informal chat session – drop-in – no need to book
Wednesday 26 th August 10.30 – 11.30 am		Cuppa and Chat Informal chat session – drop-in – no need to book
Date To be confirmed		Getting a good night's sleep A webinar for parents and carers on how to help your child get a good night's sleep. Places must be pre-booked – see Our Voice website for details.
Sunday 30 th August 3-4 pm		Mr Marvel Zoom party – online interactive children's party for Our Voice members only Join our mailing list to get access
Tuesday 1 st September 8.30 – 9.30 pm		Cuppa and Chat Informal chat session – drop-in – no need to book
Wednesday 9 th September 10.30 – 11.30 am		Cuppa and Chat Informal chat session – drop-in – no need to book

More videoconferences and webinars are planned. See our website at www.ourvoicenfield.org.uk for up to date information on the latest events, or contact Our Voice at Telephone [07516 662315](tel:07516662315) or Email: info@ourvoiceenfield.org.uk



Our Voice 'Cuppa & Chat'

Tuesdays: 8.30 – 9.30 pm

28th July 4th August, 18th August and 1st September.

Wednesdays: 10.30 – 11.30 am

29th July, 12th August, 26th August & 9th September



Our Voice's online 'cuppa and chat' sessions are for all parents and carers of children and young people (aged 0-25) with special needs and/or disabilities living in Enfield.

Please join us for an informal chat session to talk with other parents and carers (including some of the Our Voice team) about how you are managing during this exceptionally challenging time, share your concerns and ask questions.

The meetings will take place online via 'GoTo Meetings' – you can use a computer, tablet or smartphone. No need to book – just join at <https://www.gotomeet.me/LondonRegion/our-voice-cuppa-and-chat>

If you have not used 'GoTo Meetings' before, you will need to download the app in advance at <https://global.gotomeeting.com/install/714449909>

Or you can phone in on 0330 221 0088 using the Access Code: 714-449-909

Information Provided by Enfield Council

Joint Service for Disabled Children - Short breaks

'[Short Breaks](#)' is a scheme provided by the Joint Service for Disabled Children to [eligible families](#).

Short breaks provide the opportunity for children and young people to engage in play and leisure activities and support parents to have a break from their caring responsibilities.

A short break could be access to a holiday playscheme, an after school group, a grant to fund activities or services or support in the family home.

Referrals to the Joint Service for Disabled Children will continue to be processed.

Referrals need to be made by a professional that knows your child via the Children's Portal.

The children that have already been assessed by the JSDC and have previously been assessing short breaks have all been contacted to explore support options for this summer.

The following playschemes are running this summer:

- Cheviots Playscheme at Cheviots and Waverley School
- VIPS Playscheme at Bell Lane Youth Centre
- West Lea Playscheme at Meridian Site at Dysons Road
- ALWA Playscheme at Russet House School (Places may still be available) contact Tiuidane Richards Tel no: 07940380819 Email: info@abundantlivingwithautism.org.uk

Children who are unable to attend the playscheme they usually do will be contacted to explore options that best meet the needs of their family. These will include short break grants or direct payments for this summer.

Families who are in receipt of a short break grant will be able to use up to £300 to purchase play equipment or activities for their child or can use up to £200.00 towards family holiday costs for their child.

Parents should ensure that there are sufficient funds available to fund activities up to the end of March 2021.

- The Youth Service are running The Summer University Programme this summer with fabulous activities for young people. <https://new.enfield.gov.uk/youth/>
- The Early intervention support service (EISS) has two Early Support keyworkers working over the summer break if families of young children on their caseload need advice or support during this time.

See also activities section of this booklet, and a useful Question and Answers about Short Breaks and activities on the Our Voice website www.ourvoiceenfield.org.uk/news

EDUCATIONAL PSYCHOLOGY SERVICE

Summer Term 2020

Family Telephone Support Line

To support our families during the COVID-19 pandemic at a time when schools are closed, Enfield's Educational Psychology Service is providing a telephone consultation service for parents and carers.

The service is available for families who live in Enfield and/or whose children attend Enfield educational settings and is available 5 days a week from 10am to 9pm.

You might want advice or help with:

- Looking after your own and/or your child's emotional wellbeing and mental health.
- Talking with your children about COVID-19 and their worries related to this.
- How to support your child with their learning at home.
- Managing your child's behaviour at home.
- Concerns about your child's general learning, development or wellbeing.
- Accessing information and resources.
- Signposting to other services.

Educational psychologists (EPs) are professionals who work with parents and carers, education staff and other professionals to support the learning, wellbeing and mental health of children and young people up to the age of 25.

The EPS is the main provider of psychological services to Enfield schools and early years settings. They have direct links to services in education health and social care which provides a co-ordinated approach.

Trainee EPs work in the service under supervision of an HCPC registered EP.

If you would like to arrange a consultation by filing in a brief form. The information can be found on Enfield's Local Offer.

<https://new.enfield.gov.uk/services/children-and-education/local-offer/>

If you do not have access to a computer, please contact the Educational Psychology Service on 020 8379 2000 and the service will complete the request form

The EPS aims to respond to all requests for calls within **3 working days**.

Youth Development Service

Enfield Youth Development Service works with young people aged between 11 and 19 years (and up to 25 with LDD).

Our work focuses on personal and social development, skills and attributes of young people, rather than to 'fix a problem'. Our work is an educational process that engages with young people in a curriculum that deepens a young person's understanding of themselves, their community and the world in which they live and supports them to proactively bring about positive changes.

Our Open access Youth Centres in Enfield

Our Open access Youth Offer – through our five open access youth centre, we provide a safe environment where young people have access to informal learning opportunities, information and guidance around a whole range of issues meaning that they are better informed about life choices and the opportunities that are available to them. This provides young people with structured activities in which they can gain a range of nationally recognised awards and qualifications. Engage in positive activities such as multi-media, health and fitness, music, dance, issues-based workshop and many other, where they are able to gain transferable skills

YDS Outreach / Targeted Outreach

The Youth Development Service outreach team deliver outreach sessions in areas of the borough where youth violence and anti-social behaviour is causing a concern. The aims of the programme is to reduce antisocial behaviour, to build positive relationships with young people associating in the area and engage young people to attend their local youth clubs or other positive activities in the area, develop projects that positively engages young people in their chosen activities. Our Youth Workers go out into the community where young people are, this may be a housing estate, town centre location or in the park.

Targeted Youth Engagement

It is proposed that several strands of direct work with vulnerable young people are brought together to ensure an effective, efficient and high-quality Targeted Youth Engagement. The Targeted Youth Engagement Team (TYET) of the YDS will lead this work ensuring that a fully integrated model can be developed. This will ensure consistency of approach and build on existing excellent practice in youth engagement. This would create a single leadership and management structure for this work and ensures that child centred interventions blend together, mentoring, personal development and seamless exit strategies for children and young people who are at risk of exclusion, anti-social behaviour, reduce youth crime, serious youth violence and vulnerable and disadvantaged children and young people.

The Mentoring Service

Mentors provide support to young people by working on issues that are important to them. They support young people to make informed choices in their lives and enable them to meet their potential. The Mentoring Programme is a structured six-week Programme which provides a positive role model, personal development opportunities and positive life experiences. Through 1-2-1 engagement, advice and befriending the young person will work with their mentor on key areas identified by referrer and young person.



Early Invention Positive Activities

Early Invention Positive Activities, the YDS will play a key role in coordinating and providing diversional activities for young people on an order, at risk of offending, at risk of youth violence, low confidence or part of a holistic intervention. The referral process will be open to All youth-based organisations within the council. The YDS will be able to support young people who are vulnerable or at-risk of exclusion and encourage their participation in positive activities across the Enfield Borough. It will act as an exit strategy for service such Youth Offending service or children who are on CIN plan or CP plan used as a step down or just add value to the intervention and engage young person in positive activities.

Summer University

Summer University programme provides young people with high quality personal and social development opportunities and constructive leisure activities as a diversion from boredom whilst preventing engagement in risky behaviour. Key aim is to bring positive activities to young people in priority location hotspots identified with high prevalence of crime, serious violence and social deprivation, specifically focused on targeting eastern part of the Borough. Summer University activities are offered from a range of community venues, including youth centres, schools, libraries, leisure centres and outdoor spaces such as multi-use games areas.

<https://new.enfield.gov.uk/youth/>



Leadership Academy

The YDS coordinates and implements The Youth Leadership Academy (YLA). YLA is a programme which enables young people aged 13-19 who attend council and voluntary youth clubs and projects to gain formal recognition for their involvement as leaders in the design, delivery, evaluation and management of their Youth Centre and Projects.

A central feature of quality youth work practice is about ensuring young people have a voice, develop as positive citizens and are leaders in their communities. This includes providing young people with opportunities to take on roles of leadership and responsibility for the running of the youth work provision. We currently have a cohort of 25 young leaders involved in our Youth Offer:

- Young leaders have designed the Summer Uni programme
- Presented in many community forums
- Social Prescribing – Coming soon
- Enfield's Poverty Forum
- Recruitment and selection of staff

Information Provided by Enfield Health Services

Children's Physiotherapy service

The Paediatric Physiotherapy Service will see children between 0 and 18 years of age, who have physical difficulties and who live within the borough of Enfield, or whose GP or school is in the borough. Children are referred to Enfield Health Physiotherapy services via health care professionals, including GPs, paediatricians, health visitors and allied health professionals. Referrals are triaged into two main pathways (as described in detail below):

- Neuro-pathway
- Musculoskeletal (MSK) pathway

The Physiotherapy service caters for children with a wide range of disabilities, disorders and delays, with a number of functional/motor difficulties resulting from neurological impairment, musculoskeletal issues, genetic disorders and specialist mobility issues.

- Neuromuscular disorders e.g. muscular dystrophy
- Acute injuries e.g. fractures, sports injuries
- Neurological conditions e.g. cerebral palsy, head injury
- Rheumatological conditions e.g. juvenile idiopathic arthritis
- Congenital disorders e.g. spina bifida, limb deficiencies
- Orthopaedic conditions e.g. positional talipes, torticollis, plagiocephaly, screening for scoliosis, referrals related to pain and associated hypermobility.
- Congenital syndromes and metabolic diseases
- Developmental delay
- Co-ordination difficulties

Enfield Health Physiotherapy service uses goal based outcomes as agreed with the children and young people and their families, in conjunctions with needs arising in school, MDT and clinical assessment outcomes. Children with a diagnosis of Cerebral Palsy are seen according to pathways equivalent to severity- GMFCS level

Examples of the conditions we treat are:

Neuro-Pathway

Neuro-pathways 'includes Neurodevelopmental and Neuro-disability service provisions to children and young people in the borough including those in mainstream and in special schools - West Lea School, Waverley School and Oaktree school.

Specific Clinic based Assessments is provided individually. Therapy is provided in clinic setting, home visits, school or nursery visits and community settings, individually or in a group format according to need, to maximise participation and carryover. The physiotherapy team have fostered links with community sport e.g. running football, swimming, cycling, in conjunction with the OT department.

An additional limited hydrotherapy service provision is also provided under strict criteria. Physiotherapists will also recommend special equipment to aid mobility and postural management e.g. standing frames, and for mobility e.g. walkers.

The clinics run under this pathway are:

- Early intervention pathway – intensive intervention for under 2s at high risk of movement difficulties.
- CP pathway diagnosis to transition to adult services
- Screening for developmental delay, ongoing input as required
- Motor clinic – children with CP, GMFCS levels I-V. Thorough assessment – (including Gait assessment, CPIPS -Hip surveillance program & GMFM) and general management and ongoing liaison with MDT tertiary services.
- Over 5s neuromuscular and neuro-disability clinics.
- Orthotics clinic: Joint physiotherapy – orthotist clinic at Chase farm hospital.
- Participation in MDT clinics: complex needs clinic

MSK pathways

Specific Clinic based Assessments and therapy input provided individually or in a group format according to need. The clinics run under this pathway are:

- Baby clinic
- Under 5s Lower limb clinic (screening clinic)
- Musculoskeletal clinic.
- Joint Physiotherapy - Podiatry clinic.
- Motor co-ordination Assessment clinic – Physiotherapy – Occupational Therapist joint clinic.

Therapy Groups run under this pathway:

- Motor skills group – 5 consecutive sessions.

Hypermobility group – graded exercise over 4 sessions with advice for carryover.

Lower limb strengthening group – 4 sessions with advice for carryover

NHS Occupational Therapy

Parents Discharge Drop in Clinic for families previously seen by NHS OT

Due to COVID-19 infection Control measures, the clinic sessions are currently offered via telephone or video appointments.

What: A fast track, easy access clinic to help families recently discharged with specific OT queries or concerns.

Who: For children who have been discharged from OT within the last 12 months.

When: 3rd Thursday of every month

How: No need to sit on a waiting list and no referral needed. Just call 0208 702 5630 to book an appointment or call on the day (last appointment 4pm).

Where: Telephone or video appointments

What will happen in the session: We will aim to answer any specific OT queries you have and offer advice and strategies. We will not complete a full assessment of your child nor provide a report, treatment session or school/home visit. If you want a re-assessment your child will need to be re-referred back to OT

What happens if my child has been discharged more than 12 months ago: Please call the team to discuss. Your child's needs may be better met by re-referral into the service rather than the drop-in.

Speech & Language Therapists - Education

Education Speech and Language Therapists will be continuing to work with families over the summer.

If you have any queries you can contact the lead therapist in the special school. Please copy judy.sleat@nhs.net (in case staff are on annual leave)

Waverley Amy Peck: amy.peck3@nhs.net

Durants Robert Blankson) Robert.blankson@nhs.net

Oaktree Elizabeth Nissen Elizabeth.nissen@nhs.net

Russet House Sophie Spicer Sophie.spicer@nhs.net

West Lea Julie Michel/Maddy White j.michel@nhs.net or Madeline.white4@nhs.net

For Children and young people in Mainstream schools please contact judy.sleat@nhs.net

Enfield Child and Adolescent Mental Health Service (CAMHS)

- Service opening hours and contact arrangements are all operating as normal through the pandemic
- We have a staff presence at our sites Mon-Fri 9-5, with enhanced crisis/on-call arrangements, including out of hours
- Extensive infection control and social distancing measures are in place in our clinic in line with national guidelines. We have fully stocked PPE for staff and clients
- All our services are running, with some in modified ways. Face to face sessions are being reintroduced incrementally, but in most instances telephone and video will be the first line offer
- We continue to prioritise face to-face appointments where this is urgent and essential
- During the pandemic, the crisis care pathway has been strengthened, including a 24/7 crisis helpline for children, young people and families:
- CYP crisis helpline: Children, young people and families can call this number to get support or advice 24/7: **0300 0200 500**

Finances and Benefits

- If you are having difficulty with providing food, basic items or household appliances you should first check that you are receiving all of the benefits to which you are entitled.
<https://www.gov.uk/browse/benefits>
- There are also food banks who may be able to help. You can search for your nearest food bank at <https://www.trusselltrust.org/get-help/find-a-foodbank/>
- If you are still struggling to access these items, please contact your allocated worker or Cheviots on cheviots@enfield.gov.uk and a member of the team will get back to you.
- The government has stated that schools can provide vouchers or meals to those children who usually receive a free school meal and they will be reimbursed for this. If this applies to your child, please contact their school to find out more.
- The **Enfield Carers Centre** can give you advice on what benefits you might be entitled to.
<https://enfieldcarers.org/>

They will also be running a webinar on 20th August about Carers Allowance and Attendance Allowance – details at <https://enfieldcarers.org/event/benefits-advice-ca-and-aa-video-workshop/>

Family Fund was established to support children with complex needs and disabilities and their families. The fund provides grants for low-income families to pay for vital equipment needed to make social distancing measures more achievable, including computers and tablets, specialist equipment, outdoor play equipment, educational and sensory toys and other goods and services. Families staying at home more than usual to shield themselves from the coronavirus, and looking after and educating critically ill or disabled children themselves, will be supported by £10m of the settlement specifically dedicated to their unique needs. For more information including eligibility and how to apply for a grant, see www.familyfund.org.uk.

Taking Care of Yourself and Your Family

Looking after your own needs

It's really important right now to take care of your own physical and mental health. You cannot take care of your child's needs by ignoring your own. Remember that children can be very perceptive, and they react to what they sense from the adults around them.

See next page for a range of useful resources for looking after your own and your child's mental health and wellbeing.

Tips for keeping healthy and happy

- **Exercise** – take some time every day to move. You could go for a walk or run. If it is difficult to get out, you'll also find lots of fitness videos/challenges online e.g. on YouTube. Find something you enjoy and that makes you feel good!
- **Connect with others** – maintain relationships with people you care about through phone and video calls (zoom, google hangouts, facetime, house party are great apps to do this)
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Vitamin C** - ensure you are taking in plenty of vitamin C which is proven to strengthen your immune system.
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack
- **Learning a new skill** - A great way to release feel good hormones is by learning a new skill. Imagine how great you will feel when you look back on isolation and you have learnt

to play an instrument, a new language or some handy DIY skills. Get the family to pick one life skill each and work towards achieving it by the end of lockdown.

- **Try a Mindfulness exercise** – if your time is very limited you might like to try one of the very short exercises available on the Local Offer for SEND [here](#).

Looking after your own and your child's mental health

The Enfield Local Offer for SEND has a section on Social, Emotional and Mental Health including a list of useful local organisations.

<https://new.enfield.gov.uk/services/children-and-education/local-offer/social-emotional-and-mental-health/>

The **Healthy London Partnership Website** has a useful range of resources and includes the Good Thinking Guide which contains information and support for managing your own wellbeing and that of your children, including dealing with anxiety, stress, sleep problems and low mood. It includes information about a variety of resources available including helplines and apps which you may find useful, including a collection of top resources to do with your kids and help them manage their wellbeing.

<https://www.healthylondon.org/resource/schools-mental-health-toolkit/covid-19/covid-19-advice-for-parents-carers/>

Anna Freud Website offers a variety of resources to support wellbeing and support for the whole family and includes a self-care summer pack for primary and secondary.

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

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>

BBC Bitesize SEND Toolkit for parents (or search in BBC Bitesize for Parents Toolkit SEND) has useful resources for supporting children with special needs and disabilities (as well as home learning support and fun activities) with managing emotions, keeping calm, mindfulness and Mental Health support.

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

Enfield's Educational Psychology Service has set up a Family Support Helpline. and is available throughout the summer to provide guidance with supporting your child's learning at home, concerns about their general learning, development or well-being, access to information and resources and signposting to other services. The full information can be found on Enfield's SEND Local Offer

https://www.ourvoiceenfield.org.uk/downloads/EPS_Family_Support_Line_Summer_2020_2_1_.pdf

<https://new.enfield.gov.uk/services/children-and-education/local-offer/>

Child and Adolescent Mental Health Service (CAMHS) has a variety of useful resources which you can download from their website. These include specific guides and resources for dealing with Coronavirus anxieties and supporting our own and our children's mental health, for parents, younger and older children and young people.

<https://www.camhs-resources.co.uk/>

They also have a wide range of different more general resources and tools for parents or carers and children. Topics include anxiety, self-esteem issues, self-harm, sleep, building resilience, managing stress, positive parenting, ADHD, controlling anger, Autism, problem-solving managing emotions and melt-downs, depression, adolescence, online safety, OCD, eating disorders, Tourettes, supporting children when someone close has a terminal illness or dies, Pathological Demand Avoidance and mindful colouring.

<https://www.camhs-resources.co.uk/downloads>

Enfield's Thrives Together Network has created a variety of different guides to help support parents, children and young people during this difficult time:

Wellbeing support - how to look after yourself and your children

https://www.ourvoiceenfield.org.uk/downloads/Covid_19_Wellbeing_support.pdf

Let's Beat Coronavirus - information for children - a child-friendly guide to the situation and staying healthy

[https://www.ourvoiceenfield.org.uk/downloads/Let s Beat Coronavirus Info for Children.pdf](https://www.ourvoiceenfield.org.uk/downloads/Let_s_Beat_Coronavirus_Info_for_Children.pdf)

Support for parents - caring for children without a break, caring for your teenagers, looking after yourself, feeling isolated, working from home and links to useful resources on these topics.

https://www.ourvoiceenfield.org.uk/downloads/Support_for_parents.pdf

Supporting primary aged children - a guide for parents looking at how to talk to children about the situation and support them if they are worried, supporting home learning and useful resources

https://www.ourvoiceenfield.org.uk/downloads/Supporting_Primary_aged_Children.pdf

Supporting secondary aged children - a guide for parents on how to talk to young people about the situation and support them if they are worried, hopeless or angry, supporting young people with learning, and useful resources.

https://www.ourvoiceenfield.org.uk/downloads/Supporting_Secondary_aged_Children.pdf

Healthy Enfield has a useful Mental Health and wellbeing section which has a variety of tips and resources to support your mental health including Are you OK? - a guide to your mental health during Coronavirus.

<https://new.enfield.gov.uk/healthandwellbeing/healthy-you/2016-2/>

<https://new.enfield.gov.uk/healthandwellbeing/wp-content/uploads/2020/06/HHASC755-MH-Awareness-A5-booklet.pdf>

Kooth has been commissioned by Enfield and is a web-based confidential support service available for young people which provides a safe and secure means of accessing mental health and wellbeing support. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor, available 12 noon to 10 pm weekdays and 6 pm to 10 pm at weekends, on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside hours young people can message the team and get support by the next day. See next page for more information. www.kooth.com

Healthwatch Enfield has put together a useful list of links about Coronavirus including a section on Mental Health Support, and Mental Health support for young people.

<https://healthwatchenfield.co.uk/information-about-coronavirus/coronavirus-links/>

Play is a great way for children to deal with their emotions and manage stress and worry.

The British Psychology Society/Division of Educational and Child Psychology has created a short film on the value of play

<https://www.youtube.com/watch?v=9mgeOkq2yyg>

Kooth Online support and counselling service for young people

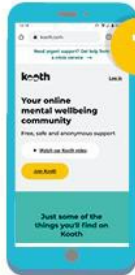
We are committed to supporting the wellbeing of our children and young people. NCL CCG, Enfield Council and Barnet, Enfield and Haringey Mental Health Trust are delighted to introduce a service to support the wellbeing and resilience of our young people.

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth young people can benefit from:


- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for Kooth independently at www.kooth.com

To use the service or find out more visit www.Kooth.com

You can also view a short video about the service <https://www.kooth.com/video>



1 Click on the 'Join Kooth' button located in the centre of the home page of the Kooth website




2 Choose from the drop down box the **location** you are in
3 Click on the **gender** you identify with
4 Choose from the drop down box the **ethnicity** that best fits you
5 Add your **age** and the **month you were born**
6 Click 'continue'

How to sign up to Kooth.

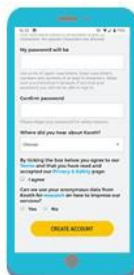
Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop and tablet.**



7 Create an **anonymous username** (not your real name) and **secure password**
8 Choose from the drop down box to explain where you found out about **Kooth**



Click on the 'create account' button to complete your registration

www.kooth.com

Things to do

Activities to do as a Family

- **Build a paddling pool-** Use this time to create some memories with the family, set your children the challenge to create a homemade paddling pool. All you need is a spade, plastic sheeting and water. I warn you this task will get messy!
- **Outdoor cinema** – Using a laptop/tablet or TV create an outdoor snug with blankets and pillows and lots of sweet treats, pick a family fav film and you have an outdoor cinema evening
- **Camping-** Use this lovely weather as an opportunity to camp in the garden, you can create a fort or use a tent if you have one
- **Exercise together-** Use daily exercise as a way to connect as a family, start the day off by completing a piece of exercise together. The following are a great way to access workouts and challenges you can all take part in.
- **Family Come dine with me-** As a family each member of the family has a cooking night where they have to cook a dinner and provide after dinner entertainment (card game, film, performance act) you then rate the overall performance. It's a great way to get some healthy competition within the family

Out and about with children

Many of the activities and outings which might normally be helpful for children with disabilities and special needs, are unavailable this year although some venues are offering virtual alternatives.

As more venues open up as lockdown relaxes we hope that more options will become available. Updated details will be added to the Our Voice news pages when we hear more, and you should also check individual websites for the latest information.. As numbers of visitors at attractions will be limited, and numbers will therefore be lower than normal, some parents may find that it is easier than usual for their children to enjoy some mainstream attractions during regular opening.

If you want to check whether a particular venue might be suitable for your family to visit, the Accessable website gives detailed guidance on a wide number of areas across the UK including many Enfield and Central London venues, and other nearby areas.

<https://www.accessable.co.uk/>

The Enfield Local Offer is a useful source of information on local activities
<https://new.enfield.gov.uk/services/children-and-education/local-offer/short-breaks-and-activities/#1>

Tower Bridge – is offering a relaxed/autism friendly opening session on 18th August – more details are on their website. <https://www.towerbridge.org.uk/whats-on/relaxed-opening>

Science Museum - Reopens on 19th August for pre-booked tickets only, but they are not running either of their two Autism friendly programmes (Early Birds and Night Owls).

The Natural History Museum will reopen on 5th August and we await information on whether or not they will be running their 'Dawnosaurs' relaxed programme (no details currently advertised). <https://www.nhm.ac.uk/> <https://www.nhm.ac.uk/events/dawnosaurs.html>

Many other museums and attractions will be opening up over the summer – see individual websites for the latest information.

Sports and Physical Activities

Relaxed Trampolining sessions

Jump In trampoline park has now re-opened. Full details of opening times and booking are on the website at www.jumpin.com or you can contact them by phone on **01926 356290**.

Relaxed sessions are available on Sunday mornings 9 am – 10 am at a cost of £8.50 per child plus £1 transaction fee. Carers go free and are encouraged to come onto the trampoline arena.

At these sessions the music is turned down and the party lights are turned off and a quiet corner is provided for anyone needing a bit of time out.

To book go to www.jumpin.com select 'Book now', select location 'Enfield' and select 'Relaxed SEN session' and the date and click 'book it'.

Leisure Centres are expected to re-open soon – see individual websites for the latest information.

BBC Bitesize site includes useful tips on physical activities for children with SEND to do at home <https://www.bbc.co.uk/bitesize/articles/z76ny9q>

There are also useful resources on these websites:

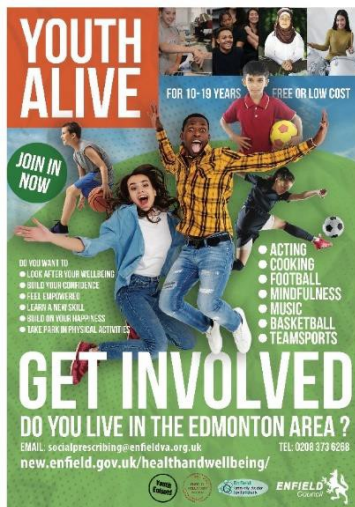
Cerebral Palsy Sport <http://www.cpsport.org/resources/resources/health-and-wellbeing/>

UK Deaf Sport <https://ukdeafsport.org.uk/deafstayinworkout/children-and-young-people/>

British Blind Sport including visually described workouts <https://britishblindsport.org.uk/stayinworkout-children-and-young-people/>

British Blind Sport offers a First Steps programme to help children with Visual Impairments take part in physical activities. Their free First Steps pack includes an audible ball, an booklet of activities for the whole family and a progress poster tracking each child's activities and including a fun sticker chart to provide encouragement. For more information and to register for a pack see the First Steps website. You can also contact First Steps on email firststeps@britishblindsport.org.uk or call **07957 719 251** with queries. <https://britishblindsport.org.uk/firststeps/>

Activities for Young People with SEND



The Youth Alive programme is for children and young people aged 10 to 19 who live or study in the Edmonton ward. It encourages them to look after their wellbeing, build their confidence and happiness, feel empowered, learn a new skill and take part in physical activities.

Through the programme, children and young people can take part in activities including basketball, football, cooking, acting and drama lessons. All activities will be carried out in line with Public Health England guidance on coronavirus infection, prevention and control.

Children and young people will be referred to their local health champion, who will discuss what the child or young person's interests are, and signpost them to free or low-cost activities. To take part, you can complete a referral form and

send to a link worker via email at socialprescribing@enfieldva.org.uk or you can telephone 020 8373 6268. Following the referral process, a young person will be contacted by a specialist Health Champion.

<https://new.enfield.gov.uk/services/children-and-education/local-offer/youth-alive-poster-send-local-offer.pdf>

<https://new.enfield.gov.uk/services/children-and-education/local-offer/youth-alive-referral-form-send-local-offer.pdf>

Youth Centre Summer Activities

The Youth Centre summer activities programme is designed to offer young people something to do, somewhere to go and engage in something positive. The activities are inclusive to all young people in Enfield, and are open to young people aged 11 – 19, or up to 25 with SEND.

The programme is starting from Monday 27th At Craig Park, Alan Pullinger, Croyland and Ponders End Youth Centres. There is a maximum capacity limit for each youth centre and all activities will be on a first come first serve basis.

Teen Scheme who are running from Alan Pullinger Youth centre require booking before attending please email Teenschemeecyps@gmail.com

Ponders End Youth Centre are having the majority of their sessions in the park - please contact Mark Riley for more info - 07815440487 or book online - <https://oasishubhadley.org/form>



@youth_enfield

www.enfield.gov.uk/youth



Online Activities for Children and Families

BBC Bitesize Parents' Toolkit SEND has a wide range of activities for children and young people with SEND including Music activities and introductory music lessons, fun things to do if your child is 'Shielding', tips to support your child's reading, sing, sign and dance challenge, Makaton, BSL Poetry and more

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

Audible are currently offering a wide range of stories read aloud for children for free at <https://stories.audible.com/start-listen> The stories are split into different age categories from 'littlest listeners' to 'teens' and include titles in 8 different languages.

Chickenshed is currently closed but is offering virtual Chickenshed.

<https://www.chickenshed.org.uk/virtual-chickenshed>

The Twinkl Home Learning Hub <https://www.twinkl.co.uk/home-learning-hub> has a 'holiday club' with a range of free downloadable resources for fun activities to keep children busy during the summer.

Many different Zoos and museums are offering virtual tours and online activities. A few examples that might be popular with children are:

The London Transport Museum is a favourite with many children. It is currently closed with no opening date advertised, but some children may enjoy the online activities.

<https://www.ltmuseum.co.uk/learning/activities>

London Zoo: <https://www.zsl.org/zsl-london-zoo/virtual-london-zoo>

Museum of London online activities: <https://www.museumoflondon.org.uk/families/fun-home>

The British Museum has a good range of activities from virtual tours to activities like making Roman bread <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

The Natural History Museum is offering Dawnosaurs online at <https://www.nhm.ac.uk/events/dawnosaurs.html> - a set of online activities aimed at children with neurodiverse conditions including autism.

The Science Museum <https://www.sciencemuseum.org.uk/virtual-tour-science-museum> offers a virtual tour, a YouTube channel and home activities <https://learning.sciencemuseumgroup.org.uk/learning-resources/>

Support for siblings

The EyPIC (Enfield Young People In Caring) team are continuing to support Young Carers in Enfield over the summer holidays. We support children and young people aged between 5 and 18 years old who look after someone in their family. This summer, they are offering a range of online activities on Zoom, including chat sessions, quizzes, bingo, and escape rooms! We provide support calls and texts to Young Carers, and frequently distribute useful links and information. If you contact us with a query, we will try our best to support you ourselves or put you in touch with someone who can. We are contactable by phone on 02083663677 or 07809332106, and by email on youngcarers@enfieldcarers.org – please do contact us if you would like to register your child as a Young Carer or would like more information on the support we can offer.

We also post challenges on our social media accounts twice a week! Please follow us and take a look at what we have been up to:

www.facebook.com/EnfieldCarersCentreYoungCarers

www.twitter.com/eypic_youth

www.instagram.com/eypic_youth

You can find out more about our services (and check out some of our videos) on our website: www.enfieldcarers.org

How to Talk to Your Child about What's Happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening. Children often pick up information from their friends, the news and from listening to adults around them, but they may misunderstand what they are hearing.

Talking to Children:

- Deal with the news head-on and talk about it openly and calmly, giving them the facts
- Give them information appropriate to their age and level of understanding. Some of the resources above may be helpful, or you could look at the BBC Newsround hub.
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful
- Encourage questions - this will give them the confidence to reach out.
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance
- Be a role model:
 - Recognise and manage your own worries first
 - Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm
- Explain how our body's immune system protects us
 - It's constantly working against germs without us knowing. We can't and don't need to control this process
 - Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
 - Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
 - If it helps, reassure them that the effects of this virus on healthy young people are very mild
- Keep doing your bit to help children reduce the spread of germs
 - Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
 - Encourage them to sing 'happy birthday' twice when they're washing their hands

For older children:

- Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.
- Encourage them to maintain social ties – relationships are especially important for older children, so give them room to keep in touch with their friends
- Equip them with accurate information – for example Mythbusters from the World Health Organization. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

If your child is anxious about the situation:

- See section above on Taking care of your child's mental health
- Share tools to help them manage anxiety.
- Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.
- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down;
- Encourage them to use relaxation techniques such as controlled breathing
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions

Additional Resources which you may find helpful when explaining the situation to children and young people, including those with Learning Difficulties.

General guidance explaining what Coronavirus is and what we need to do - child-friendly guides include:

- **Covidbook** (available in a variety of languages including Spanish, Italian, Portuguese and French, Polish and Turkish
<https://www.mindheart.co/descargables>
- **Easy-read** examples from the
Down's Syndrome Association
https://www.ourvoiceenfield.org.uk/downloads/EasyRead_Coronavirus.DSA.pdf
Mencap
<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
Public Health England
https://www.ourvoiceenfield.org.uk/downloads/COVID_19_easy_readPublic_Health_England.pdf

- Information about why schools have closed and the importance of staying at home and social distancing, useful child-friendly explanations in graphic format._
https://www.ourvoiceenfield.org.uk/downloads/School_is_closed.pdf
- What's Up with this Coronavirus?
https://www.ourvoiceenfield.org.uk/downloads/What_s_up_with_this_Coronavirus_.pdf
- **Place2Be** has a useful guidance page to help you answer questions from your child about Coronavirus including links to other sources of information like a Newsround item on the topic, and support for family wellbeing._
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- **Young Minds** has useful tips for talking to children from their helpline._
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

If you're worried about your child's anxiety or mental health, contact:

Young Minds - a charity dedicated to children's mental health. They've opened a parents' helpline for confidential, expert advice. You can reach them at **0808 802 5544** <https://youngminds.org.uk>

Educational Psychology Family Support Helpline

<https://new.enfield.gov.uk/services/children-and-education/local-offer/>

Go to Your GP

Contact Enfield Council

Civic Centre
Silver Street
Enfield
EN1 3XY

www.enfield.gov.uk



