

Fortnightly Communication for Parent/Carers – 22.04.2020

Dear Parent/Carers,

We hope you are all well and were able to enjoy the Easter break. Please find below some information and resources, which you might find useful during this time. We are also updating our Facebook page regularly with information, please like our page to be kept up to date - www.facebook.com/dspsldacorum

Be safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Facebook - www.facebook.com/dspsldacorum

Website - www.dacorumdspl.org.uk

Learning resources and materials to help your child at home on the Hertfordshire Local Offer website



The Local Offer, Hertfordshire's website for families of young people aged 0 -25 with special educational needs and disabilities (SEND), has a resources area where parents and families can find materials and resources they can use to help their child learn key skills. The resources area specifically looks to support those families whose child has an additional need, but it can be used by any family, and may have certain educational activities that can help any pupil to develop a skill they may be struggling with. The resources area includes:

- Activity sheets and ideas provided by the Specific Learning Difficulties team, which can help progress in key areas including writing, memory, numbers and spelling
- Practical help for children who are struggling with their mental health, either as a result of COVID19 or more generally
- Help with explaining COVID-19 to younger children and young people with autism, including social stories and easy read documents
- Materials which help young people to develop their independence, including cooking activities
- Lots of fun ideas for your children to do independently or as a family at home to encourage them to explore and use their imagination

Find it all at www.hertfordshire.gov.uk/SENDresources

Covid 19/Coronavirus SEND information from Herts Parent Carers Involvement



National Charity Contact is a partner organisation to all parent carer forums in England. It is also a trusted source of information and advice for families on coronavirus and how you might be affected by it - see the range of topics below. This information will be updated regularly and they are also looking at how else they can support families online with Facebook live sessions, online chats etc.

Coronavirus: Information for families with disabled children

From general advice and benefits to your child's education and tips and links to help you cope at home, you can find out the latest information, support and advice about Coronavirus and its impact on families with disabled children on their [new Covid-19 \(coronavirus\) webpage](#). Take a look to find out more about:

- [Children with health needs](#)
- [Coronavirus and your child's education](#)
- [Coronavirus, welfare benefits and money](#)
- [The Coronavirus Bill](#)
- [Coping at home](#)

Government announces suspension of benefit reviews and reassessments

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On the 24th March the government announced that [reviews and reassessments for disability benefits are being suspended for the next three months](#).

This temporary measure effective from Tuesday 24 March, is being taken to reassure vulnerable people about the continuity of their benefits during the coronavirus outbreak and to ensure the department's resources are focused on enabling access to financial support for new claimants. It follows a previous announcement to suspend all face-to-face assessments in order to safeguard potentially vulnerable claimants.

NHS England

NHS England has published measures for a group of people whose physical health conditions mean they are at the greatest risk from Coronavirus. That guidance can be found [here](#). Some of this group will be people with a learning disability, autism or both and we have been asked to share that guidance with our parent network.

A letter from the NHS has been going out to these patients to provide information about accessing health and social care during this time and extra support available for them, their families and carers. All those who receive a letter are encouraged to register now by going to www.gov.uk/coronavirus-extremely-vulnerable or call 0800 028 8327, the Government's dedicated helpline. This will tell whether or not they are in touch with friends, family or a support network in their community who can support them to get food and medicine, and follow the advice in the letter they have received.

Keep safe and well.

Best wishes,

Carol Kelsey

Coordinator HPCI

07840 360245 https://m.facebook.com/story.php?story_fbid=3200706309959280&id=258662387497035

Help children with SEND continue their education during coronavirus (COVID-19)

Click on the link below to see the Government Guidance:




https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19?fbclid=IwAR3xam0ijVZreg419PvmWixh5lhziuuwtWS_AASAAaNG7CbndzjPiUnLM

Advice for Parents during Coronavirus

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help.

 <p>RED</p> <p>If your child has any of the following:</p> <ul style="list-style-type: none"> Becomes pale, mottled and feels abnormally cold to the touch Has pauses in their breathing (apnoea), has an irregular breathing pattern or starts grunting Severe difficulty in breathing becoming agitated or unresponsive Is getting blue round the lips Has a fit/seizure Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive Develops a rash that does not disappear with pressure (the 'Glass test') Has testicular pain, especially in teenage boys 	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
 <p>AMBER</p> <p>If your child has any of the following:</p> <ul style="list-style-type: none"> Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing Seems dehydrated (dry mouth, sunken eyes, no tears, droopy or passing less urine than usual) Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down Has extreme shivering or complaints of muscle pain Babies under 3 months of age with a temperature above 38°C / 100.4°F Infants 3-6 months of age with a temperature above 38°C / 102.2°F For all infants and children with a fever above 38°C for more than 5 days Is getting worse or if you are worried Has persistent vomiting and/or persistent severe abdominal pain Has blood in their poo or wee Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness 	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E</p>
 <p>GREEN</p> <p>If none of the above features are present</p> <ul style="list-style-type: none"> You can continue to provide your child care at home. Information is also available on NHS Choices Additional advice is available to families for coping with crying of well babies Additional advice is available for children with complex health needs and disabilities. 	<p>Self care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

Ollie Foundation online training

Online training offered by the Ollie Foundation. Some of the courses have already started, however Keeping Safe and Carrying On – for Adults and Mental Health Aware have sessions for May.



ONLINE TRAINING (APRIL-MAY 2020)

HOW TO BOOK: To book onto one of our online training sessions, simply email contactus@theolliefoundation.org. We'll confirm your place and send instructions for how to join us online. NB. The schedule will be updated weekly. Sessions may change or be cancelled at short notice.
DONATIONS: We are not charging for the majority of these training sessions. However, if feel able to, please do consider donating £10 via our online donation site: <https://www.givvy.com/theolliefoundation>. (Please note: The Mental Health Aware course costs £35.)

■ Suitable for teens ONLY ■ Suitable for adults

Course Title	Dates	Content	Aims	What will you learn?	Delivered by
Keeping Safe and Carrying On – for Teens (Session A for Year 11 and above)	Tuesday April 14, 21, 28 1–2pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and HEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed
Keeping Safe and Carrying On – for Teens (Session B for Year 7–10)	Thursday April 16, 30 May 14, 28 10–11am	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and HEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed

Keeping Safe and Carrying On – for Teens (Session C for Years 9–10)	Thursday April 16, 30 May 14, 28 4–5pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	For teens to feel better supported and know how to support themselves. A short online overview to explore some common cognitive behavioural therapy (CBT) notions and HEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed
Goalsetting – for Adults Part 1: Standalone session. Part 2: For those that want to come back and get more support with their own plans.	Part 1: April 12, 18 9.30–12.30 Part 2: April 12, 19 9.30–12.30	Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.	Understand the processes that science shows support effective goalsetting. Learn how to use a visual aid that's key for effective goalsetting.	Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.	Debi Roberts MA Ed
Goalsetting – for Teens	Thursday April 9, 23 May 7, 21 2–3pm	Explore the science behind goalsetting and learn a process you can use to achieve your goals or overcome your problems.	Understand the processes that science shows support effective goalsetting. Learn how to use a visual aid that's key for effective goalsetting.	Plan how to achieve your goals and how to flip your worries and fears to feel confident in how to move forward.	Debi Roberts MA Ed
Keeping Safe and Carrying On – for Adults	Monday April 20, 27 Saturday May 9, 23 5–6pm	Explore how the brain processes fear and anxiety. Learn simple tips for managing moments of overwhelm, stress, sleeplessness and loneliness.	A short online overview to explore some common cognitive behavioural therapy (CBT) notions and HEART principles in relation to wellbeing and managing anxiety and overwhelm.	How fear and anxiety are processed by the brain. How our bodies and behaviours are impacted by fear and anxiety. Useful techniques to improve wellbeing.	Debi Roberts MA Ed

Mental Health Aware Half-day course Cost: £35 Age 15+ – adult	May 4 9.30am May 5 9pm May 18 9.30am	This 4-hour half-day Mental Health First Aid (MHFA) training is a basic introduction to mental health and why it is important. It introduces some common mental health challenges and discusses how to spot them. The training includes such topics as stigma, depression and anxiety disorders.	During this 4-hour course you will learn how to talk to someone who may be experiencing mental ill health and feel more confident speaking about mental health with colleagues, friends or family. The course also will also equip you with some tools to look after your own mental health.	Writa Qureshi
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The Ollie Foundation, Faulkner House, Victoria St, St Albans, AL1 3SE. Charity number: 1187116

<https://theolliefoundation.org/wp-content/uploads/2020/04/ONLINE-TRAINING-SCHEDULE-8-April-2.pdf>

Spot the Signs and Emotional Wellbeing Webinars

The children & young person's team at Herts Mind Network under the Spot the Signs and Emotional Wellbeing project, is offering free webinars to young people, parent/carers and youth professionals. Sessions include:

- 5 Ways of Wellbeing for families (with a focus on isolation)
- Introduction to Mental Health for families
- Emotional Wellbeing & Coping Strategies for parents/carers to support themselves and their young person(s)
- Adolescent Development for teens and parent/carers
- Spot the Signs Youth Suicide Prevention course for youth professionals

See the attached flyers for more information and book your place via Eventbrite - <https://bit.ly/2QZqK4f>

Spot the Signs & Emotional Wellbeing Webinars

The Spot the Signs & Emotional Wellbeing Project continues to run free of charge webinars on a range of wellbeing content for young people, parents/carers and youth professionals.

To book yourself on, visit Eventbrite (<https://bit.ly/2QZqK4f>) or contact lara.mchale@hertfordshiremind.org to arrange a webinar for a group of individuals.

Spot the Signs & Emotional Wellbeing Webinars			
Course	Who for	Date	Time
5 Ways of Wellbeing	Families ¹	14/04/2020	10:00-10:45
Introduction to Mental Health	Families ¹	15/04/2020	13:00-14:00
Emotional Wellbeing & Coping Strategies	Carers ²	17/04/2020	12:30-14:00
Emotional Wellbeing & Coping Strategies	Carers ²	20/04/2020	12:00-13:30
5 Ways of Wellbeing	Families ¹	21/04/2020	15:30-16:15
Introduction to Mental Health	Families ¹	24/04/2020	11:00-12:00
Spot the Signs Suicide Awareness	Youth Professionals	27/04/2020	18:30-15:00
5 Ways of Wellbeing	Families ¹	28/04/2020	13:00-13:45
Emotional Wellbeing & Coping Strategies	Carers ²	29/04/2020	15:30-17:00
Introduction to Mental Health	Families ¹	30/04/2020	14:00-15:00

¹ Families: This session is open to all the family and parents/carers may join accompanied by their child or teen
² Carers: Parents & Carers of a young person

For more information and to book onto an individual webinar session, please visit our Eventbrite: bit.ly/2QZqK4f

If you would like to book an in-house session for your class or team email lara.mchale@hertfordshiremind.org to arrange how to get your group into a private webinar that they can all access from home.

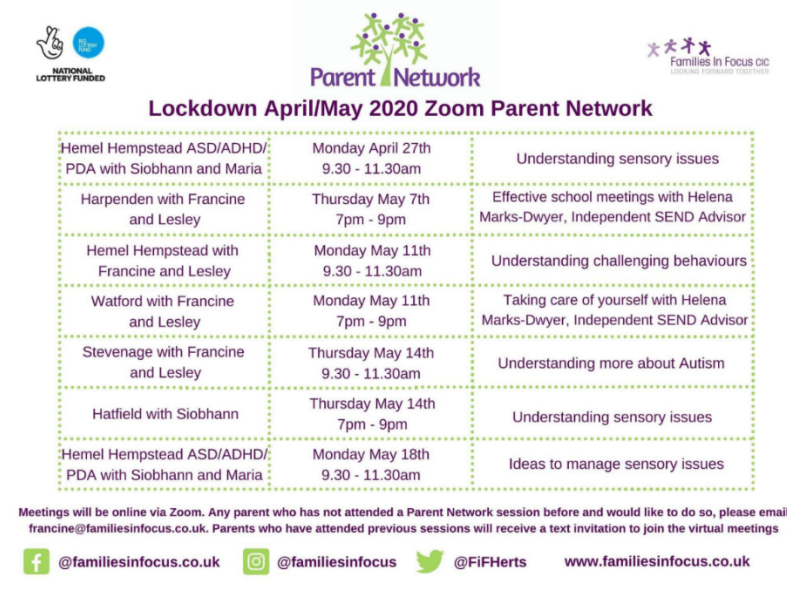
Click on the link to their website with more information on children and young people services they are offering:

<https://www.hertsmindnetwork.org/Pages/Category/young-people>

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Families in Focus – Online Parent Network Sessions

Families in Focus are offering their Parent Network session via Zoom, see the flyer below for more information:



The flyer features logos for the National Lottery Funded, Parent Network, and Families in Focus CIC. It contains a table of sessions and contact information.

Location	Date and Time	Topic
Hemel Hempstead ASD/ADHD/ PDA with Siobhann and Maria	Monday April 27th 9.30 - 11.30am	Understanding sensory issues
Harpden with Francine and Lesley	Thursday May 7th 7pm - 9pm	Effective school meetings with Helena Marks-Dwyer, Independent SEND Advisor
Hemel Hempstead with Francine and Lesley	Monday May 11th 9.30 - 11.30am	Understanding challenging behaviours
Watford with Francine and Lesley	Monday May 11th 7pm - 9pm	Taking care of yourself with Helena Marks-Dwyer, Independent SEND Advisor
Stevenage with Francine and Lesley	Thursday May 14th 9.30 - 11.30am	Understanding more about Autism
Hatfield with Siobhann	Thursday May 14th 7pm - 9pm	Understanding sensory issues
Hemel Hempstead ASD/ADHD/ PDA with Siobhann and Maria	Monday May 18th 9.30 - 11.30am	Ideas to manage sensory issues

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email francine@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus)
[@familiesinfocus](https://www.instagram.com/familiesinfocus)
[@FIFHerts](https://www.twitter.com/FIFHerts)
www.familiesinfocus.co.uk

SEND 111 – Corona Virus Distance education resources for children and young people with SEND



Please see the attached PDF document from SEND Essentials, which contains lots of useful links relating to distance education resources for children and young people with SEND.

School Nurse Contact Line



There is a School Nurse on duty every weekday that can support you with any concerns you may have about your child's/ children's health and wellbeing.

They can be contacted on:

0300 123 7572

9am – 5pm Monday to Friday



www.hct.nhs.uk/our-services/school-nursing

Money Advice Unit

For Benefit and Financial advice for people affected by Coronavirus, click on the link below:

<https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/money-advice-factsheets/advice-news-april-2020.pdf>

