



North Lancashire Additional Needs Support Newsletter 1st July 2020

Welcome to the next newsletter for supporting families or children and young people with additional needs and disabilities and the professionals who work with them.

SEND Support Groups

SEND virtual support groups are running across the area with the general feeling from parents being that they appreciate the opportunity to “meet/see” other parents and being able to share common themes. Children under 11 engage weekly in activities on the groups whilst the group for 12+ isn't as popular. Youth group attendees usually enjoy the social aspect and most of these young people do not like the virtual group as much.

<https://www.northlancsdirectionsgroup.com/aok>

Mental Health Support Group CHATS

A group for parent carers of children with mental health concerns where they can access peer support Meets weekly alternating between FB rooms using the FB group set up and M Teams with Primary Mental Health workers joining. Majority of parents on the group chats have children with SEND also.

<https://www.northlancsdirectionsgroup.com/c-h-a-t-s>

Returning To School Programme

A free to access course for parents of children with SEND from across Lancashire commissioned by SENDIAS to support parents to help their children return to school after lockdown. 3 sessions via zoom talking through set topics using slides and group discussion. Booklet filled in during the session for each child to help school understand what the Lockdown experience was like for them. Booklet is intended to be sent to school before the child returns to aid discussion and support implementation of any support.

<https://www.northlancsdirectionsgroup.com/return-after-lockdown>

Support Need section on website

North Lancs Directions Group website now has pages based on areas on need with links to online learning / webinars from multiple sources and resources to support families and professionals.

Pages added:

Autism, ADHD, Advocacy Support, Benefits advice, challenging behaviour, dyslexia, Down's Syndrome, Epilepsy, Hearing Impaired, Mental Health, PDA, Sensory, Siblings, Sleep, Transition, Transitions.

<https://www.northlancsdirectionsgroup.com/support-need>

North Lancs Directions Group Facebook Group

Lots of parents have recently joined the group, which I moderate, to find advice and locally based support. There are over 500 parent carers in the group who offer each other support and advice based on their own experiences.

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

Lancashire Parent Carer Forum

The Forum will be starting regular listening events using Zoom to facilitate support and collate themes which help to shape the services for families in Lancashire. Follow the FB Page for updates.

<https://www.facebook.com/LancashireParentCarerForum/>

Top Tips for returning To School



As soon as you know what the plans are for your child about returning to school, you could try doing the following to ease the process. For many of our children, a good sleep routine, wearing school clothing and general school routines won't have been in place for some time. It's important that we try to put these back in gradually and not just the night before.

1. **Sleep Routine.** Write down all the steps you and your child needs to complete in order to get good sleep. Slowly introduce each step in turn, only adding a new step when the 1st one is in place.



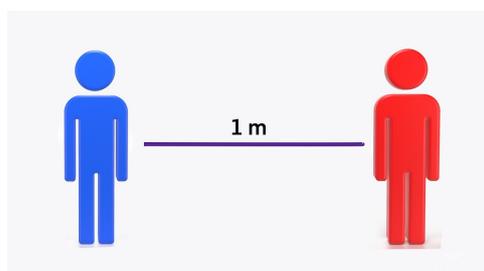
MY ✨ MORNING ✨ ROUTINE		MY ✨ MORNING ✨ ROUTINE	
	USE THE POTTY		USE THE POTTY
	WASH HANDS		WASH HANDS
	GET DRESSED		GET DRESSED
	COMB HAIR		COMB HAIR
	EAT BREAKFAST		EAT BREAKFAST
	BRUSH TEETH		BRUSH TEETH

2. **Make a morning routine.** This can be a visual or a simple tick list but make sure you match the stages to your child's skills and reward by verbal or visual praise like stickers, a tick symbol, high-five.

3. Encourage them to do **table based activities** like drawing, writing, turn taking games, eating meals. This will help them to get used to being at a desk again.



4. Try to talk to your child about **social distancing**, show them rather than giving them concrete rules like you MUST keep 1 metre away from people. Some children might get obsessed by the exact measurement people are standing or sitting away from others.



5. Encourage **good hygiene practices** like hand washing regularly, "Catch it, Bin it, Kill it". Every break time, every time they are told by a teacher or member of staff, before they leave home or school etc. Make sure they know how to sneeze/cough into their elbow, dispose of used tissues etc.





Read a little	
Think a little	
Talk a little	
Write a little	

6. **Reading, writing and talking skills** might not have been practiced very often so try and encourage them to do some over the summer. Writing or drawing a journal, reading books or taking part in any home learning would be a great way to keep them occupied too. Any form of reading and writing will help. Talking and actively listening to your child will help them massively.

7. **School communication** Keep an eye on the school website, Facebook page, school communication app etc for news about how school will look, what the arrangements are etc. Don't leave setting routines until the last week of summer, plan for going back as normal according to your school term dates. It's better to be prepared than not.



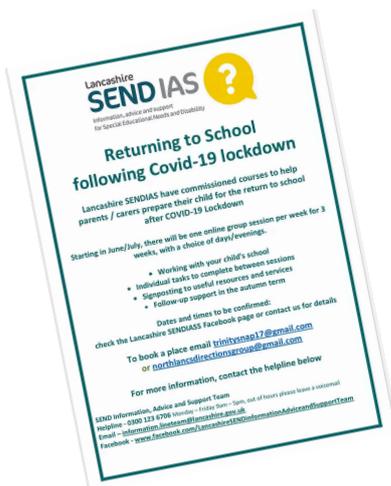
8. **Uniform** Your child may need new uniform including shoes. Please don't leave this until the last minute. Order online where possible, ring ahead to shoe shops and ask for their quiet times. Some Clarks shops have had Autism training to assist our families.

9. **Practice the school journey again** If your child usually walks, to school or go in a car or bus, you might want to do the journey a few times before the start of term to get them used to it again.

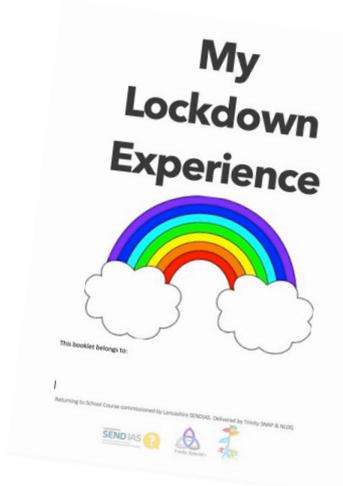


10. **Return 2 School Programme** If you feel you need some advice around preparing your child for the return to school, NLDG and Trinity Snap have been commissioned by Lancashire SENDIAS to run a 3 session programme for parent carers.

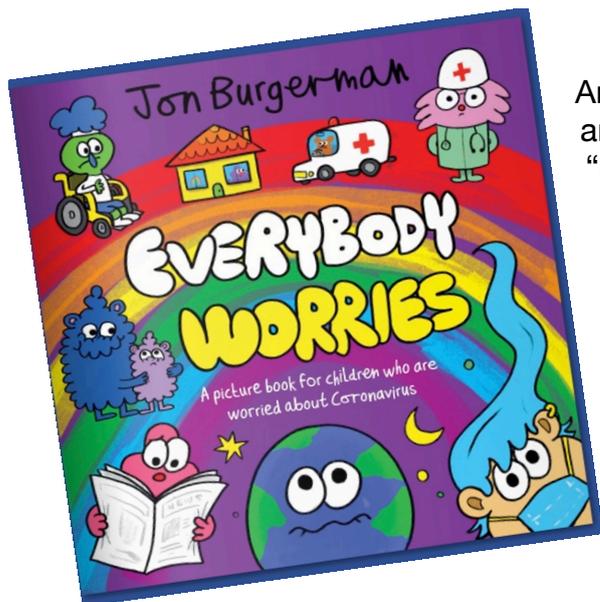
www.northlancsdirectionsgroup.com/return2school



11. **Lockdown Booklet** complete the FREE booklet to help your school understand your child's experience of Lockdown which includes any key events, how they coped, any life skills they have learnt etc. www.northlancsdirectionsgroup.com/lockdown-booklet



Some useful links and resources



An E-book to share with young children about worries and the corona virus
“Everybody Worries” <https://rb.gy/y1iu8g>

An E-book for older children to understand the Corona Virus.

“Corona Virus, A book for children” <https://rb.gy/9xjirx>

