

## Let's talk

During these difficult times, you or a member in your family, may be anxious or become worried. Here are some activities, websites and contact numbers that you may find useful.

### Support And Information

#### Meeting EHC Needs Assessment

Our SEND Team are working hard to make decisions on EHC Needs Assessments within the current 6, 16 and 20 week timescales. We will only apply the new government guidance and extend the timings in exceptional circumstances. For example, if children, young people and families are affected by the virus then assessment may have to be delayed, as continuing could risk your health and that of the professionals involved.

#### Online resources available – especially the activities linked to children and young people.

Online resources are now available to support all families during Coronavirus. The resources are from ID CAMHS (Intellectual Disability Child and Adolescent Mental Health Service).

These include; **Children and young people:**

- [Supporting your child through COVID-19 and social distancing](#)
- [Supporting Neurodiverse Children In Challenging Times Such As During Self-Isolation](#)
- [Home isolation support ideas](#)
- [Indoor activities](#)
- [Sensory circuits](#)
- [How to run a successful sensory circuit](#)
- [Mindful breathing](#)
- [Mindfulness cards](#)
- [Daily routine](#)
- [30 day Lego challenge](#)
- [Social story](#)

[http://learningdisabilitiesdorset.uk/useful-things-healthcare/covid-19-information-and-guidance?utm\\_source=Dorset+Council&utm\\_campaign=4c7f35cdb8-EMAIL\\_CAMPAIGN\\_2018\\_11\\_21\\_01\\_35\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_bc36c80975-4c7f35cdb8-439225965](http://learningdisabilitiesdorset.uk/useful-things-healthcare/covid-19-information-and-guidance?utm_source=Dorset+Council&utm_campaign=4c7f35cdb8-EMAIL_CAMPAIGN_2018_11_21_01_35_COPY_01&utm_medium=email&utm_term=0_bc36c80975-4c7f35cdb8-439225965)

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[www.camhsdorset.org](http://www.camhsdorset.org)

### BBC Bitesize SEND activities and resources

There are many topics and ideas covered on this website. It looks at a range of barriers (ADHD, Autism, Anxiety, Dyspraxia and Dyslexia) and ideas of ways to support children. It includes personal stories, Lockdown tips and talking about emotions.

It is worth a look.

[https://www.bbc.co.uk/bitesize/articles/zh9v382?utm\\_source=Dorset+Council&utm\\_campaign=4c7f35cdb8-EMAIL\\_CAMPAIGN\\_2018\\_11\\_21\\_01\\_35\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_bc36c80975-4c7f35cdb8-439225965](https://www.bbc.co.uk/bitesize/articles/zh9v382?utm_source=Dorset+Council&utm_campaign=4c7f35cdb8-EMAIL_CAMPAIGN_2018_11_21_01_35_COPY_01&utm_medium=email&utm_term=0_bc36c80975-4c7f35cdb8-439225965)

### Resources produced from Dorset Council

There are resources for children, young adults and adults on this website. I particularly like the 'Insight Timer' giving you access to different relaxation and mediation music. Kooth- is also a good website that can support teenagers.

[https://mailchi.mp/dorsetcouncil/adumks27ey?utm\\_source=Dorset+Council&utm\\_campaign=81a58c2737-EMAIL\\_CAMPAIGN\\_2018\\_11\\_21\\_01\\_35\\_COPY\\_02&utm\\_medium=email&utm\\_term=0\\_bc36c80975-81a58c2737-439264793](https://mailchi.mp/dorsetcouncil/adumks27ey?utm_source=Dorset+Council&utm_campaign=81a58c2737-EMAIL_CAMPAIGN_2018_11_21_01_35_COPY_02&utm_medium=email&utm_term=0_bc36c80975-81a58c2737-439264793)

### Window of tolerance

<https://m.youtube.com/watch?v=Wcm-1FBrDvU>

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### Please get in touch if you feel overwhelmed

We know these are really difficult times and that sometimes things can feel overwhelming. If you're concerned that things are getting too much and that you are not going to be able to manage, please get in touch. If you have an allocated worker, please contact them to let them know how you are feeling.

If you do not have an allocated worker, please contact your local [Family Partnership Zone](#) where staff are ready to help. Each zone has a specially trained SEND champion available to offer you support. More information on general support is available [here](#). Your local [Family Partnership Zone](#) will also be able to give you details about what might be available to support you and your family in the local community.

[https://www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/getting-help-for-your-family.aspx?utm\\_source=Dorset+Council&utm\\_campaign=47566610b3-EMAIL\\_CAMPAIGN\\_2018\\_11\\_21\\_01\\_35\\_COPY\\_03&utm\\_medium=email&utm\\_term=0\\_bc36c80975-47566610b3-439225965](https://www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/getting-help-for-your-family.aspx?utm_source=Dorset+Council&utm_campaign=47566610b3-EMAIL_CAMPAIGN_2018_11_21_01_35_COPY_03&utm_medium=email&utm_term=0_bc36c80975-47566610b3-439225965)

### New helpline for parents and carers

Our Educational Psychology Service has launched a new helpline for parents and carers. If you live in the Dorset Council area, are really worried about how your child is coping at the moment and need someone to talk to – we're here to help. You can book a half-hour consultation with one of our educational psychologists on Monday to Fridays, from 9am to 4.45pm. Calls are confidential unless there is a risk of harm to you, your child or someone else. You'll need to call to make and appointment and we'll keep a brief record of each call. Call 01305 228300.

**We hope you find the above information helpful, please do not hesitate to contact your class teacher, Mrs Brooke or myself (Mrs Kirwin) if you feel that you need more support or just want to talk!**

**Mrs T Kirwin 09.05.2020**

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