

Isolation - information for families with CYP with additional needs

By Lucy Ellis North Lancashire Directions Group

This is by no means a complete list. If there is anything on here you think should be added please get in touch by emailing Lucy Ellis at northlancsdirectionsgroup@gmail.com

1. Witherslack Group Webinars

Thursday 26th March

Managing you and your child's anxiety during self-isolation

Presented by Professor Amanda Kirby, Clinical Adviser for Witherslack Group and CEO, Do-IT Solutions 2:30pm – 3:30pm (including Q&A)

[Click here to register](#)

Monday 6th April

An autism friendly compass: practical hints and tips for successful autism friendly days at home Presented by Anne- Marie Harrison, Ideas Afresh 2:15pm – 3:15pm

[Click here to register](#)

Wednesday 1st April

Managing you and your child's mental health during self-isolation Presented by Colin Foley, ADHD Foundation 2:15pm – 3:15pm

[Click here to register](#)

Friday 13th April

Home-Schooling: Using real life support learning Presented by Dr Amelia Roberts, Clinical Advisor for Witherslack Group 2:15pm – 3:15pm

[Click here to register](#)

2. Microsoft – FREE Minecraft Lessons

Minecraft is making its educational worlds available free, to help pupils no longer able to attend school because of the coronavirus pandemic. The 12 digital lessons will be available to download until the end of June.

They include tours of the International Space Station and the inside of a human eye, which "can be played on your own, or with parents or friends". The worlds offer creative writing and puzzles as well as build challenges.

Other lessons include:

- puzzle games to teach students how to code and think like programmers
- a tour of Washington DC's most historic sites, including the White House, the Pentagon and the Lincoln Memorial
- a game about generating power from alternative energy sources, such as wind and nuclear

3. Joe Wicks The Body Coach PE at home via youtube

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

30 minute exercise videos. Can be watched any time of the day but they are live at 9am every morning mon-fri whilst schools are closed.

4. The Girl With The Curly Hair has produced a video titled “supporting autistic people through Covid-19”

<https://thegirlwiththecurlyhair.co.uk/video-supporting-autistic-people-through-covid-19/?fbclid=IwAR22UGngi6Lnh1j-v5GfvbTtem5kdStsKd1eOcPoHrgt6gUjAONPG3a2hdk>

5. Child Mind Institute guide to talking to children about Corona virus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR1pcc-Olq2HlhzALYbgshHrTqQj2eOlfSgqxJvjhSUwn2RAzpE5SpnAOM0>

6. FREE online training from Richard Hirstwood around sensory environments

This introduces the concept of multisensory learning and the importance of our eight senses in learning. Find out why sensory stimulation is critical for learners with SEND and how it impacts on their learning. Practical strategies are shared.

Module 1: An Introduction to Multisensory Learning

- An Introduction to Multisensory Learning
- 1A. Our Sensory System
- 1B. Sensory Issues and Learning
- 1C. What is Multisensory learning?
- 1D. Why do learners with SEND need multisensory stimulation?
- An introduction to Multisensory Learning: Quiz
- Future training
- Your opinion counts for us.
- Conclusion: An Introduction to Multisensory Learning

<https://online.hirstwood.com/courses/an-introduction-to-multisensory-learning>
available at the end of March

7. Visual easy read story explaining the corona virus

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Government guidance easy read version

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

8. Covid-19 symptoms logging app

Take 1-minute to self-report daily, even if you are well.

Help our scientists identify:

- High-risk areas in the UK.
- Who is most at risk, by better understanding symptoms linked to underlying health conditions.
- How fast the virus is spreading in your area.



9. David Walliams FREE audio books daily

<https://soundcloud.com/harpercollinspublishers/the-worlds-worst-children-by/s-dqoZWNYMFFq>

10. FREE online courses

<https://www.derby.ac.uk/short-courses-cpd/online/free-courses/understanding-autism-aspergers-and-adhd/>

11. Young Minds advice for parents on how to talk to your children about corona virus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

12. Visual social story for younger children

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

13. Facebook Groups:

Lancaster and Morecambe mutual aid group Covid-19

<https://www.facebook.com/groups/529642801286154/?fref=nf>

North Lancashire Directions Group Support for families and carers with children and young people with additional needs

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

AOK parent Peer support Group

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

Virtual AOK group meetings on Wednesdays 1.30-2.00 via Zoom app. Other sessions will be added

14. Online learning resources

<https://www.twinkl.co.uk/home-learning-hub> lots of brilliant support around homework here

for FREE access for a month to TWINKL https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools?utm_source=facebook&utm_medium=social&utm_campaign=coronavirus&utm_term=whatsavailablefaq&utm_content=20200324_coronavirusblog

BBC Bitesize <https://www.bbc.co.uk/bitesize>

Amazon Audible service FREE for children whilst schools are closed

<https://stories.audible.com/start-listen>

12 Live animal webcams

<https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

Hobbycraft kids craft club online videos [https://www.hobbycraft.co.uk/ideas/kids/kids-craft-](https://www.hobbycraft.co.uk/ideas/kids/kids-craft-club?utm_source=facebook&utm_medium=organic&utm_campaign=dailykidscraftclub&fbclid=IwAR26mWnRcktSdqREAZ29Gh_KSf4tZfkoKGWfvWKIdcHHGFPO_TuE6x3EfIE)

[club?utm_source=facebook&utm_medium=organic&utm_campaign=dailykidscraftclub&fbclid=IwAR26mWnRcktSdqREAZ29Gh_KSf4tZfkoKGWfvWKIdcHHGFPO_TuE6x3EfIE](https://www.hobbycraft.co.uk/ideas/kids/kids-craft-club?utm_source=facebook&utm_medium=organic&utm_campaign=dailykidscraftclub&fbclid=IwAR26mWnRcktSdqREAZ29Gh_KSf4tZfkoKGWfvWKIdcHHGFPO_TuE6x3EfIE)

15. A wonderful letter shared by a fantastic local headteacher...

Dear parents with school aged children

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...

Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behavior issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day...

16. A Bucket list with a difference

Every time we wish we could do something, go somewhere, treat ourselves, see someone we love, visit a new place, invite people to visit us, we're going to write it down on a post it note and put it in a jar. When all this is over this will be our bucket list and we'll work our way through the jar and be more grateful than ever for the little and lovely things in our lives. Until then we'll enjoy watching the jar fill up with magical things to look forward to

*Stay safe, stay at home, try and stay positive, keep in touch with others via calls, text, social media, video calls etc.
We can and will get through this.*

