

FIND

Welcome to the Summer issue of the FIND Newsletter, 2020

Since the last issue, so much has changed – there are so many new restrictions on all our lives! Many of us are teaching our children at home, and for those still attending, school is a very different place right now.

This issue is packed full of ideas to help families during the lockdown, with learning resources from the Specialist Teacher Service, online support groups, zoom dance classes, webinars and more.

We have stories from Ethan and Emmy about their life in lockdown. Emmy has been spending time working on a creative project – find out more on pages 15~17. If you or a member of your family would like to share your story in a future issue, email us at **FIND@lancashire.gov.uk** or call **01772 538077**.

If you use facebook, the Lancashire Local Offer page is full of great ideas and information, and currently has regular updates for parents from the Inclusion Service. "Like" our page to receive notifications, or message us if you have something to share.

Carers' Week is 8th~14th June, and although the usual events cannot go ahead this year, Carers Link Lancashire have put together a regular weekly online programme. Take a look on pages 4~5 – there's something for everyone! The following week (15th~21st June) is **Learning Disability Week**, and this year the theme is the importance of friendships during lockdown. Find out more on page 25.

Finally, **Fathers' Day** is on 21st June – we hope you all have a good day!

Thank you for your continued support, and stay safe.

Sarah Deady
Inclusion Service

 www.facebook.com/LancashireLocalOffer



'Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief.'

Marcus Tullius Cicero



INSIDE

2. Getting ready to start Primary School
3. Transition to High School SEND Local Area Revisit
4. Carers' Week 2020
6. Young Carers Service
7. A bit of perspective and a chance to reconnect
8. Step Forward 4 SEND
10. Family Fund
11. Your Library from Home
14. Talking to children about Coronavirus
15. My Lockdown Experience – Ethan and Emmy's stories
18. DanceSyndrome
20. Online groups for young adults
21. Project Search
22. Working Parents
23. Family Information Service SEND Information, Advice and Support
24. Loss and Bereavement – supporting children and young people
25. Learning Disability Week
27. Lancashire County Council contact details
Kooth Mental Health support

Getting Ready to Start Primary School: Top Tips for Parent/Carers

A child's first day at school, is a big moment for you and for them and it can be both an exciting and nervous time.

With so much information and lots to prepare for, being in a routine and helping them to get plenty of sleep will help them. Here are some other ways you can give your child help and encouragement to help them 'be ready for school'.



It will help me if I am able to

Use words, objects or gestures to help me explain what I need to a grown up.
Listen and follow instructions.
Sit and listen for a short while

- Tell you when I am hungry, tired or need the toilet.

Ways in which you can help me

- When we go out together e.g. on walks or an adventure – chat to me about what we can see and give me time to chat back to you in a way I am comfortable with.
- Listen to my questions and help me to answer them.
- Talk to me about the things you are doing (to help me learn) and give me time to ask and answer questions.
- Provide opportunities for chatting, playing and interacting together.
- Spend time together reading, telling stories or singing songs together.
- Allow opportunities to play, create imagination and build curiosity.



- Put my coat on, fasten it, take it off and hang it up.
- Wash and dry my hands by myself.
- Go to the toilet by myself.
- Feed myself using a knife and fork.
- Drink from a cup.

- Show and give me simple instructions so that I am able to learn how to do things myself and give me time to learn how to do them safely.
- Encourage me to use the toilet so that I am able to go on my own.
- Check that I am able to undo and do up my clothes. Give me the time to practice this.
- Make it fun, with lots of praise and encouragement.
- Sit down and eat meals with me and encourage me to taste a variety of different healthy foods.

It will help me if I am able to:

- Choose toys I want to play with and make up ideas of things to do and games to play.
- Watch what other children are doing and join in with them.
- Feel comfortable when I am not with my parent or carer.
- Communicate with other grown-ups and children that I know when you are not around.

Ways in which you can help me:

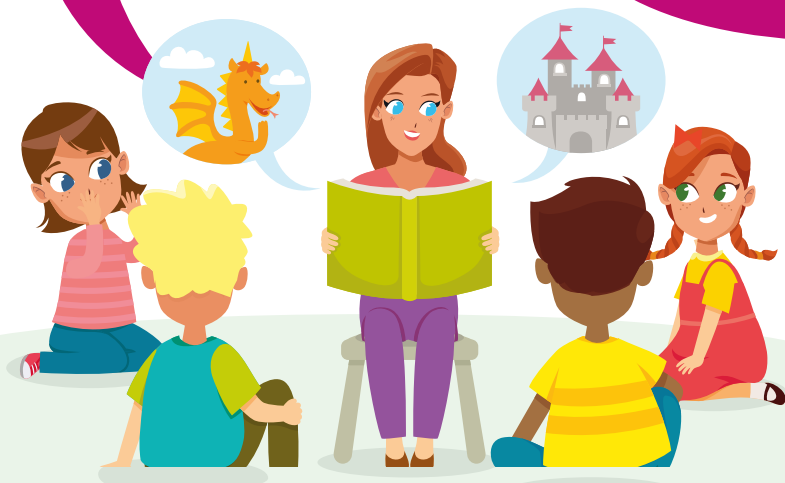
- Play listening games with me e.g. 'Simon Says'.
- Help me to use some of my toys to make up a story.
- Visit groups so that your child is able to meet other children and interact with them; e.g. playgroup, library sessions, nursery.
- Give me time to talk to you, my friends and my family about the things that I know.
- Spend time talking about school together – answer their questions, find out how they are feeling, talk to them about how they are feeling to help put them at ease.

Don't worry if your child is unable to do all of these things. Help is available by speaking to:

- Your Health Visitor by ringing 0300 247 0040.
- Speak to your child's key worker at Nursery.
- Ask questions to Primary Schools when you are applying for your child's school place.

Alternatively visit these websites for more information:

- Find information on the special educational needs and disabilities local offer at; www.lancashire.gov.uk/SEND
- Search for Children Family Well-being Service on Lancashire County Council website to find services and support local to you.
- Getting ready for moving up to school video: www.lancashire.gov.uk/childcare
<https://hungrylittleminds.campaign.gov.uk/>





Reachout ASC – Autism Support

are offering this free course to help prepare autistic (and SEND) children for going back to school. This one focusses on the BIG transitions - starting school, new class, going to secondary school or college. It's about an hour long, in small bitesized sections, with free downloadable resources too.

www.facebook.com/ReachoutASC/
www.reachoutasc.com



Create online courses for teachers and school staff. Currently they have a number of courses that are free to parents and carers, including Parenting in a Pandemic and Supporting Primary to High School Transition.

www.schudio.tv/collections

'Moving on'

A six week online zoom program to support young people struggling with the idea of transitioning to High School

If you have a pupil who you know is anxious, worried, stressed with the thought of moving to a New Bigger School then this group is for them...

It will be covering topics such as building positive friendships, self-esteem and self-confidence, communication, making sense of feelings, peer pressure.

If you can identify young people that would benefit from the program please contact

Jackie 01524 581154

Kelly 01524 581230

jackie.brook@lancashire.gov.uk

Kelly.corless@lancashire.gov.uk

SEND Local Area Revisit

OFSTED and CQC have carried out a SEND Local Area revisit in Lancashire. Notification of the revisit was received on 24th February, 2020 and the inspector's on-site activity took place between 9 and 12 March. The revisit was to evaluate the effectiveness of Lancashire's progress in improving SEND services for children and young people against the twelve areas of significant concern identified during the November 2017 SEND Local Area Inspection.

Following the notification and prior to the on-site visit, members of the Lancashire SEND Partnership worked closely with the inspectors to plan the visit. This included arrangements for an open meeting with parent carers, an online parent carer survey, face to face discussion with children and young people and a range of meetings with all partners who have responsibility for SEND. The local area also provided relevant data and information to show the impact of the collective action to improve provision, services and the local approach.

Over the course of the four day visit, inspectors spoke with; council colleagues and partners, including a range of representative service providers, parent carers and children and young people. In total 239 pieces of evidence were provided for consideration and 89 people were interviewed.

In addition many more colleagues and partners supported the revisit. The open meeting for parents was attended by over 70 parent carers and the online survey received a good response.

Verbal feedback was provided by the inspectors on 12 March, however the findings remain strictly confidential until the moderation process has finished and the report published. As this is an assessment of progress for the Local Area rather than a full inspection, a judgement in line with the usual Ofsted grading system will not be given. An additional statement was read out, which will be shared when the letter is published.

The final letter following a revisit is usually received by a local authority within 28 days of the end of the revisit and published on Ofsted's website within 33 days. For the Lancashire area this was due to be 30 April, 2020. However, as Ofsted inspection processes are currently suspended these deadlines have not been met and the final letter has not yet been received. Once available the letter and the next steps will be shared with all partners.



Carers Week™

8~14 June 2020



Carers Week 2020
is all about
Making Caring Visible

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities and highlight the vital role carers play in our communities, drawing attention to just how important caring is.

Carers Week 2020

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

So during Carers Week, we're coming together to help **Make Caring Visible**.

There are 6.5 million people in the UK who are carers. They are looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring. Its impact on all aspects of life from relationships and health to finances and work should not be underestimated. Caring without the right information and support can be tough.

When you're caring for someone, it is really important to ensure that you look after yourself too. Carers Link Lancashire have free online activities available Monday – Friday during the lockdown – see below.

For more information, visit: www.carerslinklancashire.co.uk/copy-of-coronavirus-guidance

Or on facebook: www.carerslinklancashire.co.uk/copy-of-coronavirus-guidance



Carers What's Online Guide



Mondays

Quiz Time live on Facebook at 2pm

Tuesdays

Carers Cafe on Zoom at 10am

Carers Craft live on Facebook at 2pm

Wednesdays

Pamperology live on Facebook at 2pm

Thursdays

Carers Cafe on Zoom at 2pm

Fridays

Drum with Us! live on Facebook at 2pm

How to Facebook Live

At 2.00pm click on our home page where a live video will appear in the feed:
[facebook/carerslinklancs](https://facebook.com/carerslinklancs)

How to use Zoom

Simply enter <https://zoom.us/join> into your search engine on phone Laptop or tablet
Enter ID: 338 205 3546
Password: Carers



Quiz Time Online!

Every Monday at 2.00pm with Angela

Just click the live Facebook video which will appear on our home page. facebook.com/CarersLinkLancs



Test your knowledge and have fun taking part in our weekly quiz



Carers Get Crafty Online!

Every Tuesday at 2.00pm with Diane
Just click the live Facebook video which will appear
on our home page. facebook.com/CarersLinkLancs



Fun craft ideas including Easter Bonnets
& Baskets, baking and Jam Jar Lights.



Carers Cafes Online!

Join us at our virtual cafes using ZOOM.
Connect for a chat with other carers and staff.



Every Tuesday at 10.00am
Every Thursday at 2.00pm

To join our cafe simply enter <https://zoom.us/join>
on your phone, tablet or laptop internet search
Enter Meeting ID - 338 205 3546
Enter Password - Carers

We look forward to connecting soon



Pamperology Online!

Every Wednesday at 2.00pm with Nicola
Just click the live Facebook video which will appear
on our home page. facebook.com/CarersLinkLancs



Learn about reflexology and massage
techniques to practice at home



Drum with Us Online!

Every Friday at 2.00pm with Filo
Just click the live Facebook video which will appear
on our home page. facebook.com/CarersLinkLancs



Bring your pans, wooden spoons
and shakers to move to the beat!



Young Carers Service, Preston

Who is a young carer?

A young carer is a person under 18 who is looking after a family member who has a long term illness, disability, mental health or substance misuse issues.

A young carers life is often impacted by their caring role as they are likely to take on extra responsibilities, including practical support for the person they care for, maybe helping to wash and dress them or they may need to look after younger siblings or take responsibility for shopping or cooking and cleaning. Not all young carers will have lots of chores to do but the impact of their family members condition may still affect their life and limit their opportunities. Some young carers are unable to go out very often or are unable to get to school some days. Friendships can be affected and social opportunities missed leaving young carers isolated. Many young carers provide emotional support to their family member which can in itself impact on their own wellbeing.

Our service supports Young Carers in Preston by giving them a break from their caring roles and offers a monthly after school group, activities during school holidays as well as 1-1 sessions.



Supporting Young Carers during Lockdown

Supporting our Young Carers during the Covid 19 pandemic has been a challenge as we have been unable to run our groups and activities in the normal way. However, we have found ways to adapt to the current restrictions and we have thankfully still been able to offer some support.

We have been having regular online 'Fun and Games sessions' via 'Zoom' which involves a regular quiz along with a variety of different games including the 5 second rule and 20 questions. The scavenger hunt where we challenge our young carers to find objects in their homes has proved a firm favourite as well as our weekly quiz questions to keep those braincells ticking over! We have also been able to conduct 1-1 session via phonecalls or social media.

We hope in time to be able to resume our groups and activities and we are still taking new referrals, so please get in touch if you know anyone in the Preston area who may benefit from this service.

Julia Johnson

Young Carers Development Worker

Tel; **07702 865258**

email; julia@carerslinklancashire.co.uk

Believe in children
Barnardo's

Lancashire Young Carers Service have been keeping busy with online activities and continuing to provide 1-1 support to our families across the county via telephone, email, post and text messages.

Contact us:
Tel: 01772 432020
Email: lancashireyoungcarers@barnardos.org.uk
Facebook: Barnardo's Lancashire Young Carers
Twitter: @LYCservice

Coffee & Catch Up!

Join us for a brew and a chat every Wednesday on Facebook

10am - 11am
(Live at 10:30am)

www.facebook.com/UniqueKidzandCoCharity

NHS Lancashire & South Cumbria NHS Foundation Trust

C.H.A.T.S
Caring Help Advisory Training Support

COVID-19 Update

CALL OUT to all parents/carers supporting a child or young person with any kind of emotional or mental health problem?

Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions • and more

YOU ARE NOT ON YOUR OWN

We are still here to help; if you need emotional/practical support or just someone to talk too please contact:

Parent Reps: Claire - 07846 332609
Rebecca - 07939 685408
CAMHS/CPS: Wendy/Kat - 01524550650

You are welcome to join our fortnightly Skype drop-ins Tuesday's 11-12pm. Email Claire chats_123@yahoo.com for an invite.

A bit of perspective and a chance to reconnect

This is a very strange time that we are all experiencing, but hopefully it will be over soon and our new normal will mean we can all start to see our families and loved ones again.

An important thing to remember at the moment is that Doctors and health professionals are still available if you are in need for advice and support with issues other than Corona Virus. Please don't leave any health matter until all this is over. A slight problem now could get worse if you leave it. Please get in touch with your local surgery or health provider if you need to.

If, like mine, your children are struggling to get to grips with any home schooling that your school have sent or that you have set, there are other ways to keep the learning going. Firstly, don't pressure your child to do the work if it's creating too much stress. Talk to your school about any issues you are having and they will do their best to support you. See the picture for other life skill learning activities that you could be doing instead.

Please be kind to yourselves and remember that not everything you see on social media is the truth for everyone. Not everyone is managing to get school work done every day. Not everyone is managing to cook 3 well balanced meals a day. Everyone is struggling one way or another. It is ok to feel sad, lonely, scared, worried for yourself and your children. It is ok to feel worried about your child's education. It's ok to feel anxious. What it's not ok to do, is to stay quiet. Please reach out to someone you trust. There are so many people working hard right now to help people. There is absolutely no shame in asking for help. ASK! When people ask you if you are ok, be truthful. They don't ask to fill an awkward silence.

Finally, thank you to all the NHS, school staff, support workers and other key workers who are providing incredible levels of support despite having their own worries for themselves and their families. If nothing else comes out of this experience, I hope a greater appreciation for the work that goes on to support us is reached.

Stay safe and look after yourselves.

Lucy Ellis

North Lancashire Directions Group Parent Carer Network

www.northlancsdirectionsgroup.com

 www.facebook.com/groups/NorthLancsDirectionsGroup

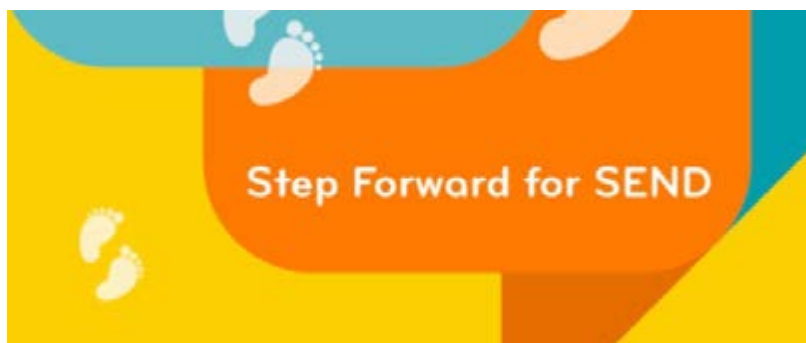


Useful Links

Ludus Dance are holding online dance sessions during the lockdown. Inclusion in Motion on Wednesday afternoons is for 6-12 year olds with additional needs; you are asked to make a donation when booking: www.ludusdance.org/classes

Ambitious about Autism have a really handy guide for families with pre-school children, either at the start of the autism diagnosis process or recently been through it, with lots of handy tips and links: www.ambitiousaboutautism.org.uk/information-and-advice/early-years/parent-toolkit/download

ELSA Support have a huge amount of brilliant resources available to download and print. Lots of great stuff like mood trackers, wellbeing, calm strategies, challenges and bereavement support: www.elsa-support.co.uk



Home learning ideas for pupils with Special Educational Needs

The Coronavirus outbreak means that parents and carers of young people with SEND are facing uncertainty. We know schools are on the front line and are playing a hugely important role in keeping communities going in these challenging times. If your child is not able to attend school, the Lancashire Specialist Teacher Service have produced a SEND resource toolkit to support parents and carers with practical home learning advice, hints and suggestions.

There is a weekly bulletin containing ideas and suggested activities to do with your children at home. Features vary from week to week, but cover broad areas of cognition and learning, communication and interaction, social and emotional wellbeing and sensory and physical needs.

Getting Started

1. Have a daily plan – include your child's interests and motivators
2. Flexibility – be prepared to change the plan
3. Chunk activities with a practical, movement break between.
4. Developing life skills is also learning.
5. Incorporate a range of tools to engage learning e.g. books, apps, garden, household objects.
6. Remember every young child can learn, just not on the same day or in the same way.

Cognition and Learning

Supporting Literacy - tips for helping struggling readers

- Try not to get anxious about reading issues.
- If a child gives a book a go and doesn't like it, don't insist they finish it.
- Remember children with poor recall may find multiple readings of the same text helpful.
- Ask the child to cover all the words they can't read on one page with a finger. Not enough fingers? The text is too difficult. Choose another book.
- Reading aloud to children boosts memory, vocabulary and listening skills. There is no 'right' age to stop. Follow the text with your finger as you read, and let the child read a few words themselves.

- To improve understanding, chat about how you picture the story, characters and setting, and discuss illustrations.
- When the child reads to you, get them to pause when they are stuck on a word. After a second, read it out. If you make them puzzle it out, they'll lose track of the story.

Supporting Numeracy - Triangle Tower

This game is a great way to test your child's times tables skills, and it only takes two minutes to set up! What you need to play:

- Two dice
- A sheet of paper
- Counter or coins

How to play:

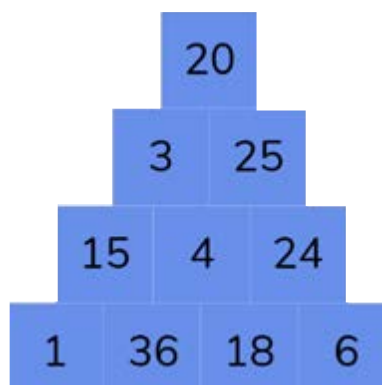
Step 1: Draw out a triangle made from squares, with four on the bottom up to one at the top.

Step 2: Each player chooses 10 numbers from: 1, 2, 3, 4, 5, 6, 8, 9, 10, 12, 15, 16, 18, 20, 24, 25, 30, 36. This is all of the possible options you can get when multiplying the numbers between 1 and 6 together.

Step 3: Write one number in each of the ten triangles from the product table results above.

Step 4: The first player then rolls 2 dice and multiplies the two numbers together. If they have the product of the two numbers written on their tower, they can then cover it with a counter.

Step 5: The winner is the first player to cover all their numbers in the tower.



Supporting Communication and Interaction

Children and young people with speech, language and communication needs (SLCN) have difficulty in communicating with others. This may be because they have difficulty saying what they want to, understanding what is being said to them, or they do not understand or use social rules of communication. The profile for every child with SLCN is different and their needs may change over time.



Simple, fun activities for kids, from newborn to five
www.hungrylittleminds.campaign.gov.uk

Many little things light up hungry little minds. Kids take everything

in, and even the smallest things you do with them can make a big difference.

They love it when you chat, play and read with them, even when they're too young to understand everything. Whatever the time and wherever you are, you can turn almost anything into a game. And every little thing you do together will help set them up nicely for the day they start school.

Due to the coronavirus outbreak, you and your children are spending more time at home and you might be looking for a bit more inspiration for things to do.

What can I do?

You'll find some short videos and simple, fun activities that you and your children can do together.

The activities are broken down by age, but no one knows your child better than you do.

So you could pick and choose the ideas that feel right for you, adapt the suggestions or even come up with your own. And you can use whatever language you feel most comfortable with.

You can find more ideas at:

National Literacy Trust family zone: **<https://literacytrust.org.uk/family-zone/birth-4/>**

BBC Tiny Happy People: **<https://www.bbc.co.uk/tiny-happy-people>**

Libraries from Home: **<https://www.librariesconnected.org.uk/page/librariesfromhome#Libraryevents>**

Supporting Social and Emotional Wellbeing

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties.



TALK & LISTEN, BE THERE, FEEL CONNECTED
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR BODY
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
Your time, your words, your presence



Fun and engaging activities to occupy you and your children during these challenging times.

<https://mindfulmonsters.co.uk/free-games>



ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills

young people can use to build resilience and stay well. The app is available for free during the Coronavirus crisis.



MindShift is a free app designed to help teens and young adults cope with anxiety.

Supporting Sensory and Physical needs



Royal Association for Deaf people

The Royal association for Deaf People are sharing a BSL signed story every day. Their stories are

shared via their Facebook

account and their YouTube channel. Have a look.

Perhaps you can join in with the stories.

www.facebook.com/RADRoyalAssociationforDeafpeople

www.youtube.com/user/RoyalDeaf



EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS

VICTA is a national charity that provides support to children and young adults from 0 to 29 who are blind or partially sighted and

their families. VICTA believes that everyone has the right to an independent and fulfilling life. VICTA's support, advice, grants and activities enable young people and their families to build skills, develop confidence and help each other toward a more positive future. VICTA have great resources and information on support available during this lockdown period. **www.victa.org.uk**



Bumblebee Physio is aimed at children with cerebral palsy. Other superhero children who may benefit may have the following conditions: autism, Down syndrome, gross motor delay, hemiplegic cerebral palsy or other conditions

which lead to reduced balance and muscle tightness and/or weakness.

www.facebook.com/bumblebeephysio

For more information and to see all the newsletters from the Lancashire Specialist Teacher Service, visit: **www.lancashire.gov.uk/children-education-families/online-education**

To contact the Service, email:
send.traded@lancashire.gov.uk

More online resources



A free online study support resource designed to help with learning, revision and homework!

Bitesize provides support for learners aged 5 to 16+ across a wide range of school subjects. It also supports children and young people's wellbeing and career choices. Since April 20th Bitesize has published

daily lessons to help students across the UK with home schooling.

www.bbc.co.uk/bitesize



**OAK
NATIONAL
ACADEMY**

A new collection of high-quality lessons and online resources. Backed by the Government, it has been created in response to the

coronavirus lockdown.

Follow your school's advice. They may have their own plans in place already. They can suggest if and how this online classroom is used, perhaps alongside any existing work.

Oak National Academy will fit alongside other resources such as BBC Bitesize. Together, these can offer a structure to the day for children until schools fully reopen.

www.thenational.academy

AOK Virtual Groups
For Children and Young People with additional needs, their parents carers and siblings

AGES 0-25 FREE

Ages 0-5 AOK Wednesdays 1.00

Ages 5-11 AOK Juniors Mondays 3.45

Secondary aged pupils AOK + Wednesdays 6.30

For the links to any of the sessions please email claire.rogerson@lancashire.gov.uk or phone Lucy Ellis 07873818153

Children and Family Wellbeing Service



Family Fund
Helping disabled children

£10 million to help disabled or seriously ill children in England during Coronavirus

Family Fund has received extra funding worth £10 million from the Department for Education to provide grants for families on low incomes raising disabled or seriously ill children in England this year.

This emergency funding has been provided in response to the crisis presented by the Coronavirus pandemic and will help more parents and carers to look after their children. Families can apply for grants to make their lives easier while implementing social distancing measures, including computers and tablets, outdoor play equipment and sensory toys.

The multi-million-pound settlement was announced by Children and Families Minister Vicky Ford, who said "Our first priority remains the safety and wellbeing of vulnerable children, including those with special educational needs and disabilities. I know that these unprecedented times may put additional pressure on families, particularly those whose children have the most complex needs, and these parents deserve some extra help to look after and educate them at home.

"From computers and tablets to household items that many of us take for granted, this new funding will directly benefit tens of thousands of families, making sure parents of children with special educational needs and disabilities get the support they need at this difficult time and beyond."

Cheryl Ward, Chief Executive of Family Fund, said "Family Fund welcomes this commitment of an additional £10 million in emergency funding. It will make an incredible difference to thousands of families in England during this crisis, providing practical and essential grant support to help improve the quality of life and ease some of the additional daily pressures faced in these difficult times by many disabled children and their families."

Wondering if you could be eligible?

Call us on 01904 550055 or visit: www.familyfund.org.uk



Whilst our buildings are currently closed, Lancashire Libraries are still open online and we've got plenty on offer for you to access at home with your family!

Lots of information can be found on our website

<https://www.lancashire.gov.uk/libraries-and-archives/libraries/your-library-at-home/>

And our facebook page:

<http://www.facebook.com/lancslibraries>

Here's just a selection of what we have available:

Lego Club

Great news for all the master builders out there! We're hosting weekly virtual Lego clubs across all our social media channels. There's a weekly theme, and you can join in by submitting a picture of your creation. Themes are revealed every Monday morning, and so far we've seen some amazing designs of Dragons, Easter Eggs and Rainbows!

Keep an eye on our Facebook page for more details:

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

Spot On Stories

We're working with our partners at Spot On Lancashire to bring you weekly, original short performances from some of the best and most creative performers around. These are bite-sized video moments, made for the people of Lancashire, so that for 10 minutes, wherever you are, you can lose yourself in a really good story. All of them are made with love and a passion for telling you a story! From the artists home straight to yours!

These premiere on the Spot On Lancashire YouTube channel every Tuesday at 3pm (and there's an adult performance to watch on a Thursday evening from 7pm too!) Once they are live, they'll be available to watch on the Spot On website for 30 days <https://www.youtube.com/channel/UC9MHihzoChldjiE54VLVi1A/featured>
<https://spotonlancashire.co.uk/spot-on-stories/>

BorrowBox eBooks and eAudiobooks

Seeing as people can't get into our Library buildings to borrow books, we've been busy increasing the selection of amazing eBooks and eAudiobooks and we think that there's something for everyone available on our free app, BorrowBox. Keep an eye out for our special "Always Available" titles which are instantly ready to download without any waiting lists! Check out our children's eBooks here: https://fe.bolindadigital.com/wldcs_bol_fo/b2i/productOverview.html?b2bSite=5070&browseItemId=372656&fromPage=1



Learning from Home

There are plenty of resources available on our digital library for people of all ages! You'll find access to free encyclopaedias, newspaper articles and the Learning Place, where you will find websites that have been chosen and validated by library staff.

More information can be found here: <https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/?page=7>

Family Reading Club

We're now organising a fortnightly reading club especially for families, where we are going to be discussing popular children's stories, and sharing quizzes and other fun activities for you to take part in. This launched on **Thursday 21st May** with a discussion about Roald Dahl's Matilda; keep an eye on our social media channels for more information!

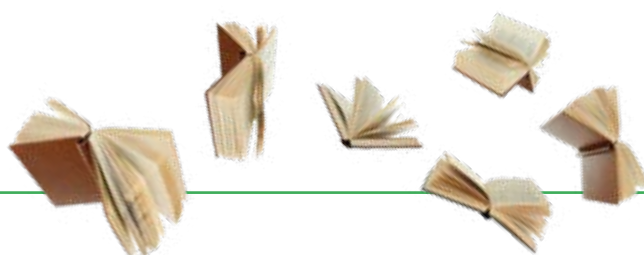
Lancashire Reading Trail

From werewolves and witches to princes and princesses, there are friends for all to find on the Lancashire Reading Trail. The Reading Trail encourages children to read 50 books at their own speed, picking up prizes and certificates along the way. Whilst you can't get into a library to claim your prizes right now, you can still be reading plenty and completing your book reviews!

Download review sheets and find out more information here: <https://www.lancashire.gov.uk/libraries-and-archives/libraries/lancshires-reading-trail/>

Summer Reading Offer – Coming Soon!

We're currently working on an exciting Summer Reading offer to keep young people reading throughout the summer. Keep an eye on our website and social media channels for more information over the coming weeks!



Kicks at Home with BFCitC

Burnley FC have some challenges for children to try at home during the lockdown.



Kicks at Home with BFCitC

Activity Card 1 **Balancing**

Can you complete our balancing challenge?

- 1 Stand on one leg and hold your arms out to help your balance
- 2 See if you can hold this for...
30s 60s 120s

Easy work? What about making it more difficult?

- 3 Balance an object on your head
- 4 Balance an object on the top of your hands

Top Tips!
Slightly bend your standing knee!
Hold your arms out to counter balance!

Extra Challenge
Can you balance your bean bags and walk through an obstacle course!

Share your videos completing our challenges on BFCitC social media channels using the hashtag #kicksathome

Premier League Kicks

Kicks at Home with BFCitC

Activity Card 2 **Catching**

Can you complete the catching challenge?

Using a ball, or an object, can you throw the ball up and catch it with two hands? See how many you can do in a row!

To make it harder, can you clap in between throwing and catching the ball? How many claps can you do?

- 1 Can you throw and catch with an adult or another person?
- 2 Can you throw your object or ball against a wall and then catch it?

Extra Challenge
Can you use one hand to catch instead of two?

Top Tips!
Keep your little fingers together!
Spread your fingers as wide as possible!

Share your videos completing our challenges on BFCitC social media channels using the hashtag #kicksathome

Premier League Kicks

Kicks at Home with BFCitC

Activity Card 3 **Throwing**

Can you complete our throwing challenge?

Throw your ball/object into a target, this could be a basket, bowl or any other container!

To challenge yourself further, you can...

- 1 Stand further away from your target
- 2 Change the size of the ball you throw
- 3 Make the target even smaller!

Extra Challenge
Can you stand facing away from the target and throw the ball over your head?

Top Tips!
Have your feet shoulder width apart and slightly bend your knees!
Point your non-throwing arm towards the target!

Share your videos completing our challenges on BFCitC social media channels using the hashtag #kicksathome

Premier League Kicks

Kicks at Home with BFCitC

Activity Card 7 **Volley Challenge**

Can you complete the Volley Challenge?

- 1 Create a target, such as a wheelie bin, washing basket or a net.
- 2 Try to aim the ball into the target, using accuracy and control.

Take a look at Bertie's technique!

Extra Challenge
Can you aim the ball to the target using a different body part?
Can you make your target smaller?
Can you stand further away?

Top Tips!
Use the inside of your foot to improve accuracy!
Firmly plant your non-kicking foot on the floor for stability!

Remember
Ask permission first!

Share your videos completing our challenges on BFCitC social media channels using the hashtag #kicksathome

Premier League Kicks

Find more challenges at:

<https://www.burnleyfccommunity.org/get-your-fix-of-premier-league-kicks-at-home/>

Turf Moor, Harry Potts Way, Burnley, Lancashire, BB10 4BX

Tel. 01282 704716

Email. community@burnleyfc.com



burnleyfc in the
community

Registered Charity No: 1155856

Join us for a live circuits workout on our Facebook page

Circuits with Sensei

A 30 minute exercise based on sensory motor circuits; alerting, organising and regulating.

A sequence of activities that provide your child with the right type of sensory input in order to calm and organise them for the week ahead.

Aimed at adults and young people (11 years +)

Every Monday at 11am

 www.facebook.com/witherslackgroup



SEN

FOOTBALL & MULTI-SPORT

Junior Hoops Football Club are looking for people to express interest for SEN football and multi-sport sessions starting soon.

The sessions are open to any child with an additional educational need.

All coaches are First Aid trained, crc checked and have a wealth of experience working along side children with additional needs.

For more information email: michael.fogarty@hotmail.co.uk



@HoopsJFC



Junior Hoops FC



www.juniorhoops.club



change 4 life

Get active
at home



Get your kids moving with our fun Disney inspired indoor games and activities

It can be difficult to get kids up and about at the best of times, and especially if you are all stuck at home.

But we have loads of great indoor children's activities and games for them to play so they can still get the activity they need even when they cannot get outside.

Get started with our easy-to-follow Shake Up games inspired by your kids' favourite Disney characters.

With just a few songs and some simple props, they will soon be throwing some superhero shapes, dancing in the jungle, hopping hippos, herding sheep and finding a friend who keeps hiding around the house!

Visit our website for details:

www.nhs.uk/change4life/activities/indoor-activities



from **change4life** with Disney



Talking to children about CORONAVIRUS (Covid-19)



We realise that it can be very challenging to talk to children and young people about difficult events in the news. Psychologists are often asked about how much to tell children and how adults can prepare for challenging conversations on difficult topics. As a result, we have compiled a list of resources that might be useful for supporting children and young people, their families and school staff at this time.

This includes information on how to explain to children and young people what coronavirus is and why schools are closing. There are also links to resources to support children's emotional wellbeing.

Although there are a number of resources available online, it is important that adults select resources carefully and explain to children what is happening in such a way that is appropriate for their age or stage of development. Children and young people with special educational needs may need resources to be adapted or simplified to support their understanding.

Animations and Stories

Brain Pop: a video for older children and young people

www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus

Carol Gray: *My story about Pandemics and the Coronavirus*

www.carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf

ELSA: *Coronavirus Story for Children* www.elsa-support.co.uk/coronavirus-story-for-children

ELSA Support Network: *Elephant Handwashing to support our story on Coronavirus*

www.elsa-support.co.uk/elephant-handwashing-to-support-our-story-on-coronavirus

ELSA Support: *We are at home right now* www.elsa-support.co.uk/we-are-at-home-right-now

ELSA Support: *Someone I know has Coronavirus* www.elsa-support.co.uk/wp-content/uploads/2020/03/Someone-I-know-has-coronavirus.pdf

Just For Kids: A comic exploring the new coronavirus

www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus
Story to explain coronavirus to children and young people www.mindheart.co/descargables

Activities for families to do at home

3PPsychologies: 10 more activities for home

www.3pppsychologies.com/2020/03/23/resources-52-covid-19-10-more-activities-for-home-you-are-not-alone

Cosmic Kids: Yoga and mindfulness for children ages 3+ www.youtube.com/user/CosmicKidsYoga

Books

Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids Carol McCloud.

Encourages positive behaviour and expressing kindness and appreciation.

The Way I Feel Janan Cain.

Explores feelings and a helpful way to talk about emotions with young children.

Something Bad Happened: A Kid's Guide to Coping with events in the News

Dawn Huebner.

How to process different world events (ages 6-12).

What To Do When You're Scared & Worried: A Guide for Kids James Crist.

A help guide to processing fears and worries (ages 9-13).

The Invisible String Patrice Karst.

Supporting children with separation anxiety, loss and grief.

By the
Lancashire Educational Psychology Team

More useful websites, including help with emotional wellbeing and mental health around coronavirus, can be found at: <https://www.lancashire.gov.uk/media/916176/eps-covid-19-cyp-resources.pdf>

My Lockdown Experience

by Ethan Monk aged 9

Ethan has Williams Syndrome which is a chromosomal disorder resulting in moderate learning difficulties. Social contact for people with Williams Syndrome is extremely important. He enjoys hugging, giving high fives and other forms of touching, to show his affection for his family and friends (even if he only met then 5 minutes ago!). People with Williams Syndrome can suffer with high levels of anxiety. Like many people, changes with routine can be especially unsettling for Ethan. Social distancing – whilst essential to prevent the spread of the Coronavirus – is very difficult to accept when you live to meet and talk to people!



Ethan wearing socks on his hands at bedtime to keep the lotion in place

When I go out normally, I like to meet people and I like to talk to them. I feel permission to do that if I'm with a grown up. I like to say "Hey!" or "Hello" and ask questions.

When it's lockdown at home I feel alone, but with my family, and when I see people walking past outside I want to go and talk to them because that could have made me happy. Now I can only be in the house or the garden or on the park, but I can't go on the playground and I can't play with friends. When I see people coming near me now, I want to go to them but I can't and I also feel scared and feel like shouting "Argghh go away!"

I like to go to the park because I like to pull ivy off the trees. Ivy hurts trees. It kills them. I like to help the trees and get the bad ivy off. I like ivy too though. I take bits home to grow roots in a glass of water. I'm not allowed to plant it the garden because Daddy says we have enough of it!

Before the lockdown I had to wash my hands and sing Happy Birthday to wash them for a long time at school. This made me feel a bit stressed because I don't like washing my hands. When I washed my hands a lot it made them go bright, bright red and sore. I had to put cream on them and sleep with socks on my hands to let the magic cream work. I did not like wearing socks on my hands because socks go on your feet! I liked the soft bed socks though because they were fluffy inside and not scratchy and I could cope with them.

When a parcel comes to the house I feel like it might be for me and I want to touch it and open it in case it's a Godzilla toy or a Sonic but I'm not allowed. I like to play and rip the cardboard boxes but I'm not allowed to now because of stupid Covid!

When I have Tinga with me I feel happy and calm. I am doing school work at home and sending photos to Miss Cross. We have assembly on the internet. I've not been star of the week in Oak Class yet but I hope it will be me soon and Mr Welsh will say my name. I'm working as hard as I can but sometimes I need to have a little run around the garden to help me concentrate. I'm working on writing good numbers and counting.



Ethan with Tinga who makes him happy



Ethan working hard at home whilst clearly in need of a haircut!

It's been kind of cool having Mummy and Daddy home but also kind of not cool because it's not how it normally is. I want my normal back.

When it's not lockdown any more it will feel like freedom at last! I will be able to go to my school and see my friends again. I miss my friends and my school. I also want to go and see Heather again. She is my hairdresser and she lets me swap toys in her toy box and she is also allowed to cut my hair.

My Lockdown Experience

by Emmy Monk aged 11

When my brother Ethan was nearly five years old, he was diagnosed with Williams Syndrome; a learning disability that affects his attention span, his ability to process information, how he copes with loud noises and it can even cause severe heart defects. Ethan was very lucky because he doesn't have any heart problems, but he does have many other aspects of this disability.

Williams Syndrome occurs when a certain twenty-six genes or so are lost when one copy of chromosome 7 is being made and although that may seem not many genes to be missing, it has a large effect on how well a person is able to take in new information; like how to read, write and communicate. For example, although he will be 10 later this year, Ethan's level of understanding is like that of a much younger child.

In public areas like parks and shops, Ethan likes to run up to people and say "Hello! What's your name? Have you seen Godzilla King of the Monsters? Do you like King Kong?" and other things similar to that. He loves to talk to people about his interests and just be friendly. Unfortunately though, some people ignore him or frown at him and that makes him feel upset, unwelcome or foolish. It makes me feel ashamed that there are people in this world that will be this cruel to children like Ethan and I wonder how they manage to live with themselves.

During the lockdown experience, Ethan has been restless and is constantly asking to go to the park with me but I'm not old enough to supervise him and I'm not sure he'd listen to me. He gets frustrated when mum and dad are working and can't take him out immediately. Also, he always wants to rip boxes that parcels come in but sadly, due to the risk of coronavirus, we have to get rid of boxes fast to stop him from touching or chewing them!



Some of the many rocks that I have hidden on my nature walks for exercise during lockdown.



Since Ethan has been unable to do some of the things that he usually would, I had an idea to keep us happy and to spread awareness about Williams Syndrome. I had previously collected some rocks from the beach to paint, but I never got round to it, so I thought that this would be the best time. I painted all the rocks and spread them around Leyland for people to find. They have QR codes on the bottom that lead to my website: Williams Syndrome Rocks! It was designed so that when people scanned the code, they would look at the web page and then they would learn about Williams Syndrome, but also they can donate via Just Giving to raise money for the Williams Syndrome Foundation; a charity that raises awareness for children like Ethan and supports families who need it. Anyone who finds one of my rocks can also take a photo of themselves with it and email it to me so that I can make a montage.

I have felt rather aggravated during lockdown too but I have really enjoyed going on little walks around Leyland and spreading my painted rocks. It has been hard for me to know that, much as I wish to, I cannot take Ethan out with me. He doesn't like it that I can go out by myself but he cannot. I am happy to say that he did get to hide some rocks with me when our grown-up sister Christine came along one afternoon to help me keep him under control! I have also been lucky enough to go for walks through the park and climb some trees as the recent weather has been fantastic!

I actually enjoy being alone sometimes because I like to draw and write stories, so being on lockdown as a family of five has been tough!

Because I start high school soon, I have recently been allowed to go for short walks close to home by myself. I like to bring home daisy chains and tiny bouquets of flowers. I'm just enjoying the freedom!

We have already received some donations that are going towards a target of £500. Some of our Williams Syndrome Rocks! rocks have already been found and we are planning to collect and paint some more as soon as lockdown is over and take them with us when (if!) we go on holiday this summer.

If you would like to visit my website then please scan the QR code:



or go to:

<https://www.justgiving.com/fundraising/williamssyndromerocks>

Thank you very much for any donations you are able to make.



Christine (22), Ethan (9) and me (11), hanging out and having fun!



DanceSyndrome Keep Calm and Carry on Dancing Despite Coronavirus

Dance Leaders from Lancashire based charity DanceSyndrome will be offering free online dance sessions to combat isolation and keep people active during the Coronavirus outbreak.

DanceSyndrome is multi-award winning dance charity that usually delivers inclusive dance workshops and dance leadership training, as well as inspiring performances that demonstrate a focus on ability rather than disability. The charity was founded by Jen Blackwell, who happens to have Down's syndrome, because she found it difficult to find opportunities in community dance due to her disability. DanceSyndrome's ethos is that disability should never be a barrier to following your dreams. Dancers with and without disabilities work together to inspire people to see what can be achieved when we all become more inclusive.

In March the charity was forced to close the doors of their weekly workshop sessions for the health and safety of their participants, staff and volunteers. 68 weekly sessions were cancelled in total, their Level 2 dance leadership training has also been postponed and they have lost several major paid performance opportunities, amounting to a significant loss of income for the charity.

The DanceSyndrome team responded positively though and immediately began working to come up with a creative solution to the prospect of self-isolation. Everyone was determined that they wanted to carry on dancing, so they have come up with a way to offer online sessions to keep people fit and healthy while they remain at home.

Since Monday 23rd March DanceSyndrome sessions have been released at their usual times on the charity's Facebook and YouTube channels, and they remain live so people can take part at any time that they choose.

The sessions are adapted so that people can take part safely from the comfort of their own home (even from an armchair) and are suitable for everyone. People of all abilities and disabilities can participate, including children who are off school and elderly people who are social distancing. The aim is to keep people active, boost mental health and take your mind off the outside world!

As with all DanceSyndrome activities, the sessions are disability led, driven by Dance Leaders with learning disabilities. DanceSyndrome Founder Jen Blackwell and her fellow Dance Leaders are delivering the sessions remotely from their own homes in collaboration with professional Dance Artists to offer high quality online dance sessions.



DanceSyndrome Founder Jen Blackwell said "We need this nasty virus to go so that we can get back together again. Until then I have faith in my dancing family who are all very brave and resilient. I love them all. DanceSyndrome is my life and we'll share our dancing online with the world!"

DanceSyndrome Managing Director, Dawn Vickers said "We engage with over 150 participants and volunteers each week and we know how valuable dance is to them for their health and wellbeing and to prevent them from becoming isolated, so closing sessions was a very difficult decision to make, but health must always come first.

"I'm so proud of how our team have responded to this challenge! The team were determined to adapt quickly and creatively so that everyone can carry on dancing whilst remaining safe in their own homes. We hope that our online sessions will help people to stay physically and mentally well until we can all be back together in our regular dance sessions."

She added "One of the positives that has come out of this situation is that we have seen businesses of all sizes offering their services to the public for free for the benefit of their health, whether it's e-books, learning packs for children, virtual museum tours or dance sessions. We know times are hard for everyone at the moment and we want to help in any way we can.

"We'd love you to join in with the dancing but also join in with the conversation on social media - tell us what you enjoyed about the sessions, send us photos and videos of yourself and your family joining in, talk to other people who love dance on our channels.

We may need to be physically distanced but we can still be socially connected online!"

A full list of DanceSyndrome's online sessions can be found at **www.dancesyndrome.co.uk/online-dance-sessions/**

If you join in with the sessions and enjoy them, please consider making a donation to help this small charity to survive in these difficult times.

For more information about DanceSyndrome, please contact Sarah Calderbank, Project Co-ordinator on **07597 942494**

or email **sarah@dancesyndrome.co.uk**

Website: **www.dancesyndrome.co.uk**

Facebook: **www.facebook.com/**

dancerleddisabilityinspired

Twitter: **@Dancesyndrome**

DanceSyndrome was established in 2009 by Founder and Creative Director Jen Blackwell. Jen has Down's syndrome and wanted to follow her dream of being a Dance Leader.

The DanceSyndrome ethos is that everyone has the right to follow their own interests and passions, whether they have a disability or not. DanceSyndrome offer dance leadership opportunities to people with learning disabilities and empower them to co-lead high quality inclusive dance workshops which are delivered to disabled and non-disabled participants across the North West.

The hard work and innovative approach of DanceSyndrome Founder and Creative Director Jen Blackwell was recognised when she was chosen as the winner of the Inspirational Woman of the Year award at the Enterprise Vision Awards in September 2015.

Jen was also included in the Shaw Trust Power 100 2018 & 2019 and was chosen as the recipient of the Prime Minister's Point of Light Award in October 2018.

DanceSyndrome was awarded the Queen's Award for Voluntary Service 2019.

DanceSyndrome's Dance Leader Team were recognised at a national level winning the Sporting Chance Award (2016) and the People's Choice Award (2019) at The National Learning Disability and Autism Awards.

DanceSyndrome were awarded "Charity of the Year" at the 2018 E3 Business Awards.

DanceSyndrome was recognised as a Not-for-profit of the Year Award at the Red Rose Awards 2017.

DanceSyndrome are funded by the Nation Lottery Community Award.



NEW!
Zoom dance sessions!

Adults- Wednesday 3pm
Juniors - Friday 3pm
£2.50 per session

Find out more at
www.dancesyndrome.co.uk/
events



Registered Charity No. 1152964



Weekly Online zoom sessions



At the moment Spring into Phab can't hold their normal youth club session.



Spring into Phab is an social group for young people for young people with and without learning disabilities



We have decided to hold online zoom meetings instead.

Zoom is an app used for video meetings that you can get on your smartphone, laptop or tablet



The meetings will take place every Monday at 7.30pm



Any new person aged 16+ can join these meetings



We do different activities each week and it is also a chance to chat and meet new friends



The meetings are led by our Activity Worker, Lauri.

People must contact us before they join a meeting in order to get the details and the links to join



If you are interested in joining our online social group please contact us via email on phab@spring-projects.co.uk Or lauri@spring-projects.co.uk



Meet 'N' Match is a friendship and dating agency for adults with a learning disability. We provide an exclusive matching service for our members, whether you are looking for friends or that someone special. We also provide social activities and relationship training, to enable you to improve your experiences when looking for new connections. We currently provide social events in East Lancashire, Central Lancashire, North Lancashire and the Fylde Coast.

Contact us to find out how we can help you

Tel: **01254 457026**

Email: info@meet-n-match.co.uk

Website: www.meet-n-match.co.uk

Facebook page: www.facebook.com/MeetNMatchNW

During the lockdown we have created a closed facebook group for anyone that would like to take part in weekly activities, art, poetry, challenges and activities will also be competitions for you to win prizes!



Join the facebook group at: www.facebook.com/groups/546913632896903/?source_id=1684192035174800



Friends and Relationships Out and About is a social group, based in the Lancaster and Morecambe area, for people with learning disabilities to get out and about, meet new people and make friends.

Membership of this group is for **adults aged 18+** with learning disabilities or autism, family members, support staff and other connected people only. We have a closed facebook group for our members – you can request to join by clicking the “join group” button on the page.

During the lockdown, we are holding events on Zoom, for example Cinema Club and Quiz Nights.

To join the group and take part, go to:

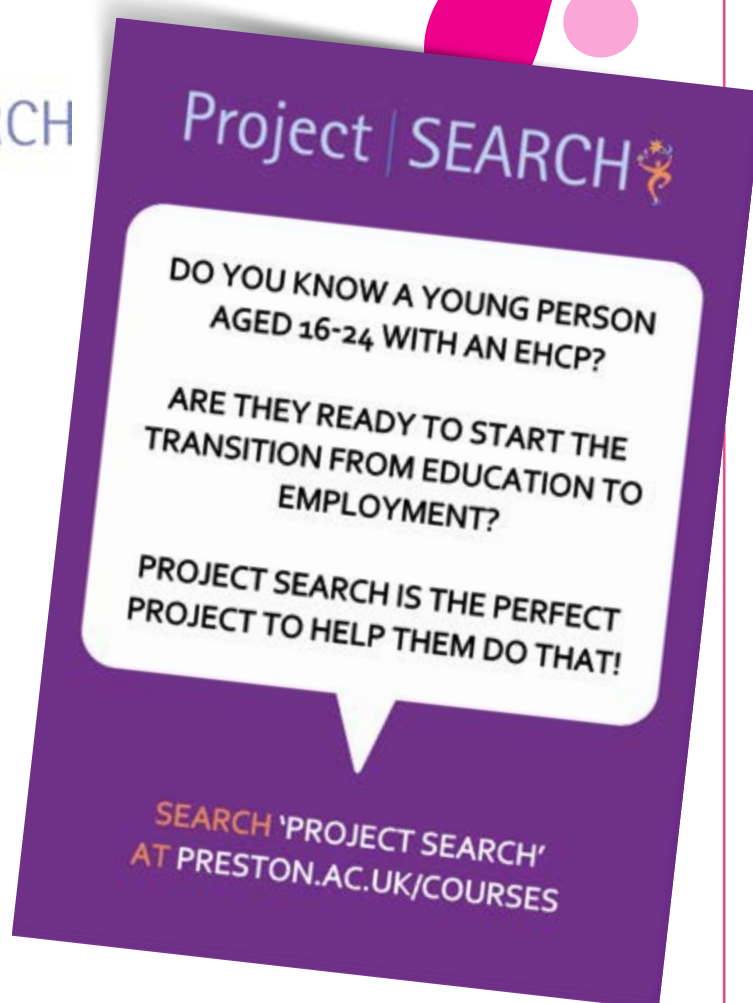
www.facebook.com/groups/313050359118604



While lockdown has meant that the Project SEARCH employment programme has to close their onsite classroom and internships have had to be paused, this hasn't stopped our brilliant interns and staff from continuing their learning in other ways.

The initiative, which coaches young adults with learning disabilities into employment, has shifted online with coaches and interns now working from home. In Preston, interns have been using video calling to keep in touch with their job coaches, who have been on hand to provide support in a range of ways. This includes taking some time out to reflect on previous internships, and completing skills assessments, as well as the all-important task of job searching and preparing for their next steps on the road to paid employment.

Staff have reported back on how impressed they are with the work ethic of people we support – who have gone above and beyond to keep in touch remotely, explore new technology and share advice with one another. Although times are hard, interns are raring to go and will hopefully be putting their skills into practice soon!



A recent Zoom chat with the interns and coaches

Working parents



From the age of eighteen I had worked full-time and as anyone in early years will verify, work inevitably becomes your life! Then five years ago this wonderful little girl entered my life and everything else paled into insignificance.

After 12 months maternity leave I made the decision not to return to my role as a deputy manager and gain a better work/life balance, working 3 days a week as a practitioner. As my little girl approached the age of two, we began to realise that her development was not following the expected path and my journey as the mother of a child with special needs began.

As any parent in the same position will know, appointments are in abundance and you need to dig deep for the emotional and physical strength needed to fight often daily battles. This has meant that over time I have made several changes to my working hours, to meet my daughter's ever changing needs.

I have always felt passionate about special educational needs and have been a SENCO for a large part of my career. Through my personal experiences, I have developed some amazing skills and gained invaluable knowledge. This has enabled me to gain a wealth of skills and strategies to support both the children in my care and their families.

Recently I was overwhelmed to have been given the opportunity to interview for what would ultimately have been my dream role, and to my surprise I was successful. Sadly this is where the realisation of being a working parent of a child with a disability changes everything. I had to turn this job down as there was not enough flexibility for my family's needs. To feel that your career has reached an end at the age of 39 is soul destroying, to say the least.

Without a doubt, my daughter comes above anything and her needs have always, and will continue to shape any decision I make. However does that mean that I cannot progress any further professionally as a part time worker? Maybe I could have fought harder, delved into my rights as a parent of a child with disabilities and who knows, the outcome may have been different. But would this have been the best way to start a new job?!

Sadly, flexibility and understanding has always been difficult for working parents and especially mothers. It is even more scarce for parents of a child with disabilities. I am fortunate that my current employer has recognised my unique needs; for many this is just not the case. There is already a lack of specialist school places and therefore the availability of after school and holiday care for children with needs is virtually non-existent. I have been fortunate thus far to have had the support of both my parents and in-laws to cover school holidays. However they aren't getting any younger or my daughter any smaller, so realistically it isn't always going to be the case that they will be able to provide this.

So what are the options, because I cannot see many and can understand why so many parents of disabled children are not in any form of employment. There are some holiday activities specifically for children with additional needs, often run by fantastic charities. However parents need to be there; that's great for when you are not working, but not as a holiday child care provision. Ensuring you use annual leave for school holidays doesn't even begin to cover the other nine weeks of holidays.

Is it any wonder that I am often asked, do you think you will need to give up work at some point.... I sincerely hope not! No one has a crystal ball and is able to see what the future holds for their children. However when your child has a disability you face genuine uncertainty about their future.

As a society we need to recognise and acknowledge these inadequacies and provide the appropriate resources. I believe that as potential employees we have some amazing skills to offer employers including; empathy, patience, understanding, multi-tasking, improvisation, negotiation and the list goes on. We just need some of these skills applying to us as employees too!

Katie
Parent Carer

Are you a working parent?
What is your experience of balancing work with caring for your SEN child?
Email your stories, comments and ideas to:
FIND@lancashire.gov.uk

Family Information Service

If you have a child or young person up to the age of 19, we provide support and advice for parents on many issues, including:

- Choosing and finding the right childcare for you in your local area
- Advice on help available to pay towards your childcare costs
- Children and Family Wellbeing Services, where they are and what they can offer your family
- Funded childcare for 2, 3 and 4 year olds and how to get a place
- Parenting support including issues with your teens

We're here to help you and your family.

Want to get in touch?

Call us on **0300 123 6712**

Visit us at www.lancashire.gov.uk/childcare

Email us at FIS@lancashire.gov.uk



Lancashire SEND IAS

Information, advice and support
for Special Educational Needs and Disability



The Special Educational Needs & Disability Information, Advice & Support (SEND IAS) Team provide impartial Information, Advice & Support to Parents and carers, young people and children with SEND.

We have recently launched our new Facebook page to reach more families – “like” our page for latest updates and information.

Due to social distancing and issues relating to Coronavirus, the SEND IAS team have been working from home since March. We have been trying out ways of working differently to offer support to parents and families, for example supporting families during tribunal hearings over the phone or using video calling, and attending ‘virtual’ TAF meetings and Annual Reviews.

We are exploring ways of providing virtual training sessions, virtual coffee mornings and question and answer sessions for parents and carers. If you have any suggestions on other ways to better support you and your families, please email us at the address below.

Helpline - **0300 123 6706**
(Monday – Friday 9am – 5pm, out of hours please leave a voicemail)
Email: information.lineteam@lancashire.gov.uk
Facebook: www.facebook.com/LancashireSENDinformationAdviceandSupportTeam

Lancashire SEND IAS

Information, advice and support
for Special Educational Needs and Disability



Returning to School following Covid-19 lockdown

A course to help parents prepare their child for the return to school

Starting in June/July, there will be one online group session per week for 3 weeks, with a choice of days/evenings.

The course will include:

- Working with your child's school
- Individual tasks to complete between sessions
- Signposting to useful resources and services
- Follow-up support in the autumn term

Dates and times to be confirmed:
check our facebook page or contact us for details

To book a place email trinitysnap17@gmail.com
For more information, call us on 0300 123 6706



www.facebook.com/LancashireSENDinformationAdviceandSupportTeam



Loss and bereavement – supporting children and young people

Many children and young people will experience bereavement, through the loss of a parent, carer, sibling, grandparent or friend. Loss and bereavement can affect children and young people in many different ways. During a bereavement, children may experience a range of different emotions such as sadness, anger, anxiety, fear and guilt. Most children will not require professional or 'expert' help during the bereavement process. However, they will benefit from having support and the understanding of familiar and trusted adults.

Bereavement during the COVID-19 pandemic

At the current time, when people are more isolated than usual, this may make feelings of loneliness and grief more intense. Isolation may make it harder to process grief, and family and friends who might have provided practical or emotional support may not be available at this time. Activities which would usually be available to help children and young people relax and cope with stress are not necessarily available. This will be difficult for children and young people, as well as for parents and carers, who will be dealing with their own emotions and fears. A bereaved family might be isolated together, and whilst this at times may be a support, the intensity of being around each other in close quarters all the time may be stressful, making it difficult for them to help each other. The impact of dealing with a bereavement, compounded with feelings of worry about external situations, can mean that feelings of grief are not fully expressed.

All children will have questions about the effects of the coronavirus but for children who have had someone important die or have a member of their family who is ill, this anxiety is likely to be heightened. Children and young people may become worried that others close to them might die and will also pick up on worries that parents and carers may have.

The steps below are recommended to help bereaved children and young people who are worried about the effect of the coronavirus on their family:

- Acknowledge their worries
- Reassure them
- Talk to them about coronavirus
- Share memories
- Look after yourself

Please see Winston's Wish at the following link for more information and advice: www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people

This information is provided to support adults, so that they feel more confident and equipped when helping a child or young person who is going through a period of bereavement. Please see below for a list of resources that might be useful for supporting children and young people through this time.

Although there are a number of resources available, it is important that adults select carefully and explain to children what is happening in such a way that is appropriate for their age or stage of development. Children and young people with special educational needs may need resources to be adapted or simplified to support their understanding. Some of the websites include specific resources to support children with special educational needs.

By the
Lancashire Educational Psychology Team

Websites:

Winston's Wish: www.winstonswish.org.uk
 Cruse Bereavement Care: www.cruse.org.uk
 Child Bereavement UK: www.childbereavementuk.org
 Childhood Bereavement Network:
www.childhoodbereavementnetwork.org.uk
 Grief Encounter: www.griefencounter.org.uk

Books on Loss and Bereavement: www.lancashire.gov.uk/media/916175/eps-bereavement-and-loss-covid-19.pdf



Learning Disability Week 2020



Learning Disability Week 2020 will take place online from **15 to 21 June**.

The theme of the week is **the importance of friendships during lockdown**.

Due to the coronavirus pandemic, we are all currently living in lockdown. This means that many people with a learning disability are feeling isolated, as they are unable to see their friends and families.

We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.

We want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time.

Who is in your #MencapFamily?

Has someone you know really been there for you during lockdown? Or do you have a friend that you're missing spending time with and can't wait to see soon?

What you can do

For Learning Disability Week 2020 we want to celebrate the incredible friendships and connections that make up our #MencapFamily - and show how important they have been during lockdown.

Whether it's a friend you know from Mencap, a family member, a support worker or someone you support - we're asking you to give your #MencapFamily a shout out!

1. Tell us your story by posting on social media about your friendship, maybe with a picture or even a video.
2. Remember to use the hashtag #MencapFamily, and share the post with your friend so they can see how much they mean to you.
3. Then we'll share your story on our channels and show the world your amazing connection!

We can't wait to share all the brilliant stories and connections from our #MencapFamily across the UK!

Helpline: **0808 808 1111** (Monday to Friday)

Facebook: www.facebook.com/Mencap

Twitter: twitter.com/mencap_charity

Website: www.mencap.org.uk



DO YOU NEED HELP?



BENEFIT FORM FILLING

ICANN can offer support via telephone or email to help you fill out a form for Personal Independence Payment (PIP 2) or a PIP review form, Work Capability forms (UC50 or ESA 50) or a review form if your condition has changed.

BENEFIT HEALTH ASSESSMENTS AND TRIBUNALS

Have you been offered a health Assessment for Personal independence Payments or Work Capability Assessments over the telephone or even to have your appeal heard by phone or online?



WOULD YOU LIKE HELP FROM AN ADVOCATE?

An ICANN advocate can help you prepare for your assessment or Tribunal hearing, giving you the information you need and we will support you at that assessment or tribunal.

We can dial in and help you speak up and give the assessor or panel the information you need to get the award you are entitled too.

TELEPHONE FRIENDSHIP SERVICE



Not having someone to talk to regularly can be lonely, especially during these unprecedented times.

ICANN can call you regularly for a chat, check on how you are and help identify any other help you need.

HELP WITH FINANCES

Are you struggling more than usual due to Coronavirus? Do you need information about applying for benefits or help to find out which benefits you are entitled to?

We can help you with information about how to maximise your income including applying for grants. We can provide telephone based budgeting support, help on saving money by reducing your bills or support you, along with our partners in finding options for debt repayments.



FOR HELP WITH ANY OF THESE SERVICES

PLEASE CALL:
01772 746061

or email: admin@i-cann.org.uk

State your name and phone number clearly and which service you require and we will call you back. Phone lines are checked regularly Monday to Friday.

Registered Charity Number : 1075443

[f@icannlancs](https://www.facebook.com/icannlancs)

[@ICANN_Advocacy](https://twitter.com/ICANN_Advocacy)

[@ICANN_lancs](https://www.instagram.com/ICANN_lancs)

www.i-cann.org.uk



ADHD PARENT/CARERS Q & A Session online with 'Zoom'

Monday to Thursday's 3pm – 4pm

Do you have a question that you could ask the team? Are we able to help you with any queries or questions you have?

We are opening this up to EVERYONE who has a question about ADHD and your child.

Maybe you think your child has ADHD and want to know more.

Do you have a problem that we can help you with?

If you are interested please email reception@adhdnorthwest.org.uk or checkout our Facebook page 'ADHD North West'

Here at Witherslack Group we're committed to sharing expert advice and support.

Our ever-growing range of webinars, podcasts, videos and articles offer practical advice that will add to the SEN toolkit of parents, carers and professionals.



Visit www.witherslackgroup.co.uk/events-support for the opportunity to view this unique range of free support resources.



If you would like to register your interest and be kept up to date with our webinar events please email events@witherslackgroup.co.uk

Lancashire County Council – contact details

www.lancashire.gov.uk/council/get-involved/contact Email: enquiries@lancashire.gov.uk

	Service	Number
Corporate Services	Signposting / General enquiries	0300 123 6701
	Libraries	0300 123 6703
	Library Service Automated Renewal Line	0300 123 6704
	Registration and Certification Service	0300 123 6705
	School Admissions	0300 123 6707
	School Appeals	0300 123 6708
	Lancashire Adult College	0300 123 6709
Care Connect	Social Care	0300 123 6720
	Safeguarding Adults	0300 123 6721
	Emergency Duty Team	0300 123 6722
County Benefits Service	Care And Urgent Needs	0300 123 6735
	Blue Badges	0300 123 6736
	NoW Card	0300 123 6737
	Schools Transport	0300 123 6738
	Welfare Rights	0300 123 6739
Local Inclusion Offices	South (Preston, Chorley, South Ribble, West Lancashire)	01772 531 597
	East (Hyndburn, Ribble Valley, Pendle, Burnley, Rossendale)	01254 220 553
	North (Lancaster, Fylde, Wyre)	01524 581 200
Other Useful Numbers	Family Information Service	0300 123 6712
	Carers Lancashire	0345 688 7113
	SEND Information, Advice and Support Team	0300 123 6706
	Children & Family Wellbeing Service	0800 511 111



kooth

Free. Safe. Anonymous.

Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> **go!**

available in your area

Kooth offers advice on the go. We're by your side when you need us most.

Your Help Is Essential

We would welcome contributions from Children, Young People, Parent Carers, Voluntary and Statutory Agencies:

- Are you involved with a project or group you would like to promote
- Details of forthcoming diary dates
- Opportunities for Children and Young People with SEND
- Any ideas, views, letters, poems, etc, you would like to share
- Do you know of any useful websites to include in FIND

Contributions for future issues – please contact FIND.

Email: **FIND@lancashire.gov.uk**
Tel: **01772 538077** or **01772 532509**



Do you have anything to share in FIND? We would love to hear from you!

Editorial Group

Information, Advice and Support Team

Sarah.deady@lancashire.gov.uk
Pauline.francis@lancashire.gov.uk

Parent Representatives*

Nannette Holliday – Chorley
Lucy Ellis – Lancaster
Hayley Monk – South Ribble
Trish Dobson – West Lancashire
Sarah Lewis – Hyndburn

*Parent carers from other areas interested in joining the group, please contact FIND.

Voluntary Organisation

Tom Harrison – Community East Lancashire Health
Julia Johnson – Carers Link Lancashire

Health

Catherine Howson – Lancashire Care NHS Foundation Trust

Autumn issue – deadline for articles
26th June, published September 2020

Winter issue – deadline for articles
25th September, published December 2020

If undelivered, please return to:
Room CH1:53, County Hall, Preston,
Lancashire PR1 8RJ

Would you like to receive the FIND Newsletter via email? Please email:
FIND@lancashire.gov.uk
to update your details.



We also have a facebook page.

For regular updates, please 'like' our page at: www.facebook.com/LancashireLocalOffer

Get this free newsletter sent to your door

If families would like to have a free copy of FIND delivered to their home 4 times a year, please complete this slip and send it to the address shown. We will then send you a membership form.

Name

Address

Postcode

Tel. No.

Alternatively, you can register online at: www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/help-for-parents-and-carers/family-information-network-directory

Professionals – please contact FIND, details above.

You are welcome to photocopy, display and distribute this newsletter

The FIND Newsletter is produced by Lancashire County Council. The views expressed in signed articles do not necessarily represent those of Lancashire County Council. The newsletter cannot accept any responsibility for products and services advertised within it.