

# PARENTS/CARERS - COVID19

Reintegrating back to school life can be a challenge at any time but that demand is even higher during the current climate of uncertainty and change. Below we have gathered a few ideas and bits of information that should support you, your colleagues and your school families in this process. Remember, we are all in this together. Thank you.

## ARE YOU WORRIED?



**FAMILY LIVES** – if you're finding it hard at home with your child and struggling to cope. Free, confidential advice is available: 0808 800 2222.



**NSPCC** – if you're concerned about the safety of another child in our community: 0808 800 5000. Call 999 if you believe a child is in immediate danger.

**INTERNET MATTERS** – offer advice and guidance on how to tackle online hate and trolls and how you can support your child.



**FEGANS** – have set up a **family hub** which contains articles and ideas for parents on how to manage family life during lockdown.

## NEED HELP SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING?

**KENT RESILIENCE HUB** – aimed at parents of children aged between 10 and 16. A place where you can increase your understanding and find tools and approaches to help build your child's resilience.

**YOUNG MINDS** – have information, resources and a helpline for parents: 0808 802 5544.

**MindEd** is a free educational resource on children and young people's mental health for all adults.

**MINDS ACTION CHILDREN** – a resource that helps parents/carers support children in managing life's ups and downs.

**ANNA FREUD CENTRE** – offers a range of resources that include free podcasts to help parents/carers manage child and family mental health issues.

**WITHERSLACK GROUP** – offers a series of webinars to support parents/carers of children with special educational needs.

**COVIBOOK** – An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions they might be experiencing.

Here you will find videos of various mindfulness practices that can be undertaken individually or as a family:

**EVERY MIND MATTERS** - [progressive muscle relaxation](#)

**HEADSPACE** – Sunday Scaries – [Take a Mindful Walk](#)

**HEADSPACE** – Sunday Scaries – [A Mini-Meditation on Self-Care](#)

**HEADSPACE** – Sunday Scaries – [A Mini-Meditation for our Wellbeing this week](#)

**HEADSPACE** – [STRESSED?](#) – Learn to reframe stressful situations with this short meditation.



have an [active grant scheme](#) for families experiencing hardship: help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under

#### [FIND A FOODBANK](#)

using your postcode

#### [KENT SUPPORT AND ASSISTANCE SERVICE](#)

may be able to help if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency. The support can be accessed via [home essentials in a crisis](#).

#### [KENT TOGETHER](#)

hosts a 24 HOUR HELPLINE and is available on: 03000 419292.

This supports vulnerable people in Kent who need urgent help, supplies or medication. KCC, NHS, Emergency Services and Partners provide a single point of contact for anyone in need of help during Covid19.

[PARTNERSHIP FOR CHILDREN](#) - have produced a [worksheet](#) of activities (including growing seeds) which can help conversations surrounding difficult changes and loss.

[KENT AUTISTIC TRUST](#) – have produced Covid19 – [guidance](#) for parents and carers on supporting children and young people’s mental health and well-being during the coronavirus outbreak. This also provides guidance for parents on what to do if a child shows any of the symptoms or signs.

#### [DEPARTMENT for EDUCATION – SUPPORTING PUPILS WELFARE.](#)

Schools have been using various methods to ensure they support pupils well-being and provide pastoral care.

### HAVE THE CHILDREN IN YOUR CARE EXPERIENCED LOSS DURING COVID19?

[THE CHILDREN AND YOUNG PEOPLE’S COUNSELLING SERVICE](#) offer up to 12 sessions of bereavement support for children and young people who are bereaved as a result of the Covid19 pandemic. Access via the [online portal](#) or 0300 123 4496

[HOPE AGAIN](#) – is a website for young people going through a bereavement, where you can find information, read other people’s experiences and add your own.

[HOLDING ON LETTING GO](#) – helps children to cope with the death of someone close to them.

[CRUSE – A child’s understanding of death](#) will be different at different stages of development. Cruse Bereavement Young People’s Helpline 0808 808 1677

[DOMESTIC ABUSE VOLUNTEER SUPPORT SERVICE](#) have expanded their services via their helpline. Contact them on: **018982 570538**, **Monday to Friday** between 10.00am and 4.00pm.

[THE KENT INTEGRATED DOMESTIC ABUSE SERVICE](#) is continuing to deliver remote support to individuals and take referrals for all services. They can also signpost to other suitable organisations or consult on support.

Womens Advice Line: **0808 2000 247**

Mens Advice Line: **0808 801 0327**

[NATIONAL CENTRE for DOMESTIC VIOLENCE](#) - A free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation. Domestic abuse is common in the UK and anyone can be a victim, regardless of gender, age, ethnicity, socio-economic status, sexuality or background.

Telephone : 0800 970 2070 or Text: **60777**

Email: [office@ncdv.org.uk](mailto:office@ncdv.org.uk)

## USEFUL APPS



**SAM** self help – anxiety management for people who are serious about learning to manage their anxiety.



**PACIFICA** – calm down in moments of stress or anxiety using deep breathing, muscle relaxation, positive visualisation, mindfulness meditations and more.



**WHAT'S UP** – when you feel negative thoughts taking over, use the app to help you overcome them.



**WELLMIND** is designed to help with stress, anxiety and depression.

People may be exposed to fake news and propaganda about the causes of Covid19. Many of these may look to blame a specific minority group and incite hate crime. Free resources and advice to assist in building resilience against hate crime is available from:



[LET'S TALK ABOUT IT](#)

[educate.against.hate](#)

[EDUCATE AGAINST HATE](#)

[NHS – EVERY MIND MATTERS](#) - having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.



[BIG WHITE WALL](#) - a community of members who support, help each other and share what's troubling them in a safe and anonymous environment.

[MIND.ORG.UK](#) – provides advice, support and information on an extensive set of topics from [sleep problems](#) to [suicidal thoughts](#).

[SAFE HANDS THINKING MINDS](#) – Dr Karen Treisman is a Highly Specilaised Clinical Psychologist focusing on [dealing with trauma and stress through new and useful information](#), including videos.

[What you should know about returning to school](#) (google Doc) for young people

## SUPPORT FOR FAMILIES



[EARLY HELP](#) provide services that can be accessed locally at a time and place that suits families to help them do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.

[Read our Early Help leaflet for families.](#)

## THE AUTISM APPRENTICE

(in partnership with MMK Mind)

This free programme consists of 2 x 45 minute ZOOM sessions a week, one with [The Autism Apprentice](#) to discuss anything autism related that you may require support, advice or guidance. The emotional wellbeing session will be run with Maidstone and Mid-Kent MIND, with a trained counsellor. [Parents/carers can self-refer](#). Please contact:  
Sarah: 07713 482458  
Donna: 07863 044632

**NHS/KCC** – provide a [Handbook for Families](#) on autism and ADHD in children.

## NELFT NHS FOUNDATION TRUST

Has provided information to families awaiting an autism assessment. These are recorded and can be accessed here:

[Anxiety](#)  
[Sleep](#)  
[Emotional Regulation and relationships](#)



Department  
for Work &  
Pensions

## GOVERNMENT DEPARTMENT for WORK and PENSIONS

[A document](#) giving information during the coronavirus lockdown on areas including:

- + Work, financial support and money
- + Boosting work placed skills whilst at home
- + Job Help Tool
- + Tackling Loneliness
- + Information on what you can do if you're struggling

**COUNCIL FOR DISABLED CHILDREN** - we are the umbrella body for the disabled children's sector bringing together professionals, practitioners and policy makers. We have a [library of resources](#) that you can access.

**BEAMS** - is a local charity that supports disabled children, young people and their families. The disabled children and young people who access our services will typically have one or more learning difficulty, complex health needs, physical or sensory impairment, challenging behaviour, Autism or severe ADHD.

**Telephone:** 01322 668501

## SHARON McLAUGHLIN – SEND Family Engagement Officer

is responsible for building trust and confidence between SEND families and the local area. My key partners in building engagement are:  
Kent PACT, IASK and Healthwatch.

Moving back into whatever the new normal is when children and young people begin to return to school will offer a range of challenges for families from practicalities of maintaining social distancing to anxiety about coming out of social isolation.

### NOTE TO SCHOOL STAFF:

If I can help in any way by talking to parents/carers and trying to find out what might work to ease these anxieties, please feel free to contact me: 03000 419493 or 07824 707374

[www.kent.gov.uk](http://www.kent.gov.uk)

If social distancing rules permit, I am happy to meet groups of parents and try to workshop ideas about how this might be made easier for them.