



# Information and Support for Parents/Carers of Children with Autism



Compiled by Our Voice with contributions from **Enfield Thrives Together** Partners

December 2020

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

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## Introduction

This information pack has been compiled by Our Voice – the Parents’ Forum for Enfield, with input from other local voluntary organisations, ‘Enfield Thrives Together’ partners, and the Enfield Local Authority and Health Services.

Whilst every care has been taken to ensure that the information is up to date at the time of writing, circumstances are changing exceptionally fast at the current time, so please do check with the relevant departments, organisations and venues, to ensure that the details are correct.



## Our Voice – what we do

Our Voice is the recognised Parent/Carer Forum for the Borough of Enfield - a voluntary, parent led organisation supporting families with children who have a Special Educational Need and/or Disability, aged 0-25.

We aim to improve services for our families in Enfield by collaborating with the Local Authority and Health, as well as local and national Voluntary Sector Organisations and Schools. We are funded by the Department for Education via Contact (a national charity) but most of us work on a voluntary basis, and we are also a part of the national organisation, the National Network of Parent Carer Forums (NNPCF).

This year we have been particularly busy providing support and information to parents and carers, many of whom have been facing huge challenges, and ensuring that their views and needs are fed back to the Local Authority and Health services. Our key activities this year were:

- Providing information, guidance and signposting to other services through our helpline, website and emails sent to our mailing list at least once a week.
- Gathering information about how parents are coping and what support they need through a survey and talking to them at our virtual events and one-to-one.
- Providing daytime and evening informal drop-in sessions ('Cuppa and Chat') for parents and carers to connect with each other to give mutual support, share experiences and discuss the challenges and issues they face.
- Running a series of videoconferences with invited guests from Local Authority and Health Service areas on a wide range of topics. We have already held sessions this year on Mental Health and Emotional Well-being, Short Breaks and Keeping Safe (with Public Health), Travel Assistance, Positive Behaviour Support and Transition to Secondary school. More sessions are planned for 2021.
- Monthly Zoom parties with a children’s entertainer for our members’ children.
- We have continued to work with services across the LA on a wide range of existing and new projects, and make sure that they consider how parents and carers are affected by the decisions they make. We also give similar input to the government through the NNPCF.

If you are a parent or carer of a child or young person with SEND, please do get in touch with us. Our contact details are: Telephone [07516 662315](tel:07516662315) Email: [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk) Website: [www.ourvoiceenfield.org.uk](http://www.ourvoiceenfield.org.uk)

If you would like to receive details of our forthcoming events and access to exclusive events like our monthly children’s Zoom parties, events from other relevant organisations and updates on local and national developments relating to special needs and disabilities, please join our mailing list – just send us an email with your name and email address (if you wish you can also give us your telephone number, address, and your child’s disability).

## Our Voice 'Cuppa & Chat'



There are no cuppa and chat sessions planned for the Christmas break but we plan to resume sessions in the new year. See our [events page](#) for dates and times of sessions as soon as they are announced.



Our Voice's online 'cuppa and chat' sessions are for all parents and carers of children and young people (aged 0-25) with special needs and/or disabilities living in Enfield.

Please join us for an informal chat session to talk with other parents and carers (including some of the Our Voice team) about how you are managing during this exceptionally challenging time, share your concerns and ask questions.

The meetings will take place online via 'GoTo Meetings' – you can use a computer, tablet or smartphone. No need to book – just join at <https://www.gotomeet.me/LondonRegion/our-voice-cuppa-and-chat> If you have not used 'GoTo Meetings' before, you will need to download the app in advance at <https://global.gotomeeting.com/install/714449909>

Or you can phone in on 0330 221 0088 using the Access Code: 714-449-909

## Other local SEND organisations

### EASA

The Enfield Advisory Service for Autism <https://www.enfieldasa.org.uk/> is a local authority service supporting autistic children and young people from 0-25 years by working with parents and educational settings.

Although face to face group events are currently suspended, EASA offer support for parents and carers of children with autism (and those waiting for a diagnosis) by telephone, email and video-link.

and coffee mornings and parent support workshops <https://enfieldasa.org.uk/Parent-Workshop-Programme-Dates/> continue to run via Zoom, with sessions on Sleep and Eating coming in in January and February.

- Online coffee sessions for parents and carers of children with autism via Zoom. Families waiting for a diagnosis are also welcome. Please see the below link for dates and times. <https://enfieldasa.org.uk/Parent-Support-Sessions/> Sessions coming up include Sleep and Eating.
- Telephone consultations and email support. Please **call 0208 353 4186** or **email [admin@enfieldasa.org.uk](mailto:admin@enfieldasa.org.uk)** to request this.
- Online workshops on a range of issues <https://enfieldasa.org.uk/Parent-Workshop-Programme-Dates/>
- Online Parent Training courses ([ATLAS](#) & [Cygnet](#))
- Information and signposting
- If you would like to contact EASA by email and are not already registered to their system, please fill out the [Parental Consent Registration Form](#).
- Families who have not yet received a diagnosis are also welcome to access the service.

### Enfield Carers' Centre (ECC)

Enfield Carers Centre is a local charity which provides information, advice, training and other support services to people who look after someone (including children with disabilities or special needs) who lives in Enfield. In addition to support for parents and carers, the ECC has a well-established programme of support for siblings, and run regular events for 'young carers'.

The Centre will be closed between 24<sup>th</sup> December and 3<sup>rd</sup> January.

Website: [www.enfieldcarers.org](http://www.enfieldcarers.org) Telephone 020 8366 3677 email [info@enfieldcarers.org](mailto:info@enfieldcarers.org)

The ECC runs a regular programme of events (currently being held on Zoom or by phone) as well as individual support. See the website here: <https://enfieldcarers.org/events/month/> for details of the events coming up. The programme includes the Enfield Carers Centre Learning Difficulties and Autism Spectrum Disorder (ASD) Carers support group, and the next meeting will take place 10.00am-11:30am Friday 8th January 2021

<https://enfieldcarers.org/event/autism-aspergers-carers-support-group-2020-07-03/2021-01-08/>

# Every Parent & Child (EPC)

EPC is a well-known and respected local charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much they value our services and the difference our support makes to their lives.

## Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

## We achieve this through:

- Enabling children and young people with social, emotional and mental health needs access appropriate support.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Ensuring parents and carers have the knowledge to make decisions on the services and support their families' needs.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.

Every Parent & Child, Community House, 311 Fore Street, London, N9 0PZ

Website: [www.epandc.org.uk](http://www.epandc.org.uk) email: [enquiries@epandc.org.uk](mailto:enquiries@epandc.org.uk) Telephone contact - 0208 373 6273

# SENDIASS

Enfield SEND Information, Advice and Support Service (SENDIASS) is a statutory service commissioned by London Borough of Enfield in accordance with the SEND Code of Practice 2015.

It operates independently from the local authority. It provides impartial, confidential information, advice and support to children and young people between 0 and 25 years who have, or may have, SEN or a disability and to parents of children and young people with SEND. The service also facilitates parents' and young people's engagement in decision-making about special educational needs, provision and policies. Our parents' and young people's steering groups have continued to meet and advise the service on how to best reach families in the community.

**Website:** [www.enfieldsendias.org.uk](http://www.enfieldsendias.org.uk)

The helpline numbers are **07903 762008** or **07903 762009**. If the phone is unanswered, please leave a message and one of the team will get back to you as soon as practicable. Or email on [sendiass@epandc.org.uk](mailto:sendiass@epandc.org.uk)

# National Autistic Society, Enfield Branch (ENAS)



Website: [www.enfieldnas.org.uk](http://www.enfieldnas.org.uk) Telephone 07757 120 777  
Email: [branchofficer@enfieldnas.org.uk](mailto:branchofficer@enfieldnas.org.uk)  
Contact ENAS for more information about events.

ENAS is the Enfield branch of the National Autistic Society ([www.autism.org.uk](http://www.autism.org.uk)) and provide support for children, young people and adults with autism and their families. Support includes:

- Social support – a 'friendly ear' advice on local services, evening meetings, coffee mornings and regular newsletters
- Information and resources – sign -posting to accurate up to date resources, expert speakers, website and library
- Autism friendly activities for children young people and adults including play sessions, sibling activities and evening socials

ENAS also work in partnership with professionals and provide a strong representative voice raising awareness of autism locally and pressing policy and decision makers for change.

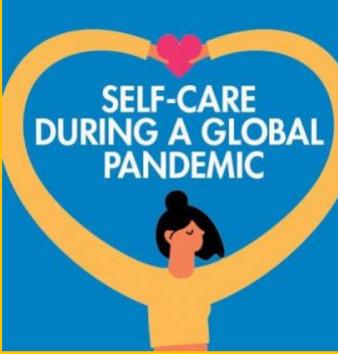
At the current time many of their usual face-to-face activities like coffee mornings and drop-ins have been converted to morning / evening support group sessions via Zoom.

# Sen Den

We are a not-for-profit, volunteer-run community business which was set up in 2019 by experienced charity professional and Enfield Mum, Lubna Reid. We are based at the [Lancaster Centre on Lancaster Road EN2, opposite Sainsburys.](#)

SEN-den's services have been significantly disrupted by the lockdown, but we've managed to keep in touch with families and offer limited, but valuable support to parents and carers. **We're determined to get back on track in 2021!**

***Below is some information about our current and future services:***

		<ul style="list-style-type: none"> <li>✓ Sensory playgroups autistic children</li> <li>✓ Lego therapy</li> <li>✓ Music therapy</li> <li>✓ Info and support group for parents and carers</li> <li>✓ Specialist workshop autism-related topics</li> </ul>
<p><b>Telephone counselling</b> For parents and carers to share difficult experiences and feelings in confidence</p>	<p><b>Massage therapy</b> to encourage self-care and promote well-being for parents and carers</p>	
<p><b>Wednesday and Saturdays</b></p>	<p><b>Friday mornings</b></p>	<p><b>In 2021</b></p>

**To be eligible for our services, you need to:**

- ✓ live in Enfield
- ✓ have an autistic child, or children, aged 8 or under, or
- ✓ a child or children currently going through the autism diagnosis process, aged 8 or under.

***To find out more about our community business model and current services, or to download a Family Registration Form, please visit [www.sen-den.org.uk](http://www.sen-den.org.uk)***

**Alternatively, feel free to get in touch with us:**

- **Facebook** message SEN-den @sen.den.community
- **WhatsApp** message us on 07307379588
- **Email** us on info@sen-den.org.uk

## Information Provided by Enfield Council

### Joint Service for Disabled Children - Short breaks

'[Short Breaks](#)' are opportunities for your child to engage in fun play and leisure activities.

They are an opportunity:

- For your child to spend time with other children and young people outside of school and the family home.
- For your child to try new activities and develop skills
- For parents to have a break from their caring responsibilities.

A short break could be a holiday playscheme, an after-school group, or funding to take part in activities e.g. swimming, horse-riding, drama group.

A short break can take place at a centre, in the community or in the family home.

The eligibility for specialist short breaks from the Joint Service for Disabled Children is available on the Local Offer website

If you feel that your child requires specialist short breaks, referrals need to be made by a professional that knows your child via the Children's Portal.

The children that have already been assessed by the JSDC and have previously been receiving short breaks will all be contacted to explore the support available this Christmas.

The following playschemes are running this Christmas

- Cheviots Playschemes based at Cheviots and Waverley School
- VIPS Playscheme at Ponders End Youth Centre email: [loraine.vips@gmail.com](mailto:loraine.vips@gmail.com)
- ALWA Playscheme at Russet House School (Places may still be available ) contact Tiuidane Richards Tel no: 07940380819 Email: [info@abundantlivingwithautism.org.uk](mailto:info@abundantlivingwithautism.org.uk)
- Centre 404 based at Oaktree school email: [JanuaryJ@Centre404.org.uk](mailto:JanuaryJ@Centre404.org.uk)
- Aspire Scheme based at Waverley School email [aspirecaregroupltd@gmail.com](mailto:aspirecaregroupltd@gmail.com)

Children who are unable to attend the playscheme they usually do will be contacted to explore options that best meet the needs of their family. These will include a cash alternative, which in Enfield we call a short break grant.

If you feel that you need some additional advice in managing your child's behaviour please email [cheviotsshortbreaks@enfield.gov.uk](mailto:cheviotsshortbreaks@enfield.gov.uk) and one of our Positive Behaviour Support coaches will call you back and offer advice over the phone.

The Early intervention support service (EISS) Early Support keyworkers will be available if families of young children on their caseload need advice or support during this time.

See also activities section of this booklet, and a useful Question and Answers about Short Breaks and activities on the Our Voice website [www.ourvoiceenfield.org.uk/news](http://www.ourvoiceenfield.org.uk/news)

## Playschemes



**ALWA Specialist**  
Play Scheme



Contact  
07940380819  
07306403908

### DECEMBER HALF TERM PLAY SCHEME-

Fun activity sessions  
for children aged  
8-15 yrs with Autism  
& SEND: Outdoor  
play, soft play,  
bouncy castle, ride  
on cars, sensory  
play & more..

£55 Per day

Mon 21st, Tues 22nd &  
Wed 23rd December  
2020 10am-3pm

[www.abundantlivingwithautism.org.uk](http://www.abundantlivingwithautism.org.uk)  
[info@abundantlivingwithautism.org.uk](mailto:info@abundantlivingwithautism.org.uk)

RUSSET HOUSE  
SCHOOL  
11 AUTUMN CLOSE  
EN1 4JA

**PLACES AVAILABLE!**

## Information Provided by Enfield Health Services

### Children's Physiotherapy service

We work with children, young people and their families to promote their physical independence, mobility and function, to help achieve their maximum potential.

#### What we offer:

The physiotherapy service works with children, young people with a wide range of physical or mobility difficulties, resulting from neurological impairment, developmental delay, genetic disorders and musculoskeletal issues.

Paediatric physiotherapists use a variety of different approaches to work alongside children and their families, to help promote their overall development and physical wellbeing and participation in life. Our aim is to help children, young people and their families develop the skills and knowledge to enable them to become as independent as possible with their mobility and in managing their difficulties throughout childhood and onwards into adulthood.

Key services include:

- Assessment, advice and planning for children with musculoskeletal concerns
- Assessment, care planning and equipment advice for children with a physical impairment, including working jointly with the wider multi-disciplinary team.
- Training for parents, guardians, carers and other professionals to help them support their children with physical management plans and exercise programmes at home, school or other settings
- Referrals into the orthotics service when appropriate
- Referrals to other community and hospital-based services when appropriate
- Intervention can be offered individually or in groups. Children and young people may be seen via video consultation, in clinic and community settings, including children's homes

Due to the Covid-19 pandemic, we have a duty of care to ensure the service we provide is as safe as possible, and that we reduce the risk of Covid-19 transmission as much as possible.

For this reason, we have recently introduced video consultations, and are operating a "Virtual First Approach", as recommended by the Chartered Society of Physiotherapy. Following your video or telephone call, a joint decision between the family/ young person and their physiotherapist can be made as to whether any further input needed can be delivered remotely, or whether a face-to-face consultation is most appropriate.

#### Who the service is for:

- Neurodevelopmental service: Children and young people aged 0-19 years old, with ongoing functional or mobility needs related to long term conditions.
- Musculoskeletal Service: Children and young people aged 0-17 years old with musculoskeletal concerns. For some 16 and 17 year olds, it may be more appropriate for them to be seen by the adult physiotherapy service and their referral may be forwarded to this team.

## Contact details:

Cedar House  
St Michael's Primary Care Centre  
Gater Drive  
Enfield, EN2 0JB

Telephone: 020 8702 5640

Email: [beh-tr.physiotherapycommunitychild@nhs.net](mailto:beh-tr.physiotherapycommunitychild@nhs.net)

Core hours: Monday to Friday, 9am – 5pm

## How you can access our service:

We accept referrals for children who live in Enfield, or have a GP in Enfield. We accept referrals from any relevant healthcare professional including school nurses, health visitors, hospital consultants and GPs. Please send all referrals to [beh-tr.childrenstherapies@nhs.net](mailto:beh-tr.childrenstherapies@nhs.net)

## NHS Children & Young People's Occupational Therapy

**Children's NHS Occupational therapy will be open as usual over the Christmas period (apart from the usual Christmas bank holidays)**

### Contact details

Cedar House  
St Michael's Primary Care Centre  
Gater Drive  
Enfield, Middlesex  
EN2 0JB

Tel: 020 8702 5630

Email: [beh-tr.cssadminhub@nhs.net](mailto:beh-tr.cssadminhub@nhs.net)

### What is Occupational Therapy?

Occupational therapists help children and young people improve their ability to participate in everyday activities ("occupations"). These occupations may include self-care tasks (for example getting dressed, eating), play and leisure activities (such as riding a bicycle, playing with Lego) and participating in school life (for example using a pencil and scissors).

Occupational therapists work closely with the child, young person, parents and teachers with the aim of helping the child to participate as fully as possible in their chosen occupations.

### Who is the service for?

Disabled children or those with additional needs can be referred to Children's Occupational Therapy if they are having difficulties performing their daily occupations. These can be difficulties with:

- completing self-care tasks (such as bathing, brushing teeth);
- participating in daily school life (such as participating in PE lessons, organising their school equipment and work);
- engaging in leisure and play activities (such as swinging on a swing, drawing & colouring).

Children must live within the borough of Enfield or be registered with an Enfield GP. They must be aged between 0-18 years.

## How you can access this service

Referrals to children's Occupational Therapy are accepted from:

- registered health professionals (paediatricians, GPs, health visitors, school nurses, physiotherapists, speech and language therapists)
- school SENCOs (Special Educational Needs Coordinators)

Referrers should fill out the Occupational Therapy referral form. Please call the OT admin on 020 8702 5630 or email [beh-tr.cssadminhub@nhs.net](mailto:beh-tr.cssadminhub@nhs.net) to request a referral form.

**If you have recently been discharged from children's NHS occupational Therapy and require extra advice/have concerns then parents can self-refer to the Discharge clinic**

## OT Discharge Drop in Clinic

**What:** A fast track, easy access clinic to help families recently discharged with specific OT queries or concerns.

**Who:** For children who have been discharged from OT within the last 12 months.

**When:** 3rd Thursday of every month

**How:** No need to sit on a waiting list and no referral needed. Just call 0208 702 5630 to book an appointment or call on the day (last appointment 4pm).

**Where:** Telephone or video appointments

**What will happen in the session:** We will aim to answer any specific OT queries you have and offer advice and strategies. We will not complete a full assessment of your child nor provide a report, treatment session or school/home visit. If you want a re-assessment your child will need to be re-referred back to OT

**What happens if my child has been discharged more than 12 months ago:** Please call the team to discuss. Your child's needs may be better met by re-referral into the service rather than the drop-in

*Due to COVID-19 infection Control measures, the clinic sessions are currently offered via telephone or video appointments.*

## Social Services Occupational Therapy

Referrals/queries for home equipment, moving and handling needs or housing adaptations need to go to Enfield Local Authority Social Services Children's Occupational Therapy Team. Parents can self-refer on 0208 379 1001

# Speech & Language Therapists

## Early Years



**Early Years Speech & Language Service**



**Are you worried about your child's talking?**

Would you like to discuss this with someone?

Please call us on **020 8702 5226** – we have a range of options we can offer you



IF YOU DO NOT SPEAK ENGLISH PLEASE ASK SOMEONE TO CALL FOR YOU AND BRING SOMEONE WITH YOU TO HELP.

## Children in Education

If you have any queries you can contact the lead therapist in the special school. Please copy [judy.sleat@nhs.net](mailto:judy.sleat@nhs.net) (in case staff are on annual leave)

- **Waverley** Amy Peck: [amy.peck3@nhs.net](mailto:amy.peck3@nhs.net)
- **Durants** Robert Blankson [Robert.blankson@nhs.net](mailto:Robert.blankson@nhs.net)
- **Oaktree** Elizabeth Nissen [Elizabeth.nissen@nhs.net](mailto:Elizabeth.nissen@nhs.net)
- **Russet House** Sophie Spicer [Sophie.spicer@nhs.net](mailto:Sophie.spicer@nhs.net)
- **West Lea : Hazelbury Campus** Julie Michel [j.michel@nhs.net](mailto:j.michel@nhs.net)
  - : **Learning for Life Campus** Maddy White [Madeline.white4@nhs.net](mailto:Madeline.white4@nhs.net)
  - : **Meridian Site** Stavroulla Souris
- For Children and young people in Mainstream schools please contact [judy.sleat@nhs.net](mailto:judy.sleat@nhs.net)

## Difficulties with Eating and Drinking (Dysphagia)



We are accepting Dysphagia referrals during the Covid19 pandemic but we are only visiting children with concerns about the safety of their swallow. All other referrals will be assessed by phone/video.

Early Years Dysphagia Team: [charlotte.ocallaghan@nhs.net](mailto:charlotte.ocallaghan@nhs.net), [shenali.franklin@nhs.net](mailto:shenali.franklin@nhs.net), [rachel.oyoo@nhs.net](mailto:rachel.oyoo@nhs.net)

School Age Dysphagia: [shenali.franklin@nhs.net](mailto:shenali.franklin@nhs.net)

Dysphagia queries related to pupils at Waverley Special School: [amy.peck3@nhs.net](mailto:amy.peck3@nhs.net)

**If you are worried about your child, you should access health services in the same way you would normally:**

- Refer to NHS online: [www.nhs.uk](http://www.nhs.uk) for general information, to check symptoms and the right steps to take.
- Use 111 online: <https://111.nhs.uk/>. You can also call 111 for further advice but please be aware that this service is busy.
- If necessary call your GP to discuss your concerns and seek help.
- If your concerns are related to coronavirus you can also check the NHS symptom checker on [www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

**If you have urgent concerns about your child**

For immediate assistance dial 999 or attend an accident and emergency department. At present, Accident and Emergency services for children are based at North Middlesex Hospital, Royal Free Hampstead and Whittington Hospital.

## Enfield Child and Adolescent Mental Health Service (CAMHS)

- Service opening hours and contact arrangements are all operating as normal through the pandemic
- We have a staff presence at our sites Mon-Fri 9-5, with enhanced crisis/on-call arrangements, including out of hours
- Extensive infection control and social distancing measures are in place in our clinic in line with national guidelines. We have fully stocked PPE for staff and clients
- All our services are running, with some in modified ways. Face to face sessions are being reintroduced incrementally, but in most instances telephone and video will be the first line offer
- We continue to prioritise face to-face appointments where this is urgent and essential
- During the pandemic, the crisis care pathway has been strengthened, including a 24/7 crisis helpline for children, young people and families:
- CYP crisis helpline: Children, young people and families can call **0300 0200 500** to get support or advice 24/7:

## Finances and Benefits

- If you are having difficulty with providing food, basic items or household appliances you should first check that you are receiving all of the benefits to which you are entitled: <https://www.gov.uk/browse/benefits>
- There are also food banks who may be able to help. You can search for your nearest food bank at <https://www.trusselltrust.org/get-help/find-a-foodbank/>
- If you are still struggling to access these items, please contact your allocated worker or Cheviots on [cheviots@enfield.gov.uk](mailto:cheviots@enfield.gov.uk) and a member of the team will get back to you.
- The government has stated that schools can provide vouchers or meals to those children who usually receive a free school meal and they will be reimbursed for this. If this applies to your child, please contact their school to find out more.
- The **Enfield Carers Centre** can give you advice on what benefits you might be entitled to. <https://enfieldcarers.org/>
- Family Fund was established to support children with complex needs and disabilities and their families. The fund provides grants for low-income families to pay for vital equipment needed to make social distancing measures more achievable, including computers and tablets, specialist equipment, outdoor play equipment, educational and sensory toys and other goods and services. Families staying at home more than usual to shield themselves from the coronavirus, and looking after and educating critically ill or disabled children themselves, will be supported by £10m of the settlement specifically dedicated to their unique needs. For more information including eligibility and how to apply for a grant, see [www.familyfund.org.uk](http://www.familyfund.org.uk).

# Taking Care of Yourself and Your Family

## Looking after your own needs

When you are busy and have the pressures of taking care of a child with additional needs, it's easy to neglect your own well-being, but it is really important not to neglect your own physical and mental health. You cannot take care of your child's needs by ignoring your own. Remember that children can be very perceptive, and they react to what they sense from the adults around them.

**See next page for a range of useful resources for looking after your own and your child's mental health and wellbeing.**

### Tips for keeping healthy and happy

- o **Exercise** – take some time every day to move. You could go for a walk or run. If it is difficult to get out, you'll also find lots of fitness videos/challenges online e.g. on YouTube. Find something you enjoy and that makes you feel good!
- o **Try a Mindfulness exercise** – if your time is very limited you might like to try one of the very short exercises available on the Local Offer for SEND [here](#).
- o **Connect with others** – maintain relationships with people you care about through phone and video calls (zoom, google hangouts, facetime, house party are great apps to do this)
- o **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- o **Vitamin C**- ensure you are taking in plenty of vitamin C which is proven to strengthen your immune system.
- o **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- o **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- o **Do things you enjoy** –try to make some time for activities that give you pleasure.
- o **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- o **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- o **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack
- o **Learning a new skill** is a great way to release feel good hormones.

# Looking after your own and your child's mental health

**The Enfield Local Offer for SEND** has a section on Social, Emotional and Mental Health including a list of useful local organisations.

<https://new.enfield.gov.uk/services/children-and-education/local-offer/social-emotional-and-mental-health/>

## Videos for parents and carers

Our Voice has worked with Enfield's Educational Psychology Service and Mental Health Support team to produce a series of six videos for parent carers. The videos aim to support parents in creating a sense of safety, calm, connectedness, control and hope for their children. The sixth video is about how we can look after ourselves as parents and carers.

The videos are all short - between 5 and 10 minutes because we know that most parent-carers rarely get enough time to themselves! You can see the videos here:

<https://www.ourvoiceenfield.org.uk/news/show/107> along with links to other useful resources and summaries in English, Turkish and Somali.

The **Healthy London Partnership Website** has a useful range of resources and includes the Good Thinking Guide which contains information and support for managing your own wellbeing and that of your children, including dealing with anxiety, stress, sleep problems and low mood. It includes information about a variety of resources available including helplines and apps which you may find useful, including a collection of top resources to do with your kids and help them manage their wellbeing.

<https://www.healthylondon.org/resource/schools-mental-health-toolkit/covid-19/covid-19-advice-for-parents-carers/>

**Anna Freud Website** offers a variety of resources to support wellbeing and support for the whole family and includes a self-care pack for primary and secondary.

<https://www.annafreud.org/>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>

**BBC Bitesize SEND Toolkit for parents** (or search in BBC Bitesize for Parents Toolkit SEND) has useful resources for supporting children with special needs and disabilities (as well as home learning support and fun activities) with managing emotions, keeping calm, mindfulness and Mental Health support.

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

**Enfield's Educational Psychology Service** has set up a Family Support Helpline. and is available over the Christmas break from school (not including bank holidays) providing guidance with supporting your child's learning at home, concerns about their general learning, development or well-being, access to information and resources and signposting to other services. For details see the flyer at: <https://traded.enfield.gov.uk/public-assets/attach/3030/Parent-Carer-Telephone-Support-Line-Enfield-EPS.pdf>



ENFIELD EDUCATIONAL  
PSYCHOLOGY SERVICE:  
**TELEPHONE SUPPORT LINE  
FOR PARENTS & CARERS**

In response to COVID-19 and the Government's Wellbeing for Education Return programme, Enfield EP Service is offering Enfield parents and carers the opportunity to speak to an Educational Psychologist (EP) about a concern or issue they may have in relation to their child.

Educational Psychologists are professionals concerned with the development, learning and social and emotional wellbeing of children and young people. Issues we can help you to think about include:

- Transitioning back to school
- Learning
- Emotions (e.g. fears and worries, low mood, anger)
- Managing routines at home
- Resource seeking
- Signposting to appropriate services

**Calls can be booked  
between 10am and  
9pm Monday to  
Friday.**

**If you have internet  
access, please fill in the  
[online form here](#) to  
request a phone call.**

**If you don't have access  
to the internet, please  
call us to request a  
phone call.**

**0208 3792000**

**We aim to respond to  
your request within  
three working days.**

**A  
telephone consultation  
is not a formal referral  
to our service.**



**Enfield's Thrives Together Network** has created a variety of different guides to help support parents, children and young people during this difficult time:

Wellbeing support - how to look after yourself and your children

[https://www.ourvoiceenfield.org.uk/downloads/Covid\\_19\\_Wellbeing\\_support.pdf](https://www.ourvoiceenfield.org.uk/downloads/Covid_19_Wellbeing_support.pdf)

## WELLBEING SUPPORT

for parents & carers  
24 MARCH 2020



### How are you feeling?

People are telling us that they feel: Worried. Anxious. Afraid. Depressed. Lonely. Angry. Disappointed. Excited. Relieved. Stressed. Overwhelmed. Guilty. Frustrated. Ok...

All feelings are ok! People can react differently when big things happen. This is such an unusual event- all reactions and emotions are normal and ok. Try to accept your own and others' feelings.

### How can I help my children?

- **Take time to talk** and listen. Be led by your child and answer questions honestly. Give them time to talk about their feelings.
- **Provide structure and routines** - so they know what to expect each day.
- Give them a chance to **succeed every day** through learning or play.
- **Encourage daily activity** - go for a walk, dance or use a fitness app.
- Find ways for your child to **interact** with their friends remotely.
- **Connect with them** - do things you enjoy together.



### How can I look after myself?

- **Connect** - keep in touch with your friends, family and community using calls, messages and emails.
- **Be active** - keep your body moving. Try a fitness app. Get out for fresh air when you can
- **Take notice** - pay attention to your body's sensations, and your thoughts and feelings. Notice what you can see, hear, touch, smell and taste.
- **Help others** - give something back to your household or community, in person or online.
- **Keep learning** - do something that stretches you and gives you a sense of achievement.
- Media Coverage - **Avoid excessive exposure**

### What if I can't stop worrying?

Feeling worried is very understandable, but it can become overwhelming. If your anxiety or low mood mean that you can't do day-to-day activities you can ask for help here:

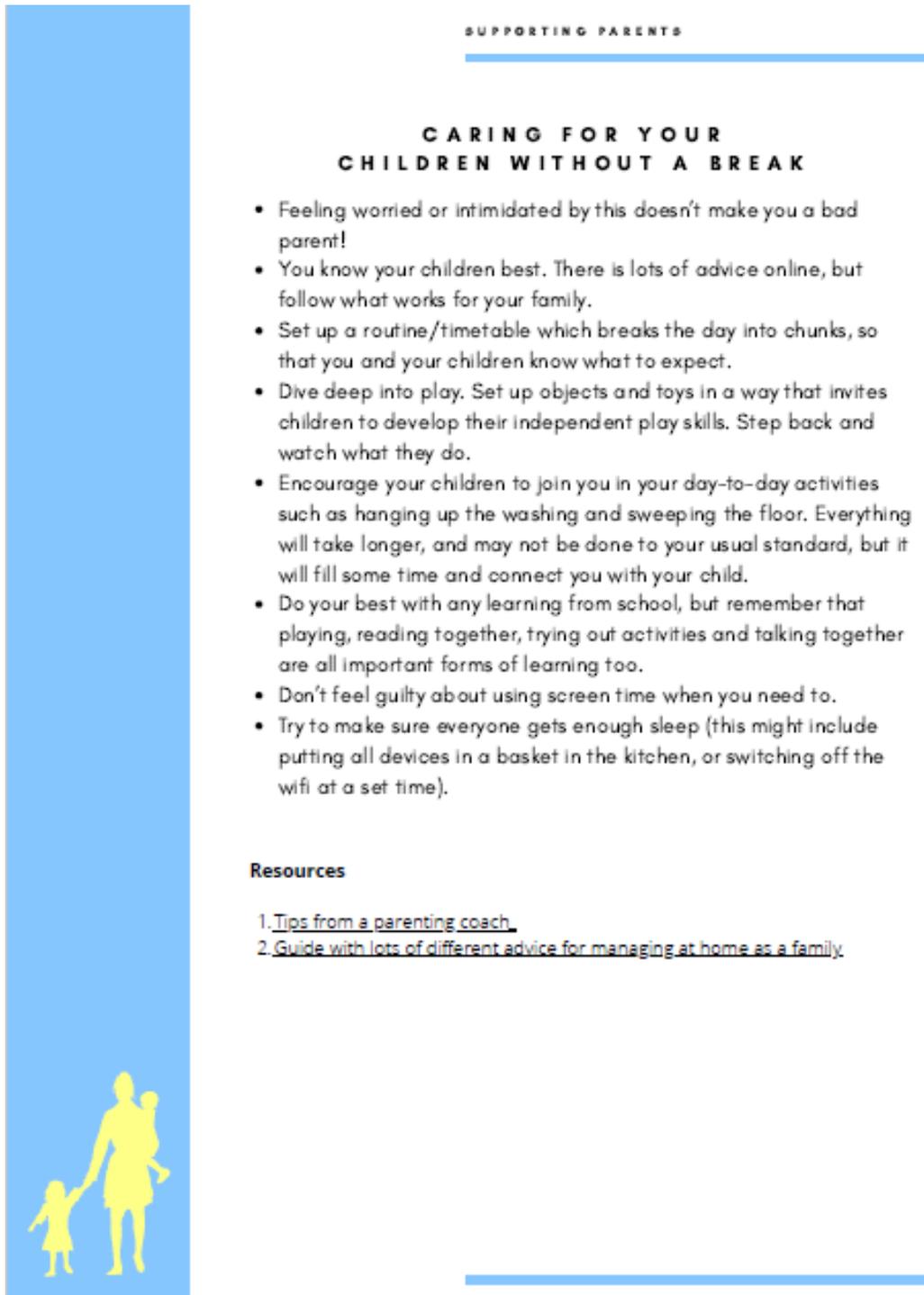
[www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing) - for information, guidance and support for adults  
[Enfield Stands Together](#)

**Let's Beat Coronavirus** - information for children - a child-friendly guide to the situation and staying healthy

[https://www.ourvoiceenfield.org.uk/downloads/Let\\_s\\_Beat\\_Coronavirus\\_Info\\_for\\_Children.pdf](https://www.ourvoiceenfield.org.uk/downloads/Let_s_Beat_Coronavirus_Info_for_Children.pdf)

**Support for parents** - caring for children without a break, caring for your teenagers, looking after yourself, feeling isolated, working from home and links to useful resources on these topics. [https://www.ourvoiceenfield.org.uk/downloads/Support\\_for\\_parents.pdf](https://www.ourvoiceenfield.org.uk/downloads/Support_for_parents.pdf)

Sample page from this guidance:



SUPPORTING PARENTS

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**CARING FOR YOUR CHILDREN WITHOUT A BREAK**

- Feeling worried or intimidated by this doesn't make you a bad parent!
- You know your children best. There is lots of advice online, but follow what works for your family.
- Set up a routine/timetable which breaks the day into chunks, so that you and your children know what to expect.
- Dive deep into play. Set up objects and toys in a way that invites children to develop their independent play skills. Step back and watch what they do.
- Encourage your children to join you in your day-to-day activities such as hanging up the washing and sweeping the floor. Everything will take longer, and may not be done to your usual standard, but it will fill some time and connect you with your child.
- Do your best with any learning from school, but remember that playing, reading together, trying out activities and talking together are all important forms of learning too.
- Don't feel guilty about using screen time when you need to.
- Try to make sure everyone gets enough sleep (this might include putting all devices in a basket in the kitchen, or switching off the wifi at a set time).

**Resources**

1. [Tips from a parenting coach](#)
2. [Guide with lots of different advice for managing at home as a family](#)



**Supporting primary aged children** - a guide for parents looking at how to talk to children about the situation and support them if they are worried, supporting home learning and useful resources [https://www.ourvoiceenfield.org.uk/downloads/Supporting\\_Primary\\_aged\\_Children.pdf](https://www.ourvoiceenfield.org.uk/downloads/Supporting_Primary_aged_Children.pdf)

**Supporting secondary aged children** - a guide for parents on how to talk to young people about the situation and support them if they are worried, hopeless or angry, supporting young people with learning, and useful resources.

[https://www.ourvoiceenfield.org.uk/downloads/Supporting\\_Secondary\\_aged\\_Children.pdf](https://www.ourvoiceenfield.org.uk/downloads/Supporting_Secondary_aged_Children.pdf)

Sample page from this guidance:



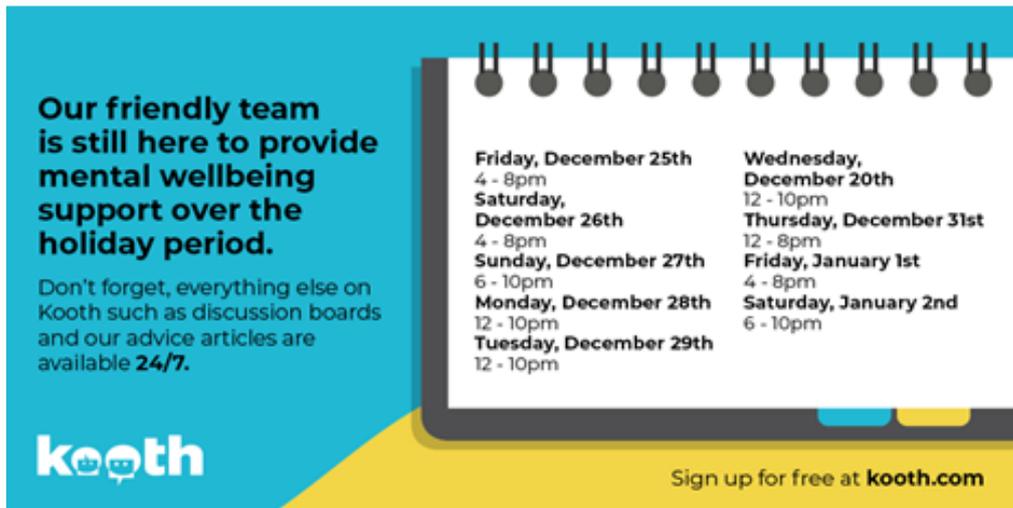
SUPPORTING SECONDARY-AGED CHILDREN

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**TALKING TO YOUNG PEOPLE**

- Ask your child what they are hearing via the news and social media, and how they are feeling about it.
- Be led by your child: ask them what they have already heard, so you can discuss their understanding and worries together.
- Be truthful: don't offer false reassurance or pretend that nobody is worried. Be honest with your child about loved ones who might be at higher risk, and explain what you are doing to keep them safe.
- Help your child to use realistic information to make sense of the risks to themselves and their loved ones.
- Help your child to understand collective responsibility: while young people may not be as actively at risk, they play an essential role in following social distancing rules so that the virus does not spread. This is a positive action that's within their control.
- If you don't know how to respond to your child, acknowledge their question and feelings. Tell them you'll come back to their question or worry (and make sure you do!).
- Remember that people react differently to significant events. Some might feel worried, while others feel excited, and others don't feel much at the moment.
- Validate and empathise with your child's worry and disappointment about the upcoming upheaval e.g. to exams, celebrations, holidays etc. "It's totally understandable to feel worried about what will happen. We are all finding the uncertainty really tricky."
- Remember that people react differently to significant events. Some might feel worried, while others feel excited, and others don't feel much at the moment. Reassure young people that different reactions are normal and ok.
- Think about yourself as a model: how much news and social media are you viewing, and how are you responding to it?
- Our young people are paying more attention to us than we think.

**Kooth** has been commissioned by Enfield and is a web-based confidential support service available for young people which provides a safe and secure means of accessing mental health and wellbeing support. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor, available 12 noon to 10 pm weekdays and 6 pm to 10 pm at weekends, on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside hours young people can message the team and get support by the next day. [www.kooth.com](http://www.kooth.com)



**Our friendly team is still here to provide mental wellbeing support over the holiday period.**

Don't forget, everything else on Kooth such as discussion boards and our advice articles are available **24/7**.

**kooth**

<b>Friday, December 25th</b> 4 - 8pm	<b>Wednesday, December 20th</b> 12 - 10pm
<b>Saturday, December 26th</b> 4 - 8pm	<b>Thursday, December 31st</b> 12 - 8pm
<b>Sunday, December 27th</b> 6 - 10pm	<b>Friday, January 1st</b> 4 - 8pm
<b>Monday, December 28th</b> 12 - 10pm	<b>Saturday, January 2nd</b> 6 - 10pm
<b>Tuesday, December 29th</b> 12 - 10pm	

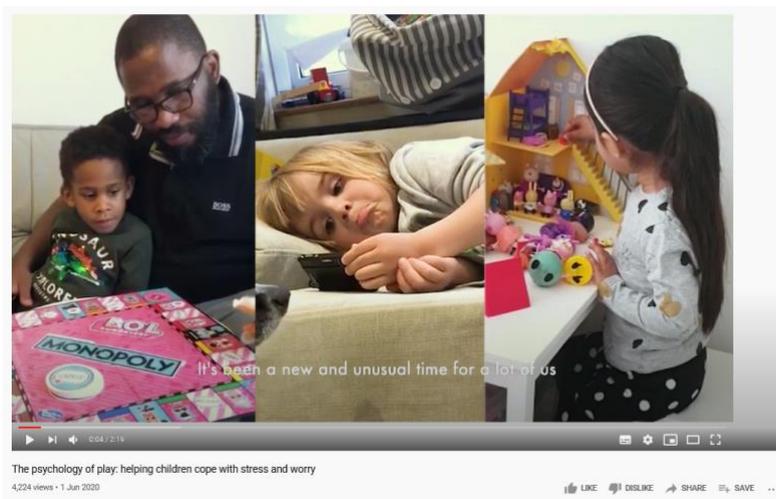
Sign up for free at [kooth.com](http://kooth.com)

**Healthwatch Enfield** has put together a useful list of links about Coronavirus including a section on Mental Health Support, and Mental Health support for young people.

<https://healthwatchenfield.co.uk/information-about-coronavirus/coronavirus-links/>

**The British Psychology Society/Division of Educational and Child Psychology** has

created a short film on the value of play <https://www.youtube.com/watch?v=9mgeOkq2yyg>



Play is a great way for children to deal with their emotions and manage stress and worry.

# Kooth: Online support and counselling service for young people

We are committed to supporting the wellbeing of our children and young people. NCL CCG, Enfield Council and Barnet, Enfield and Haringey Mental Health Trust are delighted to introduce a service to support the wellbeing and resilience of our young people.

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth young people can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for Kooth independently at [www.kooth.com](http://www.kooth.com)

To use the service or find out more visit [www.Kooth.com](http://www.Kooth.com)

You can also view a short video about the service <https://www.kooth.com/video>



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in  
3 Click on the **gender** you identify with  
4 Choose from the drop down box the **ethnicity** that best fits you  
5 Add your **age** and the **month you were born**  
6 Click **'continue'**

## How to sign up to Kooth.

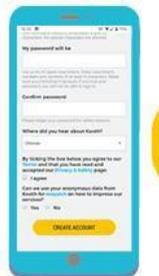
Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile, laptop and tablet.**



7 Create an **anonymous username** (not your real name) and **secure password**  
8 Choose from the drop down box to explain where you found out about **Kooth**



Click on the **'create account'** button to complete your registration

**www.kooth.com**

## Things to do

### Special events for Our Voice members

Our Voice organises events for parent carers, and others for children and young people, some of which are exclusive to Our Voice members. This Christmas we have two events on offer for our members only. If your family would like to attend, please email us at [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk) with your name and email address (plus, optionally your telephone number and your child's disability/Special Educational Need) and ask to join our mailing list, and we will send you the booking details.

#### Mr Marvel Zoom Party

This year's our Christmas party will be an online party exclusive to Our Voice members only. It takes place on Monday 21st December, 4- 5 pm, with the ever-popular Mr Marvel, and his magic bunny, lots of interactive festive games and magic, and a special visit from Santa! If you are on our mailing list you will receive details of how to book.

#### Online pantomime

Our Voice members will have an exclusive opportunity to book our free pantomime - Jack and the Beanstalk – this Christmas. Once you have downloaded the link, you can watch the pantomime as many times as you like between 10th December 2020 and 10th January 2021. There is also an [activity pack](#) which your child/young person can do before, during or after the performance. If you are on our mailing list you will receive details of how to book.

## Sports and Physical Activities

#### Trampolining and Climbing sessions

**Jump In** trampoline park usually offer relaxed trampolining sessions on Sunday mornings and Wednesday evenings but these are currently suspended. Full details of opening times and booking are on the website at [www.gojumpin.com](http://www.gojumpin.com) or you can contact them by phone on **01926 356290**. For more details see the Our Voice website events page: <https://www.ourvoiceenfield.org.uk/events>

Although trampolining is not currently available, Jump In are planning to offer sessions on their climbing wall – please check with the venue for up to date details and make sure you book your session before attending:

<https://www.gojumpin.com/activities/indoor-climbing>

**BBC Bitesize site** includes useful tips on physical activities for children with SEND to do at home <https://www.bbc.co.uk/bitesize/articles/z76ny9q>

# Online Entertainment & Activities for children

**BBC Bitesize Parents' Toolkit SEND** has a wide range of activities for children and young people with SEND including multisensory activities to do at home, music activities and introductory music lessons, tips to support your child's reading, fun things to do at home if your child is 'shielding', Makaton, BSL Poetry and more

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

**Audible** are currently offering a wide range of stories read aloud for children for free at <https://stories.audible.com/start-listen> The stories are split into different age categories from 'littlest listeners' to 'teens' and include titles in 8 different languages, as well as some songs.

**Chickenshed** currently has a virtual programme available:

<https://www.chickenshed.org.uk/virtual-chickenshed> which includes a special Christmas YouTube premiere of Alice's Adventures in Wonderland on Monday 21<sup>st</sup> December at 7pm, Tales TV at 11 am on Tuesdays and Thursdays and David Walliams' 'The Midnight Gang' available until 31<sup>st</sup> January here

<https://www.chickenshed.org.uk/Event/the-midnight-gang-youtube-premiere>

The Twinkl Home Learning Hub <https://www.twinkl.co.uk/home-learning-hub> and in particular the SEND Section <https://www.twinkl.co.uk/resources/inclusion-teaching-resources/send-inclusion-teaching-resources> has a huge number of downloadable resources which you may find useful for keeping your children entertained, as well as useful tools such as visual timetables. Although much of the content can only be accessed if you purchase a subscription, there are still a range of items available for free, including Christmas themed games.

Many different Zoos and museums are offering virtual tours and online activities. A few examples that might be popular with children are:

**The London Transport Museum** <https://www.ltmuseum.co.uk/whats-on/family-activities> and <https://www.ltmuseum.co.uk/learning/activities>

**London Zoo** : <https://www.zsl.org/zsl-london-zoo/virtual-london-zoo>

**Museum of London** online activities: <https://www.museumoflondon.org.uk/families/fun-home>

**The British Museum** has a good range of activities from virtual tours to activities like making Roman bread <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

**The Natural History Museum** is offering 'Dawnosaurs' online at <https://www.nhm.ac.uk/events/dawnosaurs.html> - a set of online activities aimed at children with neurodiverse conditions including autism.

**The Science Museum** <https://www.sciencemuseum.org.uk/virtual-tour-science-museum> offers a virtual tour, a YouTube channel and home activities <https://learning.sciencemuseumgroup.org.uk/learning-resources/>

## Support for siblings

The EyPIC (Enfield Young People In Caring) team support Young Carers in Enfield. We support children and young people aged between 5 and 18 years old who look after someone in their family. We are currently offering a range of online activities on Zoom, including chat sessions, quizzes, bingo, and escape rooms! We provide support calls and texts to Young Carers, and frequently distribute useful links and information. If you contact us with a query, we will try our best to support you ourselves or put you in touch with someone who can. We are contactable by phone on 02083663677 or 07809332106, and by email

on [youngcarers@enfieldcarers.org](mailto:youngcarers@enfieldcarers.org) – please do contact us if you would like to register your child as a Young Carer or would like more information on the support we can offer.

We also post challenges on our social media accounts twice a week! Please follow us and take a look at what we have been up to:

[www.facebook.com/EnfieldCarersCentreYoungCarers](https://www.facebook.com/EnfieldCarersCentreYoungCarers)

[www.twitter.com/eypic\\_youth](https://www.twitter.com/eypic_youth)

[www.instagram.com/eypic\\_youth](https://www.instagram.com/eypic_youth)

You can find out more about our services (and check out some of our videos) on our website: [www.enfieldcarers.org](http://www.enfieldcarers.org)

### SIBS

Sibs <https://www.sibs.org.uk/coronavirus/> is a UK-wide charity that provides support for those who are growing up with, or have grown up with, a disabled brother or sister .

Their website has lots of useful information and advice for young and adult siblings and their parents. This includes information on supporting young siblings

<https://www.sibs.org.uk/supporting-young-siblings/parents/> and a useful Coronavirus section

<https://www.sibs.org.uk/coronavirus/>

Online support for siblings aged under 18 can be found on the ‘Young Sibs’ group at <https://www.youngsibs.org.uk/> including information about different conditions and strategies for coping with sibling issues and a letters session for siblings to receive personalised responses to their questions.

# How to Talk to Your Child about What's Happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening. Children often pick up information from their friends, the news and from listening to adults around them, but they may misunderstand what they are hearing.

## Talking to Children:

- Deal with the news head-on and talk about it openly and calmly, giving them the facts
- Give them information appropriate to their age and level of understanding. Some of the resources above may be helpful, or you could look at the BBC Newsround hub.
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful
- Encourage questions - this will give them the confidence to reach out.
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance
- Be a role model:
  - Recognise and manage your own worries first
  - Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm
- Explain how our body's immune system protects us
  - It's constantly working against germs without us knowing. We can't and don't need to control this process
  - Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
  - Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
  - If it helps, reassure them that the effects of this virus on healthy young people are very mild
- Keep doing your bit to help children reduce the spread of germs
  - Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
  - Encourage them to sing 'happy birthday' twice when they're washing their hands

For older children:

- Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.
- Encourage them to maintain social ties – relationships are especially important for older children, so give them room to keep in touch with their friends
- Equip them with accurate information – for example Mythbusters from the World Health Organization. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

If your child is anxious about the situation:

- See section above on Taking care of your child's mental health
- Share tools to help them manage anxiety.
- Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.
- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down;
- Encourage them to use relaxation techniques such as controlled breathing
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions

**Additional Resources** which you may find helpful when explaining the situation to children and young people, including those with Learning Difficulties.

General guidance explaining what Coronavirus is and what we need to do - child-friendly guides include:

- o **Covidbook** (available in a variety of languages including Spanish, Italian, Portuguese and French, Polish and Turkish <https://www.mindheart.co/descargables>)
- o **Easy-read** examples from The Down's Syndrome Association [https://www.ourvoiceenfield.org.uk/downloads/EasyRead\\_Coronavirus.DSA.pdf](https://www.ourvoiceenfield.org.uk/downloads/EasyRead_Coronavirus.DSA.pdf)

Mencap

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Public Health England

[https://www.ourvoiceenfield.org.uk/downloads/COVID\\_19\\_easy\\_readPublic\\_Health\\_England.pdf](https://www.ourvoiceenfield.org.uk/downloads/COVID_19_easy_readPublic_Health_England.pdf)

- o What's Up with this Coronavirus?  
[https://www.ourvoiceenfield.org.uk/downloads/What\\_s\\_up\\_with\\_this\\_Coronavirus\\_.pdf](https://www.ourvoiceenfield.org.uk/downloads/What_s_up_with_this_Coronavirus_.pdf)
- o **Place2Be** has a useful guidance page to help you answer questions from your child about Coronavirus including links to other sources of information like a Newsround item on the topic, and support for family wellbeing. <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- o **Young Minds** has useful tips for talking to children from their helpline. <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

## If you're worried about your child's anxiety or mental health, contact:

**Young Minds** - a charity dedicated to children's mental health. They've opened a parents' helpline for confidential, expert advice. You can reach them at **0808 802 5544** <https://youngminds.org.uk>

### Educational Psychology Family Support Helpline

<https://traded.enfield.gov.uk/public-assets/attach/3030/Parent-Carer-Telephone-Support-Line-Enfield-EPS.pdf>

**Go to Your GP**