



## SEND and Inclusion support April 2020

Dear Parents and Carers,

Worcestershire Local Authority have developed a support package to be used alongside the resources available from the academy to help you support your child during these difficult times. The resources are designed for children with special educational needs but may be useful for those children who have increased anxiety due to the current circumstances.



### CAHMS

Worcestershire Health & Care NHS Trust are working hard to make sure that wherever possible, all aspects of the CAMHS provision continues to be delivered. They are having to be creative and use means of communication other than face-to-face, except in exceptional circumstances, in order to prioritise safety. This includes R4W, CAST and specialist CAMHS.

The service is working hard to implement digital provision so that 'virtual' groups and 1:1 work can be included in the offer. Below is a list of our current social media platforms on which we are posting regular information for you to access and share:

**Twitter:**

**Emotional Health and Wellbeing: @CamhsWhct**

**CAMHS DBT: @WHCT\_CAMHS\_DBT**

**R4W: @WHCT\_R4W**

**CAST: @CamhsClaire**

**CAMHS LD: @WHCT\_LDCAMHS**

**Instagram:**

**@Whct\_CAMHSEmotionalWellbeing**

Parents and young people who are currently open to CAMHS can contact Worcestershire Health & Care NHS Trust for additional support and advice in the event of a deterioration in the young person's mental health. For more information on services available and how to contact them, please visit:

<https://www.hacw.nhs.uk/camhs/>



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### **Educational Psychology Team**

As well as implications for physical health, the unprecedented outbreak of COVID-19 is very likely to have a significant impact upon the emotional well-being of people around the world. It is a distressing, confusing and worrying time for adults for multiple reasons and it is likely that many children are experiencing high levels of anxiety. This may be exacerbated by finding it hard to fully comprehend what is happening or have difficulty in expressing their emotions verbally.

In response to this, the Educational Psychology Team at Babcock Prime have compiled a range of resources designed to help children and young people understand the situation better and to support adults in having these conversations:

<https://www.babcockprime.co.uk/disadvantaged-and-vulnerable-learners/educational-psychology/resources-area/Educational-Psychology-guidance-during-the-Coronavirus-outbreak>

### **Supporting Mental Health & Wellbeing**

Guidance has been published for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak. This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

### **Introducing the new Starting Well Partnership in Worcestershire**

Worcestershire Health and Care NHS Trust, Action for Children, Barnardo's and Redditch Borough Council were delighted to formally launch the new Starting Well Partnership on 1st April. Please take time to look at the website ([www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk)) and share with your DSL and SENCo colleagues as this service is a key part of the early intervention and prevention offer in Worcestershire.

The partnership will enhance the support available to children, young people and families across the county, providing help during antenatal, post birth, and early years stages, and throughout school life. Due to the current Coronavirus epidemic, the service will not be fully operational at this time, but will include Family Hubs in each of our local districts, and will offer family and parenting groups supporting all aspects of physical and mental wellbeing for children, young people and their families. They will also work closely with schools and other community groups supporting young people and parents. The new offer includes a new Starting Well website, which is now live. It will be developed further over the coming months, but initially includes lots of information to support families during the current challenges as a result of Covid-19. There are also links to wider information on a range of issues, from infant feeding through to supporting a young person's mental wellbeing.



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### Helping Children with Autism Podcast

The Association for Child and Adolescent Mental Health have produced a special edition of their podcast about helping children with autism during the coronavirus pandemic.

In this podcast, they discuss issues that may arise for autistic children including the disruption of closing schools, anxiety and obsessive behaviours. They focus on practical tips like how to help manage anxiety, maintain structure and support and explain the situation to young people.

Additionally, tips on how to keep well as a parent and reliable sources for coronavirus updates.

To listen to the podcast visit: <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

### Free digital information book about Coronavirus

This week, Nosy Crow released a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler. The book answers key questions in simple language appropriate for 5 to 9 year olds but would be also appropriate for some older children and young people with SEND:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

