



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

Update Covid-19

There has been a lot of information given by government about changes to national policy. Do you have any questions for Central Bedfordshire Council (CBC) about any changes they have made? Please email admin@snappcf.org.uk we will collate the questions on Monday and put these to the SEND Team and/or Social Care Teams. We cannot answer questions about individual cases, we will be reporting on key themes.

We would be interested to understand how are you managing with the work your school is sending home, has the work been differentiated and are schools supporting your individual needs?

Here are some links to information that may be helpful to you:

Following the announcement that schools would be temporarily closed as a result of the Corona virus outbreak, there was much confusion. The Government said children of key workers and “vulnerable children” would still be able to attend school. But what did this mean? Hayley Mason from SEN Legal has created an [e-booklet](#) which may be of interest to you

CBC have put together a list of resources on their [Local Offer page](#) which you may find useful. Their [main website](#) also has information about COVID-19

What does the law say about leaving your house during the COVID-19 lock-down? Are you able to travel away from your home to exercise? And what should you say if questioned by the Police? [Specialist Solicitor Nicole Lee](#) explains.

Steve Broach QC held a [webinar](#) this week about accessing care during the corona crisis it is just over an hour long and well worth a listen if you access social care. There was also a [webinar](#) for people on Direct Payments via a Personal Budget or Personal Health Budget.

[Coronavirus \(COVID-19\)](#): guidance on vulnerable children and young people. Questions and answers about the provisions being made for vulnerable children and young people.



Information to promote wellbeing

Kooth - Bedfordshire CCG and partners have commissioned XenZone to provide an emotional and mental health support service for children and young people aged between 11 – 19 years.

Healios - As a direct response to the COVID-19 crisis an updated Think Ninja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis.

Parentline is a secure and confidential text service for parents and carers of those aged 0-19. It offers advice and support on a range of issues such as weaning, sleep and emotional health or how to make an appointment with their team.

School Nurse Team - Are you aged 11-19, looking for health advice? You can now text our school nurses on 07507 331450 to ask any health related questions you might have including mental health, drugs, relationships, healthy eating and much more.

Young Minds Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic.

Fledglings online shop remains open so you can keep shopping for toys, clothes and sensory products specially designed for children with additional needs and their families.



“ Look how much you've
already managed to
adapt to. Look how
resilient you've already
been. There's no "right"
way to respond to this
because it's never, ever
happened before. Give
yourself some credit. ☆
There's no one in the
whole world who has
this figured out yet.
So it's absolutely okay
if you don't either ♡
mellow doodles ”

Please keep in touch 😊