

We provide free, impartial and confidential information, advice and support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers.



## Information Advice & Support Kent Newsletter - JULY 2020

IASK - Special Educational Needs & Disability Information, Advice & Support Service for Parents, Children & Young People in Kent.

Helping you to make Informed Choices!

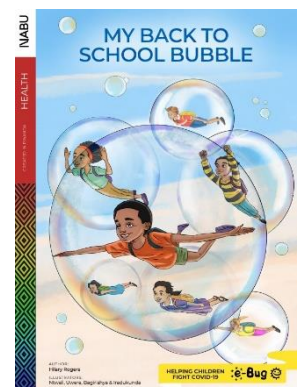
<https://www.iask.org.uk/>

## NEWS & INFORMATION

### My Back to School Bubble

KCC have published an e-story book to help children who might be feeling a bit anxious about going back to school. It is called '[My Back to School Bubble](#)' and aims to help children understand the new protective measures that may be in place at their school in an age appropriate way. The e-book is a free download [here](#).

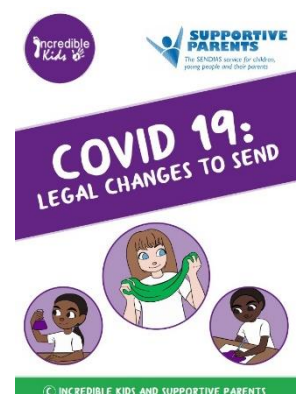
They are also collecting feedback on this resource so please contribute your thoughts via their website [here](#).



### Legal changes to SEND support in schools during COVID-19 2020

Whether your child or young person is already back at school or is returning in September, [Incredible Kids](#) have teamed up with Supportive Parents to create a [handy guide](#) to the changes in support that your child may face. This short, easy to read guide summarises the changes made by the Government.

You can find the guide [here](#).



## Resources for Dealing with Covid-19 in BSL



The NHS National [Deaf Child and Adolescent Mental Health Service](#) have produced a booklet with lots of resources for dealing with Covid-19. It covers many different aspects such as mental wellbeing, language and communication, stories in BSL and many online resources. You can access the booklet [here](#).

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## Free School Meals



Universal free school meals: If your child is in year 2 or below they can get free school meals. If you receive certain benefits, your child's school can also get some additional money to support their learning if you register. For more information speak to your child's school.

Year 3 or above: If your child is under 19 and in full-time education, you may be able to get free school meals for them.

The quickest and easiest way to apply for school meals is to apply online.

<https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

If your child is not currently eligible for free school meals or you are waiting for a benefit application to be approved and need food and supplies urgently, please contact Kent Together via this website <https://www.kent.gov.uk/social-care-and-health/health/coronavirus/kent-together>

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## Hidden Disabilities Lanyard Scheme



Not all disabilities are visible – some are not immediately obvious, such as learning difficulties, mental health as well as mobility, speech, visual or hearing impairments. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to recognise, acknowledge or understand the challenges you face.

### Be visible when you want to be

Wearing the [Hidden Disabilities Sunflower](#) discreetly indicates to people around you, including staff, colleagues and health professionals that you may need additional support, help or a little more time.

You can find out more about the scheme and purchase sunflowers, lanyards and facemasks on their website [here](#).

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## Information on ADHD for ADHD Clinics, School Nurses & GP Primary Care Settings



The [ADHD Foundation](#) Neurodiversity Charity is an integrated health and education service offering a unique lifespan - strength based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome.

They have produced an [Information Leaflet](#), free to download for Primary Care GP's, Nurses, School Counsellors, SENCO's & Psychologists -Introduction to identifying & supporting the 1 in 20 who have ADHD+

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### The NHS is still here to look after you!



#### Good health - people with learning disabilities & Covid 19 guidance - webinar

This webinar is focused on annual health checks and will include some examples of how they can help people despite current Covid restrictions. Resources that can support people, their families and paid supporters understand and use an annual health check will be shared and their practical use explored.

The webinar will be led by Skills for Care and Learning Disability England. It is building on their work with NDTi and VODG on a project to [improve access to Annual Health Checks](#).

The webinar is open to anyone with an interest in supporting people to get an annual health check but it will be especially useful to Managers in provider organisations.

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### SNAAP Special Needs Advisory & Activities Project



[SNAAP](#) supports families who have children with any additional need or disability living in the Canterbury & Coastal area. They have virtual clubs and summer activities for children and an advice service for parents. Find out more on their website [here](#).

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## Online science, PE, wellbeing and SEND resources for home education



The Department for Education have brought together lists of online educational resources to support children's education at home while they may not be attending their normal education setting, they can be found [here](#).

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## Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19



The government have produced [guidance](#) for people who are clinically vulnerable to coronavirus, it can be found [here](#).

People who are identified as clinically extremely vulnerable may be at high risk of serious illness if they catch coronavirus (COVID-19). They have been advised to take additional action to prevent themselves from coming into contact with COVID-19 when transmission of coronavirus in the community is high.

This [guidance](#) is government advice. It's not the law. This guidance will be kept under regular review.

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## IASK SUPPORT & ADVICE AVAILABLE ONLINE



Alongside our normal helpline telephone and email service, IASK are still offering bookable virtual appointments online instead of face to face drop-ins and visits.. You can find all the sessions on our [website](#) and [facebook page](#). Please contact our helpline to book an appointment:

tel. 03000 41 3000 or email [iask@kent.gov](mailto:iask@kent.gov)

If you don't have the facility to have a video appointment, please do ring or email our helpline.

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## ACTIVITIES & SUPPORT IN KENT

### INCLUSIVE SPORT VIRTUAL SESSIONS

<https://inclusivesport.net/>



**SPORT FOR FUN**

IS GOING ONLINE WITH VIRTUAL SESSIONS  
STARTING SATURDAY 11TH JULY FOR BOTH  
PRIMARY AND SECONDARY CHILDREN

**SESSIONS WILL BE FREE THANKS  
TO FUNDING FROM KENT SPORT**

**Key Information:**

- Sessions will focus on being active and having fun — 40 mins
- Zoom video required ( FREE to use)
- Delivered securely and safely—following safeguarding guidance

**Saturday Mornings Starting July 11th**

**Children aged 5—11 years old 10.00am—10.40am**

**Children aged 12—18 years old 11.00am—11.40am**

**To book—contact: [info@inclusivesport.net](mailto:info@inclusivesport.net) 07805617559**

## BEAMS ART COMPETITION

<https://wearebeams.org.uk/>

### Art Competition Time



Open to everyone!

**Theme - A picture that represents what you are thinking, feeling and experiencing during isolation or something that makes you happy!**

#### Categories

1. Under 10 years
2. 10 to 18 years
3. 18 years and over (no age limit)



You can submit any type of art including paintings, drawings, collages etc.

Be as creative as you like.

How to enter:-

- Submit a photo of your artwork to [maria.austen@wearebeams.org.uk](mailto:maria.austen@wearebeams.org.uk)
- Indicate which category you are entering
- Include your name/age of artist
- Give your work artwork a name and a short message of why you chose your piece
- Donate £2 with each entry

Donation link <https://wearebeams.enthuse.com/pagef7c23>

Closing date: 30 August 2020

Winners will be notified on 1 October 2020

We will exhibit all of art submitted on the WE ARE BEAMS Facebook page as a record of the historic times we have lived through.

The winners will receive an art/craft prize and their art will be proudly displayed in the We Are Beams Reception Area throughout 2020/21.



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Allsworth Court  
40 St David's Road, Hextable, Kent, BR8 7RJ  
01322 668501  
[admin@wearebeams.co.uk](mailto:admin@wearebeams.co.uk)  
[www.wearebeams.org.uk](http://www.wearebeams.org.uk)

## THE GRAND GRAVESEND YOUTH SCHEME

<https://www.thegrand.org.uk/>



# We're still here.

The building is closed but our services continue.

### Call or text us:

Chat to a youth worker about anything that's concerning you. **It's FREE Call: 07856 47 45 95**

Chat to a One Youth lifestyle advisor for FREE support with anything related to your: health, nutrition, stress advice, exercise and more. **Call: 07398 70 44 81**

Stay up-to-date with the latest news, watch our video sessions and find useful local information on our **social media** pages:

#### **The Grand**

Facebook: @GrandGravesend

Twitter: @GrandGravesend

Instagram: @thegrandgravesend

#### **Gifted Young Generation (GYG)**

Twitter: @officialGYG

Instagram: @officialgyg

Our **websites** are packed with videos for many of our sessions

[www.thegrand.org.uk](http://www.thegrand.org.uk)

[www.wearegyg.co.uk](http://www.wearegyg.co.uk)

Or email us: [hello@thegrand.org.uk](mailto:hello@thegrand.org.uk) and a member of the team will get back to you.

Thanks,

**the  
grand.**  
LIVE WELL. FEEL GOOD

**REACHOUT YOUTH SUPPORT**

<https://www.mentalhealthresource.org.uk/reach-out-youth>

**Are you 13-19 years old & looking for some free, confidential support for your emotional wellbeing, in these difficult times?**

# Reachout Youth (Virtual)

**1-2-1 telephone support  
Group telephone support  
Weekly support pack  
Tips for managing your wellbeing**

**JOIN US FOR A GROUP CALL EVERY  
WEDNESDAY & THURSDAY 4-5.30PM**

**Interested? Contact Anna Skulczuk:  
07545 208899  
annas@mentalhealthresource.org.uk  
www.mentalhealthresource.org.uk**





RELEASE THE PRESSURE – FREE & CONFIDENTIAL SUPPORT

RELEASE  
*the*  
PRESSURE  
DON'T SUFFER  
*in*  
silence

*"It's natural to feel  
anxious during times  
of uncertainty, but help  
is available"*

If you're feeling the pressure,  
don't suffer in silence.

Call **0800 107 0160**

Text the word "**Kent**" to **85258**  
or visit **releasethepressure.uk**

Support is free, confidential and available 24hrs a day. It's provided  
by independent charities and funded by Kent County Council,  
Medway Council and NHS partners.

**A BETTER  
MEDWAY**  
Easier ways to be healthy



## YOUNG MINDS SUPPORT

<https://youngminds.org.uk/>

Text **YM to 85258** for free mental health crisis support, any time of the day.

**YOUNGmINDS** Crisis Messenger  
powered by **shout** CRISIS TEXT LINE

## Questions to ask your child in self-isolation **YOUNGmINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

Please pass this newsletter on to Parents, Carers, Young People and Professionals who may find it useful. For information on events, please see our [website](#), follow our [facebook page](#) or visit Kent County Council website where you will find the [Local Offer](#).

## Information Advice & Support Kent

Shepway Centre, Oxford Road, Maidstone, ME15 8AW

**Email:** [iask@kent.gov.uk](mailto:iask@kent.gov.uk)

**Helpline: 03000 41 3000**

Monday—Friday 9.00am—5.00pm

[IASK Website](#)

