



Bolton Parent Carers & Bolton Information Advisory Service

Working together for Bolton's SEND families

Joint Bulletin 17 - 17th July 2020

What a journey it has been!

Bulletin 17. Wow. Can you believe we are 17 weeks in from Boris' 'Stay at home' speech? Everything suddenly stopped. Work, school, normal life put on hold. And we did exactly as we were told.

Four and a half months on, we are about to venture into the summer holidays, and beyond that, a return to a 'new normal'. Life resuming to some degree, as it was before. But looking very different.

Some of us have thrived being at home with our children- baking, gardening, home learning etc. However some of us have found this the most challenging time of our lives- losing loved ones, losing incomes, living in crisis, looking after children who are not coping. The experience has been hugely different for everyone. The one thing that has remained throughout all of this, is your amazing ability to be there for each other as parents and carers. At IAS and BPC we have been humbled by your kindness and care towards each other, irrespective of your own circumstances. Whether that was tuning in for coffee morning, or leaving a little positive comment on another parents social media post, it has all been counted towards showing Bolton doing what it does best- getting knocked down, picking ourselves back up, dusting each other off, and getting on with whatever it is that's happening.

We attended a DfE briefing this week for schools- it's focus was on how schools are going to support children returning in September with any emotional health and wellbeing issues they may present with. There was a Doctor on from a university, and he made a comment to school staff that really struck us;

"When these children present to you with behaviours that challenge, when they say or do things you don't expect from them, are you going to still look at them with kindness and love? Are you going to recognise them as survivors, like you? Because that's what you are".

What we have all been through, and continue to go through, is something we hopefully only ever experience once in a lifetime. But we **did** go through it, and, more importantly, we went through it together. We are stronger together.

It has been a pleasure to connect with you all every week and break down the jargon to give you what we thought you might need each week. Over the summer, we are going to take a break from bulletins, spend some time with our children, and do a little pressing of the 'reset button' ready for September.

IAS and BPC will continue to deliver their usual service throughout the whole of summer, but unless something exciting happens and we have any important messages to bring you, this will be the last bulletin until September. We hope you've found them useful- they've been somewhat a labour of love!

Please read on for the rest of this bulletin, and if you need us for anything at all, you all know where we are.

Have a lovely, safe and happy summer x



A thank you to the Bolton Educational Psychology service

We would like to make a special thank you to Sue Cornwell and her wonderful team of Educational Psychologists who have dedicated a lot of their time over the past few months, to contributing to this bulletin, and for the helpline. They brought you excellent advice and guidance on how to support your children throughout this time, and gave compassionate supportive information on their helpline to families- on top of their usual EP work. Thank you guys.

Here are links to some of the past EP newsletters that you might have missed or might be useful topics to refer to over the summer... Click the week number to open the bulletin...

[Week 6](#) – Looking after yourself and other

[Week 10](#) - Preparing to return to school

[Week 7](#) - Talking to children about Coronavirus

[Week 13](#) - Anxiety

[Week 8](#) - Play ideas

[Week 15](#) - Summer holiday activities

[Week 9](#)—Bereavement

[Week 16](#) - Managing Behaviour



IAS over the summer

We are here all year round!

IAS don't close for the holidays. We are working Monday to Friday every week of the summer holidays. If you need us, you can get us on;

Email- iasoutofhours@outlook.com

Text for a call back- 07467943495

Telephone- 01204 848722



BPC over the summer

Frankie has hosted online coffee mornings every Monday, Wednesday and Friday! From week commencing 27th July we will just be having a **Wednesday session**.

However we are looking at a little something extra! We are looking into online workouts with Frankie - who just happens to be a qualified instructor! We'll keep you update on social media when we have these organised!

Nan will also be continuing working on ongoing projects with the local authority over the summer, these include coproduction work on the new online local offer and a new SEN Support Framework for schools. We'll also be looking at when we can return with our normal workshop programme, which we are hoping will be in October.



Easy read guide about wearing face coverings

Mencap have produced an easy-read guide about wearing face coverings, with detail about wearing, or not wearing one, if you have a disability. [Click here to open the guide](#)



Face covering exemption cards



Some people can't wear a face mask or covering because of a **disability** or **severe distress**.

We have designed these D.I.Y cards to help deal with public situations that might happen.



The first side of the card is always the same and some people will be happy using it on its own.

Show it to quickly explain that you have a legal **reasonable excuse** not to wear a face mask.



If you want a non-verbal way to explain more you can double side your card with one of the extra messages.



These can be printed or kept on your phone as photos.

Find out more on our website keepsafe.org.uk/mask

Photosymbols have produced some printables to carry around to explain your exemption, including parent carer ones. Please note - there is no need to have proof of reason, and these are not *official*. For some people it may just be easier, or quicker, or a more discreet way if responding if challenged.



Urban Outreach support for families

Urban Outreach are offering support over the summer for families who aren't entitled to free school meals..

"Our aim with Bolton Lunches this summer is to focus our energy and resources on families who fall through the net of 'free school meal' voucher support. If you are struggling, have children in school, but are not able to receive the vouchers, you should ring the Local Welfare Provision team at Bolton Council on 01204 332772.

Our staff and volunteers at the Food Hub will be ready to receive referrals from the Council. For each referral we will put together a weeks' worth of lunches for each primary or secondary school child in the household. Volunteers will deliver these weekly lunch parcels to families every Monday morning over the 7 weeks of the summer holidays (Monday 20th July- Friday 4th September). The lunch pack will look different to how it has previously as we are able to offer more variety for the lunches to be made at home. If as a family, you need more support than just the lunches, you can ring the same number 01204 332772 to apply for a food parcel for the whole household, or gas and/or electric top-up's if you are on a pre-payment meter. You can also enquire about support in buying essential household white goods and furniture on this number. For full details, visit their website https://www.urbanoutreach.co.uk/portfolio-posts/bl_bolton_lunches/



Test and Trace

Following 'Test and Trace' guidelines is vital to prevent the spread of covid.

The steps, very simply, are:

1: If **you** have any symptoms, **self isolate and arrange to be tested**.

Click here to find out how you can be tested in Bolton <https://www.bolton.gov.uk/council/coronavirus-covid-19-testing/>

2: Whilst you await the results of the test. people you live with must also isolate. You must isolate for 7 days and members of your household for 14 days.

3: If your test is negative, your household can stop isolating, and so can you if you feel well.

4: If your test result is positive, then you must all continue to isolate as above and if living in a household with other people, do your best to self-isolate. They must also continue isolating and if anyone else develops symptoms, arrange to be tested.

If your test was positive you will be contacted by the NHS Test & Trace service and be asked about contact you have had. These are *close contacts*—this means those that you have had face-to-face contact with, less than 1 metre away. Or those that you have spent more than 15 minutes with and been within 2 metres of. Or someone those you have travelled in a car or other small vehicle with even on a short journey, or close to them on a plane. When the NHS Test and Trace service contacts the people you can give details for, they will not disclose your name or details.

If you are contacted by NHS Test and Trace and are told you have been in close contact with someone who has tested positive, you will be asked to self-isolate for 14 days from when the contact was. If you develop symptoms, then you should be tested and other household members must then isolate for 14 days.



Over the summer, if there are any important updates, we will bring you a bulletin, we anticipate there may be some updates and more detail around schools opening, so if that happens we'll definitely swing into action for you!

In the meantime, keep washing your hands, keep up with social distancing and use face coverings where necessary!

Stay well, and look after each other, Cheryl and the IAS team, and Nan and BPC