



Bolton Parent Carers & Bolton Information Advisory Service

Working together for Bolton's SEND families

Joint Bulletin 12 - 12th June

What has happened this week?

What a week- we have hardly kept up really! Lots of changes and revisions on previous guidance this week. All will be explained, so do read on. In some ways, life is moving forward, with some signs of our 'old lives' making an appearance. In other ways, we are still very much restricted, and in most cases, still sat at home with our children. This week we hope to make a little bit of sense of it all for you, and bring our usual offering of top tips, support, updates and news of our BPC/IAS webinars-live and direct from our living rooms! So, pop the heating on, grab a brew, and take ten minutes for yourself. See you next week!



Schools- in, out, shake it all about!

You will no doubt have sussed for yourselves now that Bolton is divided into lots of groups:

- Children **going** to school- keyworkers children, vulnerable children, those in nursery, reception, year 1 and year 6, year 10 and year 12 (where schools have chosen to open)
- Children whose schools are **not opening** nursery, reception, year 1 and year 6
- Children in years 2, 3, 4, 5, 7, 8, 9, 11 who are **not attending** any setting at all unless they have parents who are keyworkers/ are in the vulnerable category

If you are a parent of a child who is not due to access school currently in line with the guidance, the government *had* planned for your child to dip back into school before the six week holidays. They have now decided they will not be doing this.

Currently, we do not have enough knowledge or the foresight to predict what a September return will look like, or how it will be carried out. However this is at the front of everyone's minds currently, and we will be here to support you, your children, and indeed the schools and LA teams in getting things back on track whenever that might be. We will bring you information on this as soon as we have it.

Why have some chosen not to open?

The reason most schools have chosen not to reopen is that they have risk assessed their individual school and do not feel they can manage the level of risk to those children and staff who would be attending. This also has a lot to do with the R number.

The R number is the number given to tell us how a disease spreads through a population. If the reproduction number is higher than one, then the number of cases increases exponentially - it snowballs and can get higher and higher.continued.....



But if the number is lower, the disease will eventually peter out, as not enough new people are being infected to sustain the outbreak.

All settings have adopted new COVID policies- and some schools wrote into their policy that if the number rose past 1, they would close.

In the North West, our R number is higher than most other regions. However as scientists point out, the R number *can* be misleading. The number of new infections is actually coming down in the North West - it was a point acknowledged during a weekend press briefing. The concern centres around the fact that the region has suffered one of the highest rates of infection in England with cases being seen and the numbers in hospital falling more slowly than in other areas. The R number for the North West doesn't drill down to smaller areas, so it can be difficult to really understand how individual areas are actually doing.

All we can carry on doing all we can to keep things under control; Practice socially distancing and good hygiene.

SEN Support



Is your child starting primary school in September?

Do they have special educational needs, but you don't have an EHC plan? We are holding two **virtual workshops** on the

legal framework SEN support, for children starting school without an EHC plan. This could be because your child doesn't require a Plan, but may need extra help, or maybe a plan is still being assessed. We'll cover some transition tips and we'll have a jargon buster too! There will be a daytime and evening session. As always, they are free to all, and delivered by Cheryl from IAS and Nan from BPC. We will be holding these on **Tuesday 16th June at 7.30pm** and **Wednesday 18th June at 11:30am**.



Bolton Council Bolton Council Educational Psychology Service Helpline

The Educational Psychology service helpline continues to operate. You can call them to discuss, for example, any concerns or questions you may have about your child and their education, or any matters regarding supporting them, meeting need, helping with emotional health in children..

The numbers for the helpline for the next 2 weeks, starting on Monday 8th June, are as follows:

Monday 9.00am - 12.30pm - 07768353621

Wednesday 1.00pm - 5.00pm - 07919564919

Friday 9.00am – 12.30pm – 07768352728

We also have this week's newsletter from Bolton's educational psychology team for you at the end of the bulletin. This week's they have teamed up with Ladywood Outreach and the topic is supporting children with working memory difficulties.



The Start Well EY SEND team have worked with a range of partners and collated some resources which might help parents and carers at home during the COVID-19 pandemic with young children who have SEND. We hope that they can be used to support and offer ideas at this very challenging time. Special thanks to the team at Green Fold Special School (Part of the Orchards Federation) for their contribution to this project. The full list of resources is available by clicking the link below...

[For more parent support resources including FAQ's, Home Learning, Internet Safety, Physical, Exploring the Senses and Strategies, visit the Start Well website.](#)



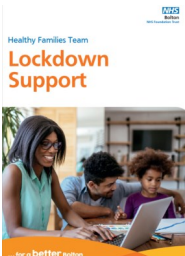
Do you have any health concerns around children returning to school?

ChatHealth puts you in contact with our public health nurses who are here for you with any worries you have during these times, text on 07507 331753 for support.



Royal Bolton Hospital

The hospital website has updated their information regarding visitors and practice should you need to visit A&E visit www.boltonft.nhs.uk/



Healthy Families Team have developed a pack with information about a variety of topics from meal ideas to emotional health, to provide support to Bolton families through this difficult time. You can pick and choose the information that you find is useful - it's packed with ideas and signposting for Bolton families. Click the image to open the booklet.



Public Health, GMCA and Bolton NHS have put together a booklet to support households with advice on **looking after your mental health and accessing support services** during the lockdown and has plenty of tips on beating coronavirus anxiety. Click the image to open the booklet.

Mental health support for pupils and teachers



The government has announced that [new online resources](#) designed by health and education experts will be provided to schools and colleges to boost mental health support for staff and pupils. This will encourage them to talk more confidently about the

Getting out and seeing other humans again!

So last week we were told that you can also now meet with others in their gardens so long as the group doesn't have more than six people, and social distancing is maintained. This week, the government have also introduced 'social bubbles'. From Saturday 13th June, single adults living alone, or single parents whose children are under 18, - can form a support bubble with one other household. The second household can be of any size, however, nobody who is shielding should join a bubble. Support bubbles must be "exclusive", so, once in one, you can't switch and start another with a different household. People in each bubble can visit each other's homes and go inside. They won't have to socially distance and can even stay overnight. We are sure there will

keep safe

Keep Safe have a range of resources and downloadables in easy read versions to support families through this time. They keep them up to date with government guidance changes! Visit www.keepsafe.org.uk



Support bubble

If you live alone you can now visit friends or family in one other house. This is called your **support bubble**.

- This is only for people who live on their own
- and single parents
- It is not for people who are shielding
- You have to choose just one house to visit
- But you can go indoors and even hug each other

If any of you get coronavirus symptoms You must all stay home for 14 days



Coronavirus
How to get a test

If you get **symptoms of coronavirus** you can now get tested.

Book a test as soon as possible. There is a new NHS website and **119** phone number you can call.

What happens?

- You can ask for a test to do at home - a carer can help
- Or you can ask to go to a local testing centre
- An NHS worker will explain more on the phone or at the testing centre

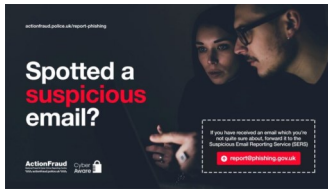
Call 119 to book a test

If you have symptoms Stay home for 7 days Phone 119 to book a test In an emergency call 999



Risk Assessment Guidelines for children with SEND

The guidelines from the government make it clear that educational settings must complete, and keep updated, risk assessments for children and young people who have an EHC Plan. The risk assessments incorporate more than assessing the risk of spreading/contracting covid-19, they are also about the assessing what is being missed from pupils provision and what is and isn't available to them at home. Risk assessments should be updated and revisited where pupils are not returning to their setting. Therefore there must be currently be a minimum of 1 risk assessment recorded for each EHCP pupil who is at home - in the vast majority of cases the educational setting would be completing these. To read the government guidance visit www.gov.uk/



Scams on the increase..

There are a number of scams on the rounds at the moment - several are pretending to be HMRC—they can be emails and phone calls. Remember official organisations will never ask you for personal information over the phone or email. The National Cyber Security Centre has some good tips

for spotting the scammers ... www.ncsc.gov.uk/guidance/suspicious-email-actions



What's opening up?

As the government have started to allow more businesses to open up, lots of familiar attractions are preparing to welcome visitors again. Knowsley Safari Park, Chester Zoo, Blackpool Zoo, Tatton Park, Dunham Massey, Blackpool Pleasure beach and The Trafford Centre are some of those preparing to open. Most **require pre-booking** to control the flow of visitors - and all will be operating with social distancing guidelines in place, so they will probably feel very different! **Planning ahead is essential!**

Also...

As from Monday, it is a legal requirement to wear face coverings on public transport—there are allowances for disabled people and those with respiratory conditions - however guidance hasn't detailed how this would be proved, or who is really covered in this category.

Where social distancing is difficult, such as in small shops, you are advised to wear a face covering here too

All other retail shops are allowed to open from 15th June if they can implement social distancing measures

It is thought that other places of work that offer personal care services (such as hairdressers/barbers etc), **may** be open from 4th July. Although this could be retracted if it is not deemed safe to open.



Reminder on support available to you

Both the IAS and BPC websites have a wide range of resources and information to keep you up to date and busy throughout this time. You can find us at

www.iasbolton.com and www.boltonparents.org.uk

IAS and BPC are holding coffee mornings by Zoom. Each one is hosted by Frankie from Bolton Parent Carers. These are every Monday, Wednesday and Friday, from 11.30am until 12.30pm.

For more information visit www.boltonparents.org.uk/join-in

Our IAS 'natter and listen' service is still here for anyone who needs it- whether you just need some adult conversation, need to let off some steam, want some advice or reassurance, or just



Using direct payments during the coronavirus outbreak

A '[frequently asked questions' document](#) sets out information that direct payments holders, local authorities, clinical commissioning groups (CCGs), and those who provide care and support, including personal assistants, should know during the coronavirus (COVID-19) outbreak. Click the underlined link above to read the guidance.



Supported Living Solutions are a local care provider that believes everyone has the right to live the life they want, both in their home and in their local community.

Supported Living Solutions (NW) Ltd (SLS) was set up by Dan, Alison and John in December 2014. Alison and John have first-hand experience of what it is like to live with the day today challenges of having a child that requires continual care. After numerous occasions throughout their son's life of other people making the choice of how, where and by whom he should be supported, Alison and John decided they wanted to set up a care provision to be able to support their son, as well as use their own experiences as parents and Dan's experience in setting up and delivering high quality care and support services, to offer support to other people. SLS believe that everyone should be able to live in their own home, in their local community, near their family and friends and be supported by people that care about them and want to make a positive difference in their lives. SLS was registered with the Care Quality Commission in July 2015. Visit <https://www.cqc.org.uk/location/1-2124937039> for our latest inspection report. If you have a son, daughter, brother, sister, niece, nephew or a friend who would benefit from our help and support please contact us.

We can offer help with:

- How to access support if you currently don't receive any.
- To develop a bespoke support package whilst looking at the best way to use your money to maximise the support you receive.
- Transition planning if you are moving into your own home for the first time or from another property, we can be flexible with the transition approach and use our experience to guide you on what will work best.
- Provide guidance on how to access benefits including Personal Independence Payment (PIP), Employment Support Allowance (ESA), housing benefit, Universal Credit etc.
- We work in partnership with a professional landlord so we can Support you with finding the correct property in the right area to meet your needs and we understand what adaptations may be required to make a property suitable.
- Support planning while working in partnership with individuals, their families, local authority and health professionals, to ensure there is a clear person centre support plan in place that has clear short- and long-term goals agreed.
- Networking with other individuals and families receiving or looking for support in their own home.

Contact details

carole.brennan@slnorthwest.co.uk

Phone 01942 840181

Mobile : 07843 188280

www.slnorthwest.co.uk



Reminder- Bolton IAS are back in the office!

To reflect the fact that more children are accessing school, IAS are **partially** back in the office. For three days per week, you can contact us on 01204 848722 as usual. There will be an officer on hand to speak to you if it is a day we are in, and, if not, you'll be advised when we are in, and how to get in touch a different way.

Parents needing support from IAS can still use the contact methods we have been using throughout lockdown;

Text 0771 5462690 to book an appointment for a call back

Email iasoutofhours@outlook.com for a full response within 24 hours

Check our website www.iasbolton.com

If you already have an allocated officer, you can contact them directly by email if you have their details



How Bolton are supporting children and young people who have EHC plans

We've kept this on from last week as a reminder. The LA were writing to all parents, carers and young people who have an EHC plan, about how EHC plans are affected by the 'reasonable endeavours' duty, to secure educational and health based provision within them.

The letter invited you to discuss the provision being made (or not being made), for your children at this current time, especially if the lack of provision is having a significant impact on them. The SEND assessment team will work with you to address these issues. This applies whether your child is in school, or not.

By now, you should have received your letter. It is very important that if you are worried about your child's education because things from their EHC Plan can't be delivered due to the COVID outbreak, that you contact the SEND assessment team to discuss this.

You might not be feeling you need to make a call right now, if you are managing ok at the moment, but, the reality is, we have no idea when things will be completely up and running. It would be worth keeping your letter safe, and, if you find later down the line that you do need to discuss the plan and provision, you can always call the team then to discuss.

If you haven't had this letter, please let us know by texting 0771 5462690, and we will arrange for one to be sent out by email as soon as possible.



We will be back next week. In the meantime, please do make use of the joint IAS/BPC support package mentioned. All past copies of our I I bulletins can be found [online](#)

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

HM Government



Bolton Educational Psychology Service and Ladywood Outreach

Newsletter - 12th June 2020

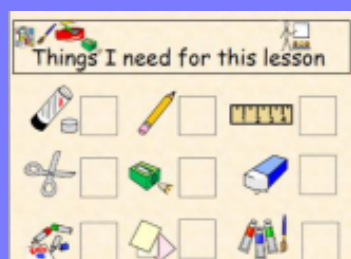
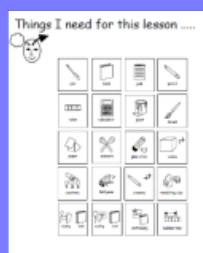
Parents supporting children and young people with working memory difficulties

This newsletter aims to provide ideas about how parents can support children and young people with working memory difficulties at home, helping them to learn and produce answers in different ways.

Working Memory is the way we hold information in our heads while doing something else with it (eg mental maths, remembering the numbers while working things out.)

Children with working memory difficulties often have some difficulties with numeracy and literacy because of the amount of information that they have to hold in their head while working.

Task boards / checklists



Examples of memory aids

Writing aids - spelling aids, such as wall charts, flash cards, word strips, word clocks, personalised dictionaries.

Mathematical aids - cubes, beads, counters, abaci, number lines, fingers, multiplication, grids, calculators.

Audio device - could help back up verbal information eg. dictaphone

How can I help?

Break down activities step by step "Chunking" larger amounts of information together can help to increase the amount of information held in working memory, e.g. people often chunk telephone numbers or chunk instructions into bits rather than giving it as a long list. Chunking things that you have to remember into bits based on a category/their colour etc.

Repetition of instructions: say it again and again ... (verbal rehearsal.)

Encourage the use of "memory aids" - information is easier retrieved when it is stored using a cue, or 'mnemonic.' This could be silly rhymes for spellings or phrases to remember lists of things (eg chemical elements etc.)

Give instructions using visual and verbal approaches - presenting instructions in visual (drawings) and verbal formats can support their understanding and memory for instructions - draw it!

Write down each step in Maths problems - children with working memory difficulties should write down every step when solving maths questions rather than relying on mental calculations. Jotting it down on a piece of paper when solving word problems can help them to keep their place and remember what they are doing.

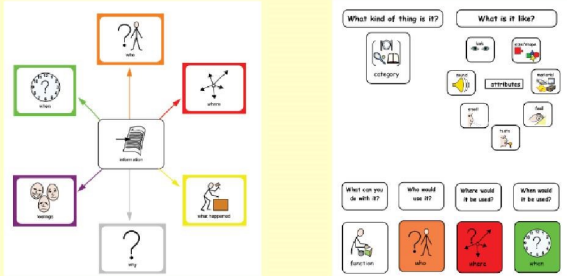
Teach children to be active readers - when reading children could underline, could underline, highlighted and underlined words can help the child to consolidate information in their long-term memory.

Everyday memory aids for independence

Use visual reminders so memory is not overloaded

- 1 Write the date 01/01/2019 or 1st January 2019
- 2 Underline 
- 3 Miss a line 
- 4 Write L.O. L.O. We are learning to
- 5 Underline 
- 6 Miss a line 

Use Mind maps and visual frameworks



Reflection - how did I do it?

Children should be encouraged to develop and use strategies for overcoming memory problems. This promotes independent learning skills but requires training and practice:

- What helped you to remember the things?
- What will you do next time?
- What can you do if you are stuck and how do you know if you are stuck?
- How can we make a plan or a list for tomorrow's work?
- How can we organise ideas in pictures (flow charts, mind mapping)? Some helpful examples can be found on www.eduplace.com/graphicorganizer





Working memory games you can do at home:

- I went to the shops and I bought...
- What's missing on the tray – Kim's game (visual memory)
- count forwards / backwards from a large number by 2 (or another multiple)
- 'Washing line': get items of clothes and ask children to put items on the 'line' in the order you say them
- Lotto game: match the pictures then turn the card over and put the pictures in the same place from memory (visual memory)
- Simple card games that require children to remember directions and what cards their opponents hold e.g. Uno, matching pairs, four of a kind.
- Draw a... give instructions of a drawing with 3,4,5 elements (eg draw a red ball with blue stars and yellow fish)
- 'go on holiday' give instructions of things to put into a suitcase for holiday (eg pack a swimming costume, sunglasses, towel and a toothbrush)

Games and ideas can be found in Mark and Katy Hill (2008): Auditory Memory Skills. LDA publishing

There are several apps available to help support and develop working memory. The use of ICT to support memory difficulties can be an exciting and engaging way to boost skills. Below is a list of suggested apps for improving memory and setting reminders from 'iPad Apps for learners with Dyslexia / Reading and Writing Difficulties':

Memory training:

- Brain School Training 
- Lumosity 
- Memory Workout 
- Flashcards+ 

Reminders;

- Calendar 
- My secret Diary 
- Remember the Milk 
- Forgetful 
- Reminders 

From www.callscotland.org.uk

Educational Psychology Service
Schools ICT
Smithills Dean Road
Bolton
BL1 6JT

Telephone: 01204 338612

Ladywood Outreach Service
Masefield Road
Little Lever
Bolton
BL3 1NG

Telephone: 01204 333400

Thanks to Richard Skelton and other Educational Psychologist colleagues for their help in collating ideas

Many people with working memory find writing and numeracy difficult. Please see previous newsletter about literacy difficulties..

www.bolton.gov.uk  [boltoncouncil](https://www.facebook.com/boltoncouncil)  [boltoncouncil](https://twitter.com/boltoncouncil)

Bolton Council

Our values are who we are...

Accountable, determined, making a difference, honest and respectful. We work together.



Bolton 2030

I LOVE BOLTON BECAUSE...

THIS IS BOLTON