

Reducing Isolation and Increasing Wellbeing in your Parent Carer Community

A Contact webinar in partnership with Rotherham Parent Carer Forum, Lewisham Parent and Carer's Forum and Suffolk Parent Carer Network

Date 9th June 2020



Welcome!

Welcome to this Contact webinar.

If there is a technical hitch, please do bear with us.

Those of you joining by pc, laptop, tablet or smart phone should now be able to see this introduction slide.



An Introduction – Participation During the Covid-19 Pandemic

Contact and the DFE know that these are incredibly challenging times for forums and for parent carers and their families. This year there is additional flexibility in terms of what forums can do with their DFE funding to help reduce isolation and engage with parent carers in the community. There is flexibility around finding new ways to keep forums running and forums can spend more on staffing if they need to. Some forums will not have capacity to do strategic work at the moment and that is ok too.

Some forums who have the capacity, have come up with new and innovative ways to reach parents, reduce isolation and hear parents' experiences as well as new ways of sharing these experiences with strategic partners. We would like to share some of the things forums in Rotherham, Suffolk and Lewisham have been doing during the pandemic.

We hope this may give you some good ideas if you have the capacity to do things now or later when times are not so challenging. Do talk to your adviser if you want to try new things and are unsure if they meet the conditions of grant.



Timing & Questions

- » As there are so many attendees, it is not practical for verbal questions to be taken, therefore you will all remain 'muted' throughout
- » If at any point you have questions, please use the question icon on your GoToWebinar tool bar on your screen
- This will allow you to type your question in to the text box and submit this to the Webinar administrator
- I will select as many relevant questions to answer as time allows, if similar questions are received I will condense these where possible



Q&A Session

- Further relevant questions, not covered in the time allowed, will be answered and posted on the Contact a Family website along with the recording of this Webinar, details of which will be circulated next week
- At the end of the Webinar a short questionnaire will launch, please take the time to complete this as this will assist with future online training events



Finding new ways of working in challenging times

Working differently

- Flexibility around the DFE grant this year
- Reducing Isolation amongst parent carers
- Finding new ways of keeping in touch and engaging parents in your local area
- Finding new ways of running as a forum
- Contact is here to support you – Please get in touch with your Regional Adviser



Forums are encouraged to look after their committee members and themselves and there is no pressure for forums to do more than their capacity allows.



What we will cover today

Rotherham Parent Carer Forum – our digital offer and strategic work

Lewisham Parent and Carer's Forum – working with other groups ,
signposting to support and online training

Suffolk Parent Carer Network – working with other partners to increase support to families during the pandemic, working with strategic partners to influence commissioning and support available to families now and in the future





RPCF VIRTUAL OFFER



Virtual Drop-in

**Every Monday, Wednesday and Friday 10:00am-11:30pm
(excluding bank holidays)**

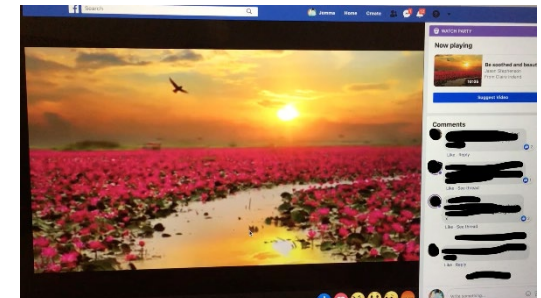
Make yourself a cuppa and join us for a virtual Drop-in via the ZOOM platform. This is an opportunity to chat with others that are in a similar situation, seek advice and support, reduce isolation and hopefully bring a smile to your faces at a difficult time. An Educational Psychologist will be attending our Monday morning virtual drop-ins. You can book an appointment to speak to them in a private space.



Online FaceBook Chat

Every Tuesday, Thursday and Saturday night 7:30pm-8:30pm

Join us for a watch party chat with relaxing videos and chance to chat to each other about your day and share stories and support with families in similar situations.



1:1 Emotional Wellbeing Telephone Sessions

Mondays and Tuesdays

Due to the current climate our counsellors will be offering one off telephone emotional wellbeing sessions where you can offload your worries and concerns.



Peer Support 1:1 Telephone Sessions and Training Workshops

Various times available weekdays

Our Peer Support Team are still available as normal to do support sessions over the telephone for our current families and for new referrals. We can support with all areas including behaviours, anxiety, sensory support, and much more. We are also running our training workshops using Zoom.

Sibling Support Sessions

For all those amazing siblings out there, Marie is running Zoom sessions for those who have attended groups. Keep an eye out for your email invitation.



Monday Mindfulness Sessions

Every Monday During Term-time - 6pm-7pm

Join Marie for some relaxing mindfulness techniques suitable for all the family.



Activities With Kay

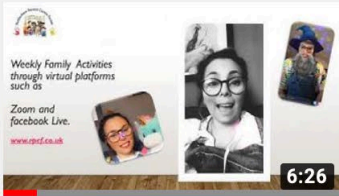
6pm-7pm Tuesday to Friday every week

Since we haven't been able to do any of our regular activities, Kay has been missing you all and would like you to join her for online fun and games. This will include interactive games, quizzes, shout outs, magic lessons, dance parties etc.

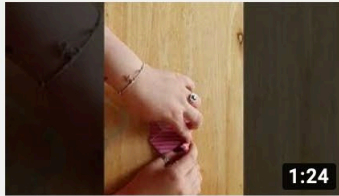


Uploads PLAY ALL

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RPCF virtual offer May 2020
No views • 9 minutes ago



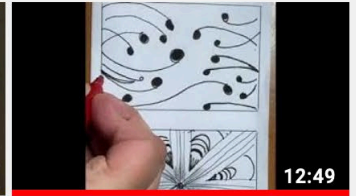
Origami Pig
No views • 53 minutes ago



Origami Rabbit
No views • 1 hour ago



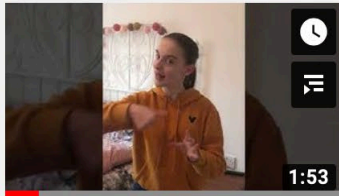
Origami Cat
No views • 1 hour ago



Learn to Draw Zentangles
No views • 5 hours ago



Mindfulness in the woods
No views • 5 hours ago



Old MacDonald Had a Farm - Signed by Iona
9 views • 23 hours ago



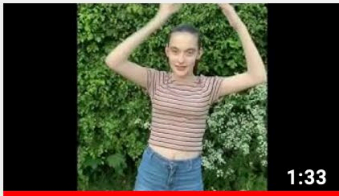
RPCF 3 Little Pigs told by Ged
78 views • 5 days ago



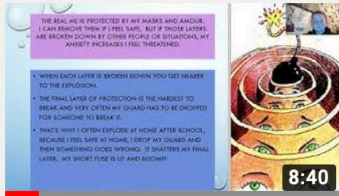
Giraffes can't dance read by Ged
113 views • 1 week ago



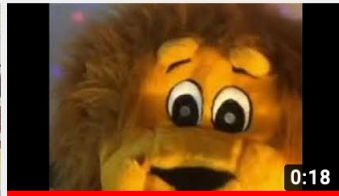
Learn to Sign with Iona and Alana - "Sing a Rainbow"
45 views • 1 week ago



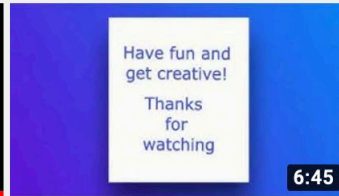
A Million Dreams in BSL/SSE
140 views • 2 weeks ago



From Freedom to Lockdown by Holly Clarke
218 views • 2 weeks ago



Lionel the lion Dance Party
11 views • 3 weeks ago



Slime making!
11 views • 3 weeks ago



Say hello to Lionel the Lion

- Reduce Isolation and promote health and wellbeing by interacting with families virtually- Facebook, Zoom etc
- Have processes in place to keep everyone safe.
- Consult with families on what they want from your offer
- Get Volunteers and young people involved- Empowering others
- Forever evolving and looking at ways to improve –Feedback is key



About Us

News

Newsletters Archives

Meet our team

Work/Volunteer for us

Become a member

Contact Us

Our Policies

**Virtual Sessions/Activities
and Safeguarding during
Covid-19**



Virtual Sessions/Activities and Safeguarding during Covid-19

RPCF Virtual Offer YouTube Video

This is a really challenging time for everyone and Safeguarding remains as important as ever, especially as the usual child protection systems are under increased pressure. Rotherham Parent Carers Forum are continuing offering all our services and have changed the way we work very quickly to move to a virtual offer.

When we considered the offer we looked at best practice principles and built these safeguards into a new way of working, looking at how we can best support families, including children and young people, during this difficult time whilst ensuring that everyone is kept safe.

Virtual Sessions and Activities

Rotherham Parent Carers Forum have been using Facebook Live and Zoom platforms to deliver drop-in sessions and activities. We assessed risks and have taken the following actions to minimise harm.

Things we have considered include:

- **Where is the recording taking place** - Our staff and volunteers will be in a neutral area where nothing personal or inappropriate can be seen or heard in the background?
- **Which platform will we use** – We have made sure the platforms we are using are suitable



#TeamSuffolk's Response to Covid-19

- Planning as part of the Integrated Care System for Suffolk & North East Essex (also known as STPs – Sustainability & Transformation Partnership) – 13th March
- PCF have been part of the LA daily Tactical Management calls and the CCG Demand and Capacity and Service Quality calls. Privileged position as hear RAG rating of services and the reality of the impact of Covid-19. Regularly asked to feed into this family views and experiences.
- Family Support Offer – running a telephone / email / social media private messaging support service to our families
- Online booklets of information including Easy Read, social stories, FAQs (co-produced across the system) on an ongoing basis
- <https://spcn.org.uk/parent-carer-support/>



Family Support Boxes

- Range of items including
 - sensory bags
 - children's colouring/puzzle books
 - mindfulness colouring
 - activity book printed by the local STP/ICS
 - Siblings
 - personalised letter
 - Messages of support from other parent carers
 - info on support for CYP and parents/carers
 - Suffolk County Council Psychology & Therapeutic services
- You are not alone
- So how do we fund them?



- Reached over 2,000 children, young people and families in the first 9 weeks
- Increase in PCF membership of over 900 parents and carers

It's OK ...

Name Feelings
It's ok to feel worried, it's important for us to talk to each other about how you are feeling.

Remember
...lots of people are working hard to make it better. Covid 19 is serious but everyone is doing their best.

Breathing
Big deep breaths can help us to feel calm. We can try tummy breathing or blowing bubbles.

5 TIPS FOR FAMILIES

Routine
It's good to keep busy so we should find lots of things to do. We could try making a visual timetable to organise our day.

Moving and Dancing
Playing games and dancing together can help us to release energy and make us feel good.

... to help reduce stress and anxiety for children....

Psychology and Therapeutic Services P&TS

Suffolk County Council



- Data collected from all contacts and anonymised data shared across the statutory & VCS sector, resulting in Clinical Commissioning Groups commissioning a range of support including:
- [4YP](#) - 100 Young People who are feeling low, lonely, disconnected, hungry, not at ease, or experiencing difficulties at this time.
- [Noise Solution](#) 17 spaces Each space is 10 weeks of 2.5 hours a week. To get the benefits of the evidenced approach to build positive digital communities around participants
- [Autism & ADHD](#) are a lifespan service connecting with pre and post diagnosis families and individuals. That support may be for a child, for the parent themselves or an adult. Unlimited spaces.
- [Homestart in Suffolk](#) 100 additional families. Home-Start volunteers are able to support families over the telephone, regular calls to offer support and a friendly voice can sometimes help the situation and allow parents time to consider strategies, be reassured they are doing a good job in what is a difficult time and simply have an adult conversation at a time that is convenient to them



Business as usual

- Written Statement of Action
 - DfE Monitoring Meeting!
- SEND
- Mental Health Transformation
- Neurodevelopmental Pathway
- Self-Harm Pilot



What next?

- Two current surveys –
 1. What support do families need right now and over the next 3 months
<https://www.surveymonkey.co.uk/r/JM2FTXT>
 2. Experiences of health services in last 3 months compared to previous 3 months, adaptations to EHCP provision, best endeavours
- Intention is to commission further support services in response to both surveys and to address any issues regarding EHCP provision



#HeartsforCareHomes

- to reach every single care home in Suffolk and all mental health inpatient wards
- Knit or crochet identical hearts so that one can be given to the patient or resident and the other sent to their family, in turn helping bring them together despite the circumstances.
- Positive impact on emotional wellbeing and mental health
- And finally here is Brody whose reaction sums up why we are doing this!
<https://www.facebook.com/groups/suffolkpcn/permalink/4329208213763380/>



Oh no – what do we do now???





NIGEL KIPPAX
Charity Leaders and Trustee
Fellowship
[http://www.charityleaders.org
.uk/](http://www.charityleaders.org.uk/)
m: 07768 723 043
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- » Governance Structures and Processes
- » Board and Executive Teams
- » Team Development and Strategy
- » Coaching, Consulting and Interim Support
- » Innovation
- » Strategy
- » Income Generation
- » Personal 1:1 Coaching
- » Group Coaching (up to 5 people)



Looking through our feedback over the last year to see what topics parents were interested in, although things have changed it does still give a good idea, and we can adapt to suit the situation





FUTURE WORKSHOPS

PREPARING FOR ADULTHOOD – Year 9
and Transitions

MENTAL CAPACITY

SENSORY SUPPORT

ONLINE WORKSHOPS

SIBS – Sibling Support

DRUMBEAT SCHOOL OUTREACH – ASD Covid-
19 Top Tips

UNIVERSAL CREDITS – Advice for young people

PREPARING FOR ADULTHOOD – 16 to 18 and
what should happen at 18 to 25

KIM BARCLAY – ANXIETY in young people



To gather feedback from online work



NEWSLETTER – designed on Mailchimp

CONTENTS

- GREETING
- NEW LPCF FACEBOOK GROUP
- THE BUTTERFLY PROJECT
- LPCF WORKSHOPS
- LEWISHAM AUTISM SUPPORT COVID-19 SUPPORT PACK
- FREE ONLINE TRAINING
- FANTASTIC FOR FAMILIES
- FREE HEALTH CHECK FOR YOUR YOUNG PERSON
- ACCESS SPORTS – INCLUSIVE HOME ACTIVITIES
- KOOTH
- INFORMATION ON CORONAVIRUS (COVID-19)
- SURVEY
- IPSEA LIVE VIRTUAL TRAINING

[Lewisham Parent and Carer's Website](#)

[Our May 2020 Newsletter](#)

Facebook 'Our Voice'
Chat group



We have received funding from **CITY BRIDGE TRUST** to support young people aged 16 to 25 with additional needs and disabilities to work towards independence. This new project will be funded for 3 years, to support 20 young people each year for 1 year in total.



PLANNING

Therapies

- » Family yoga
- » Evening wind down yoga
- » Day and Evening meditation



Coffee morning drop in

Non-Violence Resilience Courses



Phone/email – 1:1 Support Sessions



Current work

SEND Strategy – new action plans for all workstream leads to take into account the pandemic.

Annual Health check reviews for young people – Lewisham Speaking Up

NHS Long Term Plan – CCGs

Planning ahead – Parent Peer Support groups in schools
SENCOs/Parent/Carer communication



Lewisham Parent and Carer's Forum

Leemore Central Community Hub
Bonfield Road
Lewisham, London SE13 5EU
Mobile: 07534568020/07929031591
Email: info@lewishamparentcarer.org.uk
www.lewishamparentcarer.org.uk
Facebook: [@LewishamPCF](https://www.facebook.com/@LewishamPCF)
Twitter: [LewishamPCF](https://twitter.com/LewishamPCF)



Some forums are working differently at the moment

- Flexibility around the DFE grant this year
- Reducing Isolation and finding new ways of keeping in touch amongst parent carers may be a priority
- You may find you are reaching new parents and families in your local area at this time
- Finding new ways of running as a forum online and digitally
- Just keeping going / surviving is fine too
- Contact is here to support you and your forum – Please get in touch with your Regional Adviser if you need any support
- **Remember Forums are encouraged to look after their committee members and themselves and there is no pressure for forums to do more than their capacity allows.**



Resources

Contact has a range of resources to help forums reduce isolation and increase wellbeing

Webinars such as Adapting to Covid19, Resilience for Forums, Using Technology: [https://www.contact.org.uk/get-involved/parent-carer-participation/resources-\(general\)/](https://www.contact.org.uk/get-involved/parent-carer-participation/resources-(general)/)

Rotherham & the DFE and Community Matters podcasts

Online (and face to face) and workshops on issues such as Wellbeing, Behaviour that Challenges, sleep – contact your Adviser for details



Contact is also trusted source of information and support for families of disabled children

Helpline, website and online information

<https://contact.org.uk/advice-and-support/>

Covid specific updates and newsletters

<https://www.contact.org.uk/advice-and-support/covid-19/>

New closed Facebook group

<https://www.facebook.com/groups/ContactFamiliesGroup/>



Other links

We will add links to some of the things we have mentioned on this webinar on the Resources page of our Contact's website.

<https://www.rpcf.co.uk/virtual-sessions-activities-and-safeguarding-during-covid-19>

<https://spcn.org.uk/parent-carer-support/>

<http://lewishamparentcarer.org.uk/>



Questions?



Thank you!

Thank you for attending with us today.

A short questionnaire will launch at the end of this webinar.

Please take the time to complete this as it will help us plan future events.

The recording of this webinar and presentation will be available on Contact's website in the next two weeks. Look out for news about this on our homepage and social media networks.

