

SHORT BREAKS ASSESSMENT TEAM BULLETIN

STAY AT HOME 

PROTECT THE NHS

 **save lives**

Spring seems to have started and the weather forecast for the bank holiday weekend is looking good. However for the benefit of all, please stay at home and enjoy the outside locally (whilst observing the social distancing 2 metres), in your garden or through open windows.

As ever good hygiene is so important in fighting against coronavirus. Our personal suggestions for songs to wash your hands to (lasting more than 20 seconds) – and maybe even get you singing alone include:

- Ooh Ahh ... Just a little Bit (the chorus) – Gina G
- Any Dream will do – Webber and Rice
- Jolene – Dolly Parton
- Stayin' Alive – Bee Gees



Team contact

The Short Breaks Practitioners are in regular contact with all families during this period. Thanks to some good suggestions and examples from families and workers, we have been providing some activities and resources for things to help you.

Please speak to your worker about any way we can support you.

Helpful updates

- Using PA's Carers in different ways. For families that use direct payments your worker will be able to advise you about how to use the PA flexibly if they are unable to come into your home to offer support.
- Due to government guidance around social distance, unfortunately specialist groups are not able to run in their usual way. The SEND team will have been in contact with you about this.
- Asda and Marks and Spencer have launched volunteer voucher cards to help those in isolation. The voucher cards can be topped up with credit and sent by email to the volunteer. Where possible though please only send one adult to the shops to complete the family shopping.

Stay on guard against scams

Be vigilant against scammers who are looking to take advantage during the Coronavirus outbreak.

We have been informed that some parents have received a scam email asking for details in order to claim free school meal entitlement. We urge parents that if you receive any emails, messages, or calls like this please do not respond, and delete immediately. Some tips to protect yourself are:

- Never give out any of your bank/personal details
- Beware of adverts on social media channels and adverts online
- Do not click links or emails from senders you don't know already
- Be wary of promised returns that sound too good to be true
- Take your time to make all the checks you need even if this means turning down an
- 'amazing deal'.

For further advice visit **fca.org.uk** or call Action Fraud on **0300 123 2040**.

Shielding advice

Advice around shielding is applicable to those who are at very high risk of severe illness from coronavirus (COVID-19) because of an underlying health condition.

Those identified as such should have been contacted by the NHS. Please speak to your GP or Care Team if you have not been and believe you should have. The measures to take are:

- Stay at home at all times
- Try to stay 2 metres away from people at home if possible
- Get food and medicine delivered to the door
- Wash your hands with soap and water often for at least 20 seconds
- Any visitor/ carer to the home needs to wash their hands
- Clean objects and surfaces you touch often (like door handles, kettles, phones)
- Clean a shared bathroom every time it is used



Children who need to be shielded may not be able to access their usual package of support. Your worker will discuss with you any alternative support that can be provided to you and your family.

It is recommend that this advice is followed for at least 12 weeks. You can access the full guidance on **gov.uk/coronavirus**.



Spaghetti breathing

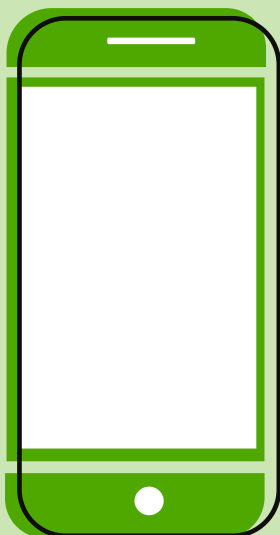
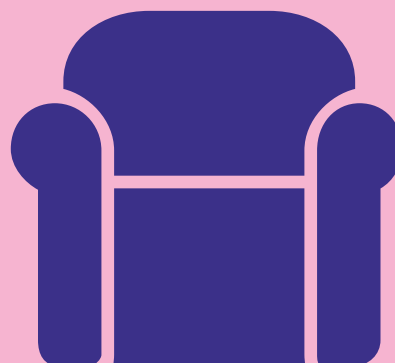
Why not try out a chilled mindfulness activity with your children? Spaghetti breathing is a fun way to teach breathing to children and to help them relax.

Ask your children to lie on their backs, or sit in a chair with their arms at their sides and imagine that they are stiff like uncooked spaghetti.

Then ask them to take a *deep breath in*, tensing their whole body very tightly.

Then tell them to *breathe out loudly and fully*, and imagine themselves turning into cooked spaghetti – soft and relaxed.

Repeat until they feel “cooked”.



Contact Us

When contacting the Short Breaks Assessment Team, please use **eps@wakefield.gov.uk** and remember to copy in your Short Breaks Practitioner and SEND Team at **SEND@wakefield.gov.uk**.

If you prefer to receive this bulletin by email, please contact the team via the email.

The Short Breaks Assessment Team will continue to be working and are contactable on **01924 307403** Monday - Thursday 8.30am – 5.00pm, and Friday 8.30am – 4.30pm.