

SHORT BREAKS ASSESSMENT TEAM BULLETIN



Team contact

The Short Breaks Assessment team are here for you. If you feel that you need support please let us know, even if you are not sure what this support may look like. We may not always have the answers but together we can talk through any difficulties and look for solutions. Your worker will continue to contact you frequently, and if you need support please contact the team via phone or email.

Making jello soap

Ingredients

Water
Clear, unscented dish soap
Gelatine
Colours (food colouring or paint)
Scents (food)



Directions

1. Use a whisk (electric if you have one) and put 1/4 cup of water, 3 tablespoons of gelatine, and 4 tablespoons of dish soap into a bowl (the gelatine slightly colours the foam so add your own colours for a deeper colour).
2. Mix on the highest speed for a few minutes, until the foam “rises”. The consistency will appear thicker when it’s ready - the goal is to have a thick collection of foamy bubbles!
3. Make multiple batches for different colours and scents. Be sure to make them one right after the other, as the soap foam will eventually settle.
4. Pour everything into a large bin, then let the children get into the bubbly goodness! Make prints in the foam; dip in fingers; scoop up foam with utensils; play with it.

Tips

Try adding some smells to your mixtures e.g. red/rose, yellow/lemon, green/mint, etc.

SEND apps and games

Brain Parade: www.brainparade.com/products/see-touch-learn-free/

A visual instruction app, including flash cards and picture-choosing games, for children with autism and special needs.

HelpKidzLearn: www.helpkidzlearn.com/

A collection of games and resources designed for a range of educational needs and stages. It includes provision for school closure.

Sensory App House Ltd: www.sensoryapphouse.com/

A range of apps for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD). All are interactive and many do not require significant coordination abilities.

Visuals2Go: www.visuals2go.com/

An all-in-one app created to support people with communication and learning difficulties. For verbal and non-verbal learners.

Siblings and staying at home

We know that siblings will be spending lots more time with their brothers and sisters than they usually do at the moment. This might be because school has stopped or because respite care is not happening at the moment. This presents as a challenge to parents who need to juggle the different demands from children and also will have an impact on siblings.

If siblings get on well, this is a great opportunity to spend more quality time together. For siblings who find it hard to be around their brothers or sisters, or who struggle to manage their feelings, this might be very tough.

Without the support of external services, some siblings might be providing more care than usual, and their sleep might be disrupted.

Siblings might have additional worries about their families getting sick, or what will happen if there is an emergency for their brother or sister.

Acknowledging your sibling child's feelings about their disabled brother or sister, about family life or about current concerns is one of the most important things you can do to support them. You may not be able to change what is happening, but you can respond to how your child feels about things in a way that makes them know you really care and understand.



Tips for siblings at home

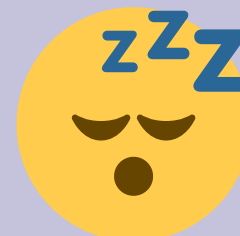
Youngsibs.org.uk offers these top tips for siblings at home:

Have a routine

Try not to stay in your PJ's all day! Have a shower, clean your teeth and keep an eye on how much screen time you're having. Make a timetable of what you'll do every day to keep on top of school work and activities you keep you from getting bored.

Sleep at regular times

Get some sleep! You should be getting roughly 8-9 hours sleep a night.



Keep in touch

Try and talk with your friends every day. Talking and connecting with others will help keep things in perspective. Remember to reach out to people who might find it harder to get in contact with others.

Get some exercise

Exercising is essential. It keeps you fit and is good for mental health too. Exercising might be more difficult at home but now's the time to get creative! Why not make yourself an exercise circuit in your front room, take part in an online yoga tutorial, or try PE with Joe Wicks on YouTube.

Start a new hobby

You'll have lots of school work to do and that will keep you pretty busy, but do something creative and interesting too. Maybe you'll master knitting, baking or painting. Why not start a daily diary or journal to write down what you think about what's going on at the moment?

It's OK not to be OK

This is a unique experience for all of us. You might be feeling worried about what's going on, sad not to be seeing your friends, or even a little bit excited about all the changes. We'll all have our own way of coping with this and that's totally ok.

Note: this website also offers the chance to chat to other siblings in the same situations and the opportunity to ask questions to a sibling advisor.

Child and hospital admission

We know many of you are worried about what may happen if your child needs to be admitted to hospital with symptoms of COVID-19. The Mid-Yorkshire NHS Trust is following guidelines issued by the Royal College of Paediatrics and Child Health (RCPCH), which stipulate that all children can have a parent accompany them into hospital if they are admitted with COVID-19.

Technology for children

The government has recently announced a scheme to support vulnerable children's education.

In this scheme any child who has a social worker, and who does not already have access to a tablet or laptop, will be eligible for the scheme.

Tablets or laptops will be funded for the school to own and loan out to eligible children. The electronic device will remain the property of school. Your Short Breaks Practitioner will be in touch if they haven't already contacted you to discuss this.



Useful websites to support with routines

Visual time table: disability-challengers.org/wp-content/uploads/2020/03/Visual-weekly-timetable-and-symbols.pdf

Daily symbols: disability-challengers.org/wp-content/uploads/2020/03/Daily-symbols.pdf

30 day trial to create personalised symbols from boardmaker:
goboardmaker.com/pages/software-trials

Year 7 Vaccine

If you have a child currently in year 7 in any school across the Wakefield District, please contact Wakefield Vaccination Team on 01924 310133 to discuss the HPV vaccination they will be due soon. Consent can also be given over phone.

Contact Us

When contacting the Short Breaks Assessment Team, please use eps@wakefield.gov.uk and remember to copy in your short breaks practitioner.

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.