

ACTION FOR ASD

Children's Service Online Support & Information



Covid-19 Coronavirus

Name	Position	Contact
Amy Whittle	Children's Service Manager/Children's Counsellor	amy@actionasd.org.uk 07809903852
Robin Denton	Assistant Manager/Family Support	robin@actionasd.org.uk 07543219695
Karen Hutz	Family Support Worker	Karen.hutz@actionasd.org.uk 07834561316

Plans from March 2020

At Action for ASD we understand that these are uncertain times that we've not experienced before and many things are changing on a daily basis. We are still here for you in these difficult times however, we are working from home in line with government advice. The schools are closing and many of our children's service members will have children at home who will struggle with the huge change of routine and daily life. Unfortunately this situation may put extra pressure on our members.

We are still taking referrals and will provide telephone support to you and your family that way until sessions, training and meetings can resume.

Family Support Work for East Lancashire & Blackburn with Darwen

We will be uploading information & resources to our children's service members group over the next few weeks as well as creating a link to our resources via our website **www.actionasd.org.uk**

Parent & carers can request support or information by contacting the children's service on **07809 903852** or email **children@actionasd.org.uk**.

We will still be working hard to provide support via phone, email, social media, WhatsApp, Zoom or Skype, our website and Facebook where needed. Plus, we are planning some alternative ways to share training & support online.

Please join our Facebook group if you are a children's service member

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

Virtual Autism Community Hub

As we currently cannot provide our community hub coffee mornings and we appreciate that many parents rely on peer support and would like to let off some steam or ask questions. We understand how important it is for some of our members, so for that reason we will be holding virtual autism community hubs at set times, Robin, Karen or Amy will be in attendance.

We will be using the application Zoom - You can download it to your phone / tablet or PC, or use the in browser option. **<https://zoom.us/>**

Online training or Q&A sessions

In light of our group training sessions i.e. cygnet programme, understanding autism sessions being cancelled or postponed we will be providing some online training or question & answer sessions.

Monday	Tuesday	Wednesday	Thursday	Friday
10-11am Understanding Autism	10-11am Routine & Home-	10-11am Sensory Needs	10-11am Communication	10-11am Understanding Behav-
2-3pm Visual Timetables	2-3pm Understanding Behav-	2-3pm Managing Behaviour	2-3pm Sensory Suggestions	2-3pm Fun activities

For example:-

Training

We will develop a series of webinars/online training sessions covering our understanding autism workshop materials.

These online free 1-2 hour workshops will be a practical sessions with the opportunity to share & discuss your experiences take away ideas, strategies and resources. All workshops will include signposting & information sharing.

Topics may include:-

◇ Understanding Autism

We will discuss basic information on what autism is, what support is available and cover signposting.

◇ Understanding Behaviour

During this online workshop we will discuss behaviour, what might trigger behaviours and strategies that can be used including the 5 point scale, iceberg principles and the STAR chart.

◇ Understanding Sensory Differences

During this online workshop we will discuss sensory differences, we will discuss sensory seeking & avoiding and strategies or activities that can be used.

◇ Understanding Anxiety & PDA

During this online workshop we will discuss Anxiety & Pathological Demand Avoidance as a profile of ASC and how it affects autistic children & adults and possible strategies to use.

◇ Understanding Communication

During this online workshop we will discuss communication strategies including comic book conversations and social stories. We will also look at communication strategies including visual timetables.

◇ Understanding Sleep

When a child is having sleep issues it can impact on all areas of their development including their emotional, physical and mental health

ACTION FOR ASD

Children's Services Support Helplines & Emergency Contacts



Action for ASD contact details

Children's Service:-

07809 903852

children@actionasd.org.uk

Action for ASD children's service members group <https://www.facebook.com/groups/ActionforASD/>

We will upload new information, online Q & A sessions & training to this group over the next few months.

Diagnosis Service:-

07809 903845

adultscreening@actionasd.org.uk

Adult Service:-

Michelle: 07565 530552, Jake: 07834561315, Jane: 07834 561313

adults@actionasd.org.uk

www.actionasd.org.uk



<https://www.facebook.com/ActionforASD/>



<https://www.twitter.com/ActionforASD>



https://www.instagram.com/action_for_asdautism

Social Care & NHS

Emergency Numbers

Children's Social Care: 0300 123 6720

Adult Social Care: 0300 123 6720

NHS: 111

Police non-emergency: 101

Any emergencies: 999

Mental Health

Mental Health Crisis Line: 0800 915 4640

Mental Health Access Line

In Lancashire there is a Mental Health Access Line to support people's mental health needs 24 hours a day, 7 days a week. You can access the line, by calling the NHS non-emergency services on 111

Listening service

There is an out of hours listening service in Lancashire for anyone concerned about their own, or someone else's, mental health. Call the Freephone Wellbeing and Mental Health Helpline on **0800 915 4640**. It's open Monday to Friday 7pm to 11pm, Saturday and Sunday 12 midday to 12 midnight.

Send a text to wellbeing mental health service

If you prefer to communicate via text, a texting service runs alongside the Helpline in Lancashire. Text Hello to **07860 022846**.

Specialist Triage, Assessment, Referral and Treatment (START)

Pendle & Burnley START 9am-5pm 01282 628455 **5pm-9am** 01282 657222

Blackburn START 9am-5pm 01254 226430 **5pm-9am** 01254 226074

<https://www.lscft.nhs.uk/crisis>

If you, or the person you are with, is at immediate risk of taking their own life go to your nearest A&E or call 999.

ELCAS Child and Adolescent Mental Health Service:

Burnley & Pendle Team

Tel: 01282 803 381

Hyndburn Rossendale & Ribble Valley Team

Tel: 01282 803 390

Blackburn with Darwen Team

Tel: 01282 803 407

ELCAS Reception

Tel: 01282 804 806

Hospital Switchboard

Tel: 01254 263 555



HOPELineUK

Young Suicide Prevention: 0800 068 4141

Samaritans: 03300947517

Childline: 0800 1111

Speaking to Childline

When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online. 9am-Midnight

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists. <https://www.bigwhitewall.com/>

Food Banks

Pendle – 01282 693670

Burnley – 01282 704716

Blackburn - 01254 672756

Education

SEND IASS

Tel: 0300 123 6706

Monday to Friday 9am to 5pm

Email: information.lineteam@lancashire.gov.uk

IPSEA:

<https://www.ipsea.org.uk/Pages/Category/get-support>

Coronavirus Covid-19 Education

Helpline:-0800 046 8687

Domestic Abuse Services

Safenet Tel: 0300 3033 581 or email contact@safenet.org.uk (if you are in immediate danger, always call 999)

National Domestic Abuse Helpline, run by Refuge

Tel: 0808 200 0247 www.nationaldahelpline.org.uk

The Wish Centre: Blackburn. Tel: 01254 260465

Other organisations providing support

ADHD Northwest Tel: 01254 352586 <http://www.adhdnorthwest.org.uk/>

Home-Start: Email: info@homestarteastlancs.org, Tel: 01282 690536

FIND directory <https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/send/find-directory-of-services/> Tel: 01772 532 509

Email: FIND@lancashire.gov.uk



Children's Services links & resources for children/young people

- ⇒ **Dragonfly** have published a free booklet about how to deal with anxiety, which can be given to students and/or parents/carers. Please find the link to the free download from their website: www.dragonflyimpact.co.uk/anxiety-booklet-pdf
- ⇒ **BPS guidance** <https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
- ⇒ **BACP** guidance around managing anxiety - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>
- ⇒ **Anna Freud** links [Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](#)
- ⇒ **Liverpool CAMHS resource** <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3>
- ⇒ **National Autistic Society** guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- ⇒ **Mencap** Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
- ⇒ **Place2Be** Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- ⇒ **Young Minds** Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- ⇒ **Carers UK** Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- ⇒ **Covibook** an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- ⇒ **Amaze** information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>
- ⇒ **Public Health England** have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>
- ⇒ **Kooth** are also able to offer on-line discussions, advice and guidance on our website around COVID-19 and how young people can stay safe physically and mentally. www.kooth.com
- ⇒ **Beat Eating Disorders** <https://www.beateatingdisorders.org.uk/coronavirus>
- ⇒ **Anxiety UK** <https://www.anxietyuk.org.uk/>
- ⇒ **Breath Therapies** <https://www.breathetherapies.co.uk/>
- ⇒ **Lancashire Mind** have written information to help you cope if you are worried and to look after your mental health and wellbeing if you need to self-isolate or are asked to stay at home. www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
- ⇒ **Hub of Hope** (There's always someone to talk to) local support groups <https://hubofhope.co.uk>



Blackburn with Darwen Services

SERVICES OFFERING SUPPORT VIA PHONE / E-MAIL / FACEBOOK

SENDIASS: Provides Information, advice and support relating to Special Educational Needs Disabilities around Education, Health and Care plans and Independent Support

Email jane.partington@communitycvs.org.uk

Tel: 07562 4223370

Facebook: Sendiass Blackburn with Darwen



P.I.P: Blackburn with Darwen Parents in Partnership: For Parents and Carers of children and young people with special educational needs and /or disabilities from 0-25 years.

bwdpip1@gmail.com

Tel: 07923252483

Facebook: Blackburn with Darwen Parents in Partnership

Carer Service BwD

Tel: 01254 688440

Carenetwork Hub: offers advice around all services / support group in Blackburn with Darwen

Tel: 01254 507255 phone, text, email, and digital.

Indigo: Diane Marie Price supports parents while play groups are suspended

Tel: 01254 209708 & 07505353508

Email: diane@myindigoworld.org.uk

Website: www.myindigoworld.org.uk



Blackburn Youth Zone:

Tel: 01254 292000 Providing a digital service for young people which engages, stimulates and educates through the youth zones social media platforms: Facebook and Instagram. The family can even join in! Will start today 20.3.20.

Providing continued support for young people through 1 to 1 meetings, online support and telephone calls.



Facebook Support/Information Groups

Action for ASD <https://www.facebook.com/groups/ActionforASD/>
<https://www.facebook.com/ActionforASD/>

FRIENDS 4 CARERS OF CHILDREN WITH AUTISM <https://www.facebook.com/groups/1351261571705841>

Sparkling Stars <https://www.facebook.com/groups/1106957286078250>

Reach Out ASC <https://www.facebook.com/ReachoutASC/>

Lancashire Local Offer <https://www.facebook.com/LancashireLocalOffer/>

PDA Society <https://www.facebook.com/thepdasociety/>
<https://www.pdasociety.org.uk/>

The Sleep Charity <https://www.facebook.com/TheSleepCharity/>
<https://www.thechildrenssleepcharity.org.uk/>