

Children's Trust Partnership Coronavirus Update (Special Edition Weekly E-mail)

Week Commencing 5 October 2020

This Special Edition of the Weekly E-mail provides a breakdown of information from organisations in Bury and other sources to help you to support families during this time. The information is set out under themes and will be updated with information from the weekly e-mails.

Click on the links to the following sections:

[General Support](#)

[Support for Families](#)

[Services and Support for Children and Young People](#)

[Education, Employment and Training and NEET](#)

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1. GENERAL SUPPORT

- Bury's weekly covid data is now being published on www.bury.gov.uk/coronavirus-data You can also find information on social media:
<https://twitter.com/BuryCouncil/status/1288502677324869634?s=20> and
<https://www.facebook.com/241932529188822/posts/3240735785975133/?d=n>
- [Click on the link](#) for Coronavirus Information and Support on Bury Directory including links to a range of essential support services, information, advice. You can also find information by [clicking on the link](#) to the Council Children Schools & Education coronavirus webpage
- [Click on the link](#) for latest Coronavirus government guidance in 60 languages.
- Bury Community hubs were set up at the start of the coronavirus lockdown to support the most vulnerable people across the borough. **A hotline has been set up for people to contact the hubs: 0161 253 5353.** For more information about how to access or be involved in the hubs [click on the link](#)
- Gov.uk has launched a new Coronavirus Information Service on WhatsApp. Simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.
- [Please click on the link](#) to the Council website for government links, advice and updates on coronavirus (COVID-19).

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- [Please click on the link](#) to the Council webpage for **Children, Schools and Education** where you can also sign up to receive regular e-mail updates on a range of topics during the coronavirus pandemic
- [Click on the link](#) to GMCA page for the **Greater Manchester response to Coronavirus**.
- The **Association of Directors of Children's Services, ADCS**, is keeping track of published guidance and new announcements from key government departments and agencies, such as the DfE, PHE, Ofsted and HMCTS, relating to the totality of children's services. They also tracking and sharing useful practice guidance and resources from sector bodies and organisations. A **downloadable Excel spreadsheet details Covid-19 resources, guidance and announcements relating to children's services** – [click on the link](#)
- **CABB (Citizens Advice Bury & Bolton)** : For advice or information, please call 0300 330 9071. Monday - Friday 10am - 4pm. Calls are charged at local rate, or included in phone provider call bundles. Please note phone lines will be busy.
- The Social Care Institute for Excellence has produced a comprehensive summary of **information, resources and ideas for use by social workers, care workers and others** to help address anxiety and other concerns and to keep people connected during this time. This summary will be regularly updated and shares information, resources and ideas that you can use – especially if you now are working remotely or in isolation, and which can be shared with the people you support. Click on the link to "[Managing Isolation during the Covid 19 crisis](#)"
- **GMCA has a Coronavirus page** on its website where you can get information on a range of issues affecting people across Greater Manchester. [Click on the link](#)
- Pathways/NWTDT have produced **54 Corona Virus Videos** including about face coverings and the changes in guidance on social distancing etc. Click on the link: <https://www.youtube.com/user/nwttdt/videos>
- GMCA published the **Greater Manchester 'Living with Covid Resilience Plan** on 2nd September – this is a one year plan setting out how GM will respond to the disproportionate impact Covid has had on people's lives and businesses, how to recover and build resilience, and what support vulnerable communities will need. [Click on the link](#) to the report
- Public Finance has published a series of articles looking at children's services after the coronavirus pandemic '**Growing challenge: children's welfare after Covid-19**'. You need to register to read the articles. [Click on the link](#).

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- **NHS Test & Trace** are asking **everyone over age 16 to download the new NHS Covid-19 app**. The app will help people to understand and manage their personal risk and reduce the spread of Coronavirus. The more people who use it, the more effective it will be. Download the NHS Covid-19 app from the App Store or Google Play. For more information go to <https://covid19.nhs.uk>

2. SUPPORT FOR FAMILIES

- Go to the **Bury Early Help Service facebook page** for regular updates, advice and information to help you and families you support.
https://www.facebook.com/buryearlyhelp/**
- **Early Help staff are working from Redvales and Whitefield Children's Centres to provide an emergency and community response to families.** The telephone numbers are Redvales 0161 253 5200 and Whitefield 0161 253 5077. Most staff are working from home and providing support to families either online or by phone in line with Government guidelines. Please note that **all Children's Centres are closed** to the public.

Please e-mail ChildrensTrust@bury.gov.uk or the numbers above if your organisation can work with the Early Help teams to support families over the forthcoming days and weeks.

- Click on the link for information on the **Bury Health Visiting Service**.
- A new **Food Aid Network** has been set up across Bury to provide a coordinated response by all food banks and providers. Anyone in need of food support can ring the Council Coronavirus helpline 0161 253 5353 7 days a week, 9am – 5pm.
- Brandlesholme Community Centre & Foodbank (part of the Food Aid Network) can support families in need in the North of the borough (Bury, Ramsbottom and Tottington) by providing breakfast packs to children. Ring 0117 313 4474 or e-mail katie@brandlesholme.com
- Families/individuals applying for **Healthy Start Food Vouchers** no longer need to get a midwife/health visitor/GP to sign the form. [Click on the link](#) for more information.

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- **Home-Start Rochdale** has expanded their geographical area to offer **emotional support for families living within the BL9 areas**. Although home visiting is currently on hold for safety reasons, families can be supported on a regular basis by telephone, text, email and WhatsApp. General enquiries are welcome by contacting Coordinator Gill Marsden – tel: 07874 808994 or e-mail: gill.hsrb@gmail.com Please ask for a copy of the new referral form and information about the new service in Bury.
- For any concerns in respect of **families who are tenants of Six Town Housing**, the STH contact centre is still open (remotely) – [click on the link](#). STH staff are carrying out regular checks on tenants offering reassurance and offering/signposting to help and completing emergency repairs and compliance (gas/electric/water) checks.
- **Bury Art Museum and Sculpture Centre has now reopened**, initially during reduced opening hours. **BAM Online is a collection of resources which can be read, used and downloaded by visitors**. The resources can be used to support creative, family learning or for anyone to do in their spare time; find themed activities such as arty worksheets, zine-making guides and colouring pages. Also included are feature-articles and quizzes inspired by Bury Art Museum's fantastic art collection and a section for the latest updates and links to community resources and initiatives. [Click on the link](#)
- Cartwheel Arts has started a new online programme, **Draw the Day - full of fun activities to join in with at home**. The 10 week programme was designed in response to COVID-19, to promote creative exploration and wellbeing whilst in lockdown or isolation. At every step of the process Cartwheel Arts have had young families and adults in mind, developing different aspects to engage people in different ways. Please [click on the link](#) to their latest newsletter for more information and for a link to [Draw the Day](#).
- **Bury Leisure Centres have started to reopen** on a phased return. The gyms are open at all 3 Centres, and activities such as swimming, badminton and squash will be opening soon. All sports activities must be booked and paid for in advance and sessions will be limited on one hour's duration. To find out more, [click on the link](#)
- **First Point Family Support** continues to offer support to professionals and families referred to them via telephone 0161-641-4585 and e-mail: admin@firstpointsupport.org.uk
- **Adab** is providing **support for people from Black, Asian and Minority Ethnic communities** via telephone, social media and e-mail: admin@adab.org.uk; telephone: 073 683 03867.

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- The **Bury Asian Women's Centre** can provide advice and information. Contact Ayesha Arif on 0161 280 2270 Mon - Fri 9:30am - 5:00pm
<mailto:enquiries.bawc@hotmail.co.uk>
- **ESOL Manchester has information and activities** that may be useful for anyone who wants to improve their English but can't attend classes at the moment. [Click on the link.](#)
- **Chesham Fold TRA** has a food bank, baby bank and other support. They can be contacted through their facebook page or via email
cheshamfoldcommunitycentre@outlook.com
- Families in the Springs area of Bury can contact Lucy Cooke of the **Springs Community Project** for a chat or support between 9am – 4pm week days: 07960 402 368 springscommunityproject@btconnect.com
- **The Fed Community Service** is continuing to **provide support services to the Jewish community of Greater Manchester**. The Social Work and Volunteers team remain operational during CoVid-19. They have established links with other organisations, for Kosher food options; meals on wheels or food deliveries and have adopted a new creative way of supporting our clients, with practical and emotional support. For all enquiries or requests for assistance, please contact (0161) 772 4800 or email: Advice@thefed.org.uk
- The **Green Community Café (Greenmount)** is running daily activities on their **Facebook page** and keeping connected with the community. They have a telephone support line in place and Facetime friendship group catch ups too. As well as supporting many of their existing GreenTeam family and friends, they are happy for new members of the community to be signposted to them. Facebook page - <https://www.facebook.com/TheGreenCommunityCafe/> Tel: Louise 07872 313453 Email: info@thegreencommunitycafe.co.uk
- King's College London's Institute of Psychiatry, Psychology & Neuroscience, South London and Maudsley NHS Foundation Trust and Maudsley Charity have launched a series of **eight short films to help families struggling under the coronavirus pandemic**. The Families Under Pressure series offers parenting tips and advice on topics including: keeping positive and motivated; building your child's self-confidence and trust in you; promoting better behaviour; how to limit conflict; and using sanctions carefully. [Click on the link](#)
- [Click on the link](#) to the **GMCA Coronavirus 'Support for Parents and Families'** page, which has information for pregnant women and families expecting a baby; children under 5; school age children; all ages

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- The Association of Child Protection Professionals (AoCPP) has released a **podcast about bonding and attachment for new mothers** that have had babies during the coronavirus pandemic and how practitioners can support them. [Click on the link](#)
- The Government has published **advice for parents and carers of children who have not yet started school** 'Help children age 2-4 to learn at home during Coronavirus'. [Click on the link](#)
- The Government has announced that **any working parent usually eligible for 30 hours free childcare or Tax-Free Childcare will remain eligible if they fall below the minimum income requirement** due to the coronavirus (COVID-19) outbreak. Subject to Parliamentary approval, parents who are critical workers will also remain eligible for these entitlements if their income has increased over the maximum threshold during the coronavirus (COVID-19) outbreak. This temporary flexibility will ensure critical workers can continue to access the childcare they need to enable them to work. These arrangements will be reviewed over the summer. [Click on the link](#) for more information
- **Family Law** has published an article offering **advice to parents of children who are the subject of a Child Arrangements Order** (CAO) made by a family court. The article provides advice and tips to help manage contact arrangements during the coronavirus crisis – A practical guide to co-parenting during the coronavirus crisis. [Click on the link](#)
- [The Transparency Project](#) has published **a guide for parents involved in family court cases** explaining what remote court hearings are and how they will work during the coronavirus crisis. It answers some common queries that users may have. [Click on the link](#)
- The House of Commons Library has published a **briefing paper covering frequently asked questions about the impact of the coronavirus outbreak on separated families**, maintenance arrangements and access to children in the UK. [Click on the link](#)
- The Money & Pension Service has created a series of **guides to help people manage their finances in the light of coronavirus**. You can find their video step by step guides on You Tube [at this link](#). Their Money Advice Service webpage has lots of information for people who are concerned about their finances during coronavirus. [Click on the link](#)
- The Children's Society has published a briefing looking at the **impact of the coronavirus pandemic on adolescents and their parents**. [Click on the link](#)

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- The Government has published **guidance for parents and carers of children attending community activities, holiday or after-school clubs, tuition and other out-of-school settings**. [Click on the link](#)
- The Children's Commissioner for England has published a **blog looking at how lockdown during the coronavirus crisis has affected children's lives at home**. The blog discusses: the home environment and access to open space; and family relationships. To read the blog, [click on the link](#)
- The Child Poverty Action Group and the Church of England have published findings from a survey looking at the **impact of the coronavirus pandemic on low income families in England**. The survey of 285 low-income families with children who are eligible for free school meals found that: 8 in 10 respondents reported being in a worse financial position than before the pandemic; and almost half have had physical or mental health problems because of coronavirus. To read the report, [click on the link](#)


3. SERVICES AND SUPPORT FOR CHILDREN AND YOUNG PEOPLE

- Click on the link to a [Children's Guide to Coronavirus](#) published by the Children's Commissioner.
- To provide support and reduce the **risk of young people becoming homeless**, Depaul UK Greater Manchester is continuing to provide their **Nightstop Service** and **Family Mediation & Support Service**.
 - For **Nightstop**, an additional risk assessment/screening process has been introduced and extra safeguards put in place. E-mail Nightstop.GM@depaulcharity.org.uk [Click on the link](#) for more information.
 - **Family Mediation Service** still being offered by phone, what's app and video calls. For any enquiries, e-mail Bethany.Owens@depaulcharity.org.uk.
- Click on the link for information for [Young Carers](#) during coronavirus pandemic.
- The University of East Anglia (UEA) has published a report looking at the **impact of the coronavirus on young carers**. [Click on the link](#)

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- Double click here  for **fun activities put together by teenagers for teenagers.**
- The **Children's Society** website has lots of blogs by young people, project workers and other professionals on a range of issues affecting young people.
- **Bury Youth Service** has developed a virtual **Universal Youth Offer**. This is a weekly timetable is for ALL young people with access to technology and offers the opportunity to mix with peers, access support, build relationships, develop skills and engage in some normality where the world at the moment feels very uncertain; with the hope that they will feel a little less isolated. You can follow Bury Youth Service and find the timetable for the week on social media: Twitter - @YouthBury; Facebook - Bury Youth Service; Instagram - @buryyouthservice or e-mail A.Crowshaw@bury.gov.uk or J.K.Mills@bury.gov.uk
- **POG Youth Group supports young people in Bury aged 13-19 who identify L.G.B.T.Q +.** During the covid-19 restrictions, please continue to refer any LGBTQ+ young people age 13-19 to the POG Youth Group which continues on-line. E-mail A.Beesley@bury.gov.uk for more information or to make a referral.
- **Power2** is running Young Leaders Sessions every Wednesday from 4pm – 5pm with the option to stay online until 5.30 for those who want to chat. Sessions are fun, interactive and designed to be some light relief from the day to day pressures of lockdown. In addition, in partnership with Princes Trust they run zoom sessions on Monday at 4pm on different themes where young people can work towards an Entry Level 3 Princes Trust qualification. All sessions are advertised on Instagram or text, what's app or call 07753 304190, or e-mail Christina.c@power2.org
- National Citizen Service (NCS) has launched a **countrywide campaign to enable teens to take an active role in helping the country recover from the effects of COVID-19**, as lockdown begins to lift. Young People in Bury can now register to take part in social action this August, and pledge 16 hours of activity as part of the national One Million Hours of Doing Good campaign. Find out more at <https://wearencs.com/>
- **Twinkleboost** sessions use **fairy tales to develop communication skills in children age 0-5. They are now being provided online.** The sessions are led by a Speech Therapist and Speech Therapy Assistant and include baby classes, family classes and additional needs classes. Anyone who has previously attended a class will be e-mailed. If not, [click on the link](#) to join the waiting list.
- Bury Music Service has a new **blog about the Music Service, with links to performances from their players and a growing online resources section for**

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children in school and at home, which is completely **free to access**. The aim with each resource has been to create not only a fun experience for children, but one which is also full of all the educational value which would normally be evident in the BMS face-to-face provision. Children can receive a certificate for each lesson/workshop that they do. Click on the link to the blog

burymusicblog.wordpress.com

- The UK Space Agency has drawn together some **space-related learning resources** that families may want to try out at home over the summer holidays. Click on the link.
- Mark Withington, Families Activities Officer (M.Withington@bury.gov.uk) is using the **Bury'd Treasure** twitter handle (@bury'dtreasure) to put on **different activities families can do at home**. These are posted everyday on Twitter and on Tuesday & Thursday on Facebook.
- Bury Libraries has set up '**Rhyme Time Live**' sing along to traditional children's rhymes with a difference, including Old McDonald who keeps all sorts of unusual creatures! Join in the fun at the live Rhyme Time session via the Bury Library Facebook page on Tuesday mornings at 10.30am. Facebook page: www.facebook.com/burylibraries
- Bury Libraries also provide a fun **bedtime story session** every Friday at 7pm on Bury Libraries' Facebook page.
- **BBC Tiny Happy People** has lot of great ideas and activities for parents/carers of pre-school children to help develop communication skills. To help families at home at this time, there are new activities each week. Click on the link.
- You can get a daily **free David Walliams audio story** for children at this link: <https://www.worldofdavidwalliams.com/elevenses/> and you will also find a link to catch up with stories from previous days.
- **Audible audio book platform has made a vast selection of its titles available to listen to for free**. A mix of classics, education and entertainment books will remain free to stream for anyone for as long as schools are closed. Go to <https://stories.audible.com/> .
- **BookTrust** is the UK's largest children's reading charity. Their website includes **Stay at Home time for families** to enjoy Storytime with free online books and videos, play games, win prizes, take part in book-themed quizzes, or even learn how to draw some of your favourite characters. Click on the link.

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- **Childline** has created a new webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is; where children and young people can find help if they are worried; coping if they are staying at home; and what to do if they are feeling unwell. [Click on the link.](#)
- The Royal College of Paediatrics and Child Health (RCPCH) has created a **portal containing research studies on children and young people's views on the coronavirus pandemic and lockdown.** [Click on the link](#)
- **YMCA** has published findings from research looking at the **impact of the coronavirus crisis and lockdown on young people in the UK** – “Back on Track – supporting young people out of lockdown”. A survey of 1009 young people aged 11 to 16 carried out between 24-27 July 2020 found that: 92% said that they missed being face-to-face with people; 73% said they were tired of being online all the time; and 56% were worried about falling behind at school. [Click on the link](#)

4. EDUCATION, EMPLOYMENT AND TRAINING and NEET

- Go to the Council page for information on [Children, School and Education settings](#) during the coronavirus.
- **Bury Education Psychology Service has set up a helpline** on Mondays between 1pm and 3.30pm and Wednesdays between 9.30am and 12.00 to provide advice and support for schools and parents/carers of children and young people with SEND in the context of the current situation that exists due to the Covid-19 outbreak.

This might include giving advice on issues such as anxiety, stress and related issues; loss and bereavement; transitions (especially children starting reception/year 7); routines/behaviours because of changes to routine; reassurance/advice on academic progress; advice on EHC needs assessment and annual reviews; as well as any other educational questions or concerns no matter how small. The helpline number is 0161 253 6406.
- Parent Info has published **tips for parents and carers to help their primary and secondary school children and young people cope when returning to school.** Click on the links: for [primary age](#) and for [secondary age](#)
- **Connexions Bury** has set up **a helpline for young people aged 14-18 (or up to 25 if they have special educational needs or are looked after).** Our friendly team of advisers can help with information, advice and guidance, not just about careers, but

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if young people are anxious about their applications to college, finance worries, exam grades or just to talk to someone. 10.00 – 4.00pm, Monday to Friday. The number is 0161 253 7733. E-mail: Connexions@bury.gov.uk

- The **Jobcentre Twitter account** provides a regular stream of local vacancies and supportive information online to help people prepare for work, seven days a week. The local account is @JCPinManchester.
- The **Government has issued guidance** for:
 - people who were **receiving benefits before the Covid 19** outbreak: [Coronavirus \(COVID-19\): what to do if you're already getting benefits](#)
 - people who **were employed and have lost their job** due to coronavirus: [Coronavirus \(COVID-19\): what to do if you were employed and have lost your job](#)
 - people who **are employed and cannot work** due to coronavirus: [Coronavirus \(COVID-19\): what to do if you're employed and cannot work](#)
 - people who **are self-employed and getting less work or no work** because of coronavirus: [Coronavirus \(COVID-19\): what to do if you're self-employed and getting less work or no work](#)
 - **People applying for Universal Credit** will now be able to use their existing Government Gateway account to confirm their identity, helping to speed up their claim. [Click on the link](#)
 - You can get up-to-date information from the DWP about work, working age benefits, pensions and services at their **Touchbase site** [at this link](#).
- Employ GM is **a new service to tackle the job market challenges linked to the coronavirus**. The project aims to connect employers, who have urgent temporary vacancies, with people who are ready to start working straight away. Go to employgm.org for more information.
- **Princes Trust** is continuing to provide **support to young people who are NEET** via phone lines, live chat and text service, open 9am – 9pm every day: [tel:0800 842 842](tel:0800842842). You can also enquire about online courses that may be available. (Also see information about **Power2** working in partnership with Princes Trust in Services & Support for Young People section above).
- [Click on the link](#) for **Student Loans Company Guidance** for current students and answers to common questions related to the covid-19 outbreak.
- GM Youth Task Force is inviting **organisations across the city-region to make commitments to young people** as part of a piece of work being carried out to develop and deliver a Guarantee for young people who have been impacted by the

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Covid-19 pandemic and to help 11-30 year olds feel positive for their future. To find out more, [click on the link](#).

5. ALCOHOL AND SUBSTANCE MISUSE

- **Early Break** is providing a **virtual service with online/telephone support** to clients during their usual working hours. For any enquiries, e-mail info@earlybreak.co.uk. For daily updates go to earlybreak.co.uk / Facebook: [Early Break UK](#) / twitter: [@EarlyBreakUK](#) / Instagram: [earlybreakuk](#)
- **Early Break Holding Families:** Early Break has launched an extended service as part of its Holding Families + work. Children and family workers are offering remote support to all children and young people who may be affected by parental alcohol and drug use and or parental imprisonment.
- Manchester Metropolitan University, Adfam and Alcohol Change UK have jointly produced a briefing: **Alcohol and domestic abuse in the context of Covid-19 restrictions**. [Click on the link](#).

6. SUPPORT FOR MENTAL HEALTH AND GENERAL HEALTH & WELLBEING

- Information on **Bury Directory** to support **mental health and wellbeing** during the coronavirus epidemic can be found at the link.
- Saiqa Ellahi of the Flowhesion Foundation has sent a link to a series of **new videos in English and Urdu offering advice and guidance to South-Asian communities, in particular women, to support health and wellbeing** during the current covid19 pandemic. These resources have been commissioned by GM Walking. [Click on the link](#).
- **Covid-19 emotional support line for black and ethnic minority communities** across Greater Manchester has been set up by the Guardian Project charity in partnership with the NESTAC Group. The dedicated helpline can provide advice, guidance and other service signposting relating to COVID-19 related issues; including psychosocial therapy for women and young girls who have suffered abuse or violence during the outbreak. Individual or group therapy is available with advice offered in Somali, Kurdish, Swahili, Urdu, Arabic, French and others. The helpline can be contacted on 07862 279289 or 07894 126157 seven days a week between the hours of 10am and 6pm. You can also text the word 'HELP' to either number and someone will get back

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to you as soon as possible. For more information [click on the link](#) or e-mail info@nestac.org.uk

- A new **Getting Help Line providing mental health and wellbeing support to Bury people of all ages opened to the public on 17 August.** The free telephone help line (also previously known as the Voluntary Sector Mental Health Support Service), is commissioned by Bury CCG and provided by Early Break. In its first few weeks it was only open to professionals but is now open to all Bury residents to provide non-urgent support for anyone experiencing low level emotional health and wellbeing difficulties. The service is available Monday to Saturday, 9am – 5pm. The number is 0161 464 3679 or email gettinghelpline@earlybreak.co.uk to request a referral form.
- **Young People age 11-18 across Greater Manchester can access free online counselling, mental health and emotional wellbeing support** on the Kooth website. This includes a live chat function so young people can contact a qualified counsellor, scheduled and drop in counselling sessions, chat forums with other young people, crisis information and self-help resources. Click on the link to www.kooth.com and [click here for more resources to support wellbeing](#) on the Pennine Care website
- **Greater Manchester Resilience Hub** (Pennine Care NHS Foundation Trust) provides information and support to essential health and care workers (and their families), working in Greater Manchester, who have been affected by the coronavirus (COVID-19) pandemic. If you [click on the link](#) to their website you can find lots of useful information including
 - **'A Guide to Understanding and Managing Trauma'** a guide for children on looking after yourself following a trauma,
 - **Psychological Wellbeing** - guidance and resources for parents, carers and guardians
- [Click on the link](#) to the Government **advice for parents and carers on looking after the mental health and wellbeing of children or young people** during the coronavirus (COVID-19) outbreak.
- The British Psychology Society has produced a booklet **"Advice for Key Worker Parents – helping your child to adapt to changes due to the covid-19 pandemic"**: [Click on the link](#)
- GM Health & Social Care Partnership has produced a **GM Wellbeing and Mental Health during COVID-19 booklet** ([click on the link](#)). It is full of tips and ideas for things you can do to look after yourself and support others

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- Click on the link to Mental Health at Work for a toolkit '[Coronavirus and isolation: supporting yourself and your colleagues](#)'.
- [Click on the link](#) for **Advice by Public Health England for parents and carers on looking after the mental health and wellbeing of children or young people** during the coronavirus (COVID-19) outbreak.
- **[Beyond Psychology](#)**: phone consultations for children and adults in need of mental health support being made available Monday - Friday. To speak to a member of the team [click link to contact page](#), enter "CALL ME", provide your phone number and a few details of how you want to use the phone consultation. **
- **[BIG \(Bury Involvement Group in Mental Health\)](#)** for **anyone over age 18**: has set up virtual support via [its facebook page](#). For more information, contact jordanfahy@buryinvolvementgroup.org or call 07921 392 801
- [Click on the link](#) to **GMCA (Greater Manchester Combined Authority)** for information on **new mental health services for people across Greater Manchester affected by social restrictions** to complement local support.
- **[We Be Kids](#)** is a new initiative that has been developed in response to the Coronavirus outbreak and the impact it is having on family wellbeing. We Be Kids are providing **online inspiration for offline activities focused on Nature Art, Storytelling, Nature Activities, Yoga and Mindfulness**. There is usually a monthly subscription but members of the public who are suffering hardship that has led to a reduction in wellbeing can apply for a scholarship [click on the link](#).
- **[Young Minds](#)** provides lots of **tips, advice and guidance for young people to support their mental health** during the coronavirus pandemic.
- **NSPCC Learning** has pulled together **resources to help people who work with children support children's mental health** during the coronavirus outbreak. [Click on the link](#) to the webpage.
- The **NSPCC** has created a new webpage **with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health** or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control. [Click on the link](#).
- The **NSPCC Library and Information Service** has created a **reading list of books for children who are worried or anxious**. Contact learning@nspcc.org.uk or [click on the link](#) to the reading list.

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- NSPCC Learning has published a briefing providing an overview of the **main concerns that children and young people have been talking to Childline** counsellors about during the coronavirus pandemic. [Click on the link](#) to the briefing.
- 50 humanitarian organisations, including the World Health Organisation (WHO) and the United Nations High Commissioner for Refugees (UNHCR) have produced a **children's storybook to help children aged 6-11 cope with coronavirus**. The book 'My Hero is You' is available [online at this link](#) in different languages. Bury CLAS will also be adding it as a link from their website [at this link](#) – where you can also find guidance to coronavirus in different languages.
- [The RCPCH](#) Royal College of Paediatrics & Child Health has produced a poster to **encourage parents to seek medical help if their child is unwell or injured** due to increasing concerns that parents are fearful of taking their child to hospital or the GP due to the risk of them catching coronavirus. [Click on the link](#) to the poster and you can find additional resources for parents and carers [at this link](#).
- The [Anna Freud Centre](#) has made available **resources and information to support the mental health and wellbeing of children and their families** during the coronavirus crisis [at this link](#). This includes a [series of blogs](#) about children who are especially vulnerable.
- **Healthwatch Bury** has set up a Coronavirus Information page on its website [at this link](#).
- The **Bury Cancer Centre** can offer telephone support 0161 764 6609 <https://www.facebook.com/burycsc/>
- The **Samaritans** can be contacted at any time on their Freephone number 116 123. Their local branch number is 0330 094 5717 jo@samaritans.org
- The House of Commons Library has published a **research briefing on loneliness** looking at the Loneliness Strategy and including information relating to the impact of loneliness on young people and care leavers and the impact of the coronavirus pandemic on loneliness. [Click on the link](#).
- **Research in Practice (RiP)** has published a **blog along with access to resources** looking at key messages concerning loneliness and how they can be applied in social care practice. [Click on the link](#)
- The Centre for Mental Health has published a report looking at the **impact of the coronavirus crisis on mental health including children's mental health**. [Click on the link](#)

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- The National Infection Service (Public Health England) has produced an **e-storybook 'My Back to School Bubble'**. It aims to help children understand the new protective measures that may be in place at their school in an age appropriate way. It reinforces public health messages while reassuring children that everyone makes mistakes, helping to combat feelings of anxiety that have been reported by parents. The published story is available as a free download and can be found alongside other COVID-19 resources on the [e-Bug website](#)
- XenZone, a digital mental health provider, has released data from the Kooth mental health and wellbeing platform for children and young people showing the **mental health impacts of the coronavirus crisis on children and young people from Black, Asian and minority ethnic (BAME) backgrounds**. [Click on the link](#)
- On 8 September Public Health England launched **the next phase of Better Health – Every Mind Matters campaign – designed to support children and young people's mental wellbeing**. The campaign is aimed at parents, carers, teachers and young people themselves and will be delivered in partnership with the NHS and leading mental health and children's charities. The campaign will focus on supporting those who have been more negatively impacted by Covid-19 and those more likely to develop a mental health problem. [Click on the link](#) for more information and resources
- The National Youth Agency has published a **report on young people's mental and physical health and wellbeing in response to the coronavirus crisis**. [Click on the link](#)
- The **Children & Young People's Mental Health Coalition (CYPMHC) has published its first annual report**. The report finds that children are at risk of worsening mental health from a combination of the coronavirus pandemic and rising poverty and inequality. [Click on the link](#).
- The **Samaritans online package of resources called DEAL** (*Developing Emotional Awareness and Listening*) for teachers and other educational professionals is easily downloadable at: <https://www.samaritans.org/how-we-can-help/schools/deal/>. **DEAL** includes lesson plans, activities, hand-outs, digital resources, teachers' notes and staff training materials. It can all be accessed and downloaded at any time from [Samaritans website](#). It is designed to be easily delivered by teachers and is endorsed by the PSHE Association.
- The Co-SPACE study, part of the Emerging Minds research network, has published **'Changes in children & young people's mental health symptoms and 'caseness' during lockdown'** from a survey of 2,729 parents and carers in the UK who took part in both a baseline questionnaire and the first follow up questionnaire covering a one month period while the UK was in lockdown. [Click on the link](#) to the Findings

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7. SUPPORT FOR CHILDREN AND YOUNG PEOPLE WITH SPECIAL EDUCATION NEEDS AND DIFFICULTIES

- The Government has published [advice for parents and carers looking after children with special educational needs and disabilities](#) (SEND). 'Help children with SEND continue their education during coronavirus' [Click on the link](#).
- The [SEND Local Offer – Coronavirus](#) pages providing information about the SEND Local Offer during the Coronavirus pandemic
- [Bury SENDiass provides impartial confidential information](#) regarding education, health and social care to families where their child has or may have Special Education Needs. As schools are looking to reopen in September **families may have queries regarding the level of support and reasonable adjustments** that are able to be provided to ensure children can access the curriculum fully. Bury SENDiass are asking services to support families by sharing SENDiass details: bury.sendiass@barnardos.org.uk or ring 01706 769634 and a member of the team will make contact with the family as soon as possible. Please cascade this information across your networks so all communities are aware of the support available.
- Although its centre is closed [Bury2Gether](#) is contactable for families via email and social media. They are also sharing information from the government/local authority via our website and social media. Contact details are: website: www.bury2gether.co.uk Facebook page: www.facebook.com/BURY2GETHER Facebook group for parents/carers www.facebook.com/groups/Bury2Gether Email bury2gether@gmail.com
- Andy Smith, Advocate & Inclusion Ambassador in Children's Services has set up [weekly zoom meetings for SEND young people](#) where they can just have a chat, offer support to each other or just have a bit of fun! If people (professionals or parents) would like more information about this or other coronavirus related support, they can email Andy at Andrew.smith@bury.gov.uk.
- [Barnardos](#) have produced [ideas for keeping children entertained whilst working at home](#): [Click on the link](#)
- Studio 3 is running [free webinars every Tuesday about supporting people with challenging behaviour](#). You can find out more information and sign up at the following link: <https://www.studio3.org/free-webinars>

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- [The Enterprise Centre](#) (Naturally Enterprise Project) is providing **Outside Alternative Provision for those with SEN or Emotional need**. Students are being referred via school or SEN teams. For more information, e-mail alison@theenterprisecentre.co.uk
- Click on the link to the [NW SEND Network](#) for lots of useful information, including a newsletter, to support young people (0-25) and their families across the North West.
- [Bury Blind Society](#): staff are operational to provide services, **support and advice to anyone over the age of 16 with sight loss**. E-mail jill.logan@buryblindsociety.org
- The [National Deaf Children's Society \(NDCS\)](#) has published **information for parents, carers and families and information for professionals to support deaf children and young people** during the Coronavirus outbreak. [Click on the link](#).
- The [Challenging Behaviour Foundation](#) has produced information and booklets to help families of children/young people with severe learning difficulties during the coronavirus pandemic.
- [Pathways Associates](#) is producing a **daily vlog about the coronavirus for person with learning disabilities or autism** at home or work and they are struggling to understand what is happening or upset <http://pathwaysassociates.co.uk/self-advocates-and-families/news/coronavirus---daily-video-updates.html>
- [National Autistic Society](#) website has got lots of useful information about coronavirus, including [Resources & Tips for Autistic People and Families](#).
- [Respect for All](#) is a **counselling service for people with learning disabilities, autistic people, and their family members and carers**. To provide additional support over this period, they launched a **new telephone helpline** on 1st June - Monday to Saturday, 2 hours per day (24hr ansafone). The helpline will be staffed by trained and experienced counsellors and many will have lived experience of autism and learning disabilities and so can offer unique expertise. The helpline is free and open to all in Greater Manchester. Please [click on the link](#) for more information.
- Therapeutic Forest CIC is running **online sessions of foraging treasure hunts, virtual forest school and outdoor yoga every Saturday for SEND young people**. Find out more on their facebook page: <http://www.facebook.com/therapeuticforest>

8. DOMESTIC ABUSE AND VIOLENCE

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- The **Domestic Violence & Abuse** pages on Bury Directory provides updated information in the light of the coronavirus epidemic and the increased concerns around domestic abuse. [Please click on the link](#) for information, advice and support services.
- The Children's Commissioner for England has published a **policy briefing on domestic abuse and its effects on children**, particularly during the coronavirus pandemic. [Click on the link](#)
- The Home Office has launched a **public awareness raising campaign, #YouAreNotAlone**, to highlight that help is still available to anyone who is at risk of, or experiencing, domestic abuse. [Click on the link](#)
- The Home Office has published **guidance on getting help for domestic abuse during the coronavirus crisis for people without English as a first language**. The guidance is currently available in 15 languages. Please [click on the link](#) for translated assets in Arabic, Bengali, Farsi, French, Gujarati, Hindi, Italian, Mandarin, Polish, Punjabi, Romanian, Somali, Spanish, Tamil, Urdu and Welsh. English is available [at this link](#).

9. SAFEGUARDING

- **BISP (Bury Integrated Safeguarding Partnership) E-Learning Training Packages and Awareness Courses:** As all BISP face to face training has currently been suspended, the BISP Business Unit have updated the training pages of the website to include a wide selection of E-learning training packages and awareness courses that are aimed at practitioners across all disciplines. These can be found [here](#).
- **Safeguarding Children & Adults :** During the COVID-19 pandemic, professionals and volunteers may come into contact with individuals and families they haven't met before. If you see something, are told something or something doesn't feel right you need to report it. **For concerns with regard to children ring 0161 253 5678 (out of hours 253 6606). For adults ring 0161 253 5151 (out of hours 253 6606).** For more information go the [BISP website here](#).
- On the Bury Integrated Safeguarding Partnership (BISP) webpages ([click on the link](#)), you can find a **vlog and a document for professionals working with Child Neglect during Covid-19** by Jan Horwarth, Emeritus Professor of Child Welfare. Click on the links [to the Vlog](#) and [to the document](#) to the vlog.
- Mr Shapeshifter is a theatre production for 9-11 year olds aimed at protecting them from abuse and exploitation. An **online Home Learning Resource** built around the animated story is available for free at www.mrshapeshifter.com

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- **Thinkuknow** has published guidance for parents and carers to **support children who may be spending more time online at home** while they do their school work and socialise with friends. Suggestions to help parents keep children safe online include: chatting to find out how they use online technology and what it means to them; reminding children to report anything worrying, and how they can do this; and setting up or reviewing parental controls. [Click on the link.](#)
- The Children's Commissioner for England, in association with the privacy law firm Schillings, has produced a **digital safety and wellbeing kit for parents** and a **safety guide for children** to help keep children safe and well online during the coronavirus outbreak. Click on the links to the [Digital Safety & Wellbeing Kit](#) and the [Children's Guide to Staying Safe Online](#).
- **NSPCC Learning has published a coronavirus page** which pulls together a list of services and resources to support professionals' work with children, young people and families during the coronavirus pandemic. It includes information and advice on: undertaking remote teaching safely, the current UK government safeguarding guidance for schools; how to have difficult conversations with children; our online safeguarding training; and how to contact our information service. The page will be reviewed and updated regularly. [Click on the link.](#)
- **NetAware** is a website from NSPCC and O2 providing information about **how to keep children (and all of us) safe online**. They have reviewed the most popular social networks, apps and games and provide really useful tips. As we are all using social media now so much more to keep in touch and to work with children, please have a look at this website: [Click on the link](#)
- The Home Office has published advice and guidance to **help parents and carers keep children safe online during the coronavirus outbreak**. The guidance includes links to resources, including NSPCC resources, providing advice as well as information on: specific harms which children can experience online; child sexual abuse; radicalising content; sexting; age appropriate content; and suicide content. Includes links to services and resources, including Childline, which provide advice and support. [Click on the link](#) *Published on Gov.UK 14 April 2020*
- The Home Office, Public Health England, Dept for Digital, Culture, Media & Sport and Dept for Education have published **advice for parents and carers about keeping children safe from abuse and harm** at this time. It covers the risks that children may be particular vulnerable to at the moment and signposts help and support available. [Click on the link to the](#)
- The Council of Europe has created a webpage providing information on **how to protect children online during the coronavirus crisis**. Content includes: children's

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online safety in times of social distancing; talking to children about Covid-19; supporting teenagers; and parenting during the coronavirus crisis. [Click on the link](#)

- **The NSPCC helpline** has received £1.6 million in government funding to help people report concerns about vulnerable children. The NSPCC Helpline can be reached 24 hours a day by email, at help@nspcc.org.uk, or through its online reporting form on the main NSPCC website. Helpline practitioners can be contacted on 0808 800 5000 Monday to Friday 8am-10pm or 9am-6pm at the weekends.
- NSPCC Learning has published the annual '**How safe are our children?**' report which compiles and analyses data from across the UK to show the current child protection landscape. The 2020 report focuses on statistics relating to abuse perpetrated against adolescents and an overview of emerging data on the impact of the coronavirus pandemic on the safety of all children and young people in the UK. To read the report, [click on the link](#)

10.VOLUNTEERING AND FUNDING INFORMATION FOR VCF ORGANISATIONS

- **Help our Bury Community in COVID Crisis by Volunteering:** VCFA is working with Bury Council and Bury CCG to support local communities. By becoming a local volunteer, you can help to support those who need it most. To sign up click here - <https://www.buryvcfa.org.uk/volunteering/> or call BVCFA on 0161 518 5550. If you need help please call 0161 253 5353.
- [Click on the link](#) to the **VCFA** latest funding bulletin, including Covid-19 related funding.
- Bury VCFA (Voluntary Community & Faith Alliance) send out **weekly 'Covid-19 News & Updates'** for organisations across the voluntary, community and faith sector. For more information about VCFA and to register to receive updates, e-mail admin@buryvcfa.org.uk Click on this link to the VCFA website
- **Forever Manchester** has launched a **Community Support Fund** for grassroots community groups that are responding to the impact of Covid-19 by helping those most affected. Constituted community groups across Greater Manchester can apply for up to £1,000. [Click on the link](#) for more information.
- The Council has announced a "**Bury Covid19 Community Fund**" to address immediate need arising from the pandemic to support the health and wellbeing of local people. Funding must resource activity in relation to the Covid 19 response to meet the needs of vulnerable residents as directed by the Community Hubs and will not be provided for general food provision (which is funded by other means). Voluntary and community groups can apply for grants of up to £1000 to be

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spent before the end of September. [Click on the link](#) for more information and an application form.

- Children England - Charities Working for Children & Families has published the first in a series of briefings to share findings from intelligence-gathering from across the children's sector on **issues that professionals are seeing in the course of their work**. The first briefing looks at: reaching children and young people: guidance and information; and funding and the future. [Click on the link](#) to read the briefings.

11. BEREAVEMENT SUPPORT

- Click on the links to the following organisations that are providing updated **bereavement advice and information for children and families** in the light of Covid 19: the [Child Bereavement Network](#) and [Cruse Bereavement Care](#). For general advice click on the link to [NHS.UK website](#)
- The **GM Manchester Bereavement Service** has been launched, providing support to anyone within GM bereaved or affected by a death. Sites which offer support for children and young people experiencing bereavement are on the new website. [Click on the link.](#)
- The [National Children's Bureau \(NCB\)](#) has published a **blog offering advice on supporting children and young people who have experienced the death** of someone close to them and are facing particular challenges during the coronavirus pandemic, whether they were bereaved before the outbreak began or more recently. [Click on the link](#)
- **Winston's Wish is offering free online bereavement training.** The training is designed for schools, but also helpful for anyone who works with bereaved children. There are 2 sessions aimed at primary age and 2 aimed at secondary age. [Click on the link.](#)

12. ADDITIONAL INFORMATION AND LINKS

- **Victim Support** is providing telephone support as normal. E-mail: supportline@victimsupport.org.uk Telephone: 0161 200 1950

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- NSPCC Learning has pulled together **guidance to help anyone working with children and young people recruit safely** whilst observing social distancing guidance. The guidance covers: choosing the right candidate; vetting, disclosure and barring checks; and starting employment [Click on the link](#)
- **Victims of crime accessing information and support online during the coronavirus pandemic** can do **this without using up their mobile phone data**. Please [click on the link](#) for more information.
- The Childhood Trust has published a report looking at the **consequences of the coronavirus crisis on children and young people living in poverty in the UK**. [Click on the link](#)
- The Office for National Statistics (ONS) has published Indicators from the Opinions and Lifestyle Survey on the **impact of the coronavirus (COVID-19) pandemic on young people aged 16 to 29**. [Click on the link](#)
- The Children's Commissioner for England has published a **report examining the impact of the coronavirus crisis** in children and young people in areas including education, social care, health, youth justice, housing and family life. To read the report [click on the link](#)
- The South West Grid for Learning (SWGfL) has published a report looking at the **early evidence relating to expectations and effects of the coronavirus pandemic on children online**. [Click on the link](#)
- Europol has published a report looking at **online child sexual abuse during the coronavirus pandemic** across the European Union. [Click on the link](#)
- Message from Talat Afzal, Recycling & Sustainability: During this time of the coronavirus pandemic, we appreciate the challenges we are all facing in our work and personal lives. We want to try to be as proactive as we can be in providing **advice and information when it comes to waste and recycling** including during such challenging times. Therefore, our @recycleforbury Twitter account is available for everyone to follow, re-tweet and share. In order that we can get information out to users and into the borough, please can you all follow, re-tweet and share posts as well as asking your families, friends, colleagues, partner organisations, community organisations, contact lists... to do the same.

Your help and support with raising awareness and use of @recycleforbury would be most appreciated and welcomed.

- A new campaign, **My Wild Garden**, has been launched in Greater Manchester to help people reconnect with the wildlife in their garden and stay in touch with

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nature, particularly during this difficult time and while following current government guidelines. No matter whether you have a balcony, yard or back garden, The Wildlife Trusts and partners want to support over 5,000 people across Greater Manchester to care for and improve the natural environment. Visit <https://www.lancswt.org.uk/our-work/projects/my-wild-city> to find out more and for a FREE My Wild Garden booklet packed with useful tips and activities.

- During the coronavirus pandemic **Myplace** is running free, live, virtual Ecotherapy sessions to small groups, via a safe online meeting room platform. For more information click on the link: [Myplace](#) or contact 07738 102274 | E: myplace@lancswt.org.uk. *Myplace is an innovative ecotherapy project delivered by the Wildlife Trust for Lancashire, Manchester & North Merseyside in partnership with the Lancashire & South Cumbria NHS Foundation Trust. It empowers people and their communities to connect with local environments in order to learn new skills, build resilience and improve their physical health and mental wellbeing*
- The Government has issued guidance on caring for pets during the Coronavirus pandemic. [Click on the link.](#)
- LEAP, the Local Energy Advice Partnership that helps and advises **people who are struggling to pay energy bills** is now available for eligible families across Greater Manchester. For those eligible, this could include free replacement or fixing of broken boilers and free replacement white good service. Click on the link for more information: <https://applyforleap.org.uk/eligibility/> For anyone who is not eligible for the LEAP offer, e-mail energyworks@groundwork.org.uk 0800 090 3638 for advice.
- Water is being used far more than normal as many families are now at home all week and water plays a critical role in combating Coronavirus through more hand washing and cleaning. [Click on the link](#) to **United Utilities website** for information about **how to reduce water usage** and resources to **help children find out all about the water cycle as well as fun things to do and colour** whilst they are at home. There is also lots of support available for **customers who may be struggling financially as well as a free Priority Service** scheme to provide additional support for customers due to age, disability or illness