

Signposting for teachers, parents, and children and young people who may be more vulnerable during this time of school closures and social isolation.

Children who are:	Risks or concerns	Available advice and support
General Advice for All	<p>At this time it is recognised that:</p> <ul style="list-style-type: none"> • all children and young people could be vulnerable or at risk due to the impact of COVID 19 • parents could be under stress and strain due to concerns about their own or their families health, the impact of lockdown and restrictions on movement, their children being at home all of the time, supporting their child's learning, potential financial concerns etc. • practitioners could have health concerns themselves, be parents or have concerns about their wider families, and are working in unfamiliar ways in unprecedented circumstances. 	<p>General advice for:</p> <p>Pupils</p> <ul style="list-style-type: none"> • Childline • Young Scot / Young Scot North Lanarkshire <p>Parents</p> <ul style="list-style-type: none"> • NHS Inform • Parentclub • Parenting Across Scotland – Info for Parents/Carers • Free online resources for learning at home (includes ASN) • Solihull Understanding Your Child's Behaviour/Understanding Your Teenager's Brain free online course: www.inourplace.co.uk, Access code: LANERCH3 <p>Practitioners</p> <ul style="list-style-type: none"> • Health Protection Scotland – Advice and guidance • COVID-19 Supplementary National Child Protection Guidance • Advice: Teacher resilience during coronavirus school closures • Association of Scottish Principle Educational Psychologists - Resources • Coronavirus (Scotland) Bill: Child rights and wellbeing impact assessment • Education Endowment Fund Teaching and Learning Toolkit <p>Local Contacts</p> <ul style="list-style-type: none"> • Education Managers • North Area - M Hunter/A Henry: hunterma@northlan.gov.uk or henryal@northlan.gov.uk

			<ul style="list-style-type: none"> • Central Area - J Cahill/J McCrone/P O'Neill: cahilljac@northlan.gov.uk or McCroneJ@northlan.gov.uk or oneillpauline@northlan.gov.uk • South Area - B Duffy/J Woodward: DuffyB@northlan.gov.uk or WoodwardJ@northlan.gov.uk • Psychological Service • Nancy Ferguson, Principal Psychologist: FergusonN@northlan.gov.uk • Margaret Nash, Depute Principal Psychologist (South): NashMa@northlan.gov.uk • Catherine Cruickshank, Depute Principal Psychologist (Central): CruickshankC@northlan.gov.uk • Nicola Robertson, Depute Principal Psychologist (North): RobertsonN@northlan.gov.uk • CLD • NLC Community Learning & Development (CLD@northlan.gov.uk) – Liz Fergus / David Young • Adult Learning – Eleanor Rafferty • Family Learning & Parenting – Emma Deans • Youth Work – June Ford • Early Years • Jennifer O'Hara – Early Learning & Childcare Manager: oharaj2@northlan.gov.uk • Louise Smith – Assistant Early Learning & Childcare Manager: smithl@northlan.gov.uk • Laura Peat – Early Learning & Childcare Quality Officer: peatl@northlan.gov.uk • Cheryl Valentine – Early Learning & Childcare Quality Officer: valentinec@northlan.gov.uk • Social Work • Airdrie: 01236 757 000 • Bellshill: 01698 346 666
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Poverty	<ul style="list-style-type: none"> • affected by poverty or deprivation 	<ul style="list-style-type: none"> • financial concerns and impact on the care and welfare of children (ability to provide meals, hygiene products, housing, etc.); • Lack of access to suitable learning resources, including online learning (connectivity/devices); • Low parental confidence to support home learning • Attainment/achievement/skills gap widening; • Strain on or breakdown of relationships; • No/limited access to play environment, safe space, trusted adults and/or other resilient social relationships, targeted supports normally provided at school (increased risk of behavioural and emotional issues developing) • Potential for wellbeing and safety issues developing or increasing due to additional pressure on family. 	<p>Advice for:</p> <p>Pupils</p> <ul style="list-style-type: none"> • CYP's Commissioner – Rights advice <p>Parents</p> <ul style="list-style-type: none"> • Citizen Advice – Money Talk Team (Scotland) • Ask Child Poverty Action Group – Benefits • Home Energy Scotland <p>Practitioners</p> <ul style="list-style-type: none"> • ES – CLD, Poverty and Social Justice Wakelet <p>Local Contacts</p> <ul style="list-style-type: none"> • Financial Inclusion Team – Phone: 01698 332551. • NLC Tackling Poverty Strategy • NLC Child Poverty Action Report, 2019: https://www.northlanarkshire.gov.uk/CHttpHandler.ashx?id=23441&p=0 • Cumbernauld Resilience Group - provides assistance with shopping, collecting medicines, household emergencies as well as support families who suddenly find themselves homeless. Twitter: @CumbernauldRes1 • NLC Community Learning & Development Locality Offices:

			<ul style="list-style-type: none"> • Airdrie, Bellshill, Coatbridge, Motherwell, North (Including Cumbernauld, Kilsyth & Northern Corridor), Wishaw / Shotts
Looked After	<ul style="list-style-type: none"> • looked after at home 	<ul style="list-style-type: none"> • strain on or breakdown of relationships • strain due to financial/employment instability of primary carer • lack of confidence/capacity of parent to support wellbeing/education of child • lack of parental control and ability to ensure YP self-isolates/stays in • child protection issues • worry about upcoming Children’s Hearing 	<p>General Advice for all re. looked after issues:</p> <p>Local Contacts</p> <ul style="list-style-type: none"> • www.whocaresscotland.org NL local office: 01698657877 • SCRA: Coronavirus and your Hearing • Virtual School • Mary Jane Hunter: VirtualSchool@northlan.gov.uk, Phone: 01698 332045
	<ul style="list-style-type: none"> • in kinship or foster care 	<ul style="list-style-type: none"> • strain on or breakdown of relationships • strain due to financial/employment instability of primary carer • breakdown of placement • lack of carer’s control and ability to ensure YP self-isolates/stays in • lack of confidence/capacity of carer to support wellbeing/education of child • worry about upcoming Children’s Hearing 	<p>Specific advice for Kinship and Foster carers</p> <ul style="list-style-type: none"> • Fosterline • Kinship Care Scotland • www.thefosteringnetwork.org.uk/covid-19-support-foster-carers • NL Carers Centre

	<ul style="list-style-type: none"> • in a residential unit or school • in a secure care facility 	<ul style="list-style-type: none"> • group living - higher risk of social contact and spread of virus • loss of placement due to unit closure (for financial reasons or due to virus) • strain on or breakdown of relationships • lack of stability and unit unsettled due to high staff absence • high levels of anxiety in staff and CYP • increased risk of mental health issues such as self-harming and professional support for this • worry about upcoming Children’s Hearing • breakdown of placement • above points plus • increased risk of seclusion (due to illness or lack of staff to safely supervise social time) 	<p>Advice for Care Services</p> <ul style="list-style-type: none"> • Care Inspectorate: Covid 19 Information for care services
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Leavers</p>	<ul style="list-style-type: none"> • June school leavers 	<ul style="list-style-type: none"> • anxiety about lack of evidence for true assessment of levels due to previous absence or poor performance • pupils studying at N3/4 level – no prelims or potentially coursework due to absence • worry that pupils will leave school without entrance requirements for College in September 	<p>Advice:</p> <ul style="list-style-type: none"> • SQA website for guidance about exams/coursework • Scottish Transition Forum https://scottishtransitions.org.uk/ • ILF Transition Fund https://ilf.scot/transition-fund/ • Skills Development Scotland www.skillsdevelopmentscotland.co.uk • Supporting You at College: A guide for people with additional support needs in Scotland’s colleges: https://www2.gov.scot/Resource/0050/00505197.pdf: <p>Local Contacts</p> <ul style="list-style-type: none"> • Transition Planning on the Making Life Easier North Lanarkshire website https://www.makinglifeeasier.org.uk/AdviceCatalogue/Through-education-and-beyond • New College Lanarkshire http://www.nclanarkshire.ac.uk/

			<ul style="list-style-type: none"> • Remploy and Fair Start Scotland https://www.remploy.co.uk/about-us/current-programmes/employment-support-scotland • Routes to Work https://www.routestowork.co.uk/ • NLC Employability Services / North Lanarkshire's Working
Young Carers	<ul style="list-style-type: none"> • young carers 	<ul style="list-style-type: none"> • full time caring responsibilities may increase levels of stress over time • lack of confidence/capacity of parent to support wellbeing/education of child • lack of practical support for care of parent/sibling • at risk of anxiety/mental health issues (see below) • anxiety about lack of qualifications due to absence or poor performance due to effect of caring responsibilities • lack of connection with or ability to review carer's statement 	<p>Advice for:</p> <p>Young Carer's:</p> <ul style="list-style-type: none"> • Young Scot (NB. Young Carer's Grants available) <p>Teachers/Parents/Young Carer's:</p> <ul style="list-style-type: none"> • Supporting Young Carers in Education • Carer's Trust <p>Unpaid carers</p> <ul style="list-style-type: none"> • Scottish Government advice about Covid-19 <p>Local Contacts</p> <ul style="list-style-type: none"> • Action for Children NL Young Carers Project: 01698 258801 • http://www.northlanarkshireyoungcarers.org/ • North Lanarkshire Carers Together. Website: www.carerstogether.org, phone: 01698 404055, email: enquiries@carerstogether.org
Anxiety and Mental Health	<ul style="list-style-type: none"> • anxious or affected by mental health issues 	<ul style="list-style-type: none"> • raised anxiety leading to distressed behaviours, such as, withdrawal, risk taking, self-harming... • lack of access to protective factors, such as, familiar places, people, routines... • lack of confidence or capacity of parents/carers to support their child or young person with their anxiety/mental health or the resulting behaviour 	<p>Advice for:</p> <ul style="list-style-type: none"> • Coronavirus (COVID-19) information specifically for children • ES- Mental Wellbeing Wakelet • Breathing Space : Helpline 0800 83 85 87 • Stress control: http://stresscontrol.org • Elament: www.elament.org.uk. <p>Young People</p> <ul style="list-style-type: none"> • Reach: My Learning and Support during Coronavirus • Young minds - 24/7 text support – Text YM to 85258

		<ul style="list-style-type: none"> • increase in anxiety or regression in mental health as isolation period progresses 	<ul style="list-style-type: none"> • Mind for better mental health Helpline 0300 123 3393 • Young Scot Covid 19 • Papyrus Hopeline - Focus on prevention of young suicides. Phone: 0800 0684141 <p>Parents/carers</p> <ul style="list-style-type: none"> • NSPCC – Helpline 0808 800 5000 • Young Minds Helpline for Parents 0808 802 5544 • Scottish Attachment in Action <p>Local Contacts</p> <ul style="list-style-type: none"> • CAMHS Advice line - offers support to families and referrers, answers any queries, sign posts to appropriate resources or other CAMHS hubs (staffed Monday to Friday 9am-5pm): 01236 703010 • CAMHS hubs: • Coatbridge/Airdrie/Cumbernauld: 01236 707774 • Motherwell/Wishaw/Bellshill /Hamilton/Clydesdale: 01698 269651 • East Kilbride/Rutherglen/Cambuslang: 0141 232 4520 • CAMHS teams with specific functions - CAYP team, Reach Out Team, Early Intervention 0-12 and 12-18: 01236 703010 • Educational Psychology: advice/phone consultation regarding the stresses that can be felt by children and young people at this time: 01236 812380 • The Public Distress Covid-19 Helpline: aims to offer advice and guidance to any members of the public in Lanarkshire who are experiencing distress and anxiety during the Covid-19 outbreak. Phone: 01698 687 567 (weekdays from 8am-4pm)
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Domestic Abuse</p>	<ul style="list-style-type: none"> affected by domestic abuse 	<ul style="list-style-type: none"> feeling unsafe (less time in places of safety – nursery/school) increased anxiety due to more time spent at home increased risk of abuse 	<p>Advice for women and children: Scottish Women’s Aid -Helpline 0800 027 1234 Shakti Women’s Aid - Support for women from BME communities Rape Crisis Scotland - Helpline 0808 801 0302 Childline – Helpline for children</p> <p>Local Contacts</p> <ul style="list-style-type: none"> Monklands Womens Aid: 01236 432061, info@monklandswomensaid.org.uk North Lanarkshire Womens Aid: 01236 730992, nlwaid@aol.com Motherwell and District Womens Aid: 01698 321000, , info@mdwa.org.uk Lanarkshire Rape Crisis Centre: 01698 527003, support@lanrcc.org.uk
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Disability or Complex Additional Support Needs</p>	<ul style="list-style-type: none"> complex ASNs 	<ul style="list-style-type: none"> strain on or breakdown of relationships strain due to financial/employment instability of primary carer reduced contact with services to support care routines, moving and handling and/or postural management health and/or wellbeing concerns due to prolonged or reduced access to specialist equipment or support lack of appropriate resources for learning at home. For example, sensory based resources. 	<p>Advice for all:</p> <ul style="list-style-type: none"> UK Government list of free online ASN resources and Apps for learning at home Autism Toolbox – new Covid 19 information page British Academy of Childhood Disability – Resources CALL Scotland – symbol and sensory resources ENABLE Examples of Fact sheets for disabled people ENQUIRE: General advice - ASL Mencap – ‘Involve Me’ booklet – decision making and PMLD PAMIS –Support for CYP with PMLD and their carers/parents The Sensory Projects - COVID 19 educational resources ES – Additional Support Needs - Resources ES – Complex Needs Resources for learning at home www.bbc.co.uk/bitesize - Parents’ Toolkit: SEND. Learning resources for children with ASN, including sensory impairment

- Down's Syndrome Scotland <https://www.dsscotland.org.uk/>
- Health and Social Care Alliance Scotland <https://www.alliance-scotland.org.uk/>
- Dyslexia Scotland <https://www.dyslexiascotland.org.uk/>
- Equal Futures <http://www.equalfutures.org.uk/>
- Sleep Scotland <https://www.sleepscotland.org/>
- Family Fund <https://www.familyfund.org.uk/>
- Disability Grants <https://www.disability-grants.org/>
- Self-isolation Activities <https://www.disability-grants.org/self-isolation-activities.html>
- Grant Search Turn2Us <https://grants-search.turn2us.org.uk/>

Local Contacts

- HOPE for Autism, counselling and support service for children with Autism and their families. Contact - Carol Russell. Office: 01236-779191, Email: HOPE@hopeforautism.org.uk
- Jack and Jill Support Group, community based support group for children with additional needs and their families. Contact - Tracey Fleming, e-mail: jackandjillbellshill@gmail.com.
- North Lanarkshire Disability Forum <https://nldforum.org.uk/>
- Lead Scotland (Linking Education and Disability) Website – www.lead.org.uk
- North Lanarkshire Advocacy – Provide advocacy to adults (from 16 years) with a disability who live in the North Lanarkshire area and who have an SDS budget through Social Work Services: www.equalsay.org

<ul style="list-style-type: none"> deaf 	<ul style="list-style-type: none"> deaf parents may find home-schooling difficult if BSL rather than English is their first language limited access to information and online learning suitable for deaf learners (or parents) lack of ongoing mentoring/advocacy support as deaf learners often need face to face support lack of targeted information in BSL 	<p>Advice for Parents and Children and Young People</p> <ul style="list-style-type: none"> BSL video with Coronavirus (COVID-19) guidance BSL glossary of subject terms BSL - Coronavirus (COVID-19) Social Distancing You Tube BSL users access to the online British Sign Language video relay interpreting service (VRS) 24 / 7 British Deaf Association Mentoring Officer Email: mentorscot.drp@bda.org.uk British Deaf Association: www.bda.org.uk. Includes BSL videos with tips for pupils on transitions, Covid-19 and also regional news SENSE Scotland - advisory@sensescotland.org.uk Action on Hearing Loss – information@hearingloss.org.uk Phone: 0808 808 0123, Text/phone: 0808 808 9000 Deaf Roots and Pride Project, peer mentoring and advocacy for deaf children and young people, aged 8-20 years across the central belt. Contact: James Barnes Miller, Mobile 07814675589, Email mentorscot.drp@bda.org.uk. National deaf children’s society: www.ndcs.org.uk. Resources to support deaf children and their families including coronavirus information videos in BSL, and link to NHS 111 for BSL users as well as blogs shared by families British Association of Teachers of the Deaf www.Batod.org.uk Museums have online learning resources which could be accessible to deaf children: https://www.nhm.ac.uk/schools/teaching-resources.html <p>Local Contacts</p> <ul style="list-style-type: none"> West Scotland Deaf Children’s Society - supporting families and deaf children. Website: www.wsdcs.org.uk. Email: admin@wsdcs.org.uk. Phone: Carol or Iain on 07713 994 122 or text Charlene on 07713 994 090.
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<ul style="list-style-type: none"> • vision impairment 		<ul style="list-style-type: none"> • lack of accessible information • lack of advice around safe sight guiding and social distancing • reduced access to physical activity • reduced access to accessible learning resources (including books) • parents overwhelmed by or lack confidence with home learning, for example, using online resources or braille 	<p>Advice for Parents, Carers and Children:</p> <ul style="list-style-type: none"> • RNIB Email cypfscotland@rnib.org.uk Phone 0303 123 9999 • Video in child friendly language and does not rely on visual information • Sight Advice FAQ – How to guide safely & social distancing • Look UK – fitness videos. • Supernova - Trial free access to Magnifier/Screen Reader • Audible - free audio books to children • National Accessible Library – free downloadable books • Oxford Owl - free ebooks for children 3 – 11 (can be narrated) • Perkins School for the Blind - stay-at-home activities • Learn Unified English Braille (UEB) online • Humanware - support for IT products via webinars: • LearnVISIBILITY Scotland – Clare.sweeney@visibility.org.uk, Phone: 07776527498 • Triple Tap Tech – Advice, Help, Support with technology – Tel Helpline 07494706190 • VINCYP - www.vincyp.scot.nhs.uk • Guide Dogs for the Blind - www.guidedogs.org.uk/services-we-provide/education-support • VICTA - mailto:admin@victa.org.uk