

## Peer Support Network round-up

1<sup>st</sup> July 2020

Here are some up-to-date resources gathered this week by our network, Project Art Works staff and volunteers to support you.

### Employing PAs webinar

As part of this webinar, Miro Griffiths who is currently shielding and employs his own PAs shared how he is managing his team to minimise risk of infection.

Some tips Miro gave were to:

- Keep a consistent rota
- Use a traffic light system for identifying risk posed by a particular PA providing support
- Have a separate change of clothing for PAs to change into in your home

You can view the full webinar which includes information from Skills for Care and employment advice from ACAS here: <https://www.youtube.com/watch?v=srGNNBGDZpA>

### Guidance for visiting a family member in residential care

Care England statement on visiting a family member in a care home including a risk-based decision-making tool and flow chart.

<https://careprovideralliance.org.uk/assets/pdfs/Care-England-statement-on-visitation-to-LD-services-Final.pdf>

### Rights and responsibilities of visitor and care provider produced by The Care Provider Alliance

This protocol has been produced following understandable calls from residents, friends and families, providers and staff to enable visiting to residential homes after a long and protracted period of 'lockdown', in line with changes within the wider community. It has been produced in response to this request from some very practical help.

[https://careprovideralliance.org.uk/coronavirus-visitors-protocol?\\_cldee=aGVsZW5AcHJvamVjdGFydHdvcmVzLm9yZW==&recipientid=contact-821ada9ea912ea1180e0005056877cb9-6f819598653d4516afdcf6d5f21a4e8c&esid=72752a71-c0b6-ea11-80e0-005056877cb9#principles-for-considering-how-to-enable-visitors-to-care-settings](https://careprovideralliance.org.uk/coronavirus-visitors-protocol?_cldee=aGVsZW5AcHJvamVjdGFydHdvcmVzLm9yZW==&recipientid=contact-821ada9ea912ea1180e0005056877cb9-6f819598653d4516afdcf6d5f21a4e8c&esid=72752a71-c0b6-ea11-80e0-005056877cb9#principles-for-considering-how-to-enable-visitors-to-care-settings)

### Face coverings update

Useful overview of current guidelines for use:

<https://your.eastsussex.gov.uk/2020/05/26/lets-talk-face-coverings/>

A poster to instruct safe and correct usage of Fluid Repellent Surgical Masks (FRSM) for your support team: [click to download the poster](#)

Easy read guide to face coverings produced by Mencap

<https://www.mencap.org.uk/sites/default/files/2020-06/Wearing%20a%20face%20covering%20in%20England%20190620.pdf>

## **Easy read guide to COVID—19 (Coronavirus) and your wellbeing**

Developed by East Sussex Learning Disability Partnership board made with photo symbols  
<https://amazesussex.org.uk/wp-content/uploads/2020/04/COVID-19-Coronavirus-Wellbeing-Easy-Read-Guide-Final.pdf>

## **EHCP update**

Emergency powers to relax EPHC plans delivery has been extended. Further information can be found here: <https://www.cypnow.co.uk/news/article/emergency-changes-to-ehc-plans-extended-for-second-time>

This article highlights that if support from an EHCP is not provided this may impact on a child's transition back to education after a period of being at home.

SEND Covid-19 webinar covering the key legal duties for young people aged 0 – 17

<https://youtu.be/A0WlIRKswww>

SEND Covid-19 Webinar covering the key legal duties for young people aged 18 to 25

<https://youtu.be/qgKnwI3c8cQ>

## **Wellbeing & Activities**

### **Free online craft workshops**

Creative resources to support your individual acts of courage during the current crisis from Craftspace and artist Alinah Azadeh.

<https://craftspace.co.uk/craft-in-common/>

### **Virtual events with the Science Museum**

These events have come on recommendation from a Peer Network mum who has attend Science Museum SEN events and 'Lates' in the past and rates them.

<https://www.sciencemuseum.org.uk>

### **Oska Bites – online film festival**

Launching on the 2nd July, Oska Bites will challenge perceptions of who can create, and star in amazing films. All the films are made by, or feature in lead roles, people with learning disabilities, autism or Asperger's.

<https://oskabright.org>

## **Help and Support services**

### **Respond Family Support Service**

This service supports family members of people with learning disabilities, autism or both who have experienced loss, harm or institutional abuse.

<https://respond.org.uk/family-support-service/>

### **Family Carer Support Service**

Hft's Family Carer Support Service (FCSS) is a free national support service for parent carers and family carers who have a relative aged 16 or over with a learning disability, autism or both. Support is available to all family carers, whether or not their relative is supported by Hft.

<https://www.hft.org.uk/our-services/family-carer-support-service/contact-family-carer-support-service/>

**Challenging Behaviour Foundation**

The CBF continue to publish up-to-date guidance and template letters to support you and have helpline for family carers

<https://www.challengingbehaviour.org.uk/information/covid19information.html>