**To help support families during the coronavirus crisis, we have gathered as much information and as many helpful resources as we can onto this page.**

This page includes links to –

– official government advice

– resources from DCP organisations

– resources relating to particular conditions

– regional specific resources

– helplines and other sources of advice and guidance

This page will develop over time as advice and resources are developed; and as you tell us what you would like more information about.

If you have any comments on this page, please email disabledchildrens.partnership@mencap.org.uk

If you know of any further resources you would like to see here, please email both disabledchildrens.partnership@org.uk and CDCResources@ncb.org.uk

If you have any questions for government, please email CDCQuestions@ncb.org.uk.  The Council for Disabled Children will be collating these questions and sending them to the Government.  They will also be publishing a weekly “Frequently Asked Questions” newsflash. Sign up for the newsflash [here](https://councilfordisabledchildren.org.uk/about/subscribe-newsletter).

**Official government advice**

The government has published a range of advice for families; for schools; and for local authorities.  The Council for Disabled Children have pulled together the key guidance [here](https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance).

**Resources, information and ideas for activities**

[Advice from Contact,](https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/) including on health, education and benefits.

[Advice and support](https://www.scope.org.uk/advice-and-support/coronavirus/) from Scope.

[Advice and support](https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19) from Mencap, including an Easy Read Guide.

[A collection of information and support](https://www.sense.org.uk/get-support/information-and-advice/accessible-information-on-coronavirus/) from Sense in a range of accessible formats, including British Sign Language and Easy Read.

[Information about grants](https://www.familyfund.org.uk/FAQs/how-do-we-apply) for families from the Family Fund.

[Special Needs Jungle](https://www.specialneedsjungle.com/latest-coronavirus-information-relevant-for-send-families/) latest coronavirus information.

[Coronavirus and the SEND Law](https://www.specialneedsjungle.com/send-info/coronavirus-and-send-law/), including a collated e-book, from lawyer Hayley Mason on Special Needs Jungle.

[Advice to support people to stay well when socially distancing](https://www.rcot.co.uk/staying-well-when-social-distancing) and for families to support their children from the Royal College of Occupational Therapists

[30 day challenge](https://twitter.com/swingsandsmiles) – easy to do activities with the kids every day, including videos and live sessions – from Swings and Smiles.

[Swings and Smiles blog](https://www.swingsandsmiles.co.uk/blog/how-to-look-after-your-mental-health-during-the-coronavirus-outbreak) on mental health for parents.

Information from Sibs for [parents of young siblings,](https://www.sibs.org.uk/supporting-young-siblings/parents/information-for-parents-of-young-siblings-and-the-coronavirus/) along with a [mini-blog for siblings of disabled children](https://www.youngsibs.org.uk/siblings-and-staying-at-home) staying at home

[Inclusive play toolkit](https://www.sense.org.uk/get-support/support-for-children/play-toolkits/) and a YouTube video with [ideas for fun activities](https://youtu.be/Lbp9K1BXLn4) whilst staying at home, from Sense.

[Ten ways](https://www.wellchild.org.uk/2020/03/18/ten-ways-to-keep-my-child-with-complex-health-needs-safe/) to keep my child with complex health needs safe, from WellChild.

[How to talk to children](https://ican.org.uk/a-message-to-our-supporters-on-coronavirus/how-to-talk-to-children-about-coronavirus/) about coronavirus, and some activities for toddlers and young children, from I CAN, the Children’s Communication Charity.

[A range of resources](https://disability-challengers.org/useful-resources-at-home), including a social story about coronavirus and a visual timetable, plus other links, from Challengers.

Activity videos from the KIDS early years team – [how to make play dough](https://www.youtube.com/watch?v=D9b5u7EvrnQ); and story time [(The Tiger Who Came to Tea](https://www.youtube.com/watch?v=J0THEtO-I_E) and [Bedtime Story)](https://www.youtube.com/watch?v=PnGXQ2KqYik)

[Home learning resources](https://www.specialneedsjungle.com/distance-education-resources-for-children-and-young-people-with-send/) from Special Needs Jungle.

[Home learning resources](https://sites.google.com/bridgend.ac.uk/alnhomeschool) from ALN Home Learning.

[Resources and activities](https://www.dingley.org.uk/covid-19-response/) for families of children with SEND in the early years to use at home, created by early years professionals from Dingley’s Promise.

**Condition specific advice**

[Q&A for families](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.togetherforshortlives.org.uk%2Fget-support%2Fsupporting-you%2Ffamily-resources%2Fcoronavirus-qa%2F&data=02%7C01%7C%7C0f86f315eca24cbf071608d7d6d91eed%7Ced4dd050e39e4e0ea9994097f9afb165%7C0%7C0%7C637214100346757318&sdata=40ziQNugZzic%2Fqu4zvva2Jc78APHlHd8ERs82HXvoKw%3D&reserved=0) caring for seriously ill children – and also [top tips](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.togetherforshortlives.org.uk%2Fchanging-lives%2Fsupporting-care-professionals%2Fintroduction-childrens-palliative-care%2Fcoronavirus-top-tips-for-professionals%2F&data=02%7C01%7C%7C0f86f315eca24cbf071608d7d6d91eed%7Ced4dd050e39e4e0ea9994097f9afb165%7C0%7C0%7C637214100346757318&sdata=kfzvTOlUb0YitCqN%2BHSVGRw0hKDXsoAFmG3j2eGmmdk%3D&reserved=0) for professionals – from Together for Short Lives.

[Information and resources from Rett UK](https://www.rettuk.org/covid19/) for families supporting someone with Rett syndrome – but also suitable for other people with complex needs – including communication resources; home schooling tips and families activities.

[Information and advice for autistic people](https://www.autism.org.uk/services/helplines/coronavirus.aspx) and their families from the National Autistic Society.

[Tips for young people](https://www.ambitiousaboutautism.org.uk/sites/default/files/tips-for-autistic-young-people-on-managing-health-anxiety-and-self-isolation.pdf) and [tips for families](https://www.ambitiousaboutautism.org.uk/sites/default/files/tips-for-autistic-young-people-on-managing-health-anxiety-and-self-isolation.pdf) on managing health anxiety and isolation from Ambitious About Autism (pdf files)

[Information for families of deaf children](https://www.ndcs.org.uk/covid-19-coronavirus-support-for-deaf-children/), from NDCS.

[Information for young people with epilepsy](https://www.youngepilepsy.org.uk/covid-19-information.html), from Young Epilepsy.

[Advice and resources for families of children and young people affected by a brain injury](https://www.braininjuryhub.co.uk/news/coronavirus-useful-resources-and-support), from The Children’s Trust.

[Information for people with sight loss](https://www.guidedogs.org.uk/coronavirus), from Guide Dogs.

[Tips for staying at home](https://www.fragilex.org.uk/post/we-re-all-at-home-help), from the Fragile X Society.

[Information from Spinal Muscular Atrophy UK](https://smauk.org.uk/coping-with-covid-19-advice-tips-guidance) for families affected by SMA, including advice and support from leading neuromuscular experts; tips for mental health and wellbeing; and ideas for keeping entertained at home

[Information and resources](https://www.downs-syndrome.org.uk/coronavirus-covid-19/) for people who have Down’s Syndrome and their parents/carers, from the Down Syndrome Association.

**Regional/Local advice**

All local areas have SEND Information and Advice Services – [find yours here](https://councilfordisabledchildren.org.uk/information-advice-and-support-services-network).

[Search for organisations](https://carers.org/search/network-partners?postcode=) that support unpaid carers in your area; from Carer’s Trust.

[Interactive map](https://covidmutualaid.org/) of local mutual aid groups

[Making national guidance relevant for families](https://amazesussex.org.uk/coronavirus-faqs-for-parent-carers-of-children-with-send-in-east-sussex/) in East Sussex, Brighton and Hove – from Amaze.  Also from Amaze, [ideas on spending time indoors.](https://www.compasscard.org.uk/news-and-events/leisure-learning-and-lock-down/https%3A/www.compasscard.org.uk/news-and-events/leisure-learning-and-lock-down/https%3A/www.compasscard.org.uk/news-and-evenhttps%3A/www.compasscard.org.uk/news-and-events/leisure-learning-and-lock-down/)

[SNAP’s Coronavirus Family Guide](https://www.snapcharity.org/coronavirus-family-guide/), particularly for families living in Essex.

**Helplines etc**

A number of Disabled Children’ Partnership organisations run on-line and telephone helplines; and on-line communities.

[Contact helpline](https://contact.org.uk/advice-and-support/our-helpline/) – **0808 808 3555**

[Together for Short Lives Family Helpline](https://www.togetherforshortlives.org.uk/get-support/supporting-you/helpline/) for families caring for seriously ill children – **0808 8088 100**

[Mencap helpline](https://www.mencap.org.uk/mencapdirect) and [on-line community](https://www.mencap.org.uk/mencapdirect).

[Scope helpline](https://www.scope.org.uk/helpline/) and “[coffee lounge](https://community.scope.org.uk/categories/coffee-lounge?_ga=2.215014103.1735782898.1585809532-203051688.1585809532)“.

[Moderated chat forum for siblings aged 7 to 17](https://www.youngsibs.org.uk/login-register/) from Sibs.

[I CAN’s Enquiry line](https://ican.org.uk/enquiry-line/) for questions about a child’s speech and language development; open Monday, Tuesday and Wednesday, 9:30am to 4:30pm on 020 7843 2544

**Other legal info**

* [Privacy Policy](https://disabledchildrenspartnership.org.uk/privacy-policy/)
* [Terms & Conditions](https://disabledchildrenspartnership.org.uk/terms-conditions/)
* [Cookies](https://disabledchildrenspartnership.org.uk/cookies/)

The Disabled Children’s Partnership (DCP) is a growing coalition of more than 70 charities who have joined forces, working closely in partnership with parents, to campaign for improved health and social care for disabled children, young people and their families.

Quick Links

* [Home](https://disabledchildrenspartnership.org.uk/)
* [About Us](https://disabledchildrenspartnership.org.uk/about-us/)
* [Secret Life of Us](https://disabledchildrenspartnership.org.uk/secret-life-of-us/)
* [Sign Up](http://e-activist.com/ea-action/action?ea.client.id=78&ea.campaign.id=71897)

Legal

* [Privacy Policy](https://disabledchildrenspartnership.org.uk/privacy-policy/)
* [Terms & Conditions](https://disabledchildrenspartnership.org.uk/terms-conditions/)
* [Cookies](https://disabledchildrenspartnership.org.uk/cookies/)

Get in touch

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