

London Borough of Waltham Forest – Services to Access during COVID-19 restrictions

Medical needs

If your child has complex medical needs, and you have concerns about matters that are usually dealt with by the special school/child Development or Community Children's nurses, please contact the nursing team at Wood Street Health Centre directly on:
0208 430 7930 and messages can be left

Vulnerable children vs Children who need to shield

A child may be vulnerable because they have some medical needs e.g. asthma or epilepsy, but they may not be required to shield. If they need to shield they will be getting a letter from their consultant or GP, and this is only a small number of children.

Financial Concerns

If you are having an financial concerns please refer to the Waltham Forest website - <https://walthamforest.gov.uk> and go to COVID: advice and guidance financial assistance for residents, and Local Welfare Assistance (LWA)

Respite and support

Please see the below website link for suggestions on the Local Offer

<https://www.walthamforest.gov.uk/content/staying-home-activities-and-resources>

Mental health Advice

Waltham Forest CAMHS service

- The CAMH's service is providing a telephone/virtual based service.
- The service is also providing advice, signposting and support material. There are cancellation / postponement of all non-critical face to face appointments, at present, this includes Autism and ADHD new assessments
- If patients or professionals need support in this period, they can contact the duty service on 03005551247, between 9-5 and Mental Health Direct 03005551000 outside of these hours.

In addition, IAPT services are also available for parents that have MH concerns which may be exacerbated by worrying over their children in these times. Parent's can self-refer to Waltham Forest Talking Therapies by phoning 0300 300 1554 Option 4 or self refer online

<https://www.nelft.nhs.uk/services-waltham-forest-iapt>

Therapies

NHS England have issued a description for all community services that community interventions will cease, with only those services remaining for children where there is a physical risk to their health if the therapy pauses. Many of the therapies have now been re-deployed from community services into hospitals, however some remain.

If you are concerned about your child's communication, or physical therapy, please contact the service for advice on the following numbers:

- **Physiotherapy** - 0208 430 7980
- **Occupational Therapy** - 0208 430 7960
- **Speech and Language Therapy** - 0208 430 7970

If your child's needs maybe changing significantly, please ring Wood Street 0208 430 7777

Explaining Corona Virus to children

Talking to your child about Coronavirus

If you want to talk to your child about Coronavirus and its impact, you might find it helpful to use a [child-friendly guide like this one from Mindheart \(external link\)](#) that is available in a variety of languages including Turkish, Romanian, French and Polish.

There is also an [easy-read guide from Mencap \(external link\)](#) and [What's Up with this Coronavirus? \(external link\)](#) is another useful child-friendly explanation in graphic format.

There is also an [easy-read guide on social distancing from the Down Syndrome Association \(external link\)](#).

You can get advice from the [National Autistic society guidance and helpline \(external link\)](#) for parents, young people and staff.

[Guidance in British Sign Language is available from Signhealth \(external link\)](#).

Educational Psychology services

As you may already know, for the past few years the Educational Psychology services have been offering a free monthly drop in for parents to discuss any concerns they may have .

In view of the current situation and additional stresses families are under we are extending this offer.

If you would like any support in managing behaviour, helping with school work, talking to their children about COVID19, dealing with grief/bereavement as well as other topics please email educationalpsychologyservice@walthamforest.gov.uk with a contact phone number , a convenient time for a call , and a brief message about your concerns. A Educational Psychologist will then contact you.

Please also join Parents Forum – leaflet attached where you can find further support during the COVID19 restrictions