

PARENT CARERS TOGETHER



Bournemouth Christchurch Poole

Dear Parent/Carer,

Following government advice Parent Carers Together maybe working remotely, but we want you to know we are still here for families and are looking at ways we can provide information and signposting during this difficult time.

We can be contacted via our [Facebook page](#) and our [website](#).

We know that information from national government has not always been clear. We want to assure you that we are working with BCP Council and Dorset Clinical Commissioning Group (CCG) to ensure that information is available to local families.

The information section of our website will signpost you to information and resources provided by teams and individuals.

Keeping connected can be challenging, let us know what we can do to support you.

Best Wishes,
From all at

Parent Carers Together

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Useful Resources:

Local Websites:

- <https://www.bcpccouncil.gov.uk>
- http://www.dorsethealthcare.nhs.uk/access-mental-health?fbclid=IwAR3kMrKly_qXihZZIkT8c8SKIDYnhiJsNL36ARKwIbcMpf4ruiUJZ6qR9ic

BCP SENDiass Specific:

- [BCP SENDiass website](#) [BCP SENDiass Facebook Page](#) [BCP SENDiass Twitter](#)
- [SENDiass FAQs \(since schools closed due to Coronavirus\)](#)

National Websites:

Anxiety & Challenging Behaviour

- <https://www.mentalhealth.org.uk/coronavirus>

Information for children and young people about coronavirus:

- <https://www.bbc.co.uk/news/uk-51734855>
- <https://www.childmind.org/coping-during-covid-19-resources-for-parents>
- <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>

Home Education Ideas

- <https://www.bbc.co.uk/bitesize>
- <https://www.blockly.games>
- <https://www.openlearn>
- <https://www.scratch.mit.edu>
- <https://www.ed.ted.com>
- <https://natgeokids.com>

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Keeping Active:

- [Joe Wicks](#) – YouTube. Holds regular PE with Joe sessions.

Virtual Tours

- Nasa - <https://www.oh.larc.nasa.gov/oh/>
- Glenn Research Centre - <https://www.nasa.gov/glennvirtualtours>
- British Museum - <https://www.britishmuseum.withgoogle.com>
- Disney Parks - <https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>
- Buckingham Palace <https://www.royal.uk/virtual-tours-buckingham-palace>
- National Gallery - <https://www.nationalgallery.org.uk/visiting/virtual-tours>
- Parliament - <https://www.parliament.uk/visiting/virtualtour/>
- British Museum - <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>
- Natural History Museum - <https://www.nhm.ac.uk/visit/virtual-museum.html>
- Virtual Zoo - <https://www.chesterzoo.org/virtual-zoo/>

Things to do at Home:

- Scavenger Hunts -[Backyard Scavenger Hunt](#)
-[5 Senses Scavenger Hunt](#)
-[Book Scavenger Hunt](#)
-[Rainbow Scavenger Hunt](#)
- Colouring In Pages – [Dinosaurs](#)
 - [Dragon](#)
 - [Minions \(Pinterest\)](#)
 - [My little Pony/ Pony Princess](#)