



Support for Families

School closure, self-isolation and social distancing will be challenging for many of us but experts say this might be a good thing. The following is a list of organisations and websites which are able to provide support.

1. **Beams** is a local charity that supports disabled children, young people and their families. The disabled children and young people who access our services will typically have one or more learning difficulty, complex health needs, physical or sensory impairment, challenging behaviour, Autism or severe ADHD.- <https://wearebeams.org.uk/121-advice-support/>
2. **Imago** is a social action charity working across Kent, Medway, East Sussex and London. We deliver a range of services and projects; supporting independence, reducing social isolation and creating opportunities, for some of the most vulnerable in our communities. In addition, we help voluntary and community sector organisations operate more effectively by offering a range of information, advice, resources, training and support- <https://www.imago.community/About-Imago/What-We-Do>
3. **Purple Parenting** comprises of experienced parenting and family practitioners, having worked for many years within the NHS and Social Care. Specialist training is used to support and advise parents and practitioners to help understand children and young people's behaviour - <https://www.purpleparenting.co.uk/>
4. **Coping with anxiety and self-isolation**
<https://www.theguardian.com/world/video/2020/mar/19/coronavirus-how-to-cope-with-anxiety-and-self-isolation-video-explainer>
5. **Coronavirus: How families can cope with self-isolating together**
 - <https://www.bbc.co.uk/news/uk-51936286>
 - <http://theconversation.com/coronavirus-how-to-help-children-through-isolation-and-lockdown-133990>
 - <https://www.nationalgeographic.co.uk/science-and-technology/2020/03/how-engage-your-kids-during-coronavirus-isolation>
6. **Talking to Kids About the Coronavirus**
 - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
 - <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>