

**Covid-19 Parent Carer Survey. May 2020**
**Summary of Issues Document.**

**The biggest issues for Sunderland Parent Carers during the Covid-19 crisis (obtained from the survey comments and by talking to parents) with ideas and solutions.**

ISSUE	ACTION/SOLUTION
<ul style="list-style-type: none"> <li>● Shopping – Not all SEND CYP are classed as medically vulnerable to Covid-19, so are not on the Governments vulnerable list. Issues with shopping include               <ul style="list-style-type: none"> <li>○ Online delivery slots - Many parents have found it very difficult to obtain an online delivery slot; with some supermarkets not allowing any online orders unless you are on the government’s list, others haven’t had slots available for up to 3 weeks.</li> <li>○ Cheaper own branded products have disappeared (not just out of stock) leading to increased shopping bills.</li> <li>○ Food prices have increased in the supermarkets, leading to increased shopping bills for fewer products.</li> <li>○ Visiting supermarkets – quiet ASD shopping hours have disappeared</li> <li>○ Increased queuing due to social distancing guidelines have meant shopping with an SEND child is more difficult than it would be prior to the crisis.</li> <li>○ Single parents, or a non-working parent often has no choice but to take a child shopping with them, increasing the risk of exposure.</li> </ul> </li> </ul>	<p>Shopping is also a national issue - Carers UK have made recommendations in their Caring behind closed doors survey report, <a href="#">Caring Behind Closed Doors Report</a> for the government and supermarkets to consider.</p> <p>Sunderland Carers Centre have also been talking to local supermarkets to highlight this issue.</p> <p>Sunderland City Council have some help available, telephone 0800 234 6084, and explain your circumstances, and what you need help with.</p> <p>There have been a number of community support groups pop up, many on Facebook, if you cannot find one, but need extra help, please email us or Sunderland Carers Centre, and we will try and signpost you to a relevant place</p>
<ul style="list-style-type: none"> <li>● Home Schooling               <ul style="list-style-type: none"> <li>○ Some CYP are finding it extremely difficult to engage in school work at home, two places which are usually kept apart, leading to the CYP being stressed, anxious.</li> <li>○ Parents are struggling to motivate or engage the CYP in learning activities.</li> <li>○ Difficulties fitting in parent working from home, lessons and everyday caring responsibilities.</li> </ul> </li> </ul>	<p>We have some online workshops and webinars coming up that should prove useful.</p> <p>The Family Fund has received extra funds to help out families during the current crisis, check to see if you are eligible <a href="#">HERE</a>.</p> <p>Government is releasing money to provide equipment such as laptops, as yet this hasn’t arrived in Sunderland from central government.</p>
<ul style="list-style-type: none"> <li>● Behaviour/sleep               <ul style="list-style-type: none"> <li>○ Lack of routine, school work at home, being stuck at home, no time away from siblings have lead to increase in behaviour issues, with some parents stating an increase in meltdowns and/or physical aggression.</li> <li>○ Some have noted their child has regressed.</li> <li>○ Bedtimes are challenging as child isn’t tired due to lack of normal activity/routines</li> </ul> </li> </ul>	<p>Online workshops and webinars are planned.</p>
<ul style="list-style-type: none"> <li>● Finances</li> </ul>	<p>Contact &amp; Carers Uk have asked for a one of payment as per Scotland carers</p>

<p>Places of business closed, staff furloughed, increased shopping prices, increased bills due to everyone being at home 24/7 has led to financial difficulties for some families.</p>	<p>Again, the family Fund may be able to help with some purchases.</p>
<ul style="list-style-type: none"> <li>• Emotional/Mental issues – parent carers have expressed the following <ul style="list-style-type: none"> <li>○ worn out</li> <li>○ stressed (trying to balance everything without any respite from caring)</li> <li>○ socially isolated,</li> <li>○ depressed,</li> <li>○ overwhelmed,</li> <li>○ insignificant</li> <li>○ tired,</li> <li>○ alone with no-one to talk to,</li> <li>○ physically &amp; emotionally drained,</li> <li>○ completely let down by everyone.</li> </ul> </li> </ul>	<p>There are some online activities already available (for example through Grace House or Hops).</p> <p>SPCF coffee groups/meetings</p> <p>All mental health services are still open in Sunderland. <a href="#">CAMHS</a> <a href="#">CYPS</a></p> <p><a href="#">Washington Mind</a> are doing online sessions, and have many services available for adults and young people.</p> <p><a href="#">Sunderland Mind</a> also have many services available.</p> <p>Various apps are available such as Kooth and Think Ninja.</p>
<p><b>Worries/Concerns moving forward?</b></p>	
<p style="text-align: center;"><b>ISSUE</b></p>	<p style="text-align: center;"><b>ACTION/SOLUTION</b></p>
<p>Schools opening too soon, safety concerns, social distancing, transport</p>	<p>SPCF highlighted to TfC an authority in the South of England that produced short videos by a school, showing what the school day will look like and how they will safeguard the children. We have suggested that TfC might do the same thing.</p>
<p>Transition to a new school with no preparation or transition visits</p>	<p>SPCF to talk to TfC about ensuring a good transition to new settings for CYP</p>
<p>Getting back into a routine **</p>	<p>Various workshops and webinars will be taking place for parent carers, to give practical strategies, hints and tips to help CYP and their families.</p>
<p>Getting CYP back to school after so long off **</p>	
<p>Challenging behaviour **</p>	
<p>For those children who have thrived at home, how do we get them back into a school routine?</p>	

All webinars and workshops are free of charge to parent carers, and will be published on our Facebook group [HERE](#).

We are aware that some of the solutions listed here won't be suitable for everyone, or may not be what you are looking for. Please let us know if there is anything that we have missed, or if there is anything that would help you.