



FACT SHEET

updated 28th May 2020

List of Online resources and ideas for Vision Impaired Children and Young People

In this fact sheet there are a couple of new items plus a roundup of general information covered in the past two fact sheets.

NEW

JK Rowling has a new 'non-Harry Potter' book

A children's story which she is releasing free on her 'Ickabog' website over the next seven weeks. Note this is in written format, but can be enlarged on a PC or tablet.

<https://theickabog.com/>

Learn to Beatbox

Upper KS2 children will love learning the basics of beatboxing with this video from LC Beats and the Sydney Opera House.

<https://education.abc.net.au/home#!/media/2641928/learn-to-beatbox->

Henshaws: Youtube clip - Things to do with the children during time at home, includes sound bingo and sensory garden

<https://www.youtube.com/watch?v=ekSpPVAh-6E>



General information

LOOK UK

Have running regular free online forums for parent support, educational advice, top tips for survival, learning at home and a series of workshops for young people of different ages and their families. They are bringing in experts in the field from other organisations and charities to support this work.

www.look-uk.org

@LOOK_UK

<https://www.facebook.com/LOOKnational/>

VICTA Parent Network

If you are a parent and you haven't already, please join our VICTA Parent Network Facebook group. It's a safe space to share experiences, seek encouragement and provide support. We will be posting on here regularly to stay up-to-date with you all:

www.facebook.com/groups/VICTAParentNetwork

VICTA

Supporting each other through social distancing
Given the impact of COVID-19 on the delivery of the charity's work, VICTA is now working at reduced capacity. We are still active in the background moving things forward and planning future activities. We have useful information on our page about sources of support.

<https://www.victa.org.uk/supporting-social-distancing/>

STRiVE – VICTA Young Ambassadors

The VICTA Young Ambassadors are working on content to help bring young people and young adults together during this time. Follow their social media to stay in touch:

On Instagram @STRiVE_VICTA

On Twitter @STRiVE_VICTA

<https://www.victa.org.uk/ways-spend-time-home/>



The VICTA Positivity Project!

The aim of this is to lift our spirits by spreading a little happiness and joy. And the best part, everyone can join in.

To take part, all you need to do is share with us something you make, that you believe could spread the joy. This includes poetry, music, art, dance, photography and any other creative outlet.

We will repost your entries on our social media and give shout outs. We feel it is important to all stay connected and are excited to come together with everyone to share our creativity.

Post your positive creations on Instagram or Twitter tagging @Strive_VICTA #VICTAPositivityProject. You can also post them here on the VICTA UK Facebook page or send them by email to online@victa.org.uk

HENSHAWS

Engaging the other senses in children with sight loss

The majority of information we gain about the world is through vision. Children who are blind or visually impaired have to learn to use and rely on their remaining senses for gaining knowledge and understanding of the world around them.

In this sensory learning blog Fiona, our Community Services Manager (who is also a qualified primary teacher and hospital play specialist with SEN experience), discusses examples of how we use non-visual information. Then our Enablement Officers, Rachael and Marie, share ideas for some games to encourage children to engage their other senses!

https://www.henshaws.org.uk/engaging-the-other-senses-in-children-with-sight-loss/?fbclid=IwAR1Tul3IOja_HuR1mH9UiTiYDfioUm7SPIRmx2eARPPe2IVSszX-P3G14TP4



12 tips for keeping your visually impaired child entertained and educated at home.

Most children will now be learning from home during this period, and you might feel a lot of pressure to follow a normal school day at home. Whilst following a strict home learning timetable may suit some people, it may not work for you and your family. Rachael is our Children and Young People's Enablement Officer for Oldham, and is also a qualified primary school teacher with SEN knowledge and experience. Follow Rachael's tips below to find out what is right for you and your child during this time.

<https://www.henshaws.org.uk/ideas-for-keeping-your-visually-impaired-child-entertained-and-educated-at-home/?fbclid=IwAR0de1158jVG3GqK3te2ttr8N96Zb8PfMGIA5Z59dXfBkrNYGxkYWwHBs2w>

RNIB

Covid-19: How we are helping parents of children and young people with vision impairment

The combined impact of school closures, social distancing and self-isolation presents unique challenges to our community and RNIB is doing all it can to help the parents of children and young people with vision impairment.

Our Children, Young People and Families (CYPF) team in our Sight Loss Advice Service are available to support with advice and information, so please call them on **0303 123 9999** or email cypf@rnib.org.uk

We are working as quickly as possible to put together guidance, resources and ideas about supporting your child in response to the crisis. Please check our Covid-19 page for updates for the time being.

Topics we will cover include:

- home-based learning and access for children using large print and braille
- support with technology



- information about activities and wellbeing
- how schools and sensory support services are able to provide ongoing support.

We would also like to hear from parents if they have any specific issues of concern and, in order to provide the most useful advice and support, we ask them to tell us which areas they would like us to focus on.

If you have any questions or queries for our CYPF team, please post on our Parents and Carers Facebook page or email the team at cypf@rnib.org.uk using the subject "How RNIB can help".

<https://www.rnib.org.uk/advice/children-young-people-education>

Guide Dogs

Business at Guide Dogs continues. If you have any specific concerns in relation to coronavirus (Covid-19) and how this may affect the services which we provide to you we strongly advise that you contact your local Guide Dogs team and speak to a member of staff. All our local teams are being briefed on specific matters related to coronavirus (Covid-19) and are being updated regularly as the situation evolves. If we cannot resolve your enquiry immediately we will take your details, investigate and will respond to you within 24 hours.

We recommend that you contact your local team directly rather than seeking information elsewhere - as we will be in a position to provide you with accurate, current and practical guidance.

<https://www.guidedogs.org.uk/services-we-provide>

Guide Dogs Family Services can be found at

<https://www.guidedogs.org.uk/services-we-provide/family-support>



Guide Dogs Education Services can be found at <https://www.guidedogs.org.uk/services-we-provide/education-support>

RBSC - Royal Society for Blind Children

RSBC Family Support Service operates across England and North Wales, and is available to families with children and young people with vision impairment from birth to 25 years old.

One of our specialists will work with your family on an individual basis, offering as much or as little support as you need, to help you give your child the very best chances in life.

Find us in your area:

<https://www.rsbc.org.uk/advice/what-we-do/family-support-service>

Council for Disabled Children - COVID-19 Support and Guidance

The situation with COVID-19 (Coronavirus) is rapidly changing. We are following government advice on how to stay healthy and safe during this time. We have gathered a list of resources and guidance about coronavirus to share with parent carers, children & young people and education, health and social care practitioners. This page will be kept under review and new resources added to the categories as they become available.

We hope that you find this information useful. This includes:

Government Guidance

Government guidance: an up-to-date list of advice and guidance on coronavirus.

Department for Education (DfE) Coronavirus Helpline. The number is 0800 046 8687

Council for Disabled Children - Frequently Asked Questions Issue 1

FAQ - SEND support during the Coronavirus pandemic.

Families and Disabled Children & Young People

Disabled Children's Partnership (DCP)



Contact - Coronavirus: Information for families with disabled children.

Family Fund - A collection of links from organisations that provide services, advice and other help to families raising disabled or seriously ill children.

Challenging Behaviour Foundation - Specific resources for the families of children, young people and adults with severe learning disabilities.

Learning Resources to Support Home Schooling: University College London- Homeschooling children with SEND.

Save the Children

Health practitioners

https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

VI Talk

If you are looking to stay connected with people while at home, you can join the VI Talk Facebook group. The group has over 3,000 members and is a useful space for asking questions and sharing ideas and information:

VI Talk Facebook group: www.facebook.com/groups/vitalk

VI Talk website: www.vitalk.co.uk

The Sight Loss Family Support Group

The Sight Loss Family Support group's aims are to support family and friends of a person who has sight loss. This peer to peer support group is for the sighted family members to join including parent/carers of VI children.

<https://www.facebook.com/groups/696923030505380/>



Education

Coronavirus (COVID-19): guidance on vulnerable children and young people

The GOV.UK website gives advice for vulnerable children who include the following groups:

- Children supported by the children's social care system
- Children with education health and care (EHC) plans – this will include a number of VI children.
- Children in alternative provision (AP) settings

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people>

Positive Eye Machine

<https://www.facebook.com/PositiveEyeIdeaMachine/>

Gwyneth McCormack, founder and director of the inspirational Positive Eye company that trains and provides resources for those working with VI children has set up a free and extremely engaging online class, three times per week for families of younger VI children and those with additional needs providing a hands on and creative place to share practical ideas to support children's learning from Positive Eye during the #COVID19 situation.

gwyn@positiveeye.co.uk

<http://www.positiveeye.co.uk>

Special Needs Jungle

This is a rapidly and well collated set of information regarding official Coronavirus information of relevance to families of children with special educational needs and disabilities and it is being constantly updated. For any families currently in mid appeal, tribunal, EHCP application etc, this has a wealth of information.



https://www.specialneedsjungle.com/latest-coronavirus-information-relevant-for-send-families/?utm_source=https://www.facebook.com/SpecialNeedsJungle/

RNIB Bookshare

Accessible home learning with RNIB Bookshare during COVID-19. To parents of children and young people with vision impairment.

We are keen to make sure that learners with a print disability are still able to access the books and resources they need whilst they are having to learn at home.

If your child already has RNIB Bookshare through their school we hope the school has been able to make arrangements for your child to get the books they need at home.

If not, please email us proof of their disability along with your name and contact details, and school and we will make sure they get access to the services for titles they need. Contact us at Bookshare@rnib.org.uk or tel. 0300 3038313 for more information or enquires.

<https://www.rnibbookshare.org/cms/accessible-learning-home-learners-print-disability>

VIEW

View are working with other sensory impairment charities to provide support during the Covid-19 crisis. The following page shares links to information on school closures, home learning resources and organisations who support with mental health:

www.viewweb.org.uk/covid-19

Paths to Literacy

Paths to Literacy is a US based website that has a great deal of useful information and ideas for supporting your VI child's education at home.

<https://www.pathstoliteracy.org/>



The Partially Sighted Society

Are you a parent or teacher looking for resources for your visually impaired or dyslexic child or student? We are still here for exercise books and other resources with bold and wide lines.

Email: reception@partsight.org.uk or call 01302 965195.

Website: <https://www.partsight.org.uk/>

Bitesize

How Bitesize will support you while you're learning from home
It's a strange time to be a school pupil right now but wherever you're doing your lessons, BBC Bitesize is here for you - more than ever.

From 20 April, you'll be able to access regular daily lessons in English and Maths, as well as other core subjects, in an

expanded version of our website and also on special programmes broadcast on BBC iPlayer and BBC Red Button.

This may not be suitable for all VI children but will be helpful for those who can use enlarged screens and certainly for siblings

https://www.bbc.co.uk/bitesize/articles/zn9447h?fbclid=IwAR0YfCC_yjvFj2zFx-

[fiTydS4RTHm4p3yxCDG6V3jTXy3RQtuNBbMRuvBUE](https://www.bbc.co.uk/bitesize/articles/zn9447h?fbclid=IwAR0YfCC_yjvFj2zFx-fiTydS4RTHm4p3yxCDG6V3jTXy3RQtuNBbMRuvBUE)

Inclusive Teach

150 Sensory Learning Ideas – especially good for children with additional needs.

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>



The Macular Society

Are running a parents forum on the telephone once a month. It is for parents with children who have MD and or parents with MD to connect and offer peer support. If you are interested in finding out more about this, please contact Colin Daniels, Manager of the Macular Society Working Age and Young People's service. colin.daniels@macularsociety.org or call him on his work phone : **07494 467 99**

Technology

Southend in Sight - Tech Team volunteers

Offer over the phone support for smart phones, tablets and laptops. They will try to answer your technical questions such as how to download Apps and accessibility queries. If you would be interested please email: info@southendinsight.org.uk or call our current offsite telephone number **07512 33 55 74** between 9:00 - 16.30 Monday to Friday, confirming that you give consent for a volunteer to call you.

Humanware

If your child uses equipment from Humanware such as a Progridi, Connnext or Brailnote, they state on their website:

Our comprehensive service continues to be in place to assist you over the next few weeks. We will provide demonstrations or familiarisation by video call or telephone.

Product Training will be provided by our Trainers by Skype, Telephone and Teamviewer. This will not replace Training which has been purchased, this will take place as soon as our Trainers are available for external visits. You can also contact our Training Department:

We are also hosting live webinars each week to teach people about how to use our products.

Phone: 01933 415800 / Email: eu.sales@humanware.com

http://www.humanware.com/en-united_kingdom/home



Dolphin

Dolphin Super Nova. Dolphin is offering 3 months free access to its Super Nova screen reader and magnification software.

https://info.yourdolphin.com/en-gb/covid19?mc_cid=5a9d568bf2&mc_eid=6868a3681d&fbclid=IwAR1mb7czB6K-tnHyhzS0Jf1jxmnc72VK6AW7zGT65WMPURyrNe01pwikLrQ

Sport and keeping fit

Metro Blind Sport

Audio Exercise Programs – Metro Blind Sport
Audio Exercise Programs Below are some of the Eyes-Free Fitness® audio exercise programs. All programs are completely free – no strings attached. These programs allow you to stretch, strengthen, condition, and tone your body, all without the benefit of eyesight.

www.metroblindsport.org

British Blind Sport

British Blind Sport have joined up with Sport England to launch #StayInWorkOut.

They will be sharing audio exercise programmes, covering a wide range of activities such as Yoga, Pilates, Cardio, Bootcamp and Strength among many others. Visit their website to find out more:

www.britishblindsport.org.uk/stay-in-work-out



Leisure and Play

Texas School for the Blind and Visually Impaired

Creating Educational Toys And Activities For Children Who Are Blind Or Visually Impaired

Huge list of fun things you can make at home with your child.

<https://www.tsbvi.edu/instructional-resources/1913-creating-educational-toys-and-activities-for-children-who-are-blind-or-visually-impaired>

Also they have a great page of general Art ideas

<https://www.tsbvi.edu/arts-education/56-art-ideas>

And motor skills ideas

<https://www.tsbvi.edu/early-childhood/1927-motor-activities-to-encourage-pre-braille-skills>

Reading and Listening

You can still get books to read and/or listen to for your child at:

RNIB Children's Library – books to borrow in Giant Print, Audio and Braille

<http://www.rniblibrary.com/iguana/www.main.cls?surl=a1>

CustomEyes Books (Guide Dogs) – custom made large print books to buy printed to requested size

<https://www.guidedogs.org.uk/services-we-provide/customeyes-books>

ClearVision – A postal lending library of children's books in print and braille, and tactile books

<http://www.clearvisionproject.org/>

Living Paintings - a free library of tactile, audio and braille books for all ages

<https://www.livingpaintings.org/>



Seeing Ear - electronic book library that can be read as giant print, Braille and synthetic speech on computers, tablets or internet audio players.

<http://www.seeingear.org/>

Calibre – large selection of audio books

<https://www.calibre.org.uk/>

Amazon Audible

For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening.

<https://stories.audible.com/start-listen>

BorrowBox

This is part of the **local library online service**, where you can choose ebooks or audio books to borrow online. First download the BorrowBox app, you will need either your child's existing library card plus their date of birth, to sign up. Or if they do not have a card, use your own. Go to www.borrowbox.com and click the 'sign in' link. Then enter your child's or your own library card number and PIN (this is their date of birth or yours) you will then be able to download a choice of children books instantly.



Facebook Page closed / private groups for parents:

- **Parents of Blind & Visually Impaired Children**
for parents, carers and professionals
- **RNIB - Parents & Carers of VI Children**
(this is strictly for parents and carers only)
- **Macular Society - Working Age and Young People Group**

Southend in Sight

Our office is currently closed, but if you would like a friendly chat during these challenging times, our temporary phone number is: **07512 33 55 74**

Or if you have any questions please email us at :
info@southendinsight.org.uk

Please contact us directly, either by phone or email if you would like to receive regular updates from us.