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Support for Secondary aged CYP with visual impairments at home

May 2020

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1. Literacy

Audible is free whilst schools are closed – this is a great way to access audio books <https://stories.audible.com/discovery>

National Accessible Library. This is free for children with a visual impairment. Books can be downloaded and read electronically in your preferred format. It is possible to convert books to iBooks so that when you zoom in, the text wraps rather than disappearing off the edge of the screen. You can also share the books to a Kindle, laptop or use the Dolphin Easy Reader app. The Dolphin Easy Reader app is free and has a read along function. www.accessiblelibrary.org.uk

Accessible home learning with **RNIB Bookshare** (bookshare@rnib.org.uk or call on tel 0300 303 8313). Using RNIB Bookshare at home will allow children to be independent or supported by a parent in their home learning and able to access the resources they need in a format they can read. Normally your child's school will set this up for you and download resources your child needs for their schoolwork to their device. If you are having difficulties with this however RNIB Bookshare at the moment are allowing you to contact them directly and with some simple evidence of your child's visual impairment and you will then be able to download resources yourself. Otherwise your QTVI can do this for you.

[Oxford Owl](#) could be helpful. You have to create an account, but it is free. Go to the 'ebooks' tab, filter by 'oxford reading tree' and 'book band' and then you can click on the colour books you require! You can zoom in on pictures and words. Most of these books will also be available on the National Accessible Library. Even though Oxford Owl is predominantly

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for younger readers, it does have a wealth of information and some books for older children as well.

Living Paintings is a free tactile lending book service. UK charity Living Paintings produces tactile books for the blind. See www.livingpaintings.org

Large print books from **Custom Eyes**. See <https://www.guidedogs.org.uk/services-we-provide/customeyes-books>. Books are free to order and can be customised to your child's needs in terms of font size and page colour. A handling fee of £2.50 applies to each order.

Free books from **RNIB Talking Books** can be downloaded (large print and braille services have sadly been suspended at present) <https://www.rnib.org.uk/books?msclkid=cd344829c6421d5861ce1699dfb06c47>

Paths to Literacy – This Pinterest Board provides some useful support for those supporting literacy at home

[Foyle Young Poets of the Year Award 2020](#) is accepting braille entries. The competition is open to anyone aged 11-17 – deadline is midnight 31 July 2020. To enter an entry in Braille then contact fyp@poetrysociety.org.uk.

Visual braille app- This is an app for visual learners (accessible by those with low vision)

[Winning stories](#) written by children for children from 500 words competition from Oxford University Press

2.Touch typing

Lots of children are learning to touch type. Some children have been using English Type at school. A home copy of this costs about £30 and is available from the English Type website.

There is a free programme available however by Doorwayonline (<https://www.doorwayonline.org.uk/typing/>.) This has been designed with students with a visual impairment in mind. This is a great opportunity to do some concerted touch-typing practice.

[Dance mat typing](#) This is free software to use online. There is no log in rather your child will just work through the exercises together with plenty of fun animals and voices. There is more visual clutter than Doorwayonline but the experience is more fun and engaging for younger learners.

3.Mathematics

[TopMarks](#) – This is great for online maths activities (also has resources for many other subjects too). This site has reasonable access for those with low vision.

Mathisfun.com – explains Maths in simple language with games and activities. This is a site to help support parents and for those with low vision.

<https://www.timestables.co.uk/> Learn your timestables

[Maths playground](#) fun games and activities to support mathematical development

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[Nrich Maths](#) more fun Maths activities

Accessible apps for low vision: Math Kid by Alex Drel, Big Digital Clock,

4.ICT

Voice Based learning through Alexa

Blockly Learn computer programming skills – fun and free.(for low vision)

Scratch – Creative computer programming (for low vision)

[Barefoot computing](#) How to think to solve computer and life problems.

This would interest the ICT, tech and maths enthusiasts. Suitable for all ages.

[Tinkercad](#) – all kinds of making

[Accessibyte](#) – Accessibyte are offering free access to its apps for blind, low vision, deaf and reading impaired students

Apps for visually impaired:

TapTapSee- this app will take a photograph and explain what it has seen

ColorID – will identify a colour

5.Cooking

Weighing scales

As a lot of people will be cooking and baking over the next few weeks (a parent has suggested these scales - Beurer KS25 electronic scales, cost £16.00. The Argos number is 684/3948.) They may be available from

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Amazon. They are accessible to a child who uses N36 print. There may be other similar versions available. There are also talking scales available.

Liquid level Indicator. This helps those with low vision or who are blind pour liquid into containers more safely. Children will still need to be supervised.

There also talking jugs and non-slip cutting boards if you are interested to be found on the RNIB website.

<https://shop.rnib.org.uk/home-and-leisure/home/cooking/audible-vibratory-liquid-level-indicator.html>

[Live Cookalong with Theo Michaels](#) Mondays, Wednesdays and Fridays at 4pm

[Cooking with the kids by Jamie Oliver](#)

6. Science and humanities (good verbal videos)

[App-tastic](#) – VICTA Science competition with Microsoft and City, University of London. A great project for 10 to 17 year olds to get involved in while you are home schooling. Invent your own app! The competition closes at 5pm on 30 April 2020

[Crest Awards Science awards](#) you can complete from home.

[Mystery Science](#) Free science lessons

[Dundee Science Centre Activities](#) Simple programme for science activities

[Dyson home science challenges](#) Some simple experiments to carry out at home

[Weekly science lessons](#) by Theatre of science

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[Geography Games](#) – Geography gaming!

[Dan Snow History Hit for Kids](#)

Free 30 day trial. Told the by teacher you wish you had!

[Big History Project](#) -Aimed at Secondary age. Multi disciplinary activities.

7.Languages

[Duolingo](#) – Learn languages for free

8.Accessible PE at home

[Audio Exercise and meditation programmes from Metro Blind Sport](#)

These are audio descriptions of exercise and workouts. They are designed for all ages so have a look at which ones are most relevant for your child.

[British Blind Sport](#) live audio workouts on the [#StayInWorkOut](#) facebook group

Audio description of exercise

[Diverse Dance Mix from Darcy Bussell](#) Daily dance classes

[Blindalive physical activities](#) free downloadable physical activities which are clearly explained for visually impaired pupils

[60 second physical challenges](#)

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Here are some great physical challenges for those that need to burn some energy. It might be an idea to intersperse these with more sedate activities to maintain concentration. e.g. Can you keep the balloon up in the air for 60 seconds?

9. Art, Craft and DT

[Colouring activity packs](#). For those who have children who love colouring in – here are some more lovely downloadable ones from Activity Village

[Lego balloon car](#) How to make a car that moves just out of lego and a balloon!

[Lunch doodles](#) with Mo Willems describing how he illustrates and writes his own books

10. Citizenship

[Parliament](#)– online learning resources

11. General resources

Twinkl – free access to Twinkl resources for primary and secondary ages. Use the code: CVDTWINKLHELPS

[BBC bitesize](#) Here you can access lessons which are key stage and subject specific.

[English and Maths games online](#)

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[IXL Learning](#) Tailored activities for Maths and English (with support from parent)

[Chatter Pack](#) – home learning resources for schools and families

[BBC Learning](#) – this site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

[Crash Course](#) – You Tube videos on many subjects

12. Supporting those with complex needs

[Soundabout](#) Music for those with complex needs

Brain Parade

Website: <http://www.brainparade.com/products/see-touch-learn-free/>

Description: a visual instruction app, including flash cards and picture-choosing games, for children with autism and special needs.

HelpKidzLearn

Website: <https://www.helpkidzlearn.com/>

Description: a collection of games and resources designed for a range of educational needs and stages. It includes provision for school closure.

[HelpKidzLearn](#) wants to ensure that teachers and students stay connected and children continue their learning at home with minimum disruption. The website includes free access to games, many suitable for children with additional needs.

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Sensory App House Ltd

Website: <https://www.sensoryapphouse.com/>

Description: a range of apps are available for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD). All are interactive and many do not require significant coordination abilities.

Visuals2Go

Website: <https://www.visuals2go.com/>

Description: an all-in-one app created to support people with communication and learning difficulties. For verbal and non-verbal learners.

Music apps and interactive resources

[Supporting complex needs at home](#)

[Free Clicker access at home](#)

[CVI friendly videos](#)

[SAM videos](#) (Symbols and Meaning) These videos are examples of games designed to improve the conceptual understanding of symbol and meaning for those with complex needs.

[Thinking outside the light box](#) Accessible activities for those with CVI

[Teach CVI website](#) – use the far right tab on the home page menu for lots of CVI related resources!

[Making play inclusive](#) – Sense has developed a set of play toolkits for parents and professionals to provide information and advice on enabling children with complex disabilities to enjoy inclusive play.

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Music Therapy Resources for home activities

Inclusive Teach – Free resources from Joe White, Assistant Headteacher of Broadstairs Special School

Sensory and messy play activities for children with additional needs

13. Online workshops for children and families

Positive Eye has compiled a page of resources to provide families with some fun ideas, activities and inspiration during the periods of time spent at home during the months of the COVID19 Epidemic.

Positive Eye's Creative Idea Machine Online Classes

14. General Activities (varying accessibility for the visually impaired)

David Walliams is doing a free audio of his short stories. This happens each weekday at 11am and can also be listened to later in the day. <https://www.worldofdavidwalliams.com/elevenses/>

PE with Joe Wickes on YouTube weekdays at 9am

[Wildlife](#) with Steve Backshall on Facebook every day at 9.30am

[Science](#) with Madie Moate on YouTube Weekdays at 11am re: Science and Nature

[Dance](#) with Oti Mabuse on Facebook everyday at 11.30am

Maths with Carol Vorderman www.themathsfactor.com

[Music](#) with Myleene Klass on YouTube Twice a week

15. Online support and networks for children and/or families

The VICTA Parent Network – support network for parents.

Support from LOOK UK for parents

LOOK – Free Find Your Calm Wellbeing Workshop Series for Visually Impaired young adults ages 18-35.

[VICTA](#) Empowering blind children and young adults. An advice portal for parents

16. Support for learning at home

GOSH Power of Play – A treasure trove of games, tips and resources from the Play team to help your family through this worrying time.

12 tips for keeping your VI child educated at home – Henshaws

Homeschooling children with SEND – UCL Institute of Education article with resources, guidance and tips with a focus on supporting wellbeing for families.

Resources collated by the Department for Education: “These websites have been identified by some of the country’s leading educational experts and offer a wide range of support and resources for pupils of all ages.”

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All public library services are available online to download electronic and audio books, newspapers. Ancestry sites have also been made available.

For parents there are a variety of online learning courses for those interested: BT Skills for Tomorrow, Future Learn and Open Learn run by the Open University and Udemy which offer short courses many of which are free. Ted Talks offer a variety of Podcasts from inspirational speakers.

17. Virtual tours and resources

Museums, nature and landmarks

- Science Museum
- Natural History Museum
- National Portrait Gallery
- The Metropolitan Museum of Art
- The Louvre
- The Vatican Museum
- Vincent Van Gogh Museum

Attractions

- Buckingham Palace
- The Roman Baths – walkthrough
- NASA Glenn Virtual Tours

Animals, wildlife and nature

- Virtual tours of Forestry England forests, by partnering with Google Expeditions
- 12 live animal webcams to get you through social distancing
- Edinburgh Zoo – Live Webcams

18. About the Coronavirus

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The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Mencap easy read information sheet about coronavirus. This would be particularly useful for children, young people or adults whose understanding is improved when information is given in bitesize chunks.

Dave the Dog is worried about coronavirus – A book for young children to relieve fears about coronavirus. From Nurse Dotty Books

Children's stories about COVID19

Advice from Contact, including on health, education and benefits

19. Mental Health

- The Lockdown project is an opportunity for young people up to 18 years old to express their feelings and experiences about lockdown supporting mental health and well-being. This could be in the form of a piece of writing, poetry, short film, music etc.

<https://2engage.co.uk/lockdownlife/>

- [WHO guidance to support mental health during this time](#)
- [Coronavirus – supporting education staff](#) – from education support
- [MIND coronavirus and your wellbeing](#)
- [Swings and Smiles blog on mental health for parents](#).
- [Mini-blog for siblings of disabled children](#) staying at home
- [COVID-19 UK Mutual Aid groups](#) – A list of support groups across the UK
- [UNICEF](#) – six ways parents can support their children through the coronavirus

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- [Make a self soothe box](#)
- [The YoungMinds UK advice on what to do if you're anxious about coronavirus](#) might be more useful for teens and young adults. The main focus is on self-care and they provide further information about how young people can [look after their mental health if self-isolating](#). [YoungMinds Crisis Messenger](#) – Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258
- [Moderated chat forum for siblings aged 7 to 17](#).
- [Childline](#) – Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Phone 0800 1111 (24 hours)
- [Chat 1-2-1 with a counsellor online](#)
- [The Mix](#) – Information, support and listening for people under 25. Phone 0808 808 4994 (24 hours). [Get support online](#)
- [Samaritans](#). 24 hour confidential listening and support for anyone who needs it. (Adults included.) jo@samaritans.org. Phone 116 123 (24 hours)

20. Supporting children and families with bereavement during the Coronavirus

- Child Bereavement UK have made a short film about [supporting bereaved children during the outbreak](#)
- Winston's Wish have produced guidance on
 - [talking to bereaved children about coronavirus](#)
 - [telling a child that someone is seriously ill](#)
 - [telling a child someone has died from coronavirus](#)
- Cruse Bereavement Care have produced helpful resources about [grief and coronavirus](#) – [Cruse Bereavement Care](#) – free

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confidential support for adults and children. Phone: 0844 477 9400
(Monday to Friday, 9am to 5pm).

- Grief Encounter are running activities for bereaved children and families on their [Instagram](#) page.