Your name

Your address line 1

Your address line 2

City

Postcode

Dear xxxx

**Additional Support For Families With Children With Additional Needs**

**Through The Covid-19 Pandemic Urgently Needed**

I am writing to you to raise awareness and ask for urgent changes to the Covid-19 household regulations for families who have children with additional needs.

I am the *mother/father\* of a child with xxxxxxx* I understand these are exceptional circumstances and actions must be taken to reduce the spread of this awful disease, however, the emotional strain that these restrictions are having on my family and many others is proving utterly devastating. Usually we would have access to school support, care workers, respite care, physiotherapy, social activities and time to be with other families who understand what we are going through. The removal of these vital services has caused families who are already very isolated, to feel utterly left out in the cold.

It's been an incredibly difficult time not having any physical or emotional support for my child. As a family we are not getting any time to refresh our minds so it's hard to try and stay in a positive frame of mind even though we are trying hard to. We feel even more isolated than usual with the added strain of an anxiety about what is around the corner.

We feel completely forgotten by the government and local council. The government has recognised the negative impact that isolating has had on single people’s mental health and made provision to combat this, but it doesn’t seem to have thought about those who have children with additional needs who rely on a network of support to get through the day under normal circumstances, let alone in these unprecedented times.

Locking us down with no physical contact with our families is having a massive impact on our mental health and our children's wellbeing. The most recent local lockdown on 26th September has already had a negative impact on my mental health and that of my child.

**We are asking for families with children with additional needs to be treating in the same way as single people and allowed to form a support bubble with another household.** This would allow us to access vital day-to-day emotional and physical support to help us get through these traumatic times with smallest possible long-term negative effects. (We appreciate that children with an EHCP have been offered support through schools however there are many children without EHCPs that need support and many of those with EHCP are unable to access support for a variety of reasons such as shielding and health needs.)

I cannot stress how strongly I believe that urgent action needs to be taken to give families with children with additional needs a chance to come out the other side of this pandemic without lasting emotional and physical scars.

Yours sincerely,

Xxxxxx

Your email address