

# SEND Newsletter



Issue 1 September

## Welcome to our Autumn edition of the our SEND newsletter.

Firstly, I would like to take this opportunity to introduce myself as the new SENDCo at St Thomas More; I have a range of professional and personal experience working with children with SEND and I am passionate about getting the best outcomes for our students. We are in a privilege position to have such an experienced and dedicated SEND team, as well as the Emmaus centre, in which to support students.

We will be launching our SEND coffee mornings shortly; these are open to any parent/ carer who wishes to come along and discuss their child's needs with some of the SEND team. In addition, some of the coffee mornings will have a specific focus, with a guest speaker to discuss issues such as, autism, ADHD, mental health etc.

Our SEND newsletter will be sent out every half term with information about services, courses and details about Bedford Borough's local offer.

As always, if you have any questions please do not hesitate to get in contact.

Sarah Maynard—SENDCo

[smaynard@stm.beds.olicatschools.org](mailto:smaynard@stm.beds.olicatschools.org)

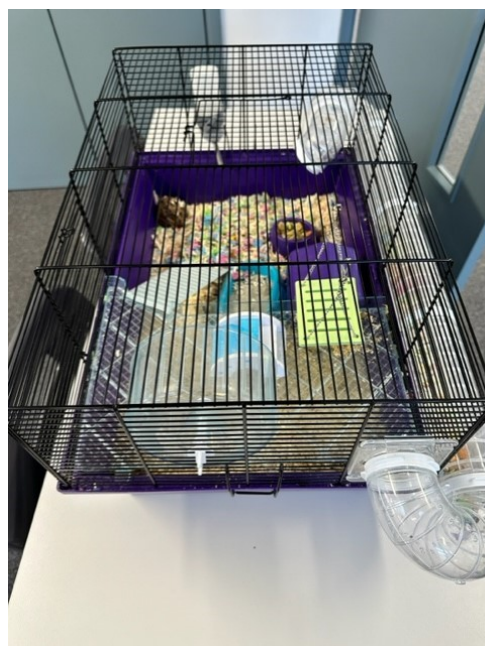


We are so pleased to have Bart back from his summer holiday break; he is looking refreshed and ready for another busy year being the centre of attention!

The students' really enjoy coming to Emmaus and spending some time with him, he is a very spoilt bunny :)



Woody, our resident hamster, has also made a return to Emmaus; although he is a little more camera shy! He is a firm favourite with the students, who enjoying feeding and stroking him ... just not the cleaning part.



# SEND Newsletter



Issue 1 September

## Preparing for Adulthood Festival

FREE ENTRY



Being Independent



Education, Employment and Post 16 Training



Your local community



Being Healthy



Moving into adult services

**Tuesday 7<sup>th</sup> November 10am – 6pm**  
Bedford Corn Exchange

**Join us at the Preparing for Adulthood Festival.** An opportunity for young people and parent and carers to find out more about post 16 options in Education, Employment, Training and much more...

**There will be:**

· Information Stands · Presentations · Interactive Workshop

**Employers** find out how you can make changes in your workplace today to support young people with Special Educational Need and Disabilities enter the workforce

**Register your interest now on Eventbrite**

<https://www.eventbrite.co.uk/e/preparing-for-adulthood-festival-tickets-713600627687>



<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>

If you have a child or young person with Special Educational Needs and/or Disabilities (SEND), then think of the Local Offer as all of the services and support available to them and you as a parent or carer. Our Local Offer website contains information about education, health and care services, voluntary agencies, leisure activities and support groups.

## Diagnosis Support Pack

Families have described the experience of their child receiving a neurodiversity diagnosis (e.g. Autism or ADHD) as 'like a bereavement' and following the lengthy diagnosis process are left with little information, or understanding of 'what next?' They told us that a 'one-stop shop' for information, resources and signposting following a diagnosis would be really useful, and they would like this information to be accessible and from a trusted source. The [Diagnosis Support Pack \(DSP\)](#) has been coproduced by families for families following a diagnosis of a neurodiversity, and contains information, resources and signposting in a variety of media (video's, infographics, animations), split into 14 sections - from sleep to medication, and lots more

<https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics/diagnosis-support-pack>

## Early Help Services Bulletin

### Financial Hardship Bulletin

In this bulletin, you will find services that could help with financial hardship

<https://www.bedford.gov.uk/benefits-and-support/grants-and-funding/help-cost-living>





## Community News

### SSG CELESTIALS FOOTBALL CLUB

Bedfordshire's first and only fully inclusive club for children and young people with special educational needs, disabilities, and mental health issues.

#### EMAIL

[celestialsfotballclub@ssgservices.co.uk](mailto:celestialsfotballclub@ssgservices.co.uk)

#### PHONE

07595 229676

<https://ssgcelestialsfcl.co.uk/>

#### Support with the cost of living

##### TURN2US benefits calculator

Millions of people are missing out on thousands of pounds. Check what you are entitled to now.

[Check your entitlements today](#)

[https://www.centralbedfordshire.gov.uk/info/165/support\\_with\\_the\\_cost\\_of\\_living](https://www.centralbedfordshire.gov.uk/info/165/support_with_the_cost_of_living)



**Royal Association for Deaf people**

Our support can help to develop important life skills, reduce social isolation, build confidence and support young deaf people to achieve their full potential, through:

<https://royaldeaf.org.uk/>

- Befriending – one-to-one support to build important life skills and develop independence
- In-school programmes to improve engagement and participation and help achieve learning outcomes
- Careers advice – provided by qualified careers advisors, in schools or other community locations
- Duke of Edinburgh Award – developing life skills and building social networks
- Wellbeing support – one-to-one or groups
- Advocacy – ensuring that young people's views and wishes are considered
- Mentoring – safe support that encourages and inspires – building confidence and identity





# Community News

Our Crisis Cafés are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

## Who are the Crisis Cafés for?

Adults (18+) who are experiencing severe mental distress or crisis.



## What can you expect?

- › A safe, calm and relaxed atmosphere
- › A one-to-one session with a trained mental health worker
- › Support to identify positive mental health coping strategies
- › Advice and guidance about other support services available in your area



## Do you need an appointment?

Each Crisis Café is now operating a drop-in service and an appointment is not required.

## Where is the Biggleswade Crisis Café based?

- › The Lawns Resource Centre, The Baulk, Biggleswade, SG18 0PT

## What are the opening times?

- › Our Biggleswade Crisis Café is open (Thursday & Friday) from 5.30pm – 11.00pm.

## Questions about the service?

If you would like further information about our Crisis Cafés, please email us on: [crisiscafe@mind-blmk.org.uk](mailto:crisiscafe@mind-blmk.org.uk) or call us via: 0300 330 0648 (open 9am – 4:30pm). **Please note that we cannot offer crisis support over the phone during these hours.**

**Update:** If you or someone you know needs urgent or crisis support with their mental health, we are here for you. Our Crisis Café operates 365 days of the year, seven days a week, between 5.00pm – 11.00pm. If you find yourself in crisis or need support with your mental health in the evening we are here to listen and help you in your time of need.



# Community News

## Young Person's Sanctuary

Mind BLMK are delighted to be working collaboratively with CAMHS and East London Foundation Trust (ELFT) across Luton, Central Bedfordshire and Bedford, to provide crisis services for young adults in need of mental health support.

Our Young Person's Sanctuaries are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

### Who are the Young Person's Sanctuaries for?

- › Young people (14-17yrs) who are experiencing severe mental distress or crisis.
- › Young people are welcome to bring anyone from their support system.
- › Young people do not need to be known to mental health services to attend.



**East London**  
NHS Foundation Trust

### What can you expect?

- › A safe, non-judgemental, and relaxed space
- › A confidential one-to-one session with a trained mental health worker
- › Support to identify coping mechanisms and building emotional resilience
- › A step-by-step tailored guide on how to access support and keep safe

### Do you need an appointment?

Each Young Person Sanctuary is now operating a drop-in service and an appointment is not required.

### Where are the Young Person Sanctuary's based?

#### Luton Young Person's Sanctuary:

- › Young Person's Hub, : **(Mon-Fri, except Tues)**

The Luton Young Person's Sanctuary at ResoLUTiONs is open on **Monday, Wednesday, Thursday and Friday only from 4.00pm -10.00pm.**

- › Luton Wellbeing Centre (Dumfries Street): **(Tues – Opening Soon)**

#### Bedford Young Person's Sanctuary:

- › CAHMS, 5-7 Rush Court, Bedford: **(7 days a week)**

The Bedford Young Person's Sanctuary is open on **Monday – Friday from 5.00pm -10.00pm, Saturday – Sunday 4pm – 10pm.**

#### Central Bedfordshire Young Person's Sanctuary (*Launch date to be advised*):

- › Houghton Regis Children's Centre: **(Mon – Tues)**
- › Meadow Way Community Centre: **(Wed – Fri)**
- › Sandy Children's Centre: **(Sat – Sun)**



**Autism BEDFORDSHIRE**

**Parent/ Carer Workshop**

## 5 Week Training Course

**A Course for Pre-Diagnosed & Newly Diagnosed Families**

This course is aimed at families who are new to the diagnosis and will focus on how you can better understand and support your child when considering the many different aspects of autism. The course is open to two members of the family and you will need to sign up to all five sessions.

**Dates:** Saturdays 11th, 18th, 25th November & 2nd, 9th December 2023  
**Venue:** The Rufus Centre Steppingley Rd, Flitwick, Bedford MK45 1AH  
**Time:** 09:45 arrival for a prompt start at 10:00, till 13:00  
**Age:** For parents/ carers of children aged 3-11 years  
**Cost:** £15 per household. Maximum of 2 people per household  
**Additional info:** Refreshments will not be provided however there is a cafe onsite, or you are welcome to bring your own

**Week 1:** Diagnosis Journey  
**Week 2:** What is Autism  
**Week 3:** Sensory Needs  
**Week 4:** Communication  
**Week 5:** Behaviour & local support

**To book:**  
 ☎ 01234 214871  
 ✉ [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)



**Autism BEDFORDSHIRE**

**Zoom Parent/ Carer Workshop**

## Autism and Behaviour

**Thursday 12th October 2023 | 10am - 1pm**  
 £15 AB Members / £20 Non-AB Members

This workshop provides you with the opportunity to explore and understand:

- The difficulties autism may cause in regulating behaviours
- How to adapt environments & practices to meet the needs of autistic individuals
- Strategies for managing difficult situations

**LIMITED NUMBER OF SPACES AVAILABLE**

**To book:**  
 ☎ 01234 214871  
 ✉ [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)

**zoom** The training will be online, using Zoom. Once booked on, we will provide you with the details to join.



Need to speak to us?

You can call us on 01234 350704 – we are open from 9am to 5pm, Mondays to Fridays (excluding bank holidays).

Alternatively you can email us: [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org) or fill in the contact form below.

**BEDFORDSHIRE DOMESTIC ABUSE PARTNERSHIP**

## Safe Space

**What is a Safe Space?**

- a place for you to go if you need to access support
- a place where you can contact a domestic abuse support service who will be able to help you safely

IT DOESN'T HURT TO ASK FOR HELP!

For more information, speak to a member of staff or contact [BDAP@centralbedfordshire.gov.uk](mailto:BDAP@centralbedfordshire.gov.uk)

[@bedsdv](https://www.facebook.com/bedsdv)  
[bedsdv.org.uk](https://www.bedsdv.org.uk)



The **Bedfordshire and Luton Children's Community Health HUB** is our one stop service for our Health Visiting, School Nursing 0-19 and our Looked after Children Teams for parents, carers and professionals. Our Luton Community Paediatric Service can also be contacted via this number, but for emails please continue to use their own dedicated email address.

To access the Health HUB call us on 0300 555 0606 or email: [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)





September 2023

# Newsletter

## FACE THE NEW TERM!



### FREE SESSION

Are they getting a good night?  
insomnia, screens & energy drinks  
Book Now - [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Thursday  
14th Sep  
18:30 - 20:30



### Cannabis Awareness

Cannabis, how much do you know? what are the risks? Increase your knowledge and awareness of the issues.

Thursday  
21st Sep  
18:30 - 20:30



### Anxiety Explained

Whether it is your anxiety or your children's, what exactly is it and how do we manage it?

Thursday  
28th Sep  
18:30 - 20:30



### Supporting a Child with ADHD

interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



**FACE** was set up to empower parents and help those who support children and young adults.



With the stresses and strains of modern life, our children and young adults have never been under so much pressure. We aim to offer advice, tips and support to parents who want to get the best out of their family relationships and need new tools to do that.



### contact us

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Take a look at our website  
and book online



[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



### Online Support for Parents, Schools & Professionals

Topics relating to  
communication, behaviour and  
emotional management.  
Offering a range of advice and  
practical interventions.



scan to see more  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)





FACE supports parents in a range of ways:

group online sessions  
one to one online sessions  
videos available to rent

in-person talks at schools



#### Available Topics:

DIY DADS 3 part programme  
Understanding the Teenage Brain  
Cannabis Awareness

#### Let's FACE Communication

Improving Speaking & Listening  
Running a Family Meeting  
Introduction to Autism  
Intro to Motivational Interviewing  
What is ACT?

#### Let's FACE Emotions:

Raising Self-Esteem  
Understanding Anger  
Understanding Anxiety  
Decreasing Depression

#### Let's FACE Behaviour:

Supporting a child with ADHD  
Responding to Angry behaviour  
Today's Teens - Today's Drugs



#### The face of FACE

Jane Keyworth

contact me

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Take a look at our website  
and book online



[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



The interactive online sessions are timed to avoid school drop off and pick up times. Each session is repeated, morning, afternoon and evening.



FACE introduces parents to effective and evidence based interventions.  
Giving parents the tools and information necessary to support their own children.

Interventions are taken from the therapeutic models:  
Motivational Interviewing (MI)  
ACT (Acceptance & Commitment Therapy)  
CBT (Cognitive Behavioural Therapy)  
Transactional Analysis (TA)

B.James said,  
"Jane gives no nonsense, straight talking parenting advice that really hits the crux of parenting. Her wealth of family and professional experience shines through..."  
See the website for more testimonials from parents who have benefitted from these sessions.

# SENDIASS

INFORMATION - ADVICE - SUPPORT



**SENDIASS (Special Educational Needs & Disability Information & Advice Support Service) supports children & young people & their parents & or carers to understand their rights & empower them to have their views & wishes heard.**

**Our support is voluntary. We do not take over; you remain in the driving seat and in control of your decisions.**

## **We are impartial:**

We do not favour any point of view or have influence over the outcome of any meeting. We do not give priority to any particular impairment, disability or special educational need.

We are not a formal advocacy service. Your voice is important. We do not favour any particular approach to education.

## **We are confidential:**

We do not speak to anyone else without your permission. Our records are kept separate and only within SENDIASS. You can even contact us anonymously. We can only contact you if you have directly requested our support.

## **We provide Information, Advice and Support for:**

SEN Support in Schools  
Education Health and Care Needs Assessment Requests (EHCNAR)  
Draft EHC Plans  
Annual Reviews for EHC Plans  
Suspensions and Permanent Exclusions (SEND Students)  
Mediation, SEND Tribunal Appeals.

## **We will email, call or text to provide information.**

We will usually offer a 30-minute initial telephone appointment. This enables us to understand your enquiry and how we can best provide information and advice.

If ongoing support is required a SENDIASS Officer will contact you, this will usually be the same officer but as we work closely as a team any SENDIASS officer may respond to you, however usually one officer will take a lead, where ongoing support is offered.

We have experienced and trained volunteers who are also able to offer support.

## **We have 4 levels of support:**

**Signposting  
Information  
Advice  
Support**

## **SENDIASS attendance at meetings:**

We strongly feel that you talking directly to the education setting, service or Local Authority is the best way to get the best outcomes. Our first aim is to give you the information you need to attend meetings, raise questions, and make decisions confidently.

**This might include offering advice before and after meetings.**

We can also look at EHC plans, documents, and reports so that you feel confident about what questions to ask, what is reasonable to expect and what you would like to achieve.

We anticipate that most questions and concerns can be supported in this way. However, where appropriate, SENDIASS can support at meetings.

When SENDIASS do attend we may take part in discussions and help you raise your views where you give us consent to do so. We support solution focused discussions and may raise points around legislations and processes or highlight points from documents but cannot try to influence outcomes. We do not take part in any decision-making process or judge decisions; we cannot instruct decisions to be made.

**SENDIASS do not attend meetings about a child or young person unless either the young person or their parent/carers has given us permission to attend and is present at the meeting.**

Our attendance is determined by the needs and circumstances of the parent/carers, child, or young person and by the capacity of service.

**We prioritise direct work with young people. Please see Youth Engagement Offer below.**

Sendiass@bedford.gov.uk

Please call 01234 276267 lines are open from 9am to 5pm Monday to Thursday, and 9am to 4:30pm on Friday during term time.

<https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=6rj3ULSIPck>