

SEND Newsletter



Issue 2 - October 2023

Welcome to our Autumn edition of the our SEND newsletter.

We have had a very busy first half-term in the SEND department, with many exciting events taking place from the Shout Out to SEND conference; our first SEND coffee morning of the year and Ofsted!

We now have a range of clubs taking place in Emmaus, these include: gardening; cooking; craft; fitness; chess; BSL sign language; maths and English revision; poetry and drama and Catholic Saints. These are open to all students and run during lunchtimes throughout the week. There is also the opportunity for you child to do their homework, supported by members of staff, in Emmaus from 3:30 - 4:40 Monday to Thursday and until 4pm on a Friday.

If you have any concerns about your child's learning needs, please do not hesitate to get in touch.

Wishing you a restful and peaceful half-term.

Sarah Maynard - SENDCo

smaynard@stm.beds.olicatschools.org

01234 400222



Shout Out to SEND Conference



In October, three of our Year 7 students attended the Shout out to SEND Conference in Bedford. The aim of this conference was for children and young people with SEND to tell us what it's like to have SEND, and how they and their needs can be best accommodated.

The conference was held at Bedford Town Football Club and included consultation activities where children and young people with SEND shared their views on a range of issues.





Our first coffee morning was a huge success; the Parent Carer Forum gave a short presentation and parents were able to ask questions and chat to each, having an opportunity to share lived experiences.

It also gave the SEND team an invaluable window to meet parents and discuss their child's needs.

Our next event will be after half-term, the date and booking link will be advertised on the school's Facebook page and via My Child at School.





Preparing for Adulthood Festival



Being
Independent



Education, Employment
and Post 16 Training



Your local
community



Being
Healthy



Moving into
adult services

Tuesday 7th 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>





BEDFORD
BOROUGH COUNCIL

Central
Bedfordshire

EARLY SPEECH AND LANGUAGE SUPPORT

EARLY ADVICE SESSIONS

IF YOU'RE NOT ALREADY KNOWN TO THE SERVICE AND YOU WOULD LIKE AN INFORMAL DISCUSSION ABOUT YOUR CHILD'S SPEECH AND LANGUAGE DEVELOPMENT, YOU CAN REQUEST A 15 MINUTE ADVICE SESSION VIA TELEPHONE CALL. PLEASE FOLLOW THE QR CODE FOR MORE DETAILS AND CRITERIA:



[HTTPS://BIT.LY/47U8BLI](https://bit.ly/47U8BLI)

HELP YOUR CHILDS UNCLEAR SPEECH

A WORKSHOP FOR PARENTS WHO ARE CONCERNED ABOUT THEIR CHILD'S PRONUNCIATION OF SPEECH SOUNDS. DATES AND TIMES ARE AVAILBLE ON OUR WEBSITE. PLEASE FOLLOW THE QR CODE FOR MORE DETAILS AND CRITERIA:



[HTTPS://BIT.LY/3KWSWAP](https://bit.ly/3KWSWAP)

CHATTERTOTS

A SET OF WORKSHOPS TO SUPPORT PARENTS/CARERSTO HELP THEIR CHILD'S EARLY LANGUAGE SKILLS.SUITABLE FOR PARENTS/CARERS OF CHILDREN AGED 18MONTHS- 3 YEARS OF AGE. PLEASE FOLLOW THE QRCODE FOR MORE DETAILS AND CRITERIA:



[HTTPS://BIT.LY/3558PPN](https://bit.ly/3558PPN)



[HTTPS://WWW.CHILDSPREECHBEDFORDSHIRE.NHS.UK](https://www.childspeechbedfordshire.nhs.uk)

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

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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>



<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>



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

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



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 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)**



5 Week Course (Parent/ carers)

 **11th November, 2023**

Ends: 9th December, 2023

 **10:00 am-1:00 pm**



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, Fittwick, 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 café 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**




Autism, Women & Girls

 **31st October, 2023**

 **9:30 am-12:30 pm**

Autism & Eating Disorders

 **2nd November, 2023**

 **9:30 am-12:30 pm**

Helpline: 01234 350704

General Enquiries: 01234 214871

Email: enquiries@autismbeds.org



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

For more information, speak to a member of staff or contact BDAP@centralbedfordshire.gov.uk

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

IT DOESN'T HURT TO ASK FOR HELP!



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



Extra session added due to demand from parents and teachers

"Every parent and teacher should see this..."
Mr Mead, Headteacher at Lytchett Minster school, Dorset.

Do you sometimes find your teens behaviour confusing?
challenging? worrying?



UNDERSTANDING THE TEENAGE BRAIN

30th October 2023. 6:30-8:30pm

Jane Keyworth, Lead Facilitator at FACE
giving a two hour talk to parents (and teachers!), explaining why teens,
think, feel, and behave very differently from adults.

Book online now £24 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

**Take a look at our website
and book online**



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



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

**Take a look at our website
and book online**



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.



October 2023

Newsletter

LET'S FACE SOME ISSUES!

Wednesday

18th Oct

18:30 - 19:30

FREE



FREE SESSION

Family Meetings:
Why and How

Monday

2nd Oct

18:30 - 20:30

£24



Understanding the Teenage Brain

Why teens think, feel and behave
differently from adults

Monday

23rd Oct

18:30 - 20:30

£24



Understanding Anger

Yours and theirs - what is anger, why
do we feel it and how can we manage
it?

Thursday

26th Oct

18:30 - 20:30

£24



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

info@facefamilyadvice.co.uk



The Basics of Parent Carer Peer Support

A free four-hour session led by lived experience parent carer peer support workers and staff from children and young people's mental health services. This looks at aspects of parent carer peer support to help you think about whether this is something you might like to do.

You will receive a certificate from the Charlie Waller Trust on completion of the session.



Fri 13 October & Mon 16 October, 10.30-12.30

Thurs 19 October, 10.30-14.30

Note: The training is run over two days on 13 and 16 October, 10.30-12.30, and on one day on 19 October, 10.30-14.30.

For more information and to book:

<https://www.charliewaller.org/parent-carer-peer-support/events-for-parents-and-carers>

Full Parent Carer Peer Support Course

We will be offering our full parent carer peer support (PCPS) course starting in January 2024. This online training is free to attend and is available for both new and experienced PCPS Workers and will lead to a University certificate.

"I cannot begin to describe how proud I am to be helping and supporting families who are struggling just like I had. I've come full circle from needing support to supporting others and along the way I found me again".

If you are interested in the full course, please tell us now. It doesn't commit you to anything but helps us ensure there are enough places to meet demand.

Find out more or register your interest:

<https://www.charliewaller.org/parent-carer-peer-support/pcps-training>

PCPS

**Parent Carer Peer Support in
Children & Young People's Mental Health**



A-Z of Mental Health Resources for Parents and Caregivers

Central Bedfordshire Mental
Health Support Teams Free Padlet



East London
NHS Foundation Trust



Signposting to local
and national
services, apps,
podcasts, books,
LGBTQ+, sleep,
EHCPs, tool-kits
and much more!



Scan me!!

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>