

...providing Information, advice and support in Central Bedfordshire

## Newsletter – Spring 2018



### New Year

A new year brings exciting new challenges and opportunities for us and our parents/carers and young people. We are here to provide confidential, impartial and independent information and support. Our service helps parents/carers and young people (aged 0 to 25 years) to find their way through the changes to the Special Educational Needs and Disabilities (SEND) system, in particular we can support you through the new EHCNA process and the transfer from Statements to EHCP. This is a **FREE** service and we are here to help and support children, young people and their families. We can provide you with information and support in a variety of ways:

- **Individual face to face**
- **Telephone Helpline**

To speak to someone about getting help from an Independent Supporter you can telephone **0300 300 8088** for CBC SEND PYPPS. If for any reason you are unable to speak to someone, please leave a message and we will respond to you as quickly as we can.

- **Via the internet**

[www.centralbedfordshire.gov.uk/parentpartnership](http://www.centralbedfordshire.gov.uk/parentpartnership)

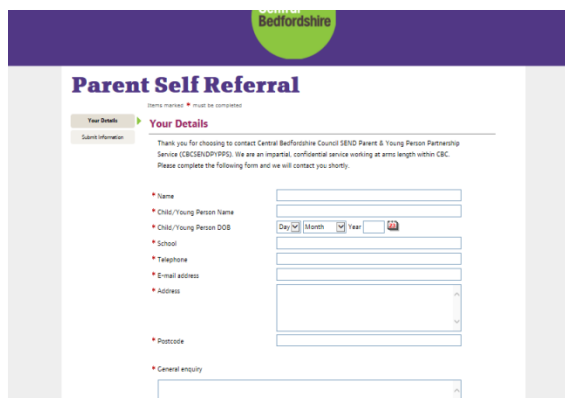
- **Email support**

[cbsendpypps@centralbedfordshire.gov.uk](mailto:cbsendpypps@centralbedfordshire.gov.uk)

We are passionate about working together to improve outcomes for children, young people and their families. We hope that the New Year brings you good fortune and should you need us we look forward to hearing from you. Happy New Year!

## New Online Referral Form

We now have a new way for parents/carers to get in touch with us. Fill out the online form and a member of the team will make contact with you. As an independent and impartial service we have an obligation to seek consent from parents/carers before making any contact with external organisations, or adding details to our secure database. Our new online form takes all of that into account. You can find the new form [here](#).



The screenshot shows the 'Parent Self Referral' form on the Bedfordshire Council website. The form is titled 'Parent Self Referral' and includes a 'Your Details' section. The form fields are: Name, Child/Young Person Name, Child/Young Person DOB (with Day, Month, and Year dropdowns), School, Telephone, E-mail address, Address, Postcode, and General enquiry. A 'Save information' button is visible at the top left of the form area.

## Carbon Footprint

In an effort to reduce our carbon footprint as well as to streamline our time and allow us to be more efficient we have decided to move our Newsletter into the online world. If you would like to receive our new and improved E-newsletters from this point forward please get in touch to be added to our mailing list.



## Mediation, Appeal & Tribunal support

KIDS Special Educational Needs and Disability (SEND) Mediation services help parents and young people resolve disputes about Education, Health and Care Needs Assessments (EHCNA) and EHC Plans, as well as other SEND related issues.

Disagreements are usually with the local authority (LA) and sometimes with the school or college. Health and Social Services can also be involved.

Parents/carers and young people can use KIDS mediation services before making an appeal to the SEND Tribunal. Mediation can be very successful and means you may not have to go to Tribunal; if you are not happy with the outcome of mediation, you can still make an appeal.

The service is free of charge. It is for children and young people with SEND (or who may have SEND) age 0 to 25 and their families. KIDS have a big team of specialist SEND mediators who are very experienced and have nationally recognised mediator accreditations.

For more information telephone **03330 062 835** (this is a local rate number) or email [senmediation@kids.org.uk](mailto:senmediation@kids.org.uk)



## Information for Schools and SENCOs

### EHCNA requests

When identifying a child or young persons educational need and/or considering a request for an Educational, Health, Care and Needs Assessment (EHCNA) there is a lot to consider before submitting a request. We are more than happy to talk things through with parents/carers and you as SENCOs and go through any paperwork and questions about how to use the existing evidence to put together the best request possible. We can advise about processes, timescales and the legal right of appeal.

We would also be grateful if you could add/update the link to us on your school website so that more parents/carers and young people can read about how we provide support: [www.centralbedfordshire.gov.uk/parentpartnership](http://www.centralbedfordshire.gov.uk/parentpartnership).

### School coffee mornings and workshops for parents/carers

We have recently been asked to attend coffee mornings and workshops at schools for parents/carers of children with SEND. These have proven to be beneficial for all parties.

Let us know if you have a coffee morning coming up and we will be happy to come along with resources and provide information, advice and support.

### Information leaflets

- Understanding the jargon (glossary)
- Looking at schools
- Starting school
- The Send Support Plan
- EHC Needs Assessment for children in early years settings or at school
- EHC Needs Assessment for Young People aged 16-25
- Annual reviews
- Getting the most out of meetings
- Personal budgets
- Transition Journal (16-25 year old)



All leaflets are available in hard copy and PDF/word format. Just give us a call if you would like a copy to be sent to you. They can also be downloaded from the Central Bedfordshire Council website.

### Our volunteers

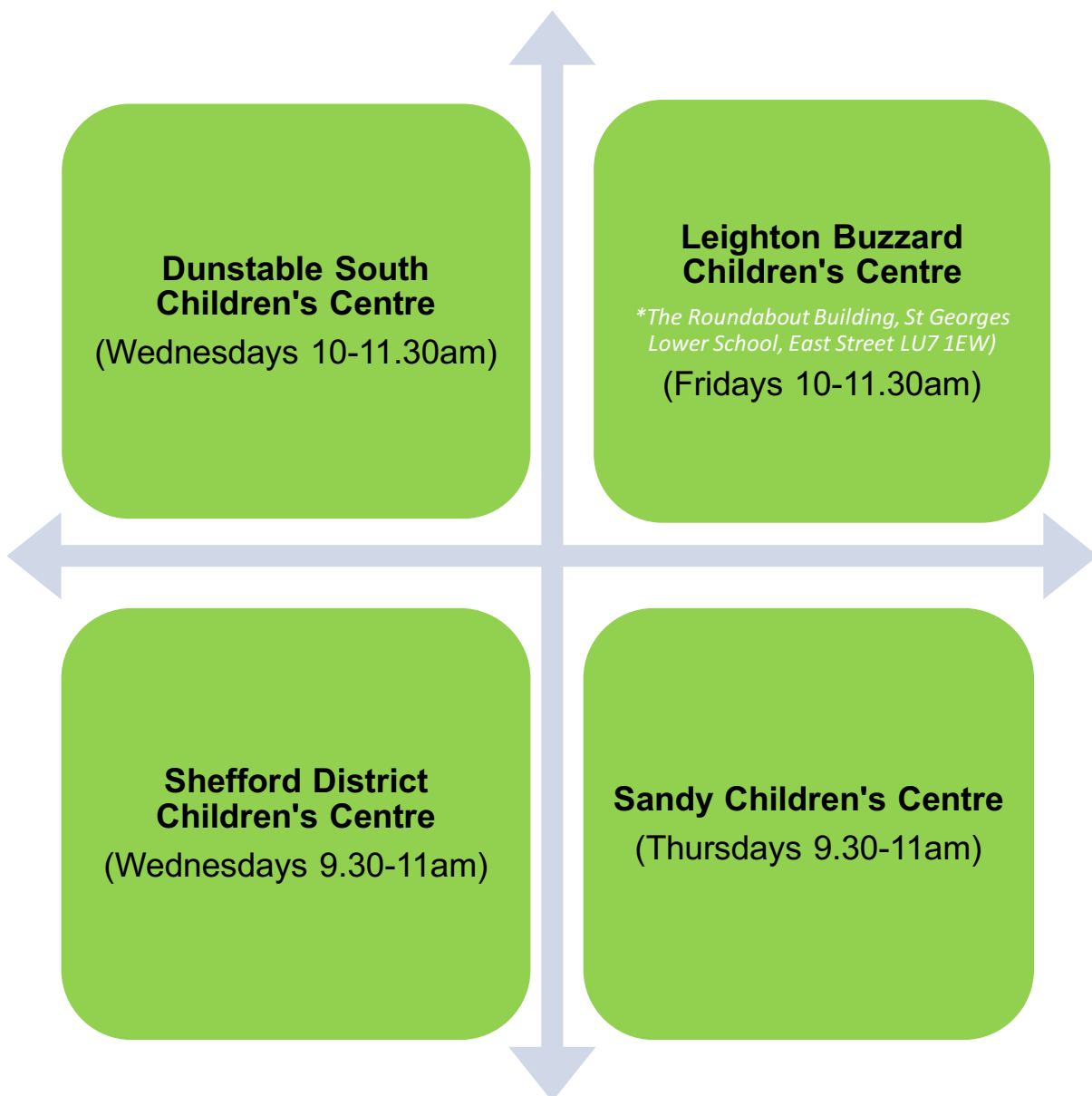
Many parents need, or would just like to talk to someone who understands about their child's SEND. We have trained volunteers who can do just that. Many of them have already gone through similar issues as they have a child or children with SEND. Our volunteers can support you in meetings, filling out forms or can talk you through the assessment process. If you wish to be put in touch with a volunteer, or if you would like to join our valuable group of volunteers to support other parents, please contact us.




✂...Cut out & keep

## Drop in sessions

We hold **FREE**, monthly drop in sessions during term time for parents/carers, children and young people regarding SEND in an educational setting for residents in Central Bedfordshire. Our sessions are located in Dunstable, Leighton Buzzard, Shefford and Sandy. They are all held in Children's Centres – \*note that Leighton Buzzard has a new venue. Come along and meet a volunteer or an officer to discuss any issues that may be concerning you. Exact dates & further details can be found on the flyers in schools and on our website.





Useful support contacts

 <p>Flitwick Children's Centre</p>	<p>The Children's Centre and local venues have a variety of baby and young children sessions including Baby Weigh &amp; Play, Baby Brasserie-Breastfeeding group, Baby Massage, First Aid etc.</p> <p><b>Baby &amp; Toddler Group</b> For parents under the age of 25 and their children. <b>Fridays at 10-11:30am</b> Flitwick Children's Centre, Malham Close, Flitwick, Bedfordshire, MK45 1PU If you are a Mum or Dad under the age of 25 come and join us on Friday morning from 10am until 11:30am. Have fun taking part in a variety of activities like messy play, cooking, arts and crafts, walks to woods and celebrating festivals while socialising and making new friendships.</p> <p><b>Mini Movers</b> An exciting new group coming to Flitwick, we will be offering a 1 ½ hour play session for babies from 6 months to 1 year. The play sessions will help your baby to explore new sensory experiences and start the development of social skills. <b>Wednesdays from 11<sup>th</sup> January 10-11:30am</b> The Sea Cadets, Althorp Close, Hinksley Way, Flitwick, MK45 1HY</p> <p>Contact details: Email: <a href="mailto:flitwick.cc@oneymca.org">flitwick.cc@oneymca.org</a> Web: <a href="http://www.flitwickchildrenscentre.org">www.flitwickchildrenscentre.org</a> Tel: 01525 714008</p>
	<p>The Avenue is a positive, friendly organisation that understands the highs and lows of living with autism. It holds two relaxed, informal support groups each month at The Pentecostal Church, Crab Lane, Biggleswade, SG18 0LN. The groups run on the 1st Friday (am) and 3rd Tuesday (pm) of each month. Children are welcome at all groups.</p> <p>Please find below details of a workshop The Avenue is holding in February. To book a place, please email <a href="mailto:theavenuesupport@outlook.com">theavenuesupport@outlook.com</a> for a booking form.</p> <p><b>1-2-3 Magic Workshop - £10</b> <b>Wednesday 21st February – 10am – 1pm</b> <b>Wednesday 28th February – 10 am – 1pm</b></p> <p>1-2-3 Magic workshop is an evidenced based behavioural management programme putting the parents and carers back in charge. This course runs over two sessions and will provide parents and carers with easy-to-follow parenting techniques and practical advice to stop difficult behaviour, encourage desirable behaviour and strengthen your relationship with your child. The recommended age range for children with autism is 4-12 years but the programme can also be adapted for younger teenagers.</p> <p>During the course of the year, The Avenue plans to hold workshops on Understanding Autism, Girls and Autism, Managing Anger and Sensory Needs. If you are interested in attending any of these, please email <a href="mailto:theavenuesupport@outlook.com">theavenuesupport@outlook.com</a> to be put on the waiting list.</p> <p>For more information on the services that The Avenue offers, please look at their website <a href="http://www.theavenuesupport.co.uk">www.theavenuesupport.co.uk</a></p>




## CBC SEND Parent and Young Person Partnership Service



 <p><b>SPECIAL NEEDS ACTION PANEL</b> CENTRAL BEDFORDSHIRE</p>	<p><b>SNAP PCF</b> are holding a free SEND information conference 9.45 -2.45 on the 21st of March for parent carers who have a child or young person with SEND (0-25) who live in Central Bedfordshire. Please contact <a href="mailto:admin@snappcf.org.uk">admin@snappcf.org.uk</a> for more information or check out our Facebook page <a href="https://www.facebook.com/snappcf.org.uk/">https://www.facebook.com/snappcf.org.uk/</a> or our website <a href="http://www.snappcf.org.uk/">http://www.snappcf.org.uk/</a></p> <p>We are setting up coffee mornings in Astral Park Sports and Community Centre, Johnson Drive, Leighton Buzzard, LU7 4AY from 9.45 – 11.45, this is run by parent carers for parent carers and free to attend. For more information please contact <a href="mailto:admin@snappcf.org.uk">admin@snappcf.org.uk</a></p> <ul style="list-style-type: none"><li>• Monday the 15th of January</li><li>• Monday the 19th of February</li><li>• Monday the 19th of March</li></ul> <p><b>SNAP PCF are setting up a new Parent Panel</b></p> <p>If you have a child or young person aged up to 25 who has Special Educational Needs and/or a Disability (SEND), the Special Needs Action Panel (SNAP) needs your input on how to improve services.</p> <p>SNAP Parent Carer Forum (PCF) works with the council, education authorities, health providers and other organisations to ensure the services they plan and deliver meet the needs of children and young people within Central Bedfordshire.</p> <p>As part of the forum you will be able to provide feedback on current issues regarding the services you access. You don't need to commit lots of time as you are only invited to attend the topics that are relevant to your family.</p> <p>If you would like to get involved and become a member of SNAP Parent Carer Forum please contact SNAP PCF on <a href="tel:07984545044">07984 545044</a> or email <a href="mailto:admin@snappcf.org.uk">admin@snappcf.org.uk</a></p> <p>Find out more about SNAP at: <a href="http://www.snappcf.org.uk">www.snappcf.org.uk</a></p> <p>At the moment, we are currently developing our SEND Local Offer in Central Bedfordshire and would like your views on this.</p>
	<p><b>Youth Club - Monday night (term time only) 6.30pm – 8.30pm</b></p> <p>For young people aged from 10 to 17 years with additional needs/ disabilities</p> <p>We have a range of activities on offer every week, including computer games, arts &amp; crafts, drama sessions &amp; much more.</p> <p><b>Saturday Club - 10am-4pm</b></p> <p>Full support is provided to allow the young people to attend the club without their family carers.</p> <p>This is a great opportunity for young people to make and maintain friendships, improve confidence and increase self-esteem.</p> <p><b>Britannia Trading Estate, Unit 5, Legrave Road, Luton, Beds LU3 1RJ</b></p> <p>For more information look on our website: <a href="http://www.familiesunitednetwork.org.uk">www.familiesunitednetwork.org.uk</a> <b>Tel: 01582 420800</b></p>






## CBC SEND Parent and Young Person Partnership Service

	<p>Do you care for a child who has a disability or additional needs? Monthly drop-in for parents/carers on Thursdays 10am – 12pm at:</p> <p><b>The Hub, Ivel Valley School</b>  <b>The Baulk</b>  <b>Biggleswade SG18 0PT</b></p> <p><b>Arden House</b>  <b>West Street</b>  <b>Leighton Buzzard LU7 1DD</b></p> <p>Free refreshments, information, advice &amp; support, an opportunity to meet other parents/carers, bite size training, pampering and relaxation therapy.</p> <p><b>Darran Tel: 0300 111 1919</b></p>
	<p>Groundwork Luton &amp; Bedfordshire is the commissioned service delivering evening youth provision across the whole of Central Bedfordshire. We also deliver a busy youth café and youth action programme in Houghton Regis. Each youth centre is a free, fun and vibrant area for 12 – 18 year olds to access a variety of different activities including some targeted support around key issues such as mental health, sex education and relationships.</p> <p>For more information please visit the Groundwork website at:  <a href="http://www.groundwork.org.uk/Sites/east/pages/youth-clubs-herts-beds-and-camb">http://www.groundwork.org.uk/Sites/east/pages/youth-clubs-herts-beds-and-camb</a></p> <p>Groundwork also provides 1 to 1 mentoring to 10-18 year olds across the whole of Central Bedfordshire. The mentoring project is for those who have low to medium needs, including issues with attainment, behaviour and attendance at school. They are supported by an experienced volunteer mentor over a 12 week period to help improve in these areas.</p> <p>If you would like further information about any of the projects led by Groundwork Luton &amp; Bedfordshire please contact:  <a href="mailto:diana.hedley@groundwork.org.uk">diana.hedley@groundwork.org.uk</a> or <b>M: 07736 132295</b></p>
	<p>If you are aged 13–19 (<i>or under 25 with additional needs</i>) join us at Youth Action and get the most out of your volunteering experience.</p> <p>Your volunteering counts because you will:</p> <ul style="list-style-type: none"> <li>• <i>gain new skills and knowledge</i></li> <li>• <i>gain work based experience</i></li> <li>• <i>meet new people and discover new interests</i></li> <li>• <i>help other people, your community and your environment</i></li> <li>• <i>gain a nationally recognised accreditation after just 10 hours</i></li> <li>• <i>enhance your CV, course or job application</i></li> </ul> <p>Youth Action will link you to opportunities in volunteering: at local events, conservation work, retail, sports, fund raising and much more. All of our opportunities are fun and free. Youth Action will support you right through your volunteering experience with information, advice, encouragement and guidance.</p> <p>Email: <a href="mailto:info@youthactioncentral.org">info@youthactioncentral.org</a>          Tel: 01234 213100 or 07508 113009          Website: <a href="http://www.youthactioncentral.org">www.youthactioncentral.org</a>          Facebook: youthactioncentral          Twitter: @youthactionnow</p>
<p><b>Central Bedfordshire Children with disabilities register</b></p>	<p>The children with disabilities register is an information database which is designed to hold the contact details of disabled children and young people under the age of 18 in Central Bedfordshire. Keep up to date on all services and support by registering:  <a href="http://www.centralbedfordshire.gov.uk/children/disabilities/register/about.aspx">http://www.centralbedfordshire.gov.uk/children/disabilities/register/about.aspx</a></p>

## CBC SEND Parent and Young Person Partnership Service



	<p><b>Outside-iN</b> is a community interest company dedicated to supporting and educating families, adults and professionals living with or working with <b>Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC)</b> and associated conditions.</p> <p>ADHD and ASC are complex, often hidden, spectrum conditions. Our specialist team of professionals are unique in that they all also have first-hand knowledge through living with, or being closely related to, someone with ADHD and/or ASC.</p> <p>The Breaking Down Barriers course is ideal for parent/carers and relatives, who have either recently received a diagnosis or who would like to learn more about Attention Deficit Hyperactivity Disorder (ADHD) and/or Autistic Spectrum Conditions (ASC). <b>This training course is most suited to parent/carers of children with High Functioning Autism, formerly known as Asperger's Syndrome and ADHD.</b></p>
	<p>Parent Network support, information &amp; learning drop in sessions for parents caring for children and young people with any additional needs, chronic health condition and/or disability</p> <p>Lesley and Francine at Families in Focus will be running Parent Network support, information &amp; learning drop in sessions for parents/ adoptive parents and grandparents caring for children with any additional need/physical and/or learning disability/chronic health condition</p> <p><b>Houghton Regis Children's Centre:</b> Tithe Farm Road, Houghton Regis, LU5 5JB (unrestricted, free parking available on roadside) Thursdays from 9.30am to 12pm</p> <p><b>January 18th 2018:</b> Seeking sleep 1 helping children with SEND get to sleep <b>February 8th 2018:</b> Seeking sleep 2 – helping children with SEND stay asleep <b>March 8th 2018:</b> Emotional journey of parenting children with SEND &amp; the effect on family relationships</p> <p><b>The Hub, Ivel Valley School:</b> The Baulk, Biggleswade SG18 0PT Thursdays from 9.30am to 12pm</p> <p><b>January 4th 2018:</b> Seeking sleep 1 helping children with SEND get to sleep <b>January 25th 2018:</b> Seeking sleep 2 helping children with SEND stay asleep <b>February 22nd 2018:</b> Emotional journey of parenting children with SEND &amp; relationships <b>March 15th 2018:</b> Understanding Sensory issues</p>
	<p><b>Kids in Action</b> provide support and social opportunities for children and young adults with special needs and disabilities. Our aim is to make a positive difference to each and every individual, encouraging their participation in social activities, in a safe non judgmental environment.</p> <p>Kids Clubs run on a Saturday 10am-4pm Plus Tuesday and Thursday in school holidays 10am-4pm</p> <p>Over 18's club at The Base Monday 6pm-9pm Drop in Centre Wednesday 10am-2pm</p> <p>Unit 26, Apex Business Centre, Boscombe Road, Dunstable, Beds, LU5 4SB</p> <p>Please call 01582 477762 and speak to our Family Officer Beverley Mellor for further information</p>

**For a full list of support groups, useful contacts and events, visit our Facebook and Twitter pages**



## Further Information

Central Bedfordshire Council Special Education Needs & Disability  
Parent & Young Person Partnership Service (CBC SEND PYPPS)

**The team:** Wanda Chappell   Emily Claydon   Corrina Durcan

There are many ways to get in contact with us:



0300 300 8088



[cbcsendpypps@centralbedfordshire.gov.uk](mailto:cbcsendpypps@centralbedfordshire.gov.uk)



[www.centralbedfordshire.gov.uk/parentpartnership](http://www.centralbedfordshire.gov.uk/parentpartnership)



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