

NEWSLETTER - SPRING 2016

CBC SEND Parent and Young Person Partnership Service

Telephone: 0300 300 8088

...Providing Information, Advice and Support in Central Bedfordshire

Delivering
independent
support



Who are we?

- We are a team of two, Wanda Chappell and Angela Davey both Partnership Officers providing a year round service. Angela works Tuesday, Wednesday and Friday and Wanda, Monday - Thursday. Corrina Durcan, our Administrator is in the office Monday – Friday 9-2pm so messages can always be left with her.
- We are a statutory service for parents, carers, children and young people from 0 -25 years who have, or may have Special Educational Needs and /or Disability (SEND) in an educational setting.
- All parents/ carers and young people can access us, there **is no referral system or eligibility criteria** other than you have to be a Central Bedfordshire resident.

What we do:

- We give free, confidential and impartial information, advice and support so that parents, carers and young people can make informed decisions about SEND
- We operate a telephone helpline, email support, and face to face support
- We work in an impartial way, providing neutral information based on current SEND legislation and guidance
- We help parents, carers and young people understand what their rights are in relation to education, including mediation and tribunal
- We promote positive partnerships between parents, young people, schools, the Local Authority (LA) and other services
- We are able to put parents and young people in touch with local and national organisations and support groups
- We guide parents/carers and young people through the Education, Health & Care Needs Assessment procedures which are part of the Education, Health and care Plan process
- We help with filling in forms, writing letters, reading through and understanding reports and draft plans
- We support in meetings with schools and the Local Authority
- We help with resolving disagreements
- We provide access to an Independent Volunteer where available
- We provide access to an **Independent Supporter (IS)** with a specific role to support within the Education, Health and Care Plan process where available.

Our Monthly Drop In sessions

We hold free monthly drop in sessions in Dunstable, Leighton Buzzard, Sandy and Shefford. They are all held in Children's Centres. Come along and meet a volunteer or an officer and discuss any issues that may be concerning you. More details can be found on our website:

www.centralbedfordshire.gov.uk/parentpartnership

and on the flyers in schools

Telephone: 0300 300 8088

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 SEN. Our volunteers can support you in meetings, filling out forms or can talk you through the new assessment process. If you wish to be put in touch with our volunteers, or if you would like to join our valuable group of volunteers to support other parents, please contact us.

*** Independent Support (IS) ***

The role of an Independent Supporter is to provide help, advice and support to any family or young person going through an Education Health and Care needs assessment, and those who are transitioning over to the new Education, Health and Care Plan. Our supporter has received specific training for this role. You can also access an Independent Supporter via Core Assets.

The Central Bedfordshire SEND Parent & Young Person Partnership Service **and** Core Assets Children's Services are jointly delivering the new 'Independent Support Service' in Central Bedfordshire.

We are here to provide confidential, impartial and independent information and support. Our service helps families 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 EHC Needs assessment process and the transfer from statements and Learning Difficulty Assessments to Education, Health and Care Plans. This is a FREE service and we are here to help and support young people and their families.

We can provide you with information and support in a variety of ways:

- **Individual face to face** We can provide support from a dedicated Independent Supporter in a place and at a time to suit you
- **Telephone Helpline** To speak to someone about getting help from an Independent Supporter you can phone **0300 300 8088** for CBC SEND PYPPS or **0800 028 8455** for CORE ASSETS. 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.coreassets.com/what-we-do/independent-support-service
www.centralbedfordshire.gov.uk/parentpartnership
- **Email support**
ISreferrals@coreassets.com or complete the online contact form
Parent.partnership@centralbedfordshire.gov.uk

Both services are independent organisations that have been working with children and families for many years. We are passionate about working together to improve outcomes for children, young people and their families.

✂...CUT OUT & KEEP

CBC SEND PYPPS FREE DROP IN DATES 2016

*Sandy Community
Children's Centre*

*4th February
3rd March
(Thursdays)*

*Downside Children's
Centre, Dunstable*

*10th February
9th March
(Wednesdays)*

*Orchard Children's
Centre, Shefford*

*24th February
27th March
(Wednesdays)*

*The Moorings
Children's Centre
Leighton Buzzard*

*23rd February
(Tuesdays)*

✂...CUT OUT & KEEP

One Page Profiles for Children & Young People

A one page profile is a short introduction to a person that captures important and relevant information on a single page which will give carers, staff and people involved with a child/young person an understanding of what they feel and an idea about how best to support them. These are really useful when a child is moving to a new setting, having a different teacher or because it is a new relationship that is about to be built. It should allow important information to be gained by the reader quickly and easily.

A **One Page Profile** typically consists of a photo and three questions, but there are also other formats depending on the purpose of the profile.

The questions are:

1. ***What is important to me...?*** What is 'important to' the person and embraces the important people, places, possessions, rituals, routines, faith culture, interests, hobbies, work etc. which makes the person who they are.
2. ***What others like and admire about me and what I like about myself...*** What do other people like and admire about the person? Having positives recorded is important
3. ***How to best support me...*** It is very important to collect specific statements on how to best support the person. What kind of support is really helpful for the person? What does the person want and need? What kind of support does the person enjoy? What does not work well – what makes them feel uncomfortable

The profile should be completed by someone that knows the child/young person well, and in all cases, if appropriate, with the child/ young person themselves.

Here are some examples of layouts that could be used – these can be themed to the preferences of the child. There are lots of **free** templates that you can download online for ease and speed – you can find one ready for you to use on the back of this newsletter and on our website to get you started!



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 SCHOOLS**
- **ANNUAL REVIEWS**
- **GETTING THE BEST OUT OF MEETINGS**
- **PERSONAL BUDGETS**

All of these booklets are available in hard copy and PDF format. Just give us a call if you wish us to send them to you. They can also be found and downloaded from the Central Bedfordshire Council website:

<http://www.centralbedfordshire.gov.uk/learning/local-offer/talk/cbc-send-parent-and-young-person-partnership-service/default.aspx>

You can also find a useful directory of services which we have compiled, and details of our drop-in dates here.

Feedback Online

We would really appreciate any feedback, both good and bad, from you so we can improve our service to you. This can be found on our web pages by clicking on the '**Do it on line**' parent carer questionnaire or going to:

https://www.centralbedfordshire.gov.uk/officeforms/CBC_SEND_Parent_and_Young_Person_Partnership_Service.ofml

Thank you!

Local News/Support Groups

SNAP...Special Needs Action Panel (SNAP) is a group of parents who have children with Special Educational Needs and Disabilities (SEND) that work with the Local Authority and the NHS to develop and improve services for children and young people in Central Bedfordshire.

SNAP Central Bedfordshire Parent Carer Forum need your help to improve services for children and young people with special education needs and/or disabilities
We want to be able to gather as much information as possible about the services families receive locally.



To do this we need your help.

All the information gathered as part of this campaign will be recorded anonymously and used to influence and drive our priorities as a forum. We are unable to take on individual cases and unfortunately cannot advocate for families but we will record trends and use the information to improve local services. We would prefer email contact to aid in recording information and all our findings will be published in a termly newsletter aimed at local service providers. Please contact us:

Email: yoursay@snapcentralbeds.org.uk or info@snapcentralbeds.org.uk

Telephone: 07805 002163

Website: www.snapcentralbeds.org.uk

Facebook: <https://www.facebook.com/SNAPCentralBedfordshireParentCarerForum>

Autism Beds... are in the process of conducting a survey; open to all, to ask what service people would like to see, should Autism Beds be able to provide something new. Here is a sample:

What new service?

From our last consultation 63% of the people who replied prioritised Autism Bedfordshire starting up a Community Support Service above all other new potential services. We are hoping to offer respite/short breaks for families through providing organised support for children and young people aged 3 – 17 years.

How would it work?

This service would work in a similar way to existing care agencies.

How would it be paid for?

- through direct payments/personal budgets.
- Self funded - you pay for it yourself out of your own funds (as you would, for example, a swimming lesson).
- your social worker arranges payments directly with Autism Bedfordshire.

What do you need from me?

We need your views on what you would like in terms of Community Support. All the responses to this survey will be compiled and analysed to help shape the type of support that families in Bedfordshire want. If you are interested in participating in the survey please contact Autism Bedfordshire on 01234 214 871 or email enquiries@autismbeds.org.

Superkids... a support group for families with children between the ages of 0 – 10 years, who are on the autistic spectrum, have ADHD or are awaiting diagnosis. This is held at:

Sandy Children's Centre

on the third Saturday of every month from 10-11:30am. £1:00 per family.
There is a sensory corner available.

CHUMS... Child Bereavement, Trauma and Emotional Wellbeing Service

CHUMS offers support to children and young people up to the age of 18 in a variety of ways. The Bereavement Service supports children and young people as well as their parent/carer following the death of someone close to them, whoever that may be and however they may have died. Telephone, individual and group support is available as appropriate to the individual. The Trauma Service offers additional specialist support where required to children and young people who have been bereaved by murder, suicide or other sudden death or where there are signs of post traumatic stress disorder (PTSD).

CHUMS Emotional Wellbeing Service supports mild to moderate mental health difficulties including anxiety, low mood, relationship difficulties and low self esteem. We offer group work for children, young people and their parent/carer around anxiety and self esteem as well as a group specifically for children and young people with an ASD diagnosis which focuses on areas such as identifying emotions, coping strategies and social communication skills, along with their parent/carer.

CHUMS also offers a Recreational Therapeutic programme aimed at those young people who find it hard to engage with traditional therapies and/or are finding engagement with school difficult. Support is offered via football, music and creative arts.

For more information about CHUMS services see their website:

www.chums.uk.com

Telephone: 01525 863924

Carers in Bedfordshire

Carers in Bedfordshire offer Parent Carers three drop in groups in Biggleswade, Bedford and Dunstable, one to one support (emotional, practical, information, and advocacy), carer grants, pampering and relaxation therapies, carer café and carer training. There are two parent carer support workers, Darran Youell who covers Ivel Valley, West Mid Beds and Bedford Borough, and Kim Taylor, who covers Leighton Buzzard and Chiltern Vale. Darran and Kim are both parent carers and are fully aware of the day to day issues faced when living with a child/young person with additional needs. The groups are held once a month and offer the chance to meet other parents in an informal setting and an opportunity to speak to a support worker.

Parents Together Monthly Drop in – Thursday 10-12pm

11th February, 10th March, 14th April, 12th May, 9th June, 14th July
The Hub, Ivel Valley School, The Baulk, Biggleswade SG18 0PT

25th February, 17th March, 21st April, 19th May, 16th June, 21st July
Chiltern Hub South, 39 Oakwood Avenue, Dunstable LU5 4AS

For further information see their website:

www.carersinbeds.org.uk

Telephone: 0300 111 1919

The Avenue... supports families who have a child with autism by providing a variety of supportive services and events. All groups/events are held at:

The Pentecostal Church, Crab Lane, Biggleswade
Beds SG18 0LN.

Full details of all the support groups/events are available from the website:

www.theavenuesupport.co.uk

Telephone: 07425 551110

Email: theavenuesupport@outlook.com

Follow 'The Avenue Support' on Facebook or on Twitter: @TheAvenueASD

Outside- In... is a local group that offers support and information on **ADHD** and **Autistic Spectrum Conditions**. They support over 400 families in Bedfordshire. They run a designated helpline, provide regular support groups and deliver bespoke training packages to both parent/carers and professionals.

Breaking Down Barriers is a practical course to help understand the condition and provide strategies to help you and your family. The course also includes the **1-2-3 magic** Behaviour Management Programme. Please see their website:

www.outsidein-solutions.co.uk

Telephone: 01462 813282

Email: enquiries@outsidein-solutions.co.uk

Families United Network... FUN has its own dedicated building from which to run all of its clubs and activities. This will enable **FUN** to continue to work and support families throughout Bedfordshire, offering both support to their membership and employment opportunities within the local community.

FUN Youth Club

Monday night (term time only) 6.30-8.30pm for young people aged 10 to 17 years

Keech Swim Sessions

Fortnightly sessions for children and young people with disabilities at Keech Hospice in their adapted hydrotherapy swimming pool. It has hoists, ramps and specially designed changing rooms. Children must be accompanied by an adult. £3 per swimmer.

February Half Term Activities

See attached for what FUN have organised.

Families United Network

Unit 5, Britannia Estate
Leagrave Road
Luton LU3 1RJ

Telephone: 01582 420800

February Half Term Activities

Come and join us for FUN Trips and Activities!

Due to our new building currently being renovated, we will be running off-site activities during February Half Term 2016, instead of our usual holiday club.

We have a FUN packed week of activities for you to enjoy and places will be available on a first come first serve basis.

Places are limited and need to be pre-booked either on-line or via our booking form.

All the activities have been heavily subsidised by FUN

Book early to avoid disappointment

MONDAY 15th FEBRUARY : 10am—11.30am

PLANET ICE

Leisure Plaza, 1 South Row, Milton Keynes, MK9 1BL

Arrive at 10am

Cost includes skate hire and our own changing room for those who may want a bit of time out from the skate session. Penguins are available for those that require them.

You will need to hire and pay for these separately on the day
(penguins are £5 per hour)

£5.50 per child, carer goes free

MONDAY 15th FEBRUARY : 1pm—3.30pm

NATURAL HISTORY MUSEUM (TRING)

The Walter Rothschild Building, Akeman Street, Tring, Hertfordshire, HP23 6AP

FUN has organised a unique workshop where you will be able to handle artefacts from the museum.

The Museum houses one of the finest collections of stuffed mammals, birds, reptiles and insects in the UK. It has six galleries, each one of which houses a different set of animals. There is also a Discovery Room especially designed for young children.

£2 per person

TUESDAY 16th FEBRUARY : 10am—12pm

DANCE & WALL CLIMBING WORKSHOP AT TOKKO

7 Gordon Street, Luton, LU1 2QP

Join us for a FUN packed morning of organised dance, wall climbing, face painting, arts & crafts, computer games at the TOKKO Youth Centre in Luton Town Centre.

£3.50 per child

TUESDAY 16th FEBRUARY : 1.30pm—3.30pm

Family Swim Session

Tiddenfoot Leisure Centre, Mentmore Road, Leighton Buzzard, Beds. LU7 2AF

Exclusive hire of the multi level pool. Join us for a FUN swim.

£3 per swimmer

WEDNESDAY 17th FEBRUARY : 9.30am—4pm

WOBURN SAFARI PARK - BY COACH

Woburn Park, Woburn, Milton Keynes. MK17 9QN

A FUN Safari adventure with indoor and outdoor play.

Coach pickup from Luton & Vandyke School, Leighton Buzzard

£7.50 per person

THURSDAY 18th FEBRUARY : 10.30am—12pm

BOWLING

Go Bowling, Court Drive, Dunstable. LU5 4JD

Our ever popular FUN bowling session—meet in foyer for shoes and lanes as usual

Arrive 15 minutes early to change your shoes

£4.50 per person

THURSDAY 18th FEBRUARY : 1pm—3pm

PRIVATE SCREENING OF "THE GOOD DINOSAUR" PG

Grove Theatre, Grove Park, Court Drive, Dunstable, LU5 4GP

In a world where dinosaurs and humans live side-by-side, an Apatosaurus named Arlo makes an unlikely human friend. **Film will start promptly at 1pm**

£5 per child, carer goes free

FRIDAY 19th FEBRUARY : 10.30am—12.30pm

MUSIC THERAPY & DRUMMING WORKSHOP

Dunstable Football Club, Creasey Park Dr, Dunstable LU6 1BB

Personalised music therapy that promotes well-being & social experiences. You will be left feeling energised and ready for the day ahead!!!

£3.50 per child, carer goes free

FRIDAY 19th FEBRUARY : 6.15pm—8.15pm

SNAKES & LADDERS

Blackburn Road, Houghton Regis, Dunstable, Beds. LU5 5BQ

Jam packed with FUN—three-tiered climbing frame, slides, ball ponds, tunnels and rope climbs - something for everyone!

£5 per child

One page profile

Me

What people appreciate about me...

What's important to me...

How best to support me...