



SUPPORTIVE PARENTS

The SENDIAS service for children, young people and their parents

Hello from your local SENDIAS Service Team!

We have a range of news, information, a free training opportunity and dates as well as practical resources and apps to promote health and well-being during the current lockdown available for you in February.

Supportive Parents News

With face to face delivery continuing to be restricted we have **extended our virtual offer**. You may have spotted the launch of our **Wellbeing Hub** for 16 to 25 year olds with special educational needs and disabilities (SEND) in January.

For those of you who missed it, [here it is!](#)

We welcome a **new member of staff, Joanne Dean**, to our Information Advice and Support (IAS) team.

Our service continues to deliver a full IAS Line service. The whole of the Supportive Parents team is working from home. Our current arrangements to provide information, advice and support by telephone, email, Text and virtually remain in place.

We have a new phone system in place which allows us **to answer live calls**. If your call is not answered immediately, please leave a message. When you leave a message, we will do our best to call you back during the next IAS line session. We return all calls in the order that they were made, but please bear in mind that during the lockdown period, if demand is high, this might take us a little longer. The majority of our staff are balancing work and home life whilst delivering our service.

If you have any access needs or would prefer to book a video call please let us know.

Training and Events

Please see our handy [flyer with a list of all events](#), including FREE virtual support group and coffee mornings.

Virtual Support Group Dates

Thursday 25th of February –

SEND & You: Special Educational Provision vs SEN Support

Daytime session – 10:30-11:30am

Evening session – 7-8pm

Tuesday 23rd of March –

SEND & You: Annual Reviews

Daytime session – 10:30-11:30am

Evening session – 7-8pm

Save the Dates

In **April** we have 3 dates:

- Mediation Coffee Morning on the 21st of April, 10:30am -12noon
- Virtual support groups on the 22nd of April on the topic of Mediation, daytime 10:30-11:30am, and evening 7-8pm
- Social Communication Coffee Morning on the 28th of April 10:30am -12noon

Keep our [flyer with links to events](#) handy to book a free space.

FREE E-Learning Module - Holistic Outcomes in Education, Health and Care plans, the Council for Disabled Children:

This **free e-learning course** contains a series of online modules, covering:

- Aspirations
- Outcomes from children, young people and family perspectives
- Outcomes from professional perspectives, including writing SMART outcomes
- Legal considerations
- Annual reviews

This training is open and available to anyone who has a personal or professional interest in understanding the EHC plan process. To find out more and to complete the e-learning course please click [HERE](#)

Events Other Local Events and Support

Dates with SGPC's (South Glos Parent Carers)

Keep an eye out for the many opportunities to meet SGPC volunteer representatives and the SENDIAS team at the events on offer.

Visit SGPC's site and see what's on in their [calendar](#).

We will be visiting SGPC's on the **22nd of March** for a **Question and Answer (Q&A) session**.

Consultation and Feedback

Your views matter! We really want to know how our service can be of most use to you. As the roll out of COVID vaccines starts we look forward to meeting in person again.

While we will be glad to put the difficulties of this period behind us, we are keen to embrace the positives. Delivering our services remotely has some advantages. Some people find it easier to attend virtual events and they can be organised more readily and offered across the whole of the city. **We would like to hear your views so that we can develop our service offer**. Please spend just a minute responding to our survey about our future virtual service offer [here](#).

UK Disability Survey. The Cabinet Office Disability Unit want to hear from you. All views will be used to shape the delivery of the plans they set out in the forthcoming Strategy. The survey is available in Easy Read and BSL. Written responses can be sent to: DUCitizenspace@cabinetoffice.gov.uk. A braille version is available on request and blind or partially sighted people who are having difficulty filling in the online survey can email RNIB for advice or support at: campaigns@rnib.org.uk. You can complete the survey [here](#).

Social Care Review. An [independent review of children's social care](#) has been announced by the government (15 January 2021). To find out more about the terms of reference and how to take part click [here](#).

Mental Health Act Consultation. Following a review of the Mental Health Act (2017), it concluded that the law is not always working as well as it should for patients, their families and carers. You can take part in a [consultation](#) on ideas to make the law work better for people being looked after.

Covid 19 Consultation Opportunity. The Covid-19 pandemic has brought unprecedented challenges to all children and young people, and these can be particularly hard for those young people with a special educational need and/or a disability (SEND). NCB is currently doing a national consultation to hear from children and young people with SEND, aged between 5-25, about the impact of the pandemic on them - how lockdown has impacted their support network, academic goals, and social and emotional wellbeing and what can be learned from this. To find out more and to give your feedback please click [here](#).

Education and SEND

Resources

NEW Resource!

Our latest resource is called [Specifying provision in an EHCP](#). We receive lots of enquiries about how specific wording in EHCP's should be. This is a guide for parents and carers to learn about the requirements of support written in an education health and care plan.

Another area we always receive lots of enquiries about is SEN support in schools, which our [information series](#) this month is based on. Further resources such as our Guide to SEN Support can also be found on our [website](#).

National Resources

Contact. Currently are offering virtual information and advice workshops on a wide range of topics on SEND. For more information on these and to book please click [HERE](#).

National Autistic Society. Latest guidance, updates and resources on coronavirus for autistic people, their families and professionals. Please find this [HERE](#).

Mental Health and Wellbeing Advice

[Anna Freud National Centre for Children and Families](#) has lots of helpful resources for families which may be of particular help at the moment. They provide advice and guidance for parents and carers to help support a child or young person experiences poor mental health or wellbeing.

[Time to Change](#) offers advice about how to support a **colleague, relative or a friend** about their mental health and wellbeing.

[Place2Be](#) offers **wellbeing activities for families** specifically during the current coronavirus measures. There is a '**urgent help**' page that includes information to use '[shout](#)' via text messaging if people feel they are unable to cope. We've had [children's mental health week](#) and this page may be useful for parents and carers.

Apps that might be helpful are:

- [Kooth](#) – an app for children and young people offering an online support and counselling. Kooth offers **tracking goals, a message board, journal, chat and messenger support**.
- **Stem4** – dealing with [anxiety](#), [self-harm](#), [depression](#), [eating disorders](#) and [addiction](#). Each page offers information aimed at teenagers, friends, parents or carers, schools and health professionals.
- [Free mental health & wellbeing apps for children](#) might be of interest to school staff and parents, for example the 'zones of regulation' app.

- [HappyMaps](#) offer a range of information and advice, including [apps to consider to maintain positive mental health and wellbeing](#). They offer a [parent survival guide](#) with a range of information and support to consider.

Single Parent families – [Gingerbread](#) offers specific information and support for single parent families. Parents may find the page on [getting help for mental health and access support](#) useful.

English as a Second Language (EAL) – resources for parents and carers with EAL from the [Bell Foundation](#) are useful. The [translated resources encourages parental involvement](#) with school and their child's learning. There are translated leaflets for parents that explains the education system and offers practical things to ask which can help parents and carers to feel more confident and at ease about education and learning. Teaching staff may find these resources useful too.

National News

Great news for SEND funding. Over £42 Million has been made available to help raise educational standards, improve services and provide practical support to children with special educational needs and disabilities. Click [here](#) to find out more.

IPSEA – Update on Covid-19, school reopening and SEN provision. Updated information regarding school closures, who is eligible to attend school and the support to be given whether in school, post 16 education or accessing remote learning. Please click [here](#).

Government Guidance: Restricting attendance during the national lockdown: schools. A link to the most recent government guidance around attendance in schools can be found [here](#).

High-quality remote education. The [DfE has set out requirements](#) for schools to provide high-quality remote education when children are unable to attend school. Ofsted has announced that it will look at how well schools are educating pupils in the current circumstances. Parents and carers should first raise their concerns with the teacher or head teacher. If issues are not resolved, parents can [report the matter to Ofsted](#).

With best wishes,

Santie, Sara, Edurne and the IAS Team

Supportive Parents South Gloucestershire SENDIAS Service

0117 9897725, Monday to Friday 9:30-4:30

support@supportiveparents.org.uk

www.supportiveparents.org.uk