



# SUPPORTIVE PARENTS

*The SENDIAS service for children, young people and their parents*

## Supportive Parents News

We continue to run our information, advice and support line and all events virtually at this time.

We are delighted to announce that our [Wellbeing Hub](#) is now live!

In these challenging times, it is more important than ever to ensure we are taking care of our wellbeing. We continue to look for new ways to keep young people supported and informed.

### [The Wellbeing Hub](#) - What is it?

The Hub is an online portal which provides young people with access to information about local services which can support wellbeing. It is full of helpful videos and information from wonderful partner organisations across Bristol and North Somerset, showcasing a range of activities and opportunities to get involved with.

The Wellbeing Hub is based on the 5 Ways of Wellbeing - a national initiative that focuses on the 5 steps we can take to improve our wellbeing:

**CONNECT** - **BE ACTIVE** - **KEEP LEARNING** - **TAKE NOTICE** - **BE CREATIVE**

The Wellbeing Hub replaces our previous Virtual Hub, which was a huge success, with:

- 100% of respondents reporting it made them feel less anxious
- 80% of respondents reporting they were now more knowledgeable and confident in accessing the services available to them

## Training and Events

### **Tuesday 9<sup>th</sup> March – slots for between 11-1pm and 7-9pm – SEN Surgery -**

We're holding a FREE virtual 'SEND surgery' via telephone or Zoom, for parents and carers living in North Somerset who have children with special educational needs or disabilities (SEND). This is an opportunity to speak to one of our trained North Somerset SENDIAS practitioners on a confidential, one-to-one basis and receive help and support with your query about your child's special educational needs or disability. To book a 30 minute virtual appointment on a 1:1 basis please click [HERE](#).

**Tuesday 16<sup>th</sup> March –10.30-12.30pm - Annual Review Coffee Morning** - This FREE coffee morning, facilitated by Supportive Parents' trained staff, is aimed at parents or carers of children with SEND and/or young people with SEND who have an Education Health and Care Plan. It is about Annual Reviews.

The workshop will cover:

- how to prepare for an EHCP Annual Review
- how to ensure your views are heard
- what should happen both during and after the Annual Review

To book a place please click [HERE](#).

### **Other Local Events and Support**

**NSPCWT – Wednesday 3<sup>rd</sup> March 10-1pm** - North Somerset Parent Carer Forum are running a virtual 'Parent Rep Training' workshop – if you would like to know more about what being a parent rep entails and would like to attend please email [admin@nspcwt.org](mailto:admin@nspcwt.org)

**Autism Family Liaison Service Pilot** – new 6-month pilot in North Somerset for Parents, Carers and Young People – run by Bridging the Gap Together. To provide primary support for families living with the effects of autism and its associated conditions through the pandemic. From November 2020 to April 2021 – Mondays and Wednesdays 10am-4pm and Fridays 10am - 1pm. Support via Zoom, Skype, Teams or telephone with Liz Kelly. Email [support@bridgingthegaptogether.org.uk](mailto:support@bridgingthegaptogether.org.uk).

**Gympanzees** – Alongside their lending library, Gympanzees also have an online resource hub. These features all different types of SEND and gives lots of ideas for activities to do at home with your child/young person to support them. To find out more please click [HERE](#).

**Youth Sports Trust** - Youth Sport Trust has a number of free resources to help parents and children have fun and stay active at home. There are a huge range of activities and downloads on our coronavirus support page including: Links to the After School Sport Club which runs live on YouTube at 5pm every Tuesday and Thursday and the 60 second challenges. To find out more click [HERE](#).

### **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](#).

**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](#).

**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.

**SEN Support in Schools.** 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](#).

**Young Minds.** Tips, advice and where you can get support for your mental health during the coronavirus pandemic. 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.

### 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](#).

**Council for Disabled Children – Learning module – Holistic Outcomes in Education, Health and Care plans.** 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](#).

With best wishes for a successful term,

Supportive Parents

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