

SEND Family Voice

A monthly newsletter filled with news, information and events for all things SEND in the Redcar & Cleveland area.

A warm welcome

Hello everyone and welcome to February's issue. A big welcome to all our families new and old, word seems to be spreading fast and we have new members and followers joining us each day which is amazing to see! As demand for our service continues to grow we have found ourselves outgrowing our current offices. We have therefore decided to move to a larger room within the Civic Centre. We have remained on the same floor, second floor, but moved round the corner to allow us to host smaller events in our offices. Some of the upcoming Autism Central events will be held in our new office and our Lending Library and Sensory Shop are fully set up and established. As always our drop ins will continue out in the breakout space of the second floor and if you need to speak in private to a member of the team, our office will be available for this.

To ensure we are representing all families' voices in our area, we will be sending out an annual SEND Audit to all our families later this month. This helps us see what areas we have most members and engagement and where we need to focus on. We will also be collecting information on services to identify any gaps or issues that we can feedback to professionals. This survey will be anonymous so please take a couple of minutes to complete so we can ensure we are collecting and representing as many families as possible.

We are also working on our first SEND Conference for parents and carers. We would be looking to hold this around April / May time and it would be a full day's session with lunch and refreshments provided. The day itself would include what services are available in our area for families as well as updates from the Local Authority, Health and Social Care teams to see what is currently happening in these areas in terms of SEND. We would also use this as an opportunity to find out from parents what is working well in the area and what is not working as well to identify any gaps we can raise with professionals. We shall keep you posted with developments on our Facebook group and page and via email.

In the meantime if a service is not meeting your child or young person's needs or you are not sure what support is out there for you access, please feel free to pop into one of our drop ins, send us a message or complete a Your Voice submission or Contact Us form and we will respond.

Please welcome



Julia Walker, Julia is a parent carer with a great range of knowledge to help support parents. Julia is regularly in attendance at our drop ins and events. Please stop and say hello if you see Julia at one of our events.

Your Voice

We are keen to hear your views and opinions about the SEND services in Redcar and Cleveland. Please take a moment to complete this on the "Your Voice" section of the website. Good, bad or indifferent we want to hear from you!

<https://sendfamilyvoicerc.co.uk/your-voice/>

News & Information

Services at James Cook Hospital

A Hospital Passport is a great document for children and young people who have to go into hospital either for an inpatient appointment or more long term care. The Health Passport, as shown below, contains information about your child or young person, their likes and dislikes plus important information which health staff should be aware of. The paper document can be handed to hospital staff who will place the persons notes to ensure any professional can see it and is aware of. There is more information on Health Passports on the following link

<https://www.england.nhs.uk/publication/health-and-care-passports/>

South Tees Hospitals NHS Foundation Trust, recognise and value the role carers have in the health, comfort and wellbeing of their patients. The trust defines a carer as a person of any age who provides help and support to a parent, child, partner, relative or close friend because of their illness, frailty or disability. The care they provide is unpaid.

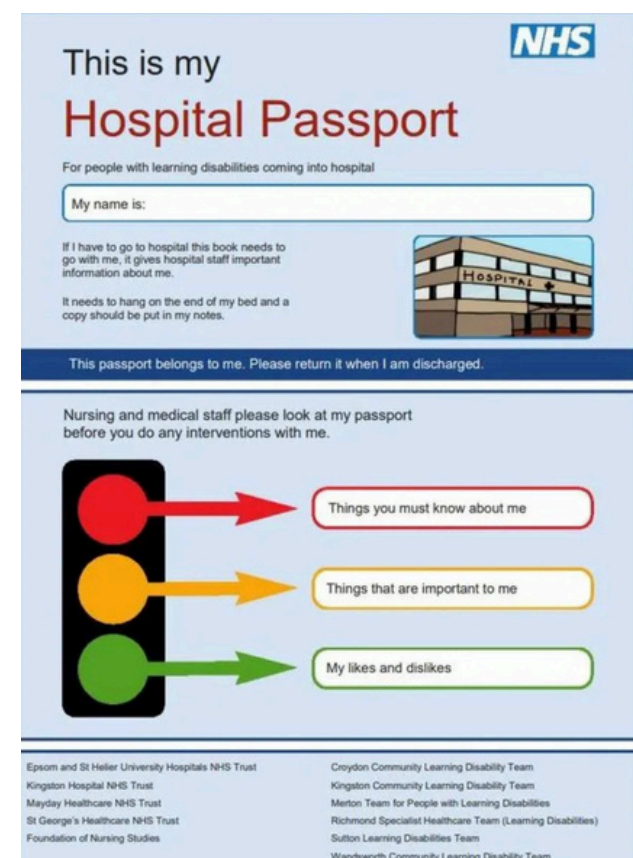
You can find more information on the following link together with details about the carers passport :

<https://www.southtees.nhs.uk/patients-visitors/visitors/carers/>

Jams Cook also have a service for young adults with a learning disability transitioning to adult care. As well as a Health Passport mentioned above, there is a designated team who can help young people and families. The following link has more details including .A guide for parents of young people who have a learning disability and are ready to move on to adult health services.

<https://www.southtees.nhs.uk/resources/a-guide-for-parents-of-young-people-who-have-a-learning-disability-and-are-ready-to-move-on-to-adult-health-services/>

We are linking in with the team who oversee hospital passports to offer an event for parents to come and complete a hospital passport for your child / young person. We will post details on our. Facebook group once this has been organised.



Redcar and Cleveland Council's Transport Consultation

Redcar and Cleveland Council are currently consulting on transport costs for those young people aged 16-19 years still in education. We understand letters have gone out to families. We would encourage as many families as possible to complete the consultation. We have provided the link below.

<https://redcarcleveland.uk/engagementhq.com/post-16-travel-survey/surveys/post-16-travel-student-feedback/>

We are in discussions with the transport team to hold a drop in event for the consultation where parents can come along and ask questions and receive further information. We shall post details on our Facebook page and group once this has been organised.

You said

There are inconsistencies and issues moving from children's social care to adult social care team.

WE DID

We were introduced to the managers who oversee the children and adults social care team and invited to a meeting to feedback parents issues in person. You will see some posts and surveys coming out via our textbooks and emails to find out more. We will keep you informed of professs.

News & Information cont

Direct Payments and Disability Social Workers

We have received quite a few Your Voice submissions and parents reaching out asking for help with direct payments and disability social workers.

We have reached out to this department to ask for clarification for families, and been advised that all requests need to make a request to the MACH team at Redcar and Cleveland council for an assessment of their needs.

You can contact the MACH team by :

telephone : 01642 130700

Email - RedcarMACH@redcar-cleveland.gov.uk

Safer Internet Day



SAFER INTERNET DAY 2025
Tuesday 11th February 2025
09:30 - 11:00
18:00 - 19:30

Learn how to keep your children safe online! This informative webinar, hosted by the Police Cyber Crime Team, will provide essential tips and strategies for parents and carers to ensure a safer internet experience for their children. Topics will include recognizing online threats, setting up parental controls, fostering open communication about internet use and how to keep your child safe from breaking the law themselves.

Don't miss this opportunity to enhance your knowledge and protect your loved ones!

The webinar will be hosted on Teams. Please register via <https://shorturl.at/fq6TW> or scan the QR code

CONTACT US cyber.protect@cleveland.police.uk

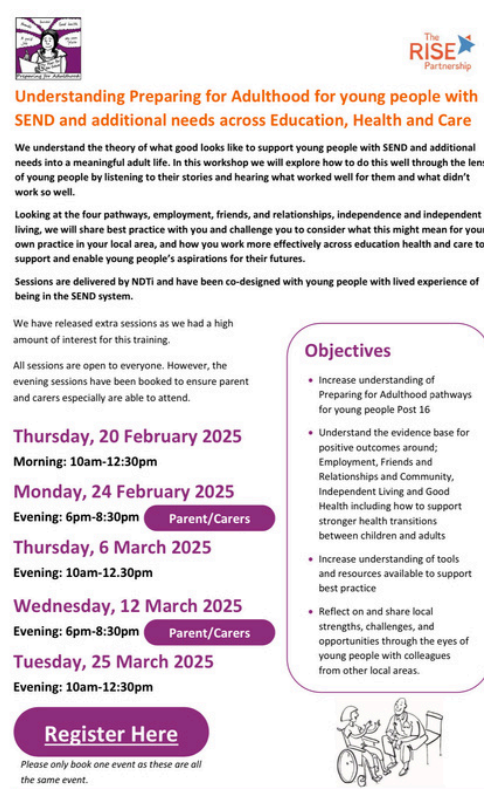
An informative webinar hosted by the Police Cyber Crime Team to help support parents and carers to keep children safe online.

Click on the link below to sign up
<https://shorturl.at/fq6TW>

Transition to Adulthood

We have been sent the poster, displayed on the left, which is offering parents a chance to join an online session to find out more information about transitions to adulthood. There are a couple of sessions for parent carers which are being held on the evening. These sessions are free and the link to book is listed below.

<https://forms.office.com/Pages/ResponsePage.aspx?id=uc24UbDrdEqOZ9HMRiI95zO3iyetW59LmxVvYeSeBLHuQINRSEWIMU5CRDdaUEdHV0pVQTJLUUJJaVSQIQCNjPTEKJUAjdDIn>



Understanding Preparing for Adulthood for young people with SEND and additional needs across Education, Health and Care

We understand the theory of what good looks like to support young people with SEND and additional needs into a meaningful adult life. In this workshop we will explore how to do this well through the lens of young people by listening to their stories and hearing what worked well for them and what didn't work so well.

Looking at the four pathways, employment, friends, and relationships, independence and independent living, we will share best practice with you and challenge you to consider what this might mean for your own practice in your local area, and how you work more effectively across education health and care to support and enable young people's aspirations for their futures.

Sessions are delivered by NDTI and have been co-designed with young people with lived experience of being in the SEND system.

We have released extra sessions as we had a high amount of interest for this training.

All sessions are open to everyone. However, the evening sessions have been booked to ensure parent and carers especially are able to attend.

Thursday, 20 February 2025
Morning: 10am-12:30pm

Monday, 24 February 2025
Evening: 6pm-8:30pm **Parent/Carers**

Thursday, 6 March 2025
Evening: 10am-12:30pm

Wednesday, 12 March 2025
Evening: 6pm-8:30pm **Parent/Carers**

Tuesday, 25 March 2025
Evening: 10am-12:30pm

Register Here

Please only book one event as these are all the same event.

Objectives

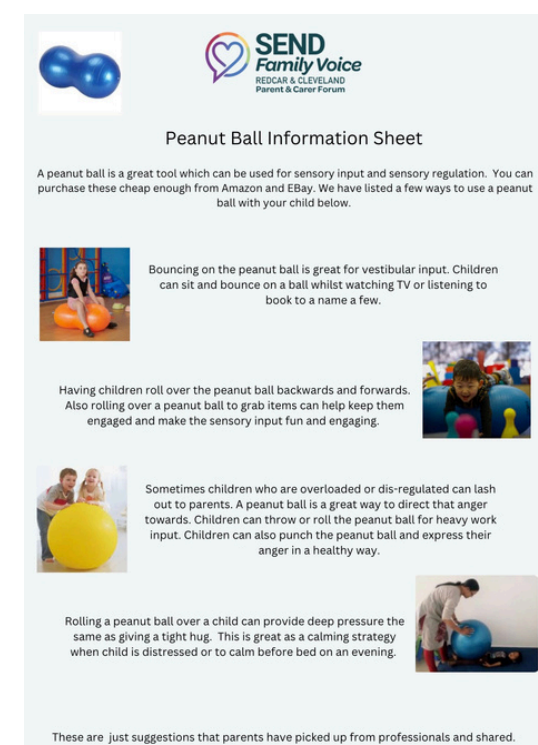
- Increase understanding of Preparing for Adulthood pathways for young people Post 16
- Understand the evidence base for positive outcomes around: Employment, Friends and Relationships and Community, Independent Living and Good Health including how to support stronger health transitions between children and adults
- Increase understanding of tools and resources available to support best practice
- Reflect on and share local strengths, challenges, and opportunities through the eyes of young people with colleagues from other local areas.

SPOTLIGHT ON

Peanut Balls

Does your child own a peanut ball? Have you received a copy of our information sheet which shows some great ways to use a peanut ball? If not drop us a message and we can email one across or drop it in the post for you.

With some great tips you can use a peanut ball to help your child regulate, use it for vestibular input or as a great tool for some heavy work. The possibilities are endless!



SEND Family Voice
REDCAR & CLEVELAND
Parents & Carers Forum

Peanut Ball Information Sheet

A peanut ball is a great tool which can be used for sensory input and sensory regulation. You can purchase these cheap enough from Amazon and Ebay. We have listed a few ways to use a peanut ball with your child below.

Bouncing on the peanut ball is great for vestibular input. Children can sit and bounce on a ball whilst watching TV or listening to a book to a name a few.

Having children roll over the peanut ball backwards and forwards. Also rolling over a peanut ball to grab items can help keep them engaged and make the sensory input fun and engaging.

Sometimes children who are overloaded or dis-regulated can lash out to parents. A peanut ball is a great way to direct that anger towards. Children can throw or roll the peanut ball for heavy work input. Children can also punch the peanut ball and express their anger in a healthy way.

Rolling a peanut ball over a child can provide deep pressure the same as giving a tight hug. This is great as a calming strategy when child is distressed or to calm before bed on an evening.

These are just suggestions that parents have picked up from professionals and shared.

To request a copy please message us via Facebook or email us info@sendfamilyvoicerc.com

Important Contact Numbers

LA Sen Services - 01642 204503

LA MACH Team 01642 130700

Email - RedcarMACH@redcar-cleveland.gov.uk

Camhs - 0300 013 2000

Shortbreaks Self referral - 01642 771247

Daisy Chain Family Support - 01642 531248 (Option 1)

Carers Together - 01642 488977

Events



Adoptive Parents Support Group

2nd Floor
Civic Centre, Ridley Street Redcar, TS10 1TD

The last Wednesday of every month
10am - 12pm

SEND Family Voice are developing a new group for adoptive parents who have children that are diagnosed with Special Educational Needs and/or Disabilities (SEND) or are on the pathway for assessment.

We also welcome parents who may have concerns around their child development or simply want to connect with other adopted parents.

No need to book, just turn up.

Free refreshments available.



Parent & Carer Drop in

Every Tuesday from 9.30am - 12:30pm the office will be open to Parents and Carers who would like to pop in for a chat and a cuppa.

During these sessions we can also offer 1:1 support to complete Your Voice submissions and/or complete membership forms.

If you have a query or issue with a professional or service provider come along to speak to a member of the team who can provide support and/or signpost to further help and support.

A timetable of when professionals are attending is detailed below.

7th January - Parents and Carers Only
14th January - SENDIASS
21st January - Parents and Carers Only
28th January - CAMHS
4th February - Parents and Carers only
11th February - Monica & Maxine from SEN dept
18th February - Parents and Carers only

Second Floor, Office 2a Civic Centre, Ridley Street, Redcar TS10 1TD
Please go to reception for directions.



Evening Coffee Event Online

Monday 3rd February 2025
7pm - 8pm

The first Monday of every month join us for an online coffee event via teams.

Talk to members of the team whilst meeting other parent and carers in our area. A chance to find out what's happening at the forum and in our area, also what we are doing to ensure we meet the needs of our families.

We will also be sharing information and finding out what professionals you would like to attend future dates.

Join via the link below or the post in the Facebook group

https://teams.microsoft.com/j/1/meetup-join/19%3ameeting_0GE2NDMwMGItNDQ1MS00YjM4LTjYUWtMzQ1ZGVlYTRlYTw%40thread.v2/0?context=%7b%22tid%22%3a%22d2e3bba2-ef6c-45fc-add-10178aa43ea9%22%2c%22oid%22%3a%22547bc36b-8e31-41d1-84aa-6eea8c68cfc1%22%7d
Tap on the link or paste it in a browser to join.

We have some fabulous events lined up for our parent carers around different issues and some guest speakers. All our events are open to parents and family members of Redcar and Cleveland. We ask that if you want to attend an event or training session you don't book two places in your name but that the second person attending signs up for our free membership. They can do so via the link below.

<https://sendfamilyvoicerc.co.uk/membership/>

Some of our upcoming events are listed below:

Understanding Autism hosted by Autism Central

Autism and wellbeing hosted by Autism Central

PDA (Pathological Demand Avoidance). A full days session with Alison Wombwell who will talk through PDA and provide strategies and tips to support families. Lunch and refreshments are also included. This is a chargeable event at £5 per person.

Children's Mental Health Week is an annual event dedicated to raising awareness about children and young people's mental health. This important event is a brilliant opportunity to open up a discussion about mental health and wellbeing with children and young people.

The children's mental health charity, **Place2Be**, set up Children's Mental Health Week to highlight the importance of mental health for children and young people. We all have mental health and up to 1 in 4 of us will experience mental health problems at some point in our lifetime.

During Children's Mental Health Week 2025, we can take some time to focus on mental health and talk about these important topics. We can encourage children to think about how they can best look after their own mental health and encourage parents, carers and teachers to reflect on their role in supporting children with their mental health.

What is the theme for Children's Mental Health Week 2025?

Each year there is a different theme for Children's Mental Health Week. The theme for Children's Mental Health Week 2025 is 'to be announced' so keep an eye on the Local Offer Facebook page and website for updates!

We can discuss important topics with children and young people during Children's Mental Health Week 2025, such as feeling lonely, making friends and developing healthy relationships.



Children's Mental Health Week facts

Here are some Children's Mental Health Week facts to help you learn all about this important event:


- The first Children's Mental Health Week was held in 2015.
- Five children in a classroom of 30 pupils are likely to have a mental health problem (**The Children's Society**).
- 50% of all mental health problems start by the age of 14 (**The Children's Society**).
- 75% of children and young people who experience mental health problems aren't getting the support they need (**Mental Health Foundation**).

As parents and carers, you play an important role in your child's mental health. Every year, Place2Be experts create free resources to help you support your child's wellbeing from home. Make sure you sign up to be the first to hear our updates about Children's Mental Health Week 2025, including when our resources for next year are available!

childrensmentalhealthweek.org.uk/stay-in-touch

SEN Sessions

In and around the Redcar and Cleveland area.




Providing Forest and Beach School sessions to families throughout Redcar and Cleveland.

At Woods & Waves children and young people have the opportunity to connect with nature, use tools, enjoy the warmth of a campfire, complete scavenger hunts, engage in nature-based arts and crafts and so much more. The sessions are very flexible and child-led, participants are encouraged to follow their own interests and ideas, free play and exploration are a big part of the Forest School approach. Parent/carers stay and join in the fun too.

Children with additional needs are welcome to attend any of our sessions, and we also have SEND sessions every third Saturday of the month from 16th March.

To book a place visit our Facebook page @woodsandwavesforestandbeachschool Or use our booking link <https://bookwhen.com/woodsandwaves>



In addition we also have some availability on our fully funded 10 week SEND Forest School group:

Thanks to funding from Woodsmith Foundation we are able to offer fully funded small group Forest and Beach School to children and young people. To qualify the child/YP must: Be aged 5-18 years, live in Redcar and Cleveland, and have an additional need or disability.

This is for a block of 10 sessions and we have a couple of remaining spaces for our Thursday 4pm sessions beginning in April, so you must be able to come along to Saltburn on this day and time to qualify. To express your interest in your child/young person being involved in this project please contact us: woodsandwaves2022@gmail.com / 07533366410

SEN SESSIONS

1st Sunday of every month
9.30am - 12.00pm

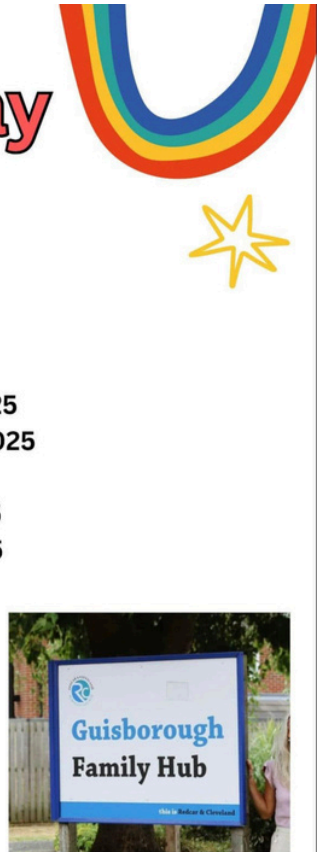
Come and enjoy World of Play when it's much calmer and quieter at our SEN sessions
This time is exclusively for children with disabilities and their family & friends

Full use of all our facilities is available



Sensory Play Sessions

Where? Guisborough Family Hub
When? 10am - 12pm
How Much? Free
Dates : Saturday 1st February 2025
Saturday 15th February 2025
Saturday 1st March 2025
Saturday 15th March 2025
Saturday 29th March 2025
Saturday 19th April 2025
Saturday 10th May 2025
Saturday 7th June 2025



Premier League **Kicks** **DISABILITY SPECIFIC 2023/24**

TUESDAY
BOROBILITY
Acorn Centre TS5 8QB
U12 PAN 4:45pm - 5:45pm
13+ PAN 5:45pm - 6:45pm

WEDNESDAY
BOROBILITY
EAST CLEVELAND
LOFTUS CRICKET CLUB
TS13 4LG
5pm - 6pm

FREE TO PLAY!



Foundation

SEN


Sunday mornings
Exclusive session 9:30am-10:30am
£6.50 per child - siblings welcome



SENSORY CAVE

Our BRAND NEW sensory cave is filled with LED light panels, fibre optics, light tubes and projections - providing a calming experience for babies, toddlers & children with special educational needs. Please note access is dependent on specific session times & availability.

BABY BUDDIES AGES 0-18 MONTHS MONDAYS WEDNESDAYS FRIDAYS TERM TIME 9:30AM - 1PM ADDITIONAL DATES IN HOLIDAYS ONLINE BOOKING	GENERAL PLAY AGES 0-3 YEARS DAILY PLEASE CHECK OUR ONLINE TIMETABLE FOR AVAILABLE TIMES! *INCLUDED IN UNDER 1 GENERAL ADMISSIONS *£2 UPGRADE FOR AGE 1-3 ADMISSIONS ONLINE BOOKING
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COMETS Disability + Football

Your place to play
A safe space for disabled children aged 5 - 11 to kickstart their football journey

Just be you!



kick ball happy

Scan here to see Comets in action!

Time and Date: **Saturday Morning - 10.00am to 11.00am**

Location: **Sports Hall, Nunthorpe School, Guisborough Road, Nunthorpe, TS7 0LA**

Contact: **Andy Fawcett** Phone: **07967 023888**

Email: **Andyf.spr@gmail.com**

ENGLAND FOOTBALL Get in touch to book your first session

COMETS Disability + Football

FUN!

Your place to play

A safe space for disabled children aged 5 - 11 to kickstart their football journey



FOOTBALL 4 ALL

A team specially for Neurodiverse kids aged 4-16
Every Saturday Morning:
8:30-9:00 1-1 Sessions
9:00-10:00 Main Session

For more info contact:
Paul 07519607545 - Paulc_spr@outlook.com

