



# SEND Family Voice

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

## Welcome to 2026

We hope you all had a lovely Christmas and New Year, welcome to 2026! We know how difficult the holidays can be for our children but we hope you managed to have some positive times during this period.

As we move in 2026 we have some exciting things lined up for the forum! The first and most exciting change is we are converting into a charity! We are looking long term and trying to make the forum a sustainable and pivotal organisation moving forward. By converting into a charity we can apply for different funding streams and projects to ensure we are meeting the needs of our families. We will keep you updated with progress plus also any volunteering roles that become available within the forum.

Our events co-ordinator Julia has lined up some fabulous events and workshops for the first part of this year such as You, Me and ADHD and a workshop on Autism and Puberty with the fabulous Alison Wombwell. To request a place at any of our events you need to be registered as a member. To sign up to our free membership please click on the link below or alternatively scan the QR code to sign up.

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



As part of our grant process we have to demonstrate we are engaging with parents and taking their feedback on board. We can show this from the numbers of parents who attend our drop ins and events as well as our membership numbers. However, we want to ensure we are gathering feedback from parents regularly and want to offer this option without completing a Your Voice. Therefore, every 3 months we will open a survey for parents to complete which has just 4 questions. The answers submitted will be completely anonymous and will also not be shared with any other organisations. The information we receive from these surveys helps us know what direction the forum is moving in and if there are specific events parents want to see or any themes of issues they are facing. The link to complete the survey is below and is open until the end of January. We would encourage all parents to complete.

[https://forms.office.com/Pages/ResponsePage.aspx?id=orvj0mzv\\_EWt3RAXiqQ-qWvDeIQjtFBhKpu6oxoz8FUNUpRRtc3QUhWWFIKOUJHMVBRNDJaVzFIQS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=orvj0mzv_EWt3RAXiqQ-qWvDeIQjtFBhKpu6oxoz8FUNUpRRtc3QUhWWFIKOUJHMVBRNDJaVzFIQS4u)

You can find out about our events, drop-ins and coffee mornings we hold in the community on the events page of this newsletter.



## 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

## The Renewed Sleep Service Offer

The Sleep Service has now been renewed to provide a more holistic approach for families across Redcar and Cleveland and the wider Tees Valley area.

The new offer has links to websites which can provide support and resources as well as details of how to access local sleep support. The links for the online services are detailed below together with information on local sleep support.

Sleep Action UK - <https://sleepaction.org/>

The Sleep Charity - <https://thesleepcharity.org.uk/information-support/children/>

NHS Sleep Advice for Children - <https://togetherness.co.uk/sleep/>

Anna Freud - <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/sleep/>

MindEd - <https://www.minded.org.uk/>

As always we can provide printed copies of resources to families if you ask when you pop into our offices or email us.

Local sleep support is available from Daisy Chain on the following link:

<https://daisychainproject.co.uk/family-support-service/>

You can also request support from the Redcar 0-19 Health Visiting and School Nursing team on the follow link :

[Health Visiting & School Nursing](#)



### Sleep Support in Tees Valley: A Renewed and Holistic Offer

Sleep support for children and families across Darlington, Middlesbrough, Stockton, Hartlepool and Redcar continues to be available, offering tailored support that looks beyond sleep difficulties to consider the child's wider emotional, developmental, and wellbeing needs.

This holistic focus recognises that sleep is closely connected with family life, neurodiversity, mental health, and everyday routines. We want to reassure families and professionals that sleep support remains strong and has grown—evolving to better meet individual needs and deliver lasting, positive outcomes.

### Online Sleep Resources

There is a wealth of helpful sleep advice and support available online. These trusted resources offer practical guidance, strategies, and information to help manage children's sleep challenges effectively:

- [Sleep Action UK](#)
- [The Sleep charity](#)
- [NHS Sleep Advice for Children](#)
- [Anna Freud](#)
- [MindEd](#) courses for families and professionals

### Local Sleep Support

Sleep support is delivered through a number of local health and wellbeing services, who offer holistic assessments to identify unmet needs and deliver tailored sleep advice and strategies.

Families can expect:

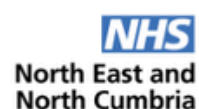
- Holistic assessments to explore sleep alongside other needs
- Tailored advice, strategies, and one-to-one support
- Workshops and resources for neurodiverse children and their families
- Sleep support embedded within broader mental health care

### Referral & Contact Information

- **Daisychain Family Support (Neurodiverse Sleep Support)**  
<https://daisychainproject.co.uk/family-support-service/> or  
email: [family.support@daisychainproject.co.uk](mailto:family.support@daisychainproject.co.uk)
- **Hartlepool Family Hubs** 01429 292444 <https://www.hartlepoolfamilyhubs.co.uk/health-visitors-and-school-nurses/>
- **Redcar 0-19 Service Health Visiting & School Nursing Team** 01642 444011  
Available Monday to Friday, 8:30am – 4:30pm (excluding bank holidays) <https://www.redcar-cleveland.gov.uk/health-and-wellbeing/health-visiting-and-school-nursing-services>
- **Growing Healthy Stockton** 0333 3202 302. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>
- **Growing Healthy Darlington** 03000 030013. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>
- **Healthier Together Middlesbrough** 0300 303 1603. Available Monday to Friday, 9:00am – 5:00pm (excluding bank holidays) <https://www.hdft.nhs.uk/services/childrens-services>



## Tees Valley Getting Help Service



### Tees Valley Getting Help service

Improving young people's mental health to help them thrive is the focus of a new service that will launch in the new year in the Tees Valley area.

The 'Getting Advice and Getting Help' children and young people's mental health and wellbeing service comes following a 7 year, £27million investment by the [NHS North East and North Cumbria Integrated Care Board](#) (ICB).

The new service builds on the current support available for children and young people. It will support children and young people by providing earlier mental health support as and when difficulties arise, providing them, and their families, with a range of evidence-based advice, support and signposting, helping us to get it right the first time.

It will be delivered by [Tees Esk and Wear Valleys NHS Foundation Trust](#) (TEWV) and key partners Alliance Psychological Services, The Link CiC, Teesside Mind, Changing Futures North East and The Junction Foundation under one service, meaning it's simpler for children, young people and their families to access advice and early support, and for partners to make requests for help when needed.

The service will be available for all children and young people aged from 5-18 years that are registered with a GP practice in the Tees Valley area. It will also support young people up to and including the age of 25 where there are special educational needs or disabilities and an Education, Health and Care Plan (EHCP).

Martin Short, director of delivery for Tees Valley with the ICB said: "Over recent years children and young people's mental health services have undergone significant changes. This means we offer our children and young people support much earlier. Through this new service we want to empower our young people to have more say in their healthcare, improve access, provide appropriate support during times of adversity, help to build resilience and ultimately support them to thrive."

The new service is in line with one of the ICB's key priorities of giving children the best start in life. It also reflects the priorities of the NHS 10-year Health Plan by focusing on preventative, community-based services that embrace digital technology.



### How to access the service

**Children, young people and their families in Tees Valley will be able to do this through a few simple ways:**

1. WYSA App - for self-help and self-monitoring of mental health and wellbeing.

This is a free confidential NHS-approved mental health app for young people aged 13 to 18 years old (11+with parental support). It includes an AI driven chatbot, mood tracking and resilience tools. Young people can download the App by accessing the QR Code below or by searching **WYSA** in the App Store and using the referral code **tsidecyp2025**. Requesting further help and access to our service is also available through the App.



2. [Tees Valley Getting Help](#) website. On-line access to advice and information is available as is an option for digital requests for help and support. All requests will be reviewed, and we'll contact individuals directly.

3. By speaking to the mental health support team in schools or by calling us directly on **0300 2000 000**

We'd appreciate it if you could share this briefing with your colleagues.

If you have any questions, please contact the team at [tevw.TVGHpartnership@nhs.net](mailto:tevw.TVGHpartnership@nhs.net)

If you think a child or young person is in a **mental health crisis** or are worried about their **immediate safety**, contact NHS 111 and choose the mental health option.

In an emergency, call 999 or visit your nearest A&E.

# News & Information

## Family Hubs Planners

The Family Hubs planners for this term are now out and available to pick up in Family Hubs, via the app or on their website. The Family Hubs offer lots of support, advice and groups for parents across the borough at their family hub bases.

There borough is sectioned off into 3 areas, East Cleveland covering Guisborough, Loftus and Skelton. Greater Eston covering Grange Town, Ormesby and South Bank. Redcar covering Redcar Coast, Dormanstown and Green Gates.

When we host our coffee events in the community we often use the rooms at Family Hubs so please come along and say hello and see what is happening in your local family hub.

**Session descriptions**

**Baby Buddies/Baby Cafe** A group for parents of babies aged 0-12 months. Support for parents of babies aged 0-12 months. Support for parents of babies aged 0-12 months.

**Birth Declarations** Register your baby's birth at your Family Hub.

**Family Action Support** Support for parents of babies aged 0-12 months.

**Healthy Start Voucher** Pre-loaded payment card to buy fruit & vegetables for eligible parents/parents.

**Levi's Perinatal Baby Loss Service** Support for parents who have experienced a perinatal loss.

**Parenting Courses** Support for parents of babies aged 0-12 months.

**Download our FREE Family Hubs App!**

**Follow us on Facebook!**

**Visit our website to find out more about our additional support**

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**Activity Planner**  
East Cleveland Area

**Skelton Family Hub**  
(De Brus Site) Manske Lane  
Skelton  
TS12 2HA  
☎01287 612333  
Open Monday - Thursday 9am - 5pm Friday 9am - 4:30pm

**Loftus Family Hub**  
Dunston Place  
Loftus  
TS13 4PW  
☎01287 640523  
Open Monday - Thursday 9am - 5pm Friday 9am - 4:30pm

**Guisborough Family Hub**  
Park Lane  
Guisborough  
TS14 4NT  
☎01462 495357  
Open Monday & Wednesday 9am - 5pm Friday 9am - 4:30pm

You can come to any hub across Redcar and Cleveland to ask for advice and support, or send us an email at [contactfamilyhub@redcar.cleveland.gov.uk](mailto:contactfamilyhub@redcar.cleveland.gov.uk)

Funded by UK Government

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**Activity Planner**  
Redcar Area

**Dormanstown Family Hub**  
South Avenue  
Dormanstown  
TS15 5LL  
☎01642 492940  
Open Monday - Thursday 9am - 5pm Friday 9am - 4:30pm

**Green Gates Family Hub**  
Kilbar Close  
Redcar  
TS15 0LE  
☎1642 759070  
Open Monday - Thursday 9am - 5pm

**Redcar Coast Family Hub**  
Rainbow Lane  
Redcar  
TS15 1BR  
☎01642 776030  
Open Monday - Thursday 9am - 5pm

You can come to any hub across Redcar and Cleveland to ask for advice and support, or send us an email at [contactfamilyhub@redcar.cleveland.gov.uk](mailto:contactfamilyhub@redcar.cleveland.gov.uk)

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**Follow us on Facebook!**

**Visit our website to find out more about our additional support**

**Activity Planner**  
Greater Eston Area

**Ormesby Family Hub**  
Daisy Lane  
Ormesby  
TS7 9LF  
☎01642 513665  
Open Monday - Thursday 9am - 5pm

**Grange Town Family Hub**  
Grange Farm Road  
Grange Town  
TS9 7JF  
☎01642 770810  
Open Monday - Thursday 9am - 5pm

**South Bank Family Hub**  
Poplar Grove  
Southbank  
TS6 65Y  
☎01642 457291  
Open Monday - Thursday 9am - 5pm

You can come to any hub across Redcar and Cleveland to ask for advice and support, or send us an email at [contactfamilyhub@redcar.cleveland.gov.uk](mailto:contactfamilyhub@redcar.cleveland.gov.uk)

Funded by UK Government

**Loftus Family Hub**

**Monday**  
Bumps, Babies & Books - 10-11am

**Tuesday**  
Little Explorers - 1:30-3pm  
Birth Registers - from 1pm (Fortnightly, appointment only)

**Thursday**  
Health Drop In - 9:30-11am (Please arrive before 10:45am) (Fortnightly, please contact your Family Hub for details)  
Baby Buddies/Baby Cafe - 9:30-11am  
Wellbeing Walk & Talk - 11am-12:30pm

**Skelton Family Hub**

**Monday**  
Little Explorers - 10-11:30am

**Tuesday**  
Top to Toe Baby Massage - 10-11am (paid session, booking required)  
Birth Registers from 1pm (Fortnightly, appointment only)  
Mindful Makers - 1-2:30pm (Parents only, booking required)

**Wednesday**  
Health Drop In - 9:30-11am  
Health Drop In - 1:30pm  
Baby Buddies - 1:15-2:45pm

**Thursday**  
Portage Family Group - 9:30-11am (Referral required)  
HENRY Preparation for Parenthood - 1-3pm (invite only)

**Friday**  
Midwifery Appointments - 9am-4:30pm (Booking via your midwife)

**Guisborough Family Hub**

**Monday**  
Health Drop In - 9:30-11:30am (Appointment only)  
Baby Buddies - 10-11:30am  
Forest School - 3:30-5pm (Paid session, booking required)

**Wednesday**  
Portage Family Group - 9:30-11am (Referral required)  
Breast Friends - 1:30-3pm

**Friday**  
Little Explorers - 10-11:30am

**Saturday**  
Dads Group - 10-11:30am (4<sup>th</sup> Saturday of each month)

The following sessions are available across the three Family Hubs in the East Cleveland. Please contact your local Family Hub for more information.

- Understanding Your Baby (Booking required)
- Mindful Makers (Referral required)
- Wiggle, Read & Rhyme (Referral only)
- Chat, Sing & Read (Booking required)
- HENRY sessions - Starting Solids/Eating Well for Lunch/Fussy Eating (Booking required)

**Dormanstown Family Hub**

**Monday**  
Little Explorers - 9:30-11am  
Infant Massage - 1:2pm (Referral required)

**Tuesday**  
Wiggle, Read & Rhyme - 9:30-11am (Referral required)  
Understanding Your Baby - 9:30-11:30am  
Health Drop In - 1-2:30pm (Please arrive before 2:15pm)

**Wednesday**  
Baby Buddies - 9:30-11am  
Chat, Sing & Read - 1:2pm (Referral required)

**Thursday**  
HENRY Preparation for Parenthood - 9:30-11:30am (invite only)  
Breast Friends - 10-11am

**Green Gates Family Hub**

**Monday**  
Portage Family Group - 9:30-11am and 1-2:30pm  
Wellbeing Walk & Talk - 10-11:30am

**Tuesday**  
Wiggle, Read & Rhyme - 9:30-11am (Referral required)  
Understanding Your Baby - 9:30-11:30am  
Infant Massage - 1:30-2:30pm (Referral required)

**Wednesday**  
Forest School - 9:45-11:15am (Booking required)  
Mindful Makers - 10-11:30am (Booking required)  
Baby Buddies - 1-2:30pm

**Friday**  
Little Explorers - 1-2:30pm  
The Link appointments available: Monday/Thursday (Referral via The Link)

**Redcar Coast Family Hub**

**Monday**  
Midwife Appointments (Booking through your Midwife)

**Tuesday**  
Young Parents Group - 10:30am-12pm  
Portage Family Group - 1-2:30pm (Referral required)

**Wednesday**  
Health Drop In - 9:30-11am (Please arrive before 10:45am)  
Daily Chat/Coffee Morning Drop In - 10am-12pm  
Breastfeeding Drop In - 11:30am-1pm

**Thursday**  
Top to Toe Infant Massage - 10-11am (Paid session)  
Little Explorers - 1-2:30pm

**Friday**  
Sensory Kids - 10:11-30am (Referral required)

**Saturday**  
Dads Group - 10-11:30am (2<sup>nd</sup> Saturday of each month)  
HENRY Preparation for Parenthood (Daytime TBC - contact your local Health Visiting Service for more information - 01642 444011)

**Ormesby Family Hub**

**Monday**  
Top to Toe Infant Massage - 10-11am (Booking required)  
Breast Friends - 1:30-3pm

**Tuesday**  
Little Explorers - 10-11:30am  
Sensory Kids - 1-2pm (Referral required)

**Wednesday**  
Wellcome Childminder Support Session (Childminders Only) - 9:30-11:30am  
HENRY Preparation for Parenthood - 1-3pm (invite only)

**Thursday**  
Baby Buddies - 9:30-11am  
Health Drop In - 1-2:30pm

**Grange Town Family Hub**

**Monday**  
Multiple Gaps - 10-11am (Once per month, check Facebook for dates/times)

**Wednesday**  
Wellcome Childminder Support Session (Childminders Only) - 1-3pm (Parents only, booking required)

**Tuesday**  
Baby Buddies - 9:30-11am (Referral required)

**Wednesday**  
Little Explorers - 10-11:30am  
Chat, Sing & Read - 1:30-2:30pm (Referral required)

**Thursday**  
Health Drop In - 9:30-11am

**Friday**  
Wiggle, Read & Rhyme - 10-11am (Referral required)

**Saturday**  
Dads Group - 10-11:30am (2<sup>nd</sup> Saturday of each month)

The Link appointments available Monday, Tuesday, Wednesday and Friday (Referral via The Link)

**South Bank Family Hub**

**Monday**  
Little Explorers - 1:30-3pm

**Tuesday**  
Portage Family Group - 9:30am-3pm (Referral required)

**Wednesday**  
Health Drop In - 1-2:30pm

**Thursday**  
Understanding Your Baby - 10am-12pm (Booking required)

**Friday**  
Forest School - 3:30-4:45pm (Referral/booking required)

**Friday**  
Baby Buddies - 10-11:30am

The following sessions are rotated across our Grange Town and South Bank hubs on a Thursday - 1-2pm, contact us for more information: HENRY Workshops - Starting Solids/Eating Well for Lunch/Fussy Eating (Booking required)

## Brighter Beginnings: Early Years Workshops

We are delighted to share upcoming online workshops for parents of children in early years (age 0-5), from Contact, as part of the EY SEND Partnership:

[Brighter Beginnings: Early Years \(0-5\) workshops | Eventbrite](#)

Upcoming dates in January include:

- Friday 9 Jan – Supporting speech, language and communications
- Thurs 15 Jan – Toilet training children with SEND
- Wed 21 Jan – Wellbeing support for families of children with SEND
- Thu 29 Jan – Understanding your child's sensory differences

These workshops are all free of charge.

Booking is via Eventbrite and spaces fill up fast, and DfE funding for this programme ends in late March so please do make most of these informative sessions.

# News & Information cont

## Energy Support

In the current cost of living crisis we understand some families may be struggling with the cost of heating. We have detailed some information below of companies that can help provide support and assistance.

The Energy Team at Redcar Citizens Advice, can assist with all energy issues, including energy efficiency advice and potential fuel voucher top ups.

People can also access their service through the usual drop in sessions, telephone and email if they are in crisis and need support to top up their prepayment meters. Fuel voucher applications can be made for people with prepayment meters and who are unable to top up their meters. The person does not need to be in debt on their meters.

We would encourage anyone with energy debt to seek advice as there are various grants available, depending on your supplier, to help with arrears and we can also help to negotiate arrangements with their supplier or look at other debt options.

Telephone Advice:  
01642 030000 – leave a message and we will call you back

Contact:  
Email: [Enquiries@citizensadvisedrc.org.uk](mailto:Enquiries@citizensadvisedrc.org.uk)  
Website advice: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Online enquiry form: [www.citizensadvisedrc.org.uk/contact](http://www.citizensadvisedrc.org.uk/contact)

Do you know someone who is **FINDING IT HARD** to **KEEP WARM** at home?

Our **Stay Safe and Warm** service can help – it is completely **FREE** for people living in **Cleveland**.

SCAN ME

01429 874063  
[www.clevelandfire.gov.uk/ssaw](http://www.clevelandfire.gov.uk/ssaw)

CLEVELAND FIRE BRIGADE

Middlesbrough Stockton-on-Tees

Stay Safe & Warm! 2008-2011

Facebook, Instagram, Twitter, LinkedIn

**To stay warmer this winter follow some of the advice below:**

- Move furniture away from radiators to allow heat to circulate
- Curtains should be thick or lined and closed at dusk to keep heat in
- Use heating controls to help manage room temperatures and times
- Turning the room thermostat down by 1°C can save 10% off your bill
- Room temperatures should be set between 18°C and 21°C (64°F and 70°F)
- Remember a room stays warm for 45 minutes after you switch off the heating
- Setting your hot water tank thermostat to 60°C (140°F)
- Place aluminium foil behind the radiators to reflect heat back into the room
- Draught proof windows and exterior doors with brush or PVC seals
- Fit a brush or spring flap to letterboxes and cover keyholes

01429 874063

CLEVELAND FIRE BRIGADE

## Important Contact Numbers

LA Sen Department - 01642 304503

Redcar & Cleveland Transport Dept - 01642 444974

LA MACH Team 01642 130700  
Email - [RedcarMACH@redcar-cleveland.gov.uk](mailto:RedcarMACH@redcar-cleveland.gov.uk)

Camhs - 0300 013 2000

Single Point of Contact (SPOC) - 0300 013 2000 (option 3)

Short Breaks Self referral - 01642 771247

Daisy Chain Family Support - 01642 531248 (Option 1)

Carers Together - 01642 488977

James Cook Hospital  
01642 850850

NHS Service  
111 or 999 in case of an emergency

Health Visiting & School Nursing Team  
01642 444011

Family Hubs:  
Dormanstown - 01642 492940  
Grangetown - 01642 770810  
Green Gates - 01642 759070  
Guisborough - 01642 495357  
Ormesby - 01642 513665  
Loftus - 01287 640523  
Redcar Coast - 01642 776030  
Skelton - 01287 612333S  
South Bank - 01642 457291

### Our Contact Details

Office 2T Civic Centre, Ridley Street,  
Redcar TS10 1TD

Email : [info@sendfamilyvoicerc.com](mailto:info@sendfamilyvoicerc.com)

# Events

## SEND Family Voice Events

Our weekly drop ins have now moved to a Tuesday. At our offices every Tuesday from 9.30am - 12pm, members of the team will be available to offer advice and support around any issues you are facing. They can also complete membership forms and Your Voice submissions. There will also be free refreshments available. At some of the events we will also have professionals who will be there such as SENDIASS or Short Breaks etc.

Our online evening coffee event will take place on the first Monday of each month at 7pm, we look forward to seeing you for chat. At this coffee event we can offer support and signposting and also help complete membership forms and Your Voice submissions.

Clare will continue to host the Adoptive, Foster and SGO coffee mornings on the second Wednesday of every month at our offices. Come along to find out the latest information in the adoptive, foster and SGO world. This is also a great opportunity to come along and connect with others who are in a similar position to yourself. Wednesday 14<sup>th</sup> January 10am - 12pm.

We have now started a dads group on the first Thursday of the month. A warm and welcoming environment for dads, step-dads, grandads and uncles can come along and attend. This is a great way for dads and grandads to receive some support and meet other dads who are in similar situation.

If you wish to receive our newsletter plus links to our training and workshop offers please ensure you have signed up to become a member. Our membership is free and your details are kept safe and secure and are not disclosed to any third party. Once you are registered you will be asked to confirm your email address. Once you have done this you will receive the latest copy of our newsletter together with a copy of The SEND Guide for Parents. The link and QR Code is below:

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



### Upcoming Member Events

Thursday 15<sup>th</sup> January

Alison Wombwell Workshop - Autism and Puberty

Join the fabulous Alison Wombwell for an engaging workshop on autism and puberty.

Monday 26<sup>th</sup> January

SENDIASS - SEN Support in Mainstreams

Join SENDIASS for an informative session on SEN Support in Mainstream schools including the SEN Code of Practice and Reasonable Adjustments.

### Upcoming Community Coffee Events

Tuesday 6<sup>th</sup> January at 12.45pm - Loftus Family Hub - **Postponed due to weather.**

Wednesday 7<sup>th</sup> January at 12.45pm - Grangetown Family Hub

Tuesday 13<sup>th</sup> January at 12.45pm - Skelton Family Hub

Wednesday 14<sup>th</sup> January at 12.45pm - Ormesby Family Hub

Tuesday 20<sup>th</sup> January at 12.45pm - Greengates Family Hub

Wednesday 21<sup>st</sup> January at 12.45pm - Guisborough Family Hub

Thursday 22<sup>nd</sup> January at 9.30am - South Bank Family Hub

Wednesday 28<sup>th</sup> January at 12.45pm - Dormanstown Family Hub

### Upcoming School visits

Upcoming PINS coffee mornings or afternoons together with non-PINS schools visits for October.

Wednesday 14<sup>th</sup> January at 9am - Westgarth Primary School, Markse

Friday 16<sup>th</sup> January at 9am - Ormesby Primary School, Ormesby

Wednesday 21<sup>st</sup> January at 9am - Caedmon Primary School, Grangetown.

Tuesday 27<sup>th</sup> January at 9am - Riverdale Primary School, Redcar

Thursday 29<sup>th</sup> January at 9am - Bankfields Primary School.

### Middlesbrough College Course

Michaela from Middlesbrough College will be hosting our next course this year, Behaviours that Challenge. This level 2 course will be held every Wednesday 9.30am until 12.30pm and you will gain a certificate of completion at the end.

Enrolment will be held on Wednesday 14<sup>th</sup> January at our offices 10.30am - 12pm. If you wish to enrol please come along to our offices with a form of photographic ID and paper ID such as a utility bill and details of your benefits or payslips. If you earn less than £33,000 per year this course will be free of charge.

# Events

## Family Support Service 2026

The Family Support Service which is ran by Daisy Chain have released the weekly coffee mornings and multi agency meetings dates for 2026.

The service supports families who have concerns their child who is 0-18 years, is Autistic, has ADHD, Foetal Alcohol Spectrum Disorder (FASD) or Sensory Processing Differences.

Weekly coffee mornings are held in Redcar Coast Family Hub every Wednesday 10am - 12pm.

The Multi agency drop in is held monthly and attended by services such as Camhs, Neurodevelopment Team, SENDIASS, SEN Department and Early Years SEN Team from the LA plus ourselves and many more!

**MULTI-AGENCY DROP-IN REDCAR & CLEVELAND**

25K Youth & Community Centre, Ayton Drive, Redcar, TS10 4LR

Do you live within the Redcar & Cleveland Local Authority?  
Do you have concerns that your child, who is 0-18 years of age, is Autistic, has ADHD, Foetal Alcohol Spectrum Disorder (FASD) or Sensory Processing Differences?  
Would you benefit from introductions and support from other services and agencies?

Multi-Agency drop-ins are designed so parents/carers can meet a representative from other services and agencies who may be able to support their family, child or young person.

For details on who will be attending each drop-in, please join our Facebook group or contact the team directly.

**UPCOMING 2026 DATES:**  
TERM TIME ONLY  
THURSDAYS 10AM-12PM  
8<sup>TH</sup> JAN / 5<sup>TH</sup> FEB / 5<sup>TH</sup> MARCH / 2<sup>ND</sup> APRIL

FOR MORE INFORMATION, PLEASE CONTACT:  
family.support@daisychainproject.co.uk  
01642 531248 (option 1)  
NO BOOKING REQUIRED / REFRESHMENTS AVAILABLE

**PEER SUPPORT COFFEE MORNING REDCAR & CLEVELAND**

Redcar Coast Family Hub, Rainbow Lane, Redcar, TS10 1RR

Do you live within the Redcar & Cleveland Local Authority?  
Do you have concerns that your child, who is 0-18 years of age, is Autistic, has ADHD, Foetal Alcohol Spectrum Disorder (FASD) or Sensory Processing Differences?

Peer support coffee mornings are designed so parents/carers can build a support network in a safe and non-judgemental space.

A Daisy Chain family support leader will be available to provide advice and support for you, your child and your family.

For further details please join our Facebook group or contact the team directly.

**UPCOMING 2026 DATES:**  
TERM TIME ONLY  
EVERY WEDNESDAY 10AM-12PM

Please feel free to bring a friend or family member along with you.

FOR MORE INFORMATION, PLEASE CONTACT:  
family.support@daisychainproject.co.uk  
01642 531248 (option 1)  
NO BOOKING REQUIRED / REFRESHMENTS AVAILABLE

## Events from other professionals in our area

Empowering Children & Transforming Lives

**2026 Events**

- 27<sup>th</sup> March: Sip, Support & Empower Afternoon Tea
- 17<sup>th</sup> May: Tees Heritage Walk
- 1st-30<sup>th</sup> June: Step-Up for Young Carers Challenge
- 8<sup>th</sup> June: Young Carers Celebration
- 16<sup>th</sup> July: Charity Golf Day
- 27<sup>th</sup> September: Redcar Running Festival
- 14<sup>th</sup> November: The Storybook Ball

For more information, to book or sign up visit:  
[www.thejunctionfoundation.com/fundraising-events](http://www.thejunctionfoundation.com/fundraising-events)

**WINTER NATURE CUBS**

£3 To keep everyone warm and happy, our Winter Nature Cubs sessions are now a cosy 1 hour!

**Tuesdays term-time**  
9:45am - 10:45am  
Green Gates Family Hub

Getting little ones outdoors in the winter is so important - fresh air boosts wellbeing, supports healthy immune systems, and gives children the chance to move, explore, and stay connected to nature even in the colder months.

You can still expect some of our super fun activities like:

- Sand pit & mud kitchen
- Painting & playdough
- Balancing equipment
- Scavenger hunts
- Natural crafts
- Simple tool use
- Get cosy around the campfire!

Hot drinks available throughout, just bring your own mug!



## HEART CHECKS

Free heart checks between 9am and 2pm on our Foundation health bus:

Tuesday 6 January | St. George's Church, TS6 9BH  
Thursday 8 January | The Lingfield Tavern, TS8 0FA  
Tuesday 13 January | St Andrews Church, TS6 9BA  
Tuesday 27 January | South Bank Family Hub, TS6 6SY



**Speech and Language Drop-in**

Who is this session for?  
This session is for parents/carers of children under 5 who are concerned about their child's speech and language. Get advice and tips from our Speech and Language Therapist, in person or by phone on 01642 770810.

**Upcoming Dates**

- Thursday, 8<sup>th</sup> January 12:30-2:30pm | Redcar Coast Family Hub
- Wednesday, 14<sup>th</sup> January 9:30am-12pm | Grangetown Family Hub
- Tuesday, 20<sup>th</sup> January 1-3pm | Loftus Family Hub
- Monday, 2<sup>nd</sup> February 9:30-11am | Skelton Family Hub
- Tuesday, 3<sup>rd</sup> February 9:30-11:30am | Dormanstown Family Hub
- Tuesday, 17<sup>th</sup> February 9:30am-12pm | Grangetown Family Hub
- Friday, 20<sup>th</sup> February 1-3pm | Green Gates Family Hub

**Flip the Switch**

Turn on music, movement and joy!

**INCLUSIVE CREATIVE WORKSHOPS**

For Early Years SEND\* children and their grown-ups

Take part in a playful, creative workshop to help co-create a very special performance called Flip the Switch.

This FREE session is all about imagination, movement, music, and sensory play - where children lead the way, and their creativity will shape a brand-new performance.

Families attending the workshop are also invited to join us at a pilot performance on Wednesday 8<sup>th</sup> April.

Spaces are limited, so book now via the QR code to be part of the fun!

Friday 16<sup>th</sup> January 10:30-11:45pm  
Skelton Family Hub, De Brus Centre, TS12 2HA

fliptheswitchne@gmail.com

A project by Elena Joy Miller and Pagan Hunt

# SEN Sessions

In and around the Redcar and Cleveland area.

### 1 TO 1 PRIVATE SWIMMING LESSONS

Galley Hill Pool, Guisborough, TS14 8PF

|           |                             |
|-----------|-----------------------------|
| Monday    | Availability-<br>• 7:30-8pm |
| Tuesday   | • 2:30-3pm                  |
| Wednesday | • 3-3:30pm<br>• 7:30-8pm    |
| Thursday  | • 3:30-4pm<br>• 7-7:30pm    |



**ABOUT US**  
8 Years of Coaching, I have coached 100s of Children and Adults in a competitive environment up to County, Regional, National & International successes in Swimming, Triathlon, Aquathlon. Previous positions of Head Coach/ Senior Swim Teacher.

07762431538  
www.swimwithdan.co.uk  
swimwithdan1td@yahoo.com

### 25k YOUTH & COMMUNITY CENTRE AYTON DRIVE, REDCAR TS10 4LR

## GIRLS' GROUP

FEEL EMPOWERED AND JOIN A GROUP THAT IS SO MUCH MORE THAN HAIR AND NAILS. DISCUSS WHAT'S TRENDING, PLAY HILARIOUS GAMES AND PAMPER YOURSELF.

### TUESDAY EVENINGS (Term Time) 6 - 8PM

**Ages 11-18 Cost: 50p per session**

For more information contact 25k Youth & Community Centre Telephone: 01642 712400 Email: jones@redcar-cleveland.gov.uk Youth Music, Media & Arts Coordinator Facebook: www.facebook.com/25k.youth

**this is Redcar & Cleveland**

### FULLY FUNDED NEURODIVERSE FAMILY FITNESS WEDNESDAYS 4.15-5PM

SUITABLE FOR FAMILIES WITH A CHILD ON THE PATHWAY, DIAGNOSED OR UNDIAGNOSED DELIVERED IN A SENSORY SETTING

We encourage families to attend with children who are struggling with their weight, movement and sleep patterns.

45 min sessions  
Classes will rotate with BOXIT, a glow class, silent disco, BALLfit and We will Rock You Drumming Weights and Bootcamp

Purpose of these sessions is to engage, energise and encourage more movement Reduce falls and injuries Super for spatial awareness

SUPER FOR AGES 4-10 YEARS WHO MAY STRUGGLE WITH PE AT SCHOOL OR ARE HOME EDUCATED AND WOULD LIKE A COMMUNITY GROUP EXERCISE SESSION

To book -> <https://bookwhen.com/senseswellbeingcentre>

Senses Wellbeing Centre CIC, Unit 2, Birchwell Court, Watness Avenue, Skelton, TS12 2L 01287 650151

**SENSES WELLBEING CENTRE**

MIND OVER MOUNTAINS Forestry England

Feeling in need of a bit of respite? Finding life challenging or overwhelming? Join us on our FREE Mental Wellbeing Walks in Guisborough Forest with Mind Over Mountains!

Half day walk combining walking in nature & mindfulness, supported by professional coaches & counsellors who walk with you. For anyone who might benefit from some time out with a friendly group, walking and talking together.

Guisborough Forest Half Day Wellbeing Walk WED 2 JULY 2023 - MORNING WALK  
Guisborough Forest Half Day Wellbeing Walk WED 2 JULY 2023 - AFTERNOON WALK

Places must be booked. Head to [www.mindovermountains.org.uk](http://www.mindovermountains.org.uk) for full details or scan the QR code

Please feel free to contact us with any questions - info@mindovermountains.org.uk



### 25k YOUTH & COMMUNITY CENTRE AYTON DRIVE, REDCAR TS10 4LR

## Manga Art

Step in to the world of anime and create your own Manga characters by learning various drawing techniques and using a series of art & multimedia resources. Join the anime community and meet new friends!

**TUESDAY 6-8pm**  
**THURSDAY 7-9pm**  
(TERM TIME)  
Cost: 50p Per Session  
Ages 11 - 18

All Manga characters on this poster have been created by the young people that attend the Manga art sessions!

For more information contact 25k Youth & Community Centre Telephone: 01642 712400 Email: jones@redcar-cleveland.gov.uk Youth Music, Media & Arts Coordinator Facebook: www.facebook.com/25k.youth

**this is Redcar & Cleveland**

### 25k YOUTH & COMMUNITY CENTRE AYTON DRIVE, REDCAR TS10 4LR

## GAMES & TECHNOLOGY

Youth Club

Come along and socialise with your friends and chill out and play some board games. Prefer computer games? We have a selection of classic gaming platforms including Nintendo Wii & Xbox. We also have Pool, Ping Pong, Team Games & More...

### THURSDAY EVENINGS (TERM TIME) 7 - 9pm

Ages: 11 - 18  
COST: 50p Per Session

For more information contact 25k Youth & Community Centre Telephone: 01642 712400 Email: jones@redcar-cleveland.gov.uk Youth Music, Media & Arts Coordinator Facebook: www.facebook.com/25k.youth

**this is Redcar & Cleveland**

### THE JUNCTION YOUTH CLUB

MONDAYS & WEDNESDAYS • 6PM - 8PM  
BRECKON HILL COMMUNITY CENTRE, MIDDLESBROUGH, TS4 2DS

FRIDAYS • 6PM - 8PM  
GROVE HILL COMMUNITY HUB, MIDDLESBROUGH, TS4 2RP

THE JUNCTION FOUNDATION PRESENTS A FREE, WEEKLY YOUTH CLUB WITH REFRESHMENTS, ACTIVITIES & MORE FOR YOUNG PEOPLE AGES 11 - 17 YEARS

01542 756000 info@thejunctionfoundation.com

### TUNED IN! 2 MUSIC

FRIDAY EVENINGS (TERM TIME) 6-8PM AGES 11 - 18

VENUE: SKELTON YOUTH & COMMUNITY CENTRE MARSK LANE, SALTBURN BY THE SEA TS12 2HA

Cost: £2.50 per session for young people to play, grow and share through music. The sessions for 11-18 year olds include a variety of music making activities including song-writing, band recording, 5/5 instrumental tuition and performance opportunities. This project is funded by Arts Council England as part of our "Breakthrough Music" Project

For more information contact 25k Youth & Community Centre Telephone: 01642 712400 Email: jones@redcar-cleveland.gov.uk Youth Music, Media & Arts Coordinator Facebook: www.facebook.com/25k.youth

**this is Redcar & Cleveland**

### WOODS & WAVES FOREST AND BEACH SCHOOL | CIC

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 @woodswavesforestandbeachschool Or use our booking link <https://bookwhen.com/woodswaves>



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 been involved in this project please contact us: woodswaves2022@gmail.com / 07533366410

### WELLBEING & RESILIENCE GROUP

Mind, body, soul

A group to feed your mind, body and soul through meditative practices combined with mindful movement. To empower and enable participants to learn different ways to relax and handle the stresses and strains of everyday life

Led by Holistic, wellbeing coach Terry Doyle

Walk ins welcome!

Every Thursday Starting 1-3pm - 3rd July 2023

18+ Living in Redcar & Cleveland

1:00-3:00

Free! Refreshments included

Transport On a direct bus route

TAI CHI  
GUIDED VISUALISATIONS  
CHI KUNG BREATHWORK  
MEDITATION & MINDFULNESS

Contact Chris for more info 07394871751  
cwpaactivities@footprintsinthecommunity.co.uk

### World of Play 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

**INCLUSIVITY**

### SKITTLES LGBTQIA+ GROUP

25k YOUTH & COMMUNITY CENTRE AYTON DRIVE, REDCAR TS10 4LR

A Youth Group for LGBTQIA+ & gender non-conforming young people

Wednesday Evenings AGES 12 - 16 5pm - 7pm (Term Time)

50p per session

A safe space to be yourself! Come along & make new friends

If you require more information please contact: Helen Higgs :01642 712400 helen.higgs@redcar-cleveland.gov.uk All enquires are treated in confidence

### 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

### Premier League Kicks TUESDAY WEDNESDAY

DISABILITY SPECIFIC 2023/24

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

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

FREE TO PLAY!

Foundati

### 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



# SEND support across Redcar and Cleveland

There is a wide range of Special Educational Needs and Disabilities (SEND) support available across the borough, including those who do not have a formal diagnosis.

## Redcar and Cleveland Local Offer

Redcar and Cleveland's Local Offer is a free information directory that shows what support or provision is available in our area for children and young people with special educational needs and/or disabilities aged 0 – 25 years old and their families.

<https://www.redcar-cleveland.gov.uk/children-and-families-services/local-offer>

## SENDIASS

The SENDIASS Service provides independent, impartial advice to parents/carers with a child aged 0-25 years old with special educational needs. We also provide advice to children and young people with SEN. We can help with education, health and social care.

We are open Monday - Thursday, 09:00-17:00 and Friday, 09:00-16:30.

You can reach SENDIASS by :

Kerrie Walker (SENDIASS Officer) [kerrie.walker@barnardos.org.uk](mailto:kerrie.walker@barnardos.org.uk) 07713787617

Joanne Alton (SENDIASS Officer) [joanne.alton@barnardos.org.uk](mailto:joanne.alton@barnardos.org.uk) 07934602584

Phone: 01642 310806

Email: [southteessendiass@barnardos.org.uk](mailto:southteessendiass@barnardos.org.uk)

## Redcar and Cleveland Early Years SEND Team

The Early Years Area SENDCo coordinates the support provided by the Early Years SEND Practitioners, who were previously known as and sometimes still referred to as Portage. The team support children who have a significant delay in two or more areas of their development, from birth to school age. To access the Early Years Practitioners, SENDCO's should complete a Family Hubs Referral form

## Redcar and Cleveland SEN department

The SEND Team is responsible for Education, Health, and Care Needs Assessments (working in collaboration with the family, child or young person and professionals). They also manage the placement and provision for children with Education, Health, Care Plan (EHCP) as well as annual reviews. The SEND team consists of a Statutory SEND Manager, SEND Lead Officers, PFA Coordinator, SEND Officers, Independent Travel Trainers, SEND Business and Data Officer and the SEND administration team.

To contact either:

email [sen@redcar-cleveland.gov.uk](mailto:sen@redcar-cleveland.gov.uk)

Telephone 01642 304503

## SEND Family Voice, Parent Carer Forum

We are a Department of Education funded forum of parents and carers of children and young people (0-25) with special educational needs and/or disabilities. Our main aim is to ensure the needs of our children are met. We bring together parent carer voices from across Redcar and Cleveland to improve engagement between services and families, to empower each other and influence policy and practice.

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

## Redcar and Cleveland Family Hubs

Our Family Hubs and wider network, offer help and support to families with children aged 0-19 years (25 with SEND), across Redcar and Cleveland.

<https://www.redcar-cleveland.gov.uk/family-hubs>

## Preparing for Adulthood

'Preparation for adulthood' is a national framework that aims to ensure that all young people with special educational needs and disabilities have the support they need to ensure they achieve their full potential and live happy, healthy lives. Schools, colleges, health and social care services work together to help plan and prepare young people in four main areas;

- continuing education, training or getting a job
- living independently
- having friends and being part of the local community
- being as healthy as possible.

<https://informationdirectory.redcar-cleveland.gov.uk/local-offer-send/preparing-adulthood-14-25-years/preparation-adulthood>

## Short Breaks

Short Breaks are available for children and young people with special educational needs and or disabilities aged 0 - 18 years, some support may extend up to 25 years where there is an assessed need for the service to remain in place. Short Breaks support provides opportunities for parent carers to have a break from their caring responsibility while also providing fun and exciting opportunities for children and young people.

<https://www.redcar-cleveland.gov.uk/children-and-families-services/short-breaks-for-children-young-people-and-their-families>