



SEND Newsletter

For parents, carers and families of children and young people with special needs and/or disabilities in North East Lincolnshire

ISSUE 10

AUTUMN 2019

FREE

WELCOME

We are very pleased to still be here with our 10th SEND newsletter. We're still producing information, guidance and support for families of children and young people with special needs and /or a disability 0-25.

This newsletter is made voluntarily by parent carers for parent carers. We would like to thank Steve Kay, Director of Children Services, North East Lincolnshire Council for paying for the printing costs of this SEND newsletter. If there's anything you want to see covered in future editions, if you have any comments about anything you've read, or if you would like to receive an electronic copy via email, let us know nelppf@gmail.com.

2019 saw the rise of parents taking more control by raising awareness of specific conditions and creating their own video clips to explain certain subjects. The Children and Families Act is now five years old and many parent carers are now aware of the legal duties brought into place by the Act. Parents are showing they're more empowered and confident in challenging what their children are entitled too.

We are currently in a post-Local Area Inspection phase, where a WSoA – Working Statement of Action was requested by Ofsted / CQC (Care Quality Commission). For those who weren't aware, a "Local Area SEND Inspection" was carried out by Ofsted and the CQC 2nd-6th July 2018 to assess how effective local SEND services were at (a) identifying children and young people's SEND, (b) meeting the needs of children and young people who have SEND and (c) improving outcomes for children and young people who have SEND. To see the inspector's official report and the WSoA, follow the links on the Council's Local Offer page www.nelincs.gov.uk/children-andfamilies/send-and-local-offer/

We held a SENDEXPO for Parents, Carers, Families and children with Special Educational Needs and Disabilities (SEND) in March at Grimsby's Town Hall. This free information and advice day provided parents and carers with the chance to see and ask questions about the range of services available to children and young people. Feedback from the event was overwhelmingly positive.

Nathan Heath, Group Manager – Access and Inclusion, North East Lincolnshire Council

I've worked for North East Lincolnshire Council since January 2016. I work within the Behaviour Service and I am Chairperson for the primary and secondary phase Behaviour and Attendance Collaborative (BAC). I also work with Access and Inclusion services within the area. My key aim is to support children and young people in accessing education. I'm a strong believer in working together with schools/academies, partners and parents to overcome barriers that may stop students in achieving their potential in their current settings.

In Access and Inclusion, I work with Education Welfare Service, School Admissions and Children Missing Education, Education Transport, Governors Services, Looked after Children's Education and the Behaviour Service. All these local services have strengths and are always striving for the best outcomes for students that are supported by them.

I acknowledge that there are some certain challenges across education but there is a collective wish for students to achieve their potential throughout their learning. At times, I understand completely when parents / carers have frustrations at the systems that are in place. I feel that we should try to offer a supportive and honest dialogue with parents and also offer a human element that is supportive when dealing with challenging issues. It can be very intimidating for parents when dealing with school exclusion or other complex issues. It is important that parents / carers find the right advice or guidance from the Local Authority in way that is accessible to them.

I am also a member of the SEND Executive Board and the newly formed SAFER NEL partnership safeguarding arrangements. It is important that the lived experience of students and parents are shared and understood; especially those with SEND.

I have recently taken part in the SEND listening events and the 'Ingredients of Co-production' event. This involved the development of a Co-production Strategy, with participation from Young Minds Matter, Children's Health, Clinical Commissioning Group, Child Development centre, Schools, Education colleagues, Social Care, SENDIASS, NELPPF and young people from the SEND Young People's Advisory Group. In my view, these events are building strong relationships and developing an understanding of the range of perspectives that shape the Local Offer.



I especially enjoyed the baking element of the co-production event. I not only learnt a few new skills but also I got to work with a range of people from differing backgrounds. This helped in understanding the range of viewpoints and how we can continue working together.

Should you wish to discuss any information or North East Lincolnshire Council services that Nathan works with then please do not hesitate to contact him 01472 323700 or nathaniel.heath@nelincs.govuk

Nathan working on his teams cake - the 'Ingredients of Co-production' event.

Equality Impact Assessment Panel

At the CCG, whenever there is a change to a service or a corporate policy, the service or policy lead is required to complete an equality impact assessment. This means that they have to consider how the policy or service may impact people with protected characteristics (eg age, disability, gender, sexual orientation etc). The panel (made up of community members) review the equality impact assessments that have been completed by the service or policy lead to ensure that a) consideration has been applied to all protected characteristics and b) nothing has been missed.

The policy/ service lead is required to change the Equality Impact Assessment if required as per the panel's decisions.



As an example, the below list is what was discussed at the last meeting:

Counter Fraud, Bribery & Corruption Policy
Adult Services Strategy
Individual funding request policy
Safeguarding Policy
Transgender Support for Staff Policy

If anyone is interested in this and wants to get involved, they can email us at nelccg.accord@nhs.net
Some training would be required before joining the panel.



Lincolnshire Cerebral Palsy Society

World Cerebral Palsy Day - Sunday 6th October

Lincolnshire Cerebral Palsy Society is a long-standing independent charity which aims to enhance the lives of those affected by Cerebral Palsy. Following the success of the Society's presence in North and North East Lincolnshire, we decided to spread our wings and make ourselves known to the entire county. We are the one-stop shop if you're in need of advice, services or grants.

If you're a parent of someone with Cerebral Palsy or if you suspect your child has the condition, we understand what a daunting and scary time this can be, and we're here to help. CP affects approximately 1,700 people in the UK per year, and as much as it might feel like it, you're not alone.

What is Cerebral Palsy? The disability has an extremely broad spectrum, so it's difficult to pinpoint its signs and symptoms. Holistically though, within the first year of your child's life, expected milestones might not be reached due to muscle tone and movement being compromised, alongside a lack of coordination, control, posture and balance.

Once you've received a diagnosis, where do you turn? We're here for you whenever you need us. We seek to help with whatever you may require, whether this is treatment, education or training. We appreciate that daily living for someone with Cerebral Palsy can be costly, and so we endeavour to support you financially by offering grants and donations for equipment or otherwise. Most importantly however, we, as a Society, cooperate with local authorities and organisations to raise awareness and improve services accessed by people with CP.

We believe Lincolnshire Cerebral Palsy Society is a truly great charity with the potential to evolve. We are a member-led organisation and we rely heavily on community donations, so your support is greatly valued and appreciated. To get involved with our work or to find out how we can help you, please visit lincolnshirecerebralpalsy.org.uk or [facebook.com/LincolnshireCP/](https://www.facebook.com/LincolnshireCP/). Alternatively, you can email: dawn@lincolnshirecerebralpalsy.org.uk or call 07506340685.



The Lincs2 Website

The Lincs2 website is a website for North East Lincolnshire, that contains information about careers, education and training for all ages.

The site is currently being redeveloped and the new site will be available from early October. You can find information about courses, apprenticeships and traineeships, links to websites that can help with making decisions about future jobs and careers, plus information about local events.

The Jobcentre put their 'Daily Jobs' bulletin on the site each day, which shows current job vacancies in the area.

You can view the site at www.lincs.co.uk



Cora's Article

"Anyone else having to tell their child at gone midnight to stop sticking french fries up their nose?"

So asks one of the parents in our local group, "Special Educational Needs in N E Lincs: Know Your Rights." Our membership stands at a proud 524 members. We get asked loads of questions ranging from getting a diagnosis, who can apply for an EHC Plan, how to contest a decision, whether to do a parenting course or proceed to a tribunal etc.

Our monthly coffee meeting offers face-to-face advice and laughter. Sometimes we join together for a press event or local workshop. We'd like to thank the Carers' Centre for being so welcoming to us. They offer so much support to parent carers, and also provide us with a room to meet or use for training. Anybody wishing to start a similar support group would be well advised to contact them. We are open to local parent carers, with or

without a diagnosis (you may be asked to answer some questions when you request to join the group).

All our administrators have navigated the SEND journey themselves and are knowledgeable in SEND. If you stick with us, we'll show you how to get things moving again. Always keep it in writing! Now and then, we lend a hand with drafting a formal letter. Some subjects come up so often, we produce our own video clips to explain. The support that parents extend to each other has been phenomenal – our "group spirit" is a pleasure to behold.

It can be a lonely and desperate journey. It is true - we came together at a time when parents had difficulty getting an assessment or diagnosis of conditions like autistic spectrum. It's still very difficult now. So we also campaign together for better services, we attend certain Council meetings and keep a finger on the local pulse.



Family Fund

Helping disabled children

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, we provided 88,407 grants and services worth over £33 million to families across the UK.

We believe that all families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as other families. Beginning with those on low incomes, and considering all conditions against our own eligibility criteria (based on the social model of disability), we aim to make a difference to outcomes for disabled or seriously ill children and young people and the lives of the families raising them across the UK.

We support this aim by providing grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

We also provide a range of programmes and services, as well as information and advice to families that apply to us, in order to help them access more of the support that may be of help to them in raising their child or young person.

Find out more at www.familyfund.org.uk, call us on 01904 550055, email us at info@familyfund.org.uk or join the conversation on Facebook, Twitter or Instagram.

Watch our animated videos on how to apply and should I apply? for a snapshot of what we need from the application form and our criteria.

How to apply:

<https://www.youtube.com/watch?v=vS5YC1jpOyw&t=9s>

Should I apply:

<https://www.youtube.com/watch?v=ljknXwTCwZw&t=63s>

Do you know October is selective mutism awareness month?

Do you have a chatty, loud, boisterous child at home who joins in with conversation but suddenly becomes silent in the presence of certain others or in different situations? For some children this is down to their shy personality and given time they will eventually begin to join in. For others silence may continue and this might be Selective Mutism (SM) in which case professional advice should be gained. It is currently believed that more than **1:140 children have SM**, awareness is increasing but there is still much work to be done.

Selective Mutism is an extreme anxiety disorder whereby a child or young person who can speak when comfortable becomes consistently silent in other contexts such as school or outside. Parents often describe their children as having two different personalities, justified by a noticeable difference in the child's ability to engage in different social environments. The lack of speech occurs when the person feels under-pressure, anxious or scared. To be diagnosed this must persist for over a month in any new environment and not be due to a lack of understanding of the language. Children experience SM differently and some describe it as the words getting stuck or their throat tightening up. It's important to know that all forms of communication can be affected and that these children and young people want to talk but can't; they sometimes can't explain what is happening and don't know why.

SM is not a choice; it is often misunderstood as shyness or defiance.

So why do we need to know about SM?

Importantly raising awareness makes it easier for those without SM to understand and hopefully accommodate the needs of those with SM better. Others may recognise the symptoms and feel reassured they are not alone. Understanding and making small environmental changes will help those with SM feel more included, valued and accepted and crucially less often needing to explain SM.

Unrecognised and left untreated SM can become entrenched making recovery harder and may persist to adulthood. Often children and young people with SM find it difficult to make friends, ask for help and develop independence as they get older. They can become targets to bullying and begin to avoid anxious situations leading to loneliness and further isolation. If identified early and given the appropriate support it can be overcome.

Support for SM nationally is a postcode lottery

Locally, last year the opportunity for Libby Hill (a specialist Speech and Language Therapist) and Natasha Dale (SM advocate) to deliver training in Grimsby arose. They provided training to over 60 professionals from our area, which was amazing. Since then there has been information regarding top-tips for SM added to the NLaG NHS Trust website and a Children's Speech and Language Therapy SM pathway developed. Jane Razagui (Advisory Teacher) and I have also delivered SM awareness training to interested teachers, teaching assistants and other professionals.

My experiences of having a child with SM and the difficulties we have faced have led me to want to help others and to raise as much awareness as possible. Locally, I run a small Facebook group for anyone needing support; we are hoping to have a date for our first family meet up soon. <https://www.facebook.com/groups/2061975180705773/?ref=share>

October is Selective Mutism Awareness Month many individuals will be doing their bit to raise awareness. The Selective Mutism Information Research Association (SMiRA) is a UK charity that helps support individuals, families and professionals with SM and is a great resource of information. For more information visit: www.selectivemutism.org.uk/ www.nhs.uk/conditions/selective-mutism/ www.nlg.nhs.uk/content/uploads/2018/10/Top-Tips-to-Support-Children-and-Young-People-with-Selective-Mutism-IFP-1041.pdf

Navigo Open Minds



If you are feeling stressed, anxious or low get the help you deserve now.

NAVIGO Open Minds offers free confidential support to people aged 16 years in North East Lincolnshire.

Open Minds provides talking therapies to people experiencing common mental health issues such as stress, anxiety and depression and offers help with issues like bereavement or the impact of a traumatic event.

How to make a referral...

Online: www.navigocare.co.uk

Telephone: 01472 625100

Email: NAV.OpenMinds@nhs.net

Drop in: Open Minds, 7-9 Osborne Street, Grimsby DN31 1EY

Open Minds is not a crisis service. If you or a member of your family are experiencing a mental health crisis and urgently require support, please contact the 24/7 North East Lincolnshire Single Point of Access Team on 01472 256256 opt 3 for mental health.

Employment advice

NAVIGO Open Minds has also expanded its employment advice service.

The service provides support to the two in five people aged 16 and above who experience mild mental health issues such as depression and anxiety in their everyday life.

But now, NAVIGO Open Minds is hoping to build on its workplace support for service users, with an appreciation that employment worries – like stress, grievances and discrimination – can be the source of these problems.

"Our aim is to support people currently employed, where the employer may not know how to support the employee," says Ross Albery, senior employment adviser at Open Minds.

"They may be off sick, and we can work with the employers to look at a return to work action plan, and get them back to sustainable employment and full productivity."

"One of the best things to try and promote is early - intervention."

The employment advisers join a comprehensive clinical team within Open Minds, which also includes high intensity therapists, counsellors, interpersonal therapists, psychological wellbeing practitioners and a long-term conditions team.

The staff combine to offer a wide range of services, such as counselling for depression, Eye Movement Desensitisation and Reprocessing (EMDR) and couples counselling.

HAVE YOU GOT YOURS?

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission.

The scheme is designed to help families save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more. Search for great days out here. We aim to provide a sense of community through stimulating learning experiences and enjoyable days out for everyone. We work with Local Authorities and selected charities, who administer the cards to eligible families in their areas. Find out if your Local Authority is on board

Find out more @ www.maxcard.co.uk

order yours @ <https://www.nelincs.gov.uk/children-and-families/send-and-local-offer/#1526981310168-8d8f46ab-3a68>

Logos for Haven Butlins, PGL, and other partners.



LOCAL

www.nelppf.co.uk

North East Lincolnshire Parent Participation Forum (NELPPF) is one of over 150 voluntary parent-led parent forums across the UK, helping parent carers have a voice in how local services are shaped, find the information they need and meet other parents in similar situations.

www.barnardos.org.uk/nelsendiass

Find out how Barnardo's SEND Information and Advice Service (SENDIASS) can help you.

www.nelincs.gov.uk/children-and-families/send-and-local-offer

Advice, support and information about all things SEND, for your child / young person from 0-25years. Signposts to all education, health and social care provision in NE Lincolnshire and more.

www.nelincs.gov.uk/children-and-families/family-hubs

Keep up-to-date with Family Hubs' (formerly Children's Centres) activity timetables here, including training opportunities, coffee mornings, play sessions and more. Highlights: 'Young Carers Project' Thursdays 3-5pm, Immingham Hub; 'Parents Supporting Parents' group Thursdays 12-2pm, Riverside Hub.

www.nelincs-downs-syndrome.co.uk

North East Lincolnshire Down's Syndrome Family Support Group is a voluntary parent-led charity for families living in the North East Lincolnshire area and are affiliated to the national Down's Syndrome Association.

www.lincinspire.com/enterprise/HealthandWellbeing_DisabilitySports

Keep up-to-date with Grimsby, Cleethorpes and Nunsthorpe Leisure Centre activities and services for the disabled, which includes a Sunday 2-4pm swimming session, perfect for school aged children.

www.bridgemcfarland.co.uk

For all you local legal needs from our esteemed sponsor!

www.carerssupportcentre.com

The Carers Centre, Town Hall Square, Grimsby – offering support, counselling, advocacy, specialist advice (e.g. benefits) and holistic therapies for carers.

NATIONAL

www.ipsea.org.uk

"Independent Parental Special Education Advice" (IPSEA) is a national charity that offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of SEND.

www.sossen.org.uk

SOS!SEN is a national charity aiming to empower parents and carers of children with SEN to tackle successfully themselves the difficulties they face when battling for their children's rights.

www.cafamily.org.uk

Contact (formerly Contact A Family) is a national charity for families with disabled children, providing information, advice and support.

www.ambitiousaboutautism.org.uk/when-will-we-learn-campaign

A national campaign to stop the illegal exclusions of autistic school pupils.

www.childnet.com/parents-and-carers

Internet safety guides for SEND parents

www.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide

www.tiredout.org.uk/sleeptips

www.scope.org.uk/support/disabled-people/benefits/check

If you have any useful links you think are worth sharing, or know any local SEND friendly resources, groups etc not advertised in this issue, let us know using the "Tell The Editors" contact details on the front of this newsletter.

NELPPF & SENDIASS PARENT CARERS' DROP-IN DATES FOR 2019

Pop over to Riverside Children's Centre for a cuppa and a chat on the last Friday of every month between 10am and midday. Meet other parent carers and benefit from free impartial advice about all things S.E.N.D. at the same time!

North East Lincolnshire
Parent Participation
Forum



Friday 27th September 2019

Friday 25th October 2019*

Friday 29th November 2019

Special Educational Needs and/or Disability



*Children welcome on these dates in school holidays.

Activities provided, plus enclosed outdoor play area (weather permitting).

Baby changing facilities and wheelchair access toilets available.

Riverside Children's Centre, Central Parade, Grimsby DN34 9AT

Familiesfirst
Supporting children young people & families

A Sure Start Children's Centre

Parents Supporting Parents

Friendly, relaxed groups providing guidance, friendship, and practical solutions

FOR PARENTS WHO HAVE CHILDREN WITH ADDITIONAL NEEDS

For Further Information Please Call Annette Darnell 07921 399660

BABY CHANGING FACILITIES

WHEELCHAIR ACCESS TOILETS
Baby and Toddler Group 0 - 5 Years

Wednesdays 9:30 am to 11:30 am

All Ages Welcome

Thursdays 12:00 pm to 2:00 pm

Refreshments Provided



DISABLED CAR PARKING

NUMBER 4 BUS ROUTE

Riverside Family Hub
Sorrell Road, Grimsby, DN34 4HE

Locality 4 - Family Hubs
Nunsthorpe & Bradley Park, Scartho
Sudcliffe Avenue, DN33 1AN, Merslop Avenue, DN33 3AE
Telephone: 01472 326600 Telephone: 01472 324280
Riverside Central Parade, DN34 4HE West Marsh Macaulay Street, DN31 2ES
Telephone: 01472 324903 Telephone: 01472 326819

Annual Reviews and Person Centred Planning Awareness 7th November 2019

Information awareness session on what to expect at Annual Reviews of EHCP's and what Person Centred Planning means. Session is aimed at parents / carers who are due to or have experienced Annual Reviews.

Spaces Limited. To book go to:
<https://www.eventbrite.co.uk/e/annual-reviews-and-person-centred-planning-awareness-tickets-67740526739>

North East Lincolnshire Parent Participation Forum
Don't miss out, sign up to our mailing list and receive information on our events and workshops via
<http://www.nelppf.co.uk/>
or
<https://www.facebook.com/NorthEastLincsParentParticipationForum/>

Talking, Listening and Working Together

Living the best life we can is really important. Here in North East Lincolnshire, the Council and the NHS Clinical Commissioning Group (CCG) are working hard to focus together on the wider things that help people enjoy good physical and mental wellbeing. As well as health and care services, this includes things like supporting people to have a decent job, a decent home, a decent education and the opportunities this brings.

It is very important we listen to and involve both local residents and those with a passion for improving things for themselves and others in North East Lincolnshire when we plan, buy and develop public services.

"We know that we can achieve a lot more when we get our local communities involved in making things change and we absolutely want to get better at how we do that," explains Rob Walsh who is Chief Executive for both the Council and CCG.

We have been working with local stakeholder groups to develop an Engagement strategy that will make sure:

- we talk to people as early as possible so we can all work together to develop solutions;
- everything we do is informed by what local people share with us about their experiences, concerns and aspirations;
- can be confident that none of our communities are left out of the conversation

"We have already spoken to a number of groups in the community who have helped us to shape our initial ideas," says Rob. "We are now ready for the public to tell us what they think about the draft Engagement strategy. It's important we get this right so everyone in North East Lincolnshire has the opportunity to participate and can be confident their voice counts and what they tell us will make a difference."

Rob Walsh

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Disclaimer.

The information contained in this publication was correct at the time of printing, however, if you see something wrong please let us know.