

February Newsletter

Zoom Drop In's



An opportunity for parents and carers to meet virtually and share experiences and ask questions in a supportive, welcoming group on Zoom. Sessions start at 6.30pm but parents can join anytime up to 8.00pm. Previous topics covered include sleep, toileting advice, sensory issues and strategies to support, autism, hypermobility, mental health, PDA, autism assessment, benefits advice, meetings with professionals, how to talk to your child about their diagnosis, puberty etc

Monday 8th February from 6.30pm. North Lancashire Directions Group

Please click on the link below to register and receive the link via email.

<https://us02web.zoom.us/meeting/register/tZMlfu2tpjguE9OWQVtwE-BdBl0Myq9BOXFE>

Monday 15th February from 6.30pm. North Lancashire Directions Group. We will be joined by a member of the SENDIAS team. As this is the day secondary school places are announced, soe parents might like to ask questions about transition processes or appeals.

Please click on the link below to register and receive the link via email.

<https://us02web.zoom.us/meeting/register/tZlkcucqurDouHd1cyf4Zp86QAuvFuy92otTW%C2%A0>

Teen Sleep Hub

<https://teensleephub.org.uk/>



“The one stop shop for all you need to know about sleep.

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

The Teen Sleep Hub has been kindly funded by the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by the charity, Mind, in partnership with the Mental Health Consortia) who understand how important sleep is for good mental health.”

Health ICS Parent Carer Reference Group

Health reps from the SEND Partnership are keen to understand the parent carer and child experience on a number of projects and pieces of work already being used or about to started. The reference group is a good way to feed in experiences and thoughts on these areas. The working group meets virtually and is for any parent carer of a child or young person with additional needs who wants to be part of this ongoing piece of work.

The group meets via Microsoft Teams every 3rd Tuesday of the month 7.30pm - 8.30pm. Please contact Zoe.Richards@MorecambeBayCCG.nhs.uk for the Teams link.



Webinars

WEBINAR



There are a huge number of webinars on offer at the moment. If you have never joined one, I highly recommend them as a way of increasing your knowledge on a wide range of topics and accessing support.

I have put a list together with links for some of the ones parents and local professionals have recommended.

<http://www.northlancsdirectionsgroup.com/>



Webinars

Lancashire SENDIAS

Meetings with school – make them matter: Wednesday 10th February 1:30pm – 2:30pm
<https://zoom.us/j/1234567890>

SEN support in school: Wednesday 17th February 1:30pm – 2:30pm
<https://zoom.us/j/1234567890>

The annual review process: Wednesday 24th February 1:30pm – 2:30pm
<https://zoom.us/j/1234567890>

Post 16 – What Happens Next? Webinar. Tuesday 9th March 7.00pm – 9.30pm
Please email information.lineteam@lancashire.gov.uk

Exclusions and children out of education webinar. Wednesday 24th March 7.00pm – 9.30pm
Please email information.lineteam@lancashire.gov.uk

SOS:SEN

Upcoming webinars* Register/log in & book here: <https://sossen-sandbox.mxapps.io/>

★ Thursday 4th February 2021 6-7:30pm So you think it's all over – enforcing rights to education and EHCP support, led by Eleanor Wright, SOS!SEN coordinator and Solicitor

★ Tuesday 9th February 2021 6-7:30pm Remote assessments - what are they and how can they inform an EHCP? Led by Juanita Hurley, Independent Speech and Language Therapist and Melinda Eriksen, Independent Occupational Therapist

If you have a question for Juanita and Melinda, please email it to webinar@sossen.org.uk and they will endeavour to answer as many as possible during the session.

★ Thursday 25th February 2021 6-7:30pm SEN: It's not just reading, writing and spelling – what about Maths? Led by Dr Ann Bauer, Assessor, Specialist Teacher, Researcher and Writer

★ Tuesday 9th March 2021 6-7:30pm Home Education for children with SEN, led by Eleanor Wright, SOS!SEN coordinator and Solicitor and Laura Kerbey, Autism & Education Consultant, Founder of Positive Autism Support and Training (PAST), Healthy Happy Me, and KITE Therapeutic Learning Services
Email webinar@sossen.org.uk if you have any queries about the webinars. Please check your spam folder in case you miss any of our emails.

The Yvonne Newbold Foundation for Challenging Behaviour

Do you ever feel that you're failing as a parent, that you're being judged negatively by other people, and that you just aren't good enough? Are you ever kept awake at night by feelings of guilt, concerns and worries? If you're a SEND parent, particularly during lockdown, chances are that you are also exhausted and sometimes wonder how you can carry on. If this sounds familiar, please join us for this FREE webinar, hosted by the lovely people at Carers In Bedfordshire. It will be two blissful hours of "me time" with Yvonne Newbold, Malcolm Cooper with lots of practical ideas to feel better about how well you're doing. We know you rock!

Here's how to book - hope to see you there <https://event.webinarjam.com/register/84/py5zwf4n>

Reachout ASC – Autism Support

SEND conference running from the 9th-12th February.

A Virtual Conference for Professionals & Parents working with Children and Young People with Additional Learning Needs and Disabilities, get your free tickets here!

<https://www.gettingitright.live/?fbclid=IwAR3pRsZl01PznKPMMSdjlCA5Qtqe8ZAZ2hhkX5QSeHLONFb3zfspBDg>

<http://www.northlancsdirectionsgroup.com/>



FEBRUARY HALF TERM

Virtual Zoo / Safari tours on offer from



<https://www.chesterzoo.org/virtual-zoo-2/>
<https://www.zsl.org/zsl-london-zoo/virtual-london-zoo>
<https://www.youtube.com/c/KnowsleySafari/playlists>

<https://explore.org/livecams/african-wildlife/tembe-elephant-park>

Museum Tour Links

<https://britishmuseum.withgoogle.com/>

<https://artsandculture.google.com/partner/smithsonian-national-museum-of-natural-history>



Tailfeather TV YouTube Channel

<https://www.youtube.com/channel/UCUTgmS4mjo2rMx2TgnXluxg>

Tailfeather TV is special. It has been co-written and is presented by young adults with learning disabilities especially for babies, toddlers and young children with and without additional needs.

Z-Arts Manchester Online activities for half term

Age range 6 - 11 years **Price** Free for Bright Sparks Members (Usually £15 but FREE if you can't afford it. We're running different events every weekday during half term for Bright Sparks, so that they can pick and choose from a variety of sessions. There will be 2 sessions daily, running from 10-12pm and 1-3pm

<https://www.z-arts.org/events/online-february-half-term/>



Mindfulness



FREE Mindfulness sessions

<https://www.outdoortribe.co.uk/?fbclid=IwAR2pgDXrJ-x0POFO1BLenndI9Og0KOSJ2pLWjVRBTCrXi9F5r2nA92gf1M8>

RSPB Birdwatch

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

Running from 9th – 18th Feb



<http://www.northlancsdirectionsgroup.com/>

