



Lewisham Parent and Carer's Forum—Leemore Central Community Hub
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Registered Charity no. 1159533 in England

NEWS BULLETIN – 11th June 2018

Dear Parents and Carers, in this edition of the newsletter we have a SEN Support workshop on 14th June, there is information on transition to secondary schools, Parent Forum update and various events and activities for you. Lots of information from Signal Family Support.



Nandini Ganesh

SEN SUPPORT IN SCHOOLS – for those without EHC plans

Thursday 14th June 2018 – 10.30 to 12.30 – join us for refreshments from 10am. – Leemore Centre, Bonfield Road, Lewisham SE13 5EU – map is found at the end of the newsletter.

1. The Law (a slide or two)
2. What is considered SEN and what is not
3. Graduated approach (Plan Assess Do Review)
4. What is an effective review
5. At what point should you apply for a Plan
6. Equality Act
7. Reasonable adjustments
8. Mediation and Tribunals
9. Resources and how Contact can help

Contact Sue Stocks – Lewisham Parent and Carer's Forum at info@lewishamparentcarer.org.uk or 07929031591

Update on SEND Guidance Consultation

Lewisham Parent and Carer's Forum and Lewisham Local Authority organised this SEND Guidance Consultation, in order to gain information from parents, carers and professionals to enable a new SEND guidance pathway to be provided for parents.

In attendance were nearly 40 parents and carers and many professionals talking about the services that they provide. The LA will put together the outcome information on this event within the next 6 weeks, and we will share this with you.

Thank you to all those that attended and made your contributions.

TRANSITION TO SECONDARY SCHOOL

Dear Parents and Carers

Catherine Spain of Lewisham Autism Support AND Parents of Signal Family Support have kindly shared some very important tips on Transition. Please read on.

Practical things to consider when working on transition plans for secondary school, or any new educational setting

- You and your primary school should be talking to your new school about how best to support your child through the transition, an EHCP is not needed to do this.
- If this has not happened yet then please contact your current SENCo to discuss a plan.
- If you find your current SENCo is not involved, then don't be afraid to contact the SENCo at your secondary school.
- It is in everyone's interest for this to be a success. You should be looking for your child to have extra visits to their new school.
- Take a camera along, take pictures of all the practical things, such as which entrance should your child use? Where is the cloakroom? Where is the toilet? Where is the canteen?
- If possible who is your child's key person? (Usually SEN staff or form tutor) Pictures of changing rooms, Assembly/PE hall, the playground, their form room if known, also let your child take pictures of things that are important to them, things they randomly like.
- Between now and the start of the autumn term, let your child look at these pictures so that on the first day of secondary things are more familiar.
- Talk to your child about what they want, what they want for breakfast and how they want things to be when they come home, straight to the shower or snack and a chat, or no talking. Try to avoid saying things like "you'll have to start doing this before you go to secondary school" or "you can't do that at secondary school".
- This puts too much pressure on the new transition.
- **I wish you all the very best of luck, remember your children deserve to thrive and fly!**

Continued on next page.....

Personal Things (from Signal parent)

- Allow your youngster time to familiarise themselves with their new uniform - eg the new colours and textures, getting changed.
- Make sure they are familiar with new routes / transport methods to school - do a few practice runs if necessary.
- Get them used to new pieces of kit eg stationary & pens - unlike primary school there will be requirements to provide certain things and carry them around.
- Only if this is possible, take your child to school for the first week and gradually drop away until they are doing it independently.
- To gain information from your young person, try not to confront them by asking them questions, texting is a good way to communicate as this can reduce the anxiety.

If you have any questions please do contact me, and I will get in touch with these two wonderful groups to see if they have any tips for you.



www.kids.org.uk

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)



SENDIASS: Keith Ottaway is the Travel Assistance Manager based at Lewisham Travel Coordination Team and will be speaking about the service remit and eligibility.

When: 27/6/18

Where: The session is 10-12pm at Bellingham Children's Centre, 109a Randlesdown Road, Bellingham London SE6 3HB

As a service we, SENDIASS, support Lewisham parents and carers of children aged 0-25 and young people with Special Educational Needs. We are an impartial service and give advice and guidance in relation to Special Educational Needs within a legal framework. We want to hear your views on the Service – what worked / what didn't and areas for development.

You are all welcome to attend and there will be light refreshments available. Please note that due to health and safety reasons we are unable to accommodate children during the session.

We look forward to seeing you all. The SENDIAS team

Lewisham Central Community Hub, Leemore Centre, 29-39 Clarendon Rise, SE13 5ES. 0203 319 2163
lewisham@kids.org.uk

DOWN'S FRIENDSHIP & CREATIVITY GROUP

13th JUNE 2018 from 10am-12.15pm

Join DFCG and other parents for the return of our regular sessions where views and stories are exchanged, meet and support other parents

Find out about DFCG's latest activities or events

Help to improve the wellbeing of your children as well as yourself in this social and educational environment.

A break is essential for wellbeing

CARERS LEWISHAM & SHORT BREAKS PRESENTATION

Understand your entitlements

Did you know that siblings of children with SEND are classified as 'young carers' therefore entitled to support

Learn about what's on offer

Hear about the benefits and experiences of users of the service

AN OPPORUNITY TO GET INFORMATION ON A BREAK FOR YOU, YOUR CHILD AND THEIR SIBLINGS

Refreshments and Snacks provided

**VENUE: BELLINGHAM CHILDREN'S CENTRE, 109 RANDESDOWN RD, SE6 3HB
EMAIL: DFCG13@HOTMAIL.COM CONTACT: 07930 3939 42 ANNEE RUST**

SCHOOL VISITS

Lewisham Parent and Carer's Forum are visiting nurseries and schools in Lewisham, if you would like us to come to talk to parents and carers at a coffee morning in your school, please do talk to your school SENCo or School Head and ask them to contact us as info@lewishamparentcarer.org.uk Sue Stocks

HEART 'N' SOUL - Squidz Club

Friday 6th July, 7pm to 11pm The Albany, Douglas Way, Deptford SE8 4AG
www.heartnsoul.co.uk/category/taking_part/details/squidz_club

Heart'n'Soul, Squidz Club is a fun night out in a safe environment for young people with learning disabilities, aged 10 to 25, plus their families and friends. The evening includes live music, disco, games room, dressing up and more.

A GREAT NIGHT FOR A LITTLE INDEPENDENCE IN A GREAT SPACE

Hot food is available and there is a bar for the grown-ups who can also take a little time out in a separate quiet room.

Young people pay £5 on the door, parents and carers, pay what you can

Science Museum SEN Early Birds and Night Owls

Early Bird Saturday mornings from 8.30am to 11.15am, exclusively for families with SEN children aged up to 15.

Next dates

- 14th July
- 29th September
- 10th November

Although places are FREE, they are strictly limited and booking is ESSENTIAL.

Booking for each session opens at 10am, a month beforehand. To book, call 020 7942 4777.

To go on the mailing list for reminders, email familyprogrammes@sciencemuseum.ac.uk
For full details of the Science Museum Early Bird programme, go to: www.sciencemuseum.org.uk/see-and-do/early-birds

Night Owls is an equivalent event for young people on the autism spectrum aged 16 to 25. These sessions run from 6.45pm to 10.30pm. The next is on Saturday 8th December. They are also free but require booking: www.sciencemuseum.org.uk/see-and-do/night-owls

QUICK TIP – FOR TEENAGERS



Simple Spotless Skin Anti-Blemish Moisturiser 75ml £2.50 FROM Amazon –
This does actually work overnight - Sue

The Royal Albert Hall

Relaxed' Prom Concert Monday 27th August, 4.15pm

BBC Proms season includes a 'relaxed' performance, suitable for children and adults with autism, sensory and communication impairments and learning disabilities as well as individuals who are deaf, hard of hearing, blind and partially sighted.

The show will include music by Bernstein, Holst, Rachmaninov and Tchaikovsky.

Tickets £6 to £12 each plus booking fee

www.royalalberthall.com/tickets/proms/bbc-proms-2018/prom-59-relaxed-prom

NAS ASSIST for Over-18s

The National Autistic Society is currently running a new ASSIST programme in Lewisham to support those over-18s on the autism spectrum without a care plan in place.

This can include those who don't actually have a diagnosis but who might be seeking one. It could be your child or it could be you. Based in Forest Hill, Project Coordinator Alasdair Duncan can offer one-to-one support for an hour a week. This support can cover anything from help with form-filling to managing anxiety and family problems.

The current project is set to run for 6 months but if there is enough interest this may be extended, so do get in touch.

If you are interested, either for yourself or for your adult child, please contact Alasdair Duncan directly at aldasair.duncan@nas.org.uk or 07881 501357 or 020 8962 3015.

Transition to Adult Life seminars

The Advocacy and Support Partnership, Irwin Mitchell Solicitors and Action for Kids are running a series of 3 one-day seminars on Transition to Adult Life. The seminars run from 10am to 2.30pm at the St Alban's Centre, Baldwins Gardens, London EC1N 7AB. For parents and carers the cost is just £15 each, including lunch.

The dates and topics are as follows:

- 1) Wednesday 20th June: The Care Act and entitlement to personalised support in adult life, and supported employment
- 2) Tuesday 13th November: Mental Capacity, Welfare and Financial deputyship and Continuing Health Care assessments
- 3) Wednesday 27th February: Housing, benefits, employment, financial planning

To book: www.eventbrite.co.uk/e/b-transition-to-adult-life-1-the-care-act-rights-to-socialcare-support-tickets-41852260237

Drumbeat: Free Workshops for Parents/Carers

Drumbeat Outreach provide FREE workshops for parents/carers of children on the autism spectrum.

All workshops take place at Drumbeat Brockley, Revelon Road SE4 2PR and run from 10am to 12pm on the following Tuesdays:

- 12th June: Preparing for Puberty
- 10th July: Supporting Good Mental Health and Wellbeing

Although all places are free, booking is essential, so please contact Drumbeat Outreach Admin on 020 7635 9022 or outreach.admin@drumbeat.lewisham.sch.uk

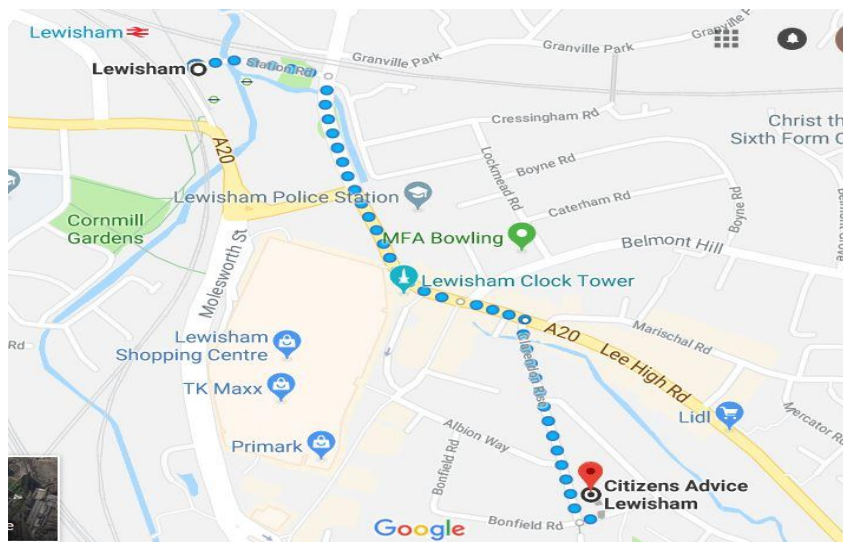
For more details, go to www.drumbeatasd.org/page/?pid=199

Gambado Autism Sessions are now FREE!

Gambado soft play in Beckenham holds monthly SEN and autism-friendly sessions. Even better - these sessions are now FREE!

Autism sessions are held on the first Monday of each month, from 5pm to 6.30pm. Gambado Beckenham: NatWest Sports Ground, Copers Cope Rd, BR3 1NZ. Call 020 8662 6910 or email Beckenham@gambado.com To book: www.gambado.com/events/beckenham/autism-friendly-sessions/

WHERE TO FIND US



Based in the same building as CAB

Main Hall, Leemore Centre, Bonfield Road, Lewisham, London SE13 5EU – through green gates at side of building in Bonfield Road – LPCF - 07534 568020