



Autumn Newsletter from County Durham Special Educational Needs and Disability Information, Advice and Support Service

Welcome to the Autumn newsletter from SEND Information, Advice, Support Service. Our newsletter aims to provide a snapshot of some of the activities and services available to families with children and young people with a special educational need or disability. If you would like your information included or you have any ideas for what we should include then please contact me, Lisa Stringer at SENDIASS on 0191 5873541 or email lisa.stringer@durham.gov.uk



SEND Toolkit Training Sessions for Parents & Carers

These two hour sessions will describe how schools and settings must support children with SEND. Learn how support plans and EHC Plans provide coordinated support for pupils including what strategies, interventions and outside agencies can be called upon and used. Find out what the Local Offer is and how to use it as well as other help available to you and your child. To book a place please contact Ann Connor on telephone: 01915873541 or email: ann.connor@durham.gov.uk

The sessions will be held on:

- 12th September 2018 – Durham Town Hall, 10am – 12noon
- 13th September 2018 – Louisa Centre, Stanley, 10am – 12noon
- 18th September 2018 - Durham Town Hall, 12noon – 2pm
- 25th September 2018 – Bishop Auckland Town Hall, 10am – 12noon
- 28th September 2018 – Louisa Centre, Stanley, 12noon – 2pm
- 3rd October 2018 – Peterlee College, EDC, 10am – 12noon



SEND



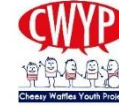
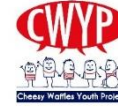
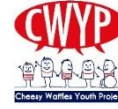
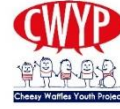
SEND



Making Changes Together Conference



The next Making Changes Together Conference is on Thursday 8th November 2018 at the Ramside Hall Hotel from 10am-2.30pm. The conference will include a range of presentation and information stands for parents/carers to become better informed about Special education Needs and Disability in County Durham. To find out more or to book a place please contact Ann Connor by telephone on 01915873541.



Cheesy Waffle Project

The Cheesy Waffles Youth Project is a provision for young people with additional needs delivering a range of positive activities. The young people are encouraged to develop new skills through taking part in different projects including sports, group games, the cinema, photography, quizzes, bingo, art and crafts, cookery, competitions, trips out.

- Durham Trinity School Club (11-19 years) meeting on the 2nd & 4th Tuesday every month at 5.45pm. Young People from other schools are welcome.

Groups at Belmont Community Centre, Durham

- Lads Together (age 11-17 years) Alternative Fridays 5.30-7.30pm
- Young Men (age 18-30 years) Fortnightly on a Thursday 6.30 – 8.30pm.
- Girls Only (age 11-17 years) Alternative Fridays 5.30-7.30pm.
- Young Women's Group (age 18-30 years) Fortnightly on a Thursday 6.30 – 8.30pm.
- Senior Cheesies (15-19 years) Every 4th Tuesday 6.30-8.30
- Top 20's Club (20-30 years) Every 2nd Tuesday every month 6.30-8.30pm.
- Making Music Project (11-30 years) A Performing Arts Group where the members plan and prepare their own performances meeting every 1st and 3rd Tuesday, 6.00-8.30pm.

Any parents who would like any additional information please get in touch via our lead worker: Erika Denholm, Tel: 07808 842205 e-mail: CWYProject@gmail.com
<http://www.cwyproject.org.uk/our-clubs.html>

autismlinks autismlinks autismlinks autismlinks autismlinks

Living with autism isn't easy, but finding out all about it should be. Some estimate that 1 in 100 people have autism. Others say it's more like 1 in 88. Whatever the real figures, the good news is that there's lots of support and advice out there to help you make sense of the world of autism. Autismlinks.co.uk is dedicated to making those helpful and sometimes vital links, it covers who to talk to, where to go and contains lots of helpful advice all in one place. Local Information available too. www.autismlink.co.uk

Supporting Mental Health

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. YoungMinds provide expert knowledge through the parent's helpline, online resources, training and publications.

Call the parent's helpline 0808 802 5544 or telephone 0808 802 5544



Email: ymentquiries@youngminds.org.uk

Website www.youngminds.org.uk

YoungMinds also run Headmeds a website about mental health medication, giving young people accessible, down to earth information on everything they want to know about this.

Parent/Carer Support Groups in Co. Durham

There are a growing number of parent/Carer support groups across Co. Durham. Feedback from these groups inform us that parents and Carers gain a huge amount of mutual support and information about what services they can access. To find out more about local groups visit the Local Offer www.countydurhamfamilies.info or contact SENDIASS on 0191 5873541 or sendiass@durham.gov.uk

Name of group	Contact Information	Venue	Dates/Times
CAMHS ADHD Group	CAMHS: 01915945770	North End House, 42 North End, Durham	Every Thursday 5.30pm-6.30pm
Sunshine Support Group	Just turn up	The Hut, Chestnut Grove, Ushaw Moor	Wednesdays 9:30-11:30
Stanley Support Group	Join page on FB	PACT House, Stanley	1 st Wednesday 9:30-11:30
Derwentside ASD Group	andreastjulien@hotmail.co.uk CAMHS 01207 216400	CAMHS, Medomsley Road, Consett,	Group meets monthly
NEAS Support Group	charlotte.bentley@ne-as.org.uk	Tesco, Chester- le Street	Alternate Tuesdays 10-11.30am
SAIF Group:	Stanley One point 03000 266 150 Moorside One Point 03000 268	Stanley Children's Centre Moorside Children Centre	3 rd Wednesday & 2 nd Thursday 10:00-11:30
Pelton Parent Carer Group	Alison Donoghue: 01915006012 Alison.donoghue@dccarers.org	Pelton Children's Centre	1 st Wednesday 9:30am-11pm
Consett Carers Group	Sue Wilkinson: 01207263495	The Masonic Hall Consett	2 nd Tuesday 10:30-12
Sacriston ASD Support Group	Wendy 07494337733 for	The Cricket Club Front Street Sacriston	Thursdays 10:00-11:30 term time
NEAS Parent & Toddler Group	Kerrie Highcock: 01914109974 kerrie.highcock@ne-as.org.uk	Clifford Road, Stanley County Durham	Fridays 1.00 - 2.30pm
Roller Coaster	Wendy: 07415380040 Nicky: 07500783634	Acley centre Newton Aycliffe	3 rd Wednesday 6-8pm
Roller Coaster	Wendy: 07415380040 Nicky: 07500783634	Durham County Cricket Ground, Chester le Street	1 st Wednesday 10-12noon
NEAS Parent & Toddler Group	Theresa: 01325328080	North east centre for Autism, Newton Aycliffe	Tuesdays 10- 12.00 Thurs 12.30 -2.30pm
Parent Carer Group	Allan Maddison: 07947869910 Debbie Jenkins: 07821347954	Newton Aycliffe Youth Centre	Every Tuesday 9.30am-11.30am
East Durham Support Group	Susan : 07788238741 Dawn: 07796695583	Dawdon Community Centre, Seaham	1 st Friday 10.00-11.30am
Peterlee Carers Support Group	Alison Dixon: 01915006031	The Five Quarter, Wetherspoons, Peterlee	1st Tuesday 1pm- 3pm
Carers' Respite Committee	Telephone 0191 5863088	Horden Youth and Community Centre	Saturday mornings 10am-12pm,

Little Treasure Support Group

Michelle Abbs: 07749681130 Laura Younger: 07802597449

Stay and Play Sessions:

- Ferryhill Institute, 2nd & 4th Saturday 10.30—12pm
- Framwellgate Community Centre, 4th Saturday 10.30-12pm
- Lumley Community Centre, 4th Saturday 10.30-12pm
- The Grove and Moorside Social Club, Consett, 4th Saturday 12—1.30pm

Parent/Carer Group

- Great Lumley Community Centre 3rd Monday 10-11.30am
- Oakerside Community Centre, Peterlee 2nd Monday 10-12pm
- Consett Cricket Club 2nd Monday 10-12pm



Young People's Future Event



The eXtreme Group from Investing in Children are planning the next Young People's Future Event at Spennymoor Leisure Centre on Tuesday 23rd October. This event is a follow up to the successful first event which took place in February 2017. The event has been funded by Durham County Council and is FREE to attend for children and young people aged 13 – 24 years with special educational needs and disabilities and their parents/Carers. The event aims to exhibit a range of services and opportunities available to young people with SEND throughout County Durham. The event will feature information, advice and activities relating to Health, Education, Employment & Training, Leisure & Social Activities and Transport to name a few. For more information or to book a place please contact Chris Affleck – 0191 3077030 or email – chris.affleck@investinginchildren.net

healthwatch healthwatch healthwatch healthwatch

Healthwatch County Durham helps you and your family get the best out of health and social care services in County Durham. We are independent and powerful - we make health and social care providers answerable to you, the people who use their services.

How to get in touch: 0191 3787699 (Office Landline) or 07756 654218 (Text)

By E-mail: healthwatchcountydurham@pcp.uk.net

New SEND Leaflets ~ A newly published set of leaflets are now available to give parents and carers information about 'How you child's needs are supported in school'. The leaflets cover the following areas of special educational needs and disability: Your child's Emerging Needs ~ Early Years, General Learning Difficulties, Specific Learning Difficulties, Hearing Impairments, Physical Difficulties, Visual Impairments, Social Emotional and Mental Health, Speech and Language, Autism and Social Communication Difficulties, Sensory Processing Difficulties. The leaflets give information about the different levels of support in educational settings including Quality First Teaching, SEND Support Plans and EHCP's. The leaflets are available on the Local offer, the SENDIASS Website or by contacting SENDIASS.

DON'T FORGET ABOUT THE LOCAL OFFER – YOUR GUIDE TO SERVICES AND SUPPORT IN COUNTY DURHAM. SEARCH: Durham Local Offer OR FOLLOW THE LINK VIA COUNTY DURHAM FAMILIES INFORMATION SERVICE.



Would you like to help develop & improve mental health services for children & young people? There is a range of engagement events running in county Durham during October. For more information about how to become involved or to book a place please contact: Emily.henderson1@nhs.net



Information supporting Mental Health for children & young people. The TEWV.NHS has a huge selection of information guides, support & service signposting available at www.tewv.nhs/servies

ADHD SLEEP COGNITIVE THERAPY ASD
EATING DISORDERS CAMHS BEHAVIOR
DEPRESSION SELF HARM LOW MOOD
MENTAL HEALTH CAMHS SUPPORT
MINDFULLNESS THERAPY ASSESSMENTS