

# SEND *An update*

Your views, our news; working together to strengthen SEND services

Issue 4 • Autumn 2022

## Looking Ahead

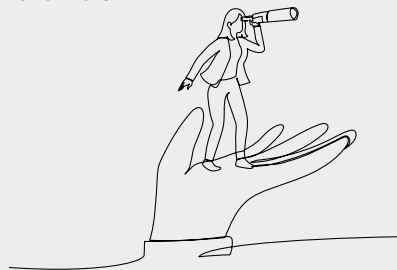
There have been lots of changes and proposals made over the last six months that directly impact the SEND System.

We have had an Education White Paper; now known as the 'School's Bill', a SEND Green Paper; which we responded to with input from education, health and care colleagues as well as parents/carers and young people. An independent review of children's social care was published and there has been a nationwide overhaul to health systems with the introduction of Integrated Care Partnerships.

We know that when changes are made, it can cause a period of uncertainty and concern. However, we remain committed to working with you to achieve our vision for children and young people with SEND.

### Over the coming months we will be:

- Releasing a draft SEND strategy for consultation
- Speaking to you about the short breaks offer
- Launching peer support groups and more



## Welcome to SEND An Update

Welcome to the fourth edition of SEND An Update. We are Clare and David and we work at Cumbria, Northumberland, Tyne and Wear and South Tyneside and Sunderland NHS Foundation Trusts providing mental health services in South Tyneside.



David Newell, Directorate Manager South Tyneside & Sunderland NHS Foundation Trust



Clare Liddle, Associate Director Cumbria Northumberland Tyne & Wear Foundation Trust

Working very closely with our schools, health, social care, voluntary organisations and other partners, we see the importance and benefit of good mental health for our young people and families. We continue to work together to improve access to and timeliness of our SEND services and value the involvement and feedback from young people and families using our services. Early support for good mental health is key and we also support schools, parents and carers to help recognise and learn what they can do to help.

As well as support for anxiety and depression which occurs more commonly, our services include a neurodevelopment diagnostic pathway and higher-level care for more complex mental health needs. We're keen to continue working with all of our partners and utilise the opportunities that the large network of SEND services offer to improve mental health services and experiences in South Tyneside.

*Clare & David*

INSIDE

2

Children & Young People's Service - CYPS

5

Returning to school after a break: Top Tips

6

Short Breaks Grant: Your feedback and how to apply

8

Get involved: Find out about how your voice can shape services.



South Tyneside Council



Spread the word!

THIS IS SOUTH TYNESIDE

# CHILDREN & YOUNG PEOPLE'S SERVICE - CYPS

The Children and Young People's Service (CYPS) offers services for children and young people who may need:

- Mental health diagnosis, treatment, and intervention
- Assessment of complex Learning Disabilities
- Neuro-developmental assessment

CYPS brings together a team who have a very broad range of professional knowledge in the areas of cognition, brain function and mental health.



Services include Occupational Therapy, Learning Disability Nursing, Psychology and Psychiatry. CYPS sits within the Children and Adolescent Mental Health Services (CAMHS) umbrella but that does not mean that every young person we work with experiences mental health challenges, or that the mental health support we are able to provide is appropriate for them. It means that by working with other services, other services, we can combine the right skills and tools to ensure that each child or young person gets what they require dependent on their needs.



On these pages, you will see many services that come under the umbrella of CAMHS. We offer highly specialist 'Tier 3' services which are for children and young people with more severe, complex, and persistent conditions. When we work with a child or family, we use our skills and knowledge to assess conditions, but who provides the best on-going service will vary according to the needs of the child/young person and family.

Our team works with schools and other agencies to reduce barriers for young people within our community and improve their well-being. We can signpost to a range of services following assessment.

## MENTAL HEALTH



Children and young people's mental health is important to their well-being and how they learn and enjoy school.

Many children and young people will experience mental health challenges at some time in their lives, with just a small proportion experiencing enduring mental health challenges. South Tyneside has a broad range of mental health support services which children and young people can access, and most young people and families will find the support they need through these services:



CYPS provides assessment of more complex mental health needs. Following assessment, the young person will be signposted or referred to the best service for them, this may be local "Tier 1 or 2" services such as those shown on the Local Offer [www.southtyneside.gov.uk/sendlocaloffer](http://www.southtyneside.gov.uk/sendlocaloffer). CYPS also provides mental health interventions to support children and young people with more complex or enduring needs. For example, we provide home based treatment for children and young people to prevent admission to a mental health in-patient hospital; or community-based treatment to support those with eating disorders.



## NEURO DEVELOPMENTAL

Neuro developmental means how the brain learns to function and perform.

CYPS provides neuro developmental assessment for children and young people and will bring together a team with the right knowledge and skills to assess presenting needs. CYPS does not provide ongoing support for children and young people with neuro developmental needs, but will be able to signpost or refer to the most suitable services to support the child / young person.

Our main role is to provide assessments which help to identify specific conditions such as Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). We know that diagnosis does not provide all the answers/support families need – locally, there are services and organisations that can support families throughout the diagnostic process including: The Autism Hub, the ADHD Support Group and you can find out more about what is available on the SEND Local Offer. [www.southtyneside.gov.uk/sendlocaloffer](http://www.southtyneside.gov.uk/sendlocaloffer)

## LEARNING DISABILITIES

A learning disability affects the way a person learns new things throughout their life. A learning disability is different for everyone. No two people are the same.

A person with a learning disability might have some difficulty:

- understanding complicated information
- learning some skills
- looking after themselves or living alone

CYPS supports assessment and strategies for children and young people with learning disabilities combined with complex needs or challenging behaviour.



This is usually for children and young people whose learning disability combines with other challenges such as a psychiatric or complex mental health need.

The service offers a range of specialist interventions which include Positive Behaviour Support, Confident Parenting and Special Friends Group.



INTRODUCING

## Samantha

My name is Samantha Diston and I lead the Children & Young People's service in South Tyneside.

My role is important to the coordination of care for children, and I make sure services like LifeCycle and CYPS work together to deliver the best possible support for SEND children and their families. I know how important it can be for families to receive the right diagnosis, support and treatment and our teams work hard to ensure this is provided to children and young people.



## Carl

My name is Carl Sketchley and I work as a Clinical Lead for Lifecycle Primary Care Mental Health Service.

We provide a range of evidence based therapeutic interventions to people across their lifespan, and also support other agencies, particularly schools, in ensuring mental health support is available to children and young people in need. We work together with our partners to provide the best interventions that benefit children, young people and adult's mental health needs.

We use an assessment process to jointly identify areas of concern, and agree on the type of work that best suits individual preferences. There is no age limit to our service so we have the opportunity to work with both children and young people, as well as their parents and carers who may have their own specific mental health need.

You can find more information about our service at [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)

INTRODUCING



# RETURNING TO SCHOOL AFTER A BREAK

The beginning of a new school year a big change with many uncertainties. Some children and young people can find it difficult to return to school after the extended break and may need a little extra help and support.

Many children and young people worry about change and this is normal, but as a parent this can be concerning. We all want our children to be happy and feel settled in their school or nursery environment. If your child or young person is worried about returning to school it is important to try to help them to overcome this as soon as possible as it can build into more serious anxiety around attending school.

## “TOP TIPS FOR SUPPORTING YOUR CHILD DURING THE RETURN TO SCHOOL”



### Signs your child may be worried about the return:

- Expression of negative feelings around returning to school or verbalising that they are anxious
- Complaints of illness, e.g., abdominal pain or headache, with no physical symptoms
- Anxiety symptoms, e.g., nausea, sweating, pins and needles or butterflies in the tummy
- Being excessively quiet or not wanting to talk about returning to school



### What can you do to help?

- Calmly listen to your child and acknowledge that their fears are real to them
- Encourage your child to explore their feelings, focusing on the positives and what they really enjoy about school as well as what they are worried about
- If your child finds talking about their feelings difficult, perhaps try asking them to write down or draw how they are feeling

### Working in partnership with school:

- Explain to your child how you will work with school to support them and make it a happier place
- Inform school that your child is finding the return difficult so that you can make a plan together- this may be through their class teachers, a member of the school pastoral team or the SENCo
- Work with school to explore any school based needs, e.g., academic or social difficulties which may be affecting your child's enjoyment of school
- Work in partnership with school on the agreed plan so that there is a consistent approach between home and school- this will really help!
- Keep the communication going between home and school and continue talking to your child about their feelings



## Introducing the Area SENCO: Rachael Hood



Rachael Hood

I am the Area SENCo for South Tyneside Council, playing an active role in supporting mainstream schools and nurseries and helping them to continuously improve how they support children and young people with SEND.

I provide advice and support around inclusion of children with special educational needs and disabilities (SEND) to providers in the non-maintained private, voluntary and independent sector (PVI sector), and primary and secondary school settings.

This includes visiting settings to offer advice on modelling and implementing strategies, supporting settings with using the South Tyneside Ranges and signposting useful training and information to SENCos.

I also arrange and deliver a range of training to SENCos, teachers, support staff and nursery staff, including the Early Years SENCo Award, an accredited qualification which supports early identification and support for children in early years settings. In addition, I deliver training to a range of other stakeholders including Governors, parents and carers, and health services where appropriate.

A key part of my role is in maintaining and developing SENCo Networks for all phases of education. These are opportunities to share key information and training as well as share good practice across our settings. In the coming year we are hoping to further develop this to include access to an extended training offer for wider school/nursery staff and a resources library to share useful texts and educational materials.

# EMPLOYER ENGAGEMENT EVENT

## Monday 20th June 2022

Hosted and organised by Route2Work College @ Groundwork South and North Tyneside.

The Deputy Mayor and Mayoress introduced the Employer Engagement Event which took place at The Word in South Shields on Monday 20th of June. The event marked the first day of Learning Disability Week.

Route2Work College is a specialist college for learners with SEND aged between 16 and 24 and is based at Jarrow Hall in South Tyneside. Our learners worked hard to prepare and deliver an interactive and informative session for employers in order to help raise awareness of different disabilities, breaking down stigmas and barriers and providing employers with tips on how to make their recruitment process and work place more inclusive.

The event was delivered in partnership with staff and learners from Project Choice, which is a Supported Internship programme for SEND learners based in Ocean Road Community Centre in South Shields. Learners from Project Choice also talked about their work placements and explained how they worked with staff from Project Choice and the employers where they are on placement who help to make their experience a success.

Guests included people from Nexus, South Tyneside Homes, South Tyneside Council, Connexions, National Trust, Moving On Tyne and Wear, DePaul Charity to name a few.

The event was compered by Route2Work learner Jack Allan who engaged the audience with his charisma and humour, and who did a great job of supporting his fellow peers to be able to present in front of everyone.

**“This was the first time I have stood up and talked in front of a lot of people, and it was a bit stressful. I'm really proud of myself for doing it and being able to put my story forward about having a hearing impairment and mental health issues.”**

Thomas Bailey, Learner at Route2Work College



**“I am so proud of what our learners achieved today, the standard of work they presented was fantastic. They put so much work into preparing and researching for the session and it shows!!”**

Rachel Kitson, Head of College

**“I had little faith in colleges. Route2Work College gave me a chance to prove myself in a place of employment - they gave me the confidence to do things. They've brought certainty to my life and helped me achieve.”**

Jack Allan, Learner at Route2Work College



**“Presenting in front of people is really scary and I think our learners did a fantastic job. The session was informative and engaging - Well Done!!”**

Rebecca Ramsden, Programme Lead at Route2Work College



**“The event was very much student led and showcased some fantastic examples of positive collaboration between our SEND Training Providers and local employers. It was inspiring to hear directly from the students themselves around what they felt the barriers were, in accessing employment and what simple steps could be taken to make work places more accessible.”**

Sarah Lewthwaite, Connexions Manger, STC.





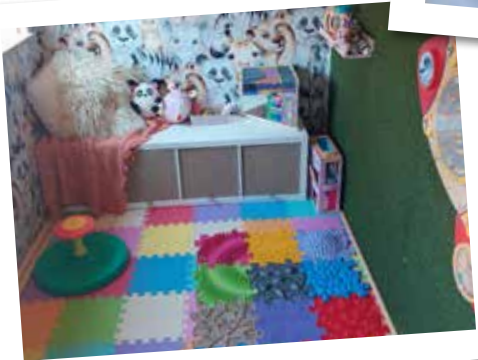
# SHORT BREAKS GRANT

Children and young people with Special Educational Needs and Disabilities (SEND) often need more care than those without. South Tyneside Council & South Tyneside Clinical Commissioning Group recognised the important role that families play in providing care for children and young people with SEND.

We know that this full-time role means that you may require extra support to do this and enjoy the same activities and experiences as other families do. A short break from a caring role can be a lifeline for some families. It can provide you with the opportunity to take a step back from caring responsibilities and allow your child to try new/different experiences.

A short break may be for an hour, a day, overnight or several days. For some children and young people this may take place away from their family in a community setting, or within the family group. In most circumstances it would be accessing specialist activities or having additional support for the child/young person whilst accessing a universal opportunity. ▶

“ So we requested a grant for sensory items as they can be so expensive, especially for the bigger items but they help massively for our little ones with sensory issues. ”



“ I used the grant to buy the items for a new sensory shed I was building for my daughter. Don't get me wrong, I would of loved a break away but they can always turn out more stressful for everyone than expected, but using it this way, my daughter has access to something everyday if needed now. ”



“ The short breaks grant has been amazing for our family. The application process was simple and straight forward and the Local Offer team couldn't be more helpful. ”

Our son has loved making use of the grant, he chose some Lego which massively helps his fine motor and concentration skills and we have already had some lovely family days out together. ”



“ I can't thank The SEND Local Offer team enough! ”

“ This wouldn't of been do-able without this well received grant. I'm so very grateful for this and it has made such a difference to not only my daughters day to day life but to our whole family. It takes the stress away from her needs as we now have most of the things at our home that will help her and the whole family joins in on it too. ”



“ We got a fidget board which we attached to the artificial grass wall, a harkla hug which gives her the deep pressure around her when she needs and this really calms her down. We have a messy tray for all the sensory fun we have with all sorts of materials including play doh, foam, sand and even water with a floating water fountain. We managed to get a few smaller items to add to her sensory box which now contains a whole range of sensory input. ”

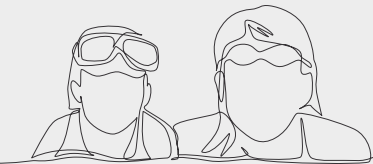


## Exclusive SEND Family Swimming

Over summer we received amazing feedback from families about the Exclusive SEND Family Swimming. Families told us that they loved being able to spend time together in a relaxed environment.

We are really excited to let you know that these sessions will be continuing, and you can now book the sessions using Eventbrite.

<https://ExclusiveSENDswimST.eventbrite.co.uk>



Scan here



“ We were so appreciative of the short break grant. It has allowed us to provide our son with some resources that would have taken us a long time to save for. ”

▶ Earlier this year we introduced a pilot Short Breaks Grant scheme for eligible families in the local area. Following the success of this initial pilot period earlier this spring, we have been able to extend this pilot scheme. The Short Breaks Grant has been vital to families needing to access specialist equipment, funding for specialist activities such as 1:1 horse riding and dance classes. It also provided opportunities for families to spend quality times together by accessing the funding to cover the cost of an additional carer, or a family ticket for days out.

Eligible families are able to apply for the short breaks grant, contact the SEND Local Offer to find out more or scan the QR Code to go to the guidance and application online.

The Short Breaks Grant is a limited fund and South Tyneside Council reserves the right to close the scheme if the available budget is exhausted.



“ I am so grateful for the grant. My family had a lovely visit to Alton Towers. Luis loves theme parks and was over the moon to bump into a you tuber, themeparkworldwide. Thanks so much! ”



## Get involved

For the SEND Local Offer to develop and grow, we need you to be involved. Current opportunities are below, and you can find out more about these by contacting:

📞 | 0191 424 7778

✉ | [SENDlocaloffer@southtyneside.gov.uk](mailto:SENDlocaloffer@southtyneside.gov.uk)

🔍 | [www.southtyneside.gov.uk/SENDLocalOffer](http://www.southtyneside.gov.uk/SENDLocalOffer)

📱 | @localoffersouthtyneside

## SEND Improvement Forum

We're relaunching our SEND improvement Forum for the new academic year, and we are looking for parents/carers to get involved.

You can share your experiences and work alongside practitioners to find solutions for improving SEND services and the experience of children/young people and their parents/carers. We meet every half term via ZOOM, upcoming dates

You can book your space: <https://stlocaloffersendimpforum.eventbrite.co.uk>

## SEND Local Offer

The SEND Local Offer is the central information point for all things SEND. You can find up to date information and services available to support you and your family.

Scan here



## Engagement Events

Get information and updates on developments, ask questions, and share experiences. These are always advertised on the SEND Local Offer website and Facebook page

🔍 | [www.southtyneside.gov.uk/SENDLocalOffer](http://www.southtyneside.gov.uk/SENDLocalOffer)

📱 | @localoffersouthtyneside



## Leisure Consultation

Last year we had families participate in our Mystery Shopper Activities to find out more about leisure services in the local area. We've also been run a pilot for exclusive SEND family swim sessions at Jarrow Community Pool. In the next edition there will be information about what we found out and what our next steps are.

## Peer Support Groups

You told us that you wanted peer support groups parents/carers that were focussed on specific topics. We are launching our new peer support groups in the coming weeks, so keep any eye on our social media channels and the SEND Local Offer website to find out more.



## Parent Carers READ

(Read, Edit, Approve, Distribute)

We want all our communication to be effective. This means removing the jargon and making sure that it is easy to understand. The best way to do this is by having you read, edit, and approve our policies guides and more. Look for the Parent/Carer stamp of approval.



# South Tyneside Parent Carer Forum

## Uniting voices in the SEND Community

### Who are we?

We are an independent group of parents and carers of children and young people with additional needs and disabilities in South Tyneside. We work in partnership with key organisations to ensure the needs of the child are at the heart of all services. We offer the benefit of lived experience and understand the challenges parents and carers often face.

### What do we do?

We work collaboratively to give parents and carers of young people (aged 0-25) a unified voice, to guide service providers and commissioners in the conception, design and implementation of services across health, education and social care, ultimately improving the lives of young people and their families in our area.

We aim to enable parents/carers to share their knowledge of what works and what doesn't work so well; and to help service providers and commissioners focus their efforts on effective, high quality support. The Forum also signposts parents to advice and information, to help them through their journey as carers of a disabled child or young person.

Becoming a member of our forum increases our collective voice and strength.

Come and join us, and sign up to be a member on our website

**contact**

🔍 | [www.stpcf.org/](http://www.stpcf.org/)

📱 | @stparentcarerforum

📍 | [st\\_parent\\_carer\\_forum](https://www.instagram.com/st_parent_carer_forum)

