



**Special Educational  
Needs & Disability (SEND)**

Information, Advice  
and Support Service  
for children, young people and parents

Hello!

Welcome to our last Newsletter of the academic year. We have been super busy this term. We have one final Parents' Share session next week - which we would love to see you at. There is a lot of information about upcoming information sessions from around the area including one on Children and Young People's mental health on 10th July from Roots and Branches. You can find more information below. We hope you have a good summer break.

***With very best wishes,  
Jean, Donna Kate and Millie***

## Parents' Share Programme

# Parents' Share Coffee Morning

Come to our friendly  
parent support group -  
share your concerns,  
experiences and your  
successes.

**Come and find out more  
about the impartial  
Information, Advice and  
support for children  
& young people with SEND &  
their parents and carers.**



**Thursday 18th July 0930-1130**

**@ Friends House, 14 West Street, Maidenhead SL6 1RL**

## Parents' Share sessions - what do you want?

As a service we really want to provide you with information sessions and coffee mornings - but we want them to be helpful and relevant as we know how precious your spare time is. Please click below the one you would most like us to run. If you have any suggestions please feel free to email us [ias@rbwm.gov.uk](mailto:ias@rbwm.gov.uk)

Which sessions would you find most helpful for IAS to run?

EHC Needs Assesments

Annual Review Process

SEN Support in school

Advice drop-in sessions

Parent/Carer coffee morning - informal

Sessions with a Benefits Advisor

Emotionally Related School Avoidance

Session with preparing for adulthood team

Alternative Provision

Session with Educational Psychologists - ERSA

## News, Webinars, Events & Information

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### **IAS attends Parallel Windsor 7th July**

We attended the Parallel Windsor 2024 festival of inclusivity this weekend. Sadly, the weather wasn't on our side and it was a little damp. In the fleeting sunshine filled moments we went to meet other attendees and stall holders. Below is a round up of some of the interesting charities, organisations we met.



## Inclusive Dance - Paradance

Para Dance UK wants to make sure “everyone can dance” in the dance style they want to. Inclusive dance opens up many doors to people as a fun, recreational activity. Whether its street or folk, we hope to cover it all.

[Website](#)



## Action Duchenne

Action Duchenne unite and support families, educating about Duchenne and raising the profile of the condition. They offer support for families and young people including online support, residential weekends and the opportunity to connect.

[Text Website](#)

**soundabout**  
make music change lives

Soundabout

Soundabout uses music, sound, and silence to create opportunities where Learning Disabled people with complex support needs thrive. We offer a wide range of music making and training opportunities that enhance wellbeing, communication, community, self-expression, and enjoyment. Music is a universal language, a tool for communication for non-verbal people, and for expressing what can't be put into words. We focus on what individuals can do and follow their lead.

[Website](#)

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Well Windsor are a new charity raising funds to increase the mental health and wellbeing provision within our local schools within Windsor.

[Website](#)

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A user-led charity, which aims to make life better for children with hydrocephalus (water on the brain) and the families who love and care for them.

[Website](#)

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An immersive and multi sensory theatre that is accessible and relevant for children and young people with complex sensory needs.

Website

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### **The Fantastic Freddie Foundation**

The Fantastic Freddie Foundation helps to provide disabled young adults aged 15-30 with opportunities to enjoy their lives and have fun.

They provide disabled young adults aged 15-30 with opportunities to enjoy their lives and have fun.

- FFF encourage the uptake of new hobbies and the strengthening of existing ones. FFF promote independence and normalise young adulthood in the disabled community.

FFF arrange weekend and day trips, host regular accessible club nights, arrange trips to

music festivals and provide sporting opportunities

Website

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Phab provides safe and fun places for people to feel independent, meet new friends and gain confidence, together. The national 100+ Phab Clubs are as varied as the people who attend them. They are shaped by the wants and needs of the club members but with a shared commitment to inclusion and accessibility. Held in accessible locations, supported by volunteers, Phab Clubs are places where disabled and non-disabled people of all ages come together with friends and family for all kinds of activities and events.

Website

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Rainbow Trust Children's Charity supports families who have a child with a life-threatening or terminal illness. We support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. The Rainbow Trust pairs each family with an expert Family Support Worker, giving them practical and emotional support.

[Website](#)

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AFK helps children and young people with disabilities and autism live more independent, fulfilling lives.

AFK provide specialist mobility equipment not available on the NHS to disabled children and young people up to their 25th birthday, across the UK. AFK help disabled young people aged 14-25 to build aspirations and develop life and work skills so they can prepare for life after school and move into paid employment.

AFK use a number of innovative models of support and skills development including travel training, leadership programmes and self-employment support.

[Website](#)

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The London Autism Group Charity are a unique Charity serving the Autistic Community of London and surrounding Counties in the UK.

They are led by Autistic people and kind, compassionate allies. They leverage the insight of lived-experience to support Autistic people at every stage of their lives.

We offer both Mental Health and Material Support to Autistic people and Carers. Our Community Cafes provide a safe, inclusive, accessible and free space for the entire Autistic community to meet up in person, to make connections with similar people.

This includes Autistic people, parent/carers, children, and wider family members.

[Website](#)

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Variety provide practical support that makes an immediate difference to disabled and disadvantaged youngsters, allowing them to live their best lives and reach their full potential.

[Website](#)

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Providing specialist advice and support for spina bifida and hydrocephalus.

Shine play a leading role in providing specialist support pre-birth and beyond for anyone living with spina bifida, hydrocephalus and associated conditions. We also advise and support parents, families, carers and professional health, and social care staff.

[Website](#)

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Cerebra are the national charity dedicated to helping children with brain conditions and their families discover a better life together. Listening to the needs of these families helps us inspire the most helpful research and innovation.

[Website](#)

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## Information sessions



**Witherslack Understanding Eating Disorders: What is ARFID?**

Date: Wednesday 17 July

Time: 10 am-11 am (Including Q&A)

ARFID is more than just picky eating; it's a serious eating disorder that can significantly impact an individual's health and well-being. In this webinar, you will learn about the diagnostic criteria, symptoms, and potential causes of ARFID. We will also explore strategies for supporting those affected by this condition.

Register Your Free Place: <https://www.witherslackgroup.co.uk/resources/understanding-eating-disorders-what-is-arfid/>



## Witherslack Virtual SEN Conference

Join Witherslack for a day of learning practical strategies to support your child, exploring behaviour, mental health, communication and more.

The session will provide advice and support for parents and carers of neurodivergent children and young people, helping prepare you for the school holidays.

<https://pages.witherslackgroup.co.uk/virtual-conf-summer-24>



Virtual

Summer Club  
Science  
Workshop - DIY  
Detective



Virtual

Summer Club  
Science  
Workshop - Che-  
Mystery



Virtual

Summer Club  
Anime Drawing  
Workshop  
22 July 2024

**Witherslack also have some online summer Club sessions for children - find out mor here:**

[Find out more](#)

Roots and branches  
Building the community together



Maidenhead PCN Roots and Branches proudly present a Children and Young People's Mental Health and Wellbeing Seminar.

Tuesday 16th July 10-12

St Marks Hospital Maidenhead in the large conference room.  
(Head to the Courtyard café and a member of the team will meet you there)

Speakers include: Getting Help Team (CAMHS, Low Mood and Depression), Kooth (Online Counselling Support), No 22 (Local Counselling Service) and our CYP and Families Social Prescribers

If this is of interest, please respond to this poster via email with confirmation that you would like to attend to

[be-pct.socialprescribing@nhs.net](mailto:be-pct.socialprescribing@nhs.net)

If for any reason you cannot make this seminar, please give 48 hours ' notice so we can offer your place to another parent in the community.

We look forward to seeing you there

Roots and Branches (Maidenhead PCN)

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## Personalised Care

# WHAT IS SOCIAL PRESCRIBING?

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.

That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker.

The link worker is there to listen to you, and put you in touch with the people and activities that might help you to feel better.



Your link worker might introduce you to a community group, a new activity or a local club. Or they might help you find legal advice or debt counselling. They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are. They could even support you to create something new such as a gardening club, a fishing group, a 'men's shed' or knit and knatter group.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that people get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more – including here in this area.

For more information about social prescribing visit [www.england.nhs.uk/personalisedcare/social-prescribing/](http://www.england.nhs.uk/personalisedcare/social-prescribing/)



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**"I thought I was just nothing.  
Now I feel really good.  
Every morning I wake up  
with a smile. I think I've got  
a bright future as well."**

*AS – on her experience of social prescribing*

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If we have worked with you this academic year, or in the summer term this year we really need your feedback - it takes no more than a few minutes but really helps us improve our service. The survey is anonymous but helps us get a better understanding of how our service is impacting families. You can find the form here: <https://rbwmtogether.rbwm.gov.uk/ias-evaluation>



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