

You can contact me by email Lucy.ellis@lscft.nhs.uk or phone 07866 063814 (Mon – Fri 9am-5pm) for any queries about your child's assessment.

Workshops

NEW DATES ADDED! BOOK NOW TO AVOID DISSAPPOINTMENT. LIMITED SPACES AVAILABLE

How to understand and support your child's **behaviour**

What this workshop covers...

- Functions of behaviour.
- Strategies to support the relationship with your child.
- Meet other parents/carers experiencing similar issues.
- Anxiety/mindfulness.

10/1/2022 10.00am –12.00
31/1/2022 6.30pm -8.30pm
1/3/2022 10.00am-12.00

How to understand and support your child's **sleep** needs.

What this workshop covers...

- Reasons for sleep difficulties
- Effects on the family
- Sleep hygiene
- Expectations of sleep
- Sleep diaries
- Strategies that may help
- Structure and establishing bedtime routine

17/1/2022 10.00am –12.00
8/3/2022 10.00am-12.00

How to understand and support your child's **sensory** needs.

What this workshop covers...

- **What is sensory processing?** It is the way the nervous system receives sensory messages and turns them into responses
- **What is the central nervous system?** Processes all the sensory information and helps to organise, prioritise and understand the information.

24/1/2022 10.00am –12.00
22/3/2022 10.00am-12.00

The above workshops are 1 off sessions lasting approximately 2 hours with 2 members of the Assessment Pathway Team. If you are currently on the Assessment Pathway or have recently received a panel conclusion for your child / young person, please get in touch by email to lucy.ellis@scft.nhs.uk with the following details

- Child/ young person's name
- Workshop you would like to attend
- Which date you can attend from the choices above. If you can't attend any of the above but want to be kept on the list for future dates, please let me know.

Family Connect Post Diagnosis Session

Family Connect sessions are an opportunity for parents / carers to ask members of the assessment team any questions **following the diagnosis for their child / young person**. We meet on Teams for an hour with a maximum of 6 families per session to allow time for questions. The information we share is around what support might be available local activities and how to discuss the diagnosis with your child / young person. We also share information about the This Is Me programme for young people and how to access advice and support from a range of services.

1 st December 2021 7.00pm	11 th May 2022 7.00pm
12 th January 2022 10.00am	22 nd June 2022 10.00am
23 rd February 2022 7.00pm	3 rd August 2022 7.00pm
30 th March 2022 10.00am	14 th September 2022 10.00am

Please contact Lucy Ellis to book your place. Lucy.ellis@lscft.nhs.uk



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Local Activities / groups

X Height Climbing Wall Salt Ayre Lancaster Thursdays 5.00-5.50 / 6.00-6.50

£6.00 per child aged 5+. Siblings welcome. No proof of diagnosis needed. This session is for children with Special Educational Needs. We use fun sensory activities on the wall to improve climbing ability and confidence. This is also a session that helps to give a comfortable place in which to socialise and raise confidence. Suitable for 5+ years. All children must be accompanied by an adult (Parent guardian/ Carer), non-climbing.



<http://www.lancaster.gov.uk/salt-ayre-leisure-centre/xheight-gravity/xheight>



Reel Cinema Morecambe Autism Friendly Screenings every other Saturday morning (Starting 28/8/21) No proof of diagnosis needed. Siblings welcome.

Films and times vary. Posters with details added to NLDG facebook page a few days before <https://www.facebook.com/NLDGAdditionalNeedsSupport> which can also be seen on the homepage of NLDG website www.northlancsdirectionsgroup.com if you are not on Facebook.



SEN Kicks Football for all session. FREE football for girls and boys in years 3,4,5,6 and have special education needs.

Mondays 5.00pm-6.00pm at Heysham Mossgate Community Centre LA3 2AW. No need to book. Follow on facebook / twitter. Phone 01524 412125 or communityadmin@mfccommunitysports.com



Lancashire Break Time Half term holiday activities are now available to book. For details of all the Lancashire Break Time half term holiday clubs, go to: <https://www.lancashire.gov.uk/.../lancashire-break-time/>



C.H.A.T.S

C.H.A.T.S Carers Help Advisory Training and Support, or C.H.A.T.S, is a Morecambe and Lancaster based peer support group. For parents and carers of children and young people experiencing emotional problems or those with mental health concerns. Currently offering Anxiety Workshops for parent carers. These are being held at More Music in Morecambe. 5th November or 9th December 9.30-12.30 Please email to book your place.

Private group to ask questions and share support.
<https://www.facebook.com/groups/598047137613422>

chats_123@yahoo.com

We are

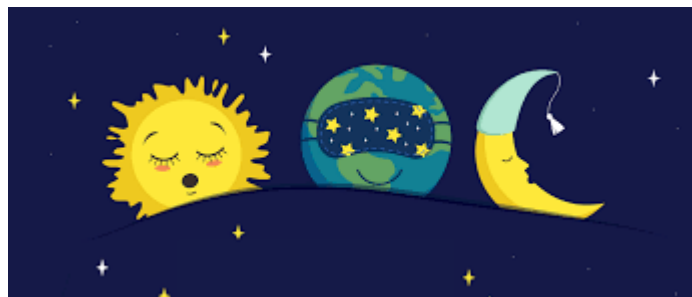
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Sleep

In order to help your child achieve good quality sleep, you may need to look more closely at the sleep routine and something called Sleep Hygiene which is all about ensuring your child has the best environment and routine possible.

The causes of sleep difficulties are likely to be different for every person. The most common reasons for sleep difficulties in all children are environmental influences or inadvertent behavioural shaping. For example, a parent may rock or hold their child until they fall asleep. However, when the child wakes in the night, they do not have access to things in their environment that they associate with sleep, so they are unable to get back to sleep by themselves. On the other hand, if a child sleeps in a room that is also used for stimulating play activities during the day, this can also affect sleep. Some autistic children may also have problems with natural sleep/wake cycles which may affect their sleep.



Two of the best national Sleep Advice providers are [The Sleep Charity](#) and [The Children's Sleep Charity](#). We are fortunate in the North Lancashire / South Cumbria area to also have [A Stitch Different](#) who also offer sleep advice and support to families. They have a facebook Page too [Sleep Ability](#).



From the Sleep Charity website:

Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved. **If you'd like to talk about your sleep issues, you can call the Sleep Charity Helpline between 7pm and 9pm, Sunday to Thursday on 03303 530 541**

Some of the main issues expressed by parent carers about their children's sleep issues are:

- Self-settling
- Changes in routine
- Feeling hungry or thirsty
- Discomfort
- Fear / anxiety
- Night time wetting
- Sensory issues

You may find keeping a sleep diary really useful to help you identify the barriers to successful sleep. More information and a downloadable sleep diary can be found here [Keeping a sleep diary | Disability charity Scope UK](#)

SCOPE

= Equality for disabled people

Blog Post from Sleep-Junkie on Autism and Sleep. "The Ultimate Guide to Helping Children With Autism Sleep Soundly at Night" <https://www.sleepjunkie.org/autism-and-sleep/>

More information and links to useful apps and support services can be found at [Sleep | nldg \(northlancsdirectionsgroup.com\)](#)



kooth

**Kooth is a free online service
offering emotional
and mental health support
for children and young people**

www.kooth.com

Just some of the things you'll find on Kooth

Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

FREE service for Lancashire young people aged 10-16 and FREE service for Young people aged 11-18 in Cumbria

[Signup - Kooth](#)

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If you feel you are struggling and need support for your own mental health, please speak to your GP.

For urgent advice and support call 0800 953 0110

For a range of mental health support charities please go to

[Mental Health | nldg \(northlancsdirectionsgroup.com\)](http://MentalHealth.nldg(northlancsdirectionsgroup.com)) or



COVID-19 Update Summer 2021

CALL OUT to all Lancaster and Morecambe parents/carers supporting a child or young person with any kind of emotional or mental health problem?

Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions and more

YOU ARE NOT ON YOUR OWN

We are here to help; if you need emotional/practical support or just someone to talk too please contact:

Parent Reps: Claire – 07908452426
Rebecca – 07950784015
CAMHS/CPS: Wendy – 01524550650

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm Email Claire chats_123@yahoo.com for a zoom invite.

2nd Thursday of the month 10am-12.00pm, Face to Face @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.



IS YOUR CHILD SUFFERING WITH ANXIETY?

Join a free workshop for parents by parents

- *Gain greater understanding of anxiety
- * Increase confidence/ability in supporting your child
- * Explore self-care strategies

To book a place contact:

chats_123@yahoo.com

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Claire 07908452426



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