

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	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

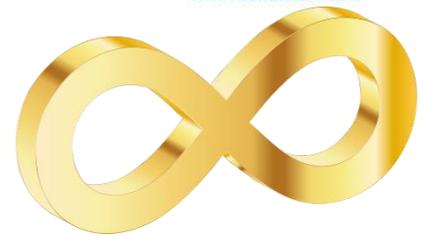
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Celebrities diagnosed with Autism

There has been a lot in the news recently about celebrities getting a diagnosis as adults. In particular, the news that Christine McGuinness, parent to 3 autistic children, recently revealed she had been diagnosed herself in the summer.



Paddy McGuinness and his wife Christine have three children, eight year-old twins Leo and Penelope, and five year-old Felicity. All three have been diagnosed with autism, a condition that means your brain works in a different way from other people, and can impact how you interact with the world.

Paddy struggled with the initial diagnosis and what it meant for his family's future. Christine accepted the children's diagnoses more quickly than Paddy. She tells us how she sees herself in her kids and threw herself into supporting the children, while Paddy focused on his work and providing for his family in the best way he knew.

This raw and intimate documentary is made over many months, following Paddy and Christine at home, as well as meeting other parents, experts, and people on the autism spectrum, including footballer Paul Scholes, who has a 16 year-old non-verbal autistic son.

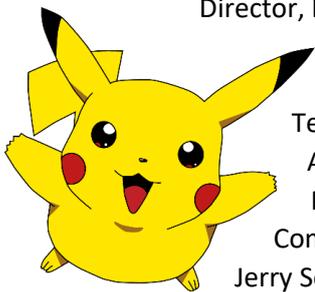
In the early days, like many parents, Paddy went down the rabbit hole of Google research trying to find out why all three of his children are autistic. He meets Professor Simon Baron-Cohen at Cambridge University, who says: "It's just who the person is... with their unique strengths and challenges." Simon tests Paddy and Christine's autistic traits, and the results start a whole new journey for the couple.

Having started from very different places, over the course of filming and learning more about autism, Paddy and Christine move closer together and come to a much stronger understanding about what autism means for their family.

Paddy and Christine McGuinness: Our Family And Autism is produced in partnership with The Open University. The programme will be shown on BBC1 1/12/21 9.00pm (available to watch on iPlayer afterwards)

Other Famous Autistic People

Dan Aykroyd – Comedic Actor, Hans Christian Andersen – Children's Author, Susan Boyle – Singer, Tim Burton – Movie Director, Lewis Carroll – Author of "Alice in Wonderland", Charles Darwin – Naturalist, Geologist, and Biologist, Emily Dickinson – Poet, Albert Einstein – Scientist & Mathematician, Bobby Fischer – Chess Grandmaster, Bill Gates – Co-founder of the Microsoft Corporation, Temple Grandin – Animal Scientist, Daryl Hannah – Actress & Environmental Activist, Steve Jobs – Former CEO of Apple, Michelangelo – Sculptor, Painter, Architect, Poet, Wolfgang Amadeus Mozart – Classical Composer, Sir Isaac Newton – Mathematician, Astronomer, & Physicist, Jerry Seinfeld – Comedian, Satoshi Tajiri – Creator of Nintendo's Pokémon, Nikola Tesla – Inventor, Andy Warhol – Artist, Elon Musk – tech entrepreneur and many more.



As we know, a diagnosis isn't always wanted or needed by the individual. A diagnosis doesn't entitle you to anything extra. A diagnosis isn't a golden ticket that magically opens doors to services. All support **should be** given based on needs not based on a letter. It's important that any decision is made carefully and with the focus always being on the child or young person at the centre of the assessment.

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Benefits & Money

DLA Form Advice

DLA forms can look very daunting at first but it's important to remember that the person assessing your claim, doesn't know your child and won't assume that they react in a typical way to people and things around them.

In order to make sure you include all the information you need to, it helps to keep a diary for a week or 2 before you start to fill it in.

You DO NOT need a diagnosis to make a claim for DLA. It helps, but it's not necessary. If your child's needs mean they need support above the support that typical children need, you can make a claim.

Phone the helpline for a form for a child under 16 years old **0800 121 4600** If your claim is successful, any payments will be backdated to the first date you rang for the forms.

When filling it in, include examples of previous behaviours and what support your child needs in those situations.

Only send photocopies of SUPPORTIVE reports. Any reports you do send must support your claim. You can include clinic notes, photocopies of prescriptions, specialist reports, nursery / school reports, EHCP, SEN Support, IEP's IBP's.

Statement from someone who knows your child. If you are sending other supporting evidence, this isn't necessary but if you feel the opinion of someone who knows your child well can support your claim, it can help.

Remember the length of your award will depend on lots of factors. If you are awarded DLA, the letter you get telling you will also tell you how long you will receive payments for. Approximately 6 months before the end of your claim, you will be sent renewal forms.

Take pictures of / photocopy your form once you've completed it. This can be especially helpful if you are successful then need to renew your claim at any point.

Once you have submitted your claim, it can take a few weeks to receive a decision. You may receive a text or letter to confirm they have received your claim pack.

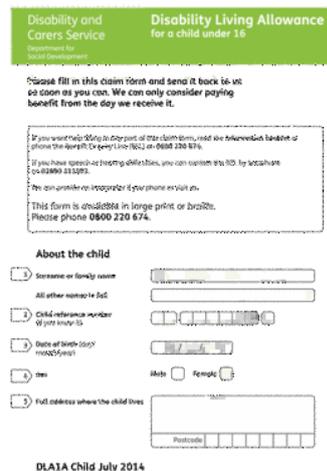
If successful, you may receive a payment into the bank account you sent details for, before you receive a letter stating your level and length of award.

More advice on tax credits, Universal Credit and PIP can be found on the Contact website. Link below.

contact *For families with disabled children* [Benefits & money | Contact www.contact.org.uk](http://www.contact.org.uk)

Grants for families in receipt of specific benefits can be applied for annually from family Fund. Link below.

 **Family Fund** [Family Fund www.familyfund.org.uk](http://www.familyfund.org.uk)
Helping disabled children



Disability and Carers Service
Department for Social Development

Disability Living Allowance for a child under 16

Please fill in this claim form and send it back to us as soon as you can. We can only consider paying benefit from the day we receive it.

If you want help filling in this form, please call the helpline on 0800 121 4600.
If you have special access difficulties, you can contact us by text on 0800 121 4600.
You can make an appointment for a phone version too.
This form is available in large print or Braille.
Please phone 0800 220 674.

About the child

1. Name or family name:
All other names:

2. Child reference number (if you know it):

3. Date of birth (DD/MM/YYYY):

4. Sex: Male Female

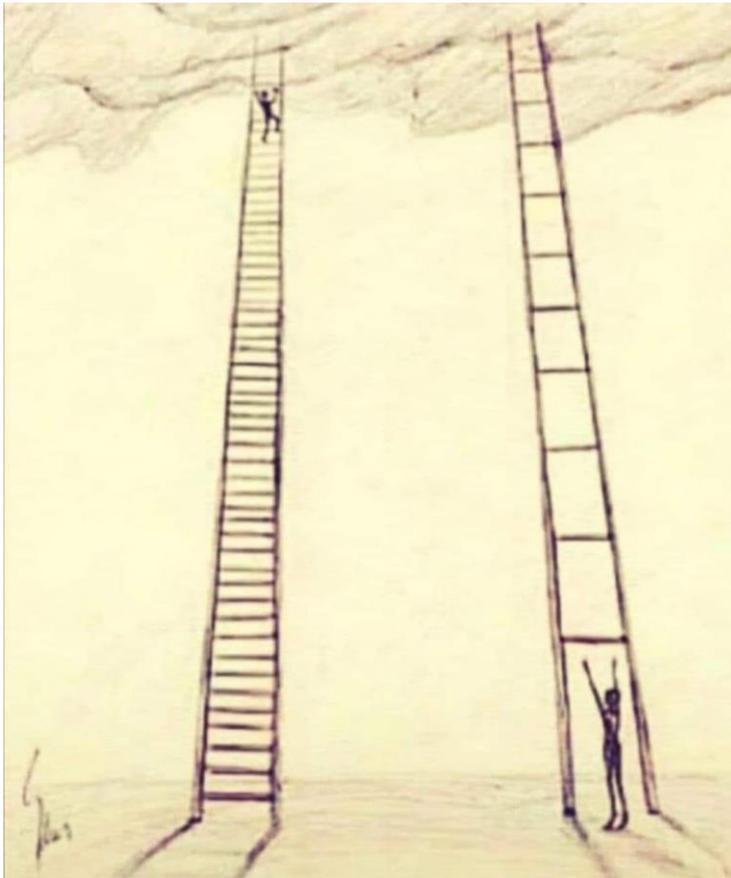
5. Full address where the child lives:
Postcode:

DLA1A Child July 2014

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Any step forward, no matter how small it may seem to others, is a huge step in the right direction. Many of our children make such steps all the time. Sometimes we lose sight of how significant it is **for them**. It's as important to celebrate the small steps as it is the big ones!

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://Mental Health | nldg (northlancsdirectionsgroup.com))

contact *For families with disabled children*

Contact provide a listening ear service for families of children and young people with additional needs

You might be struggling emotionally and looking for strategies to help you cope. Or maybe you just need to talk to someone who understands the extra challenges you face and who can point you in the right direction to get the support you need for your family.

To help, we offer 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.

Making an appointment is simple: [Visit our Eventbrite page](#), choose the day (morning, afternoon or evening), and when you register choose the time slot you want. Appointments are regularly updated and are subject to availability.

www.contact.org.uk/help-for-families/listening-ear/



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