

July 2021

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

Workshops

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.

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

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.

If you are currently on the Autism pathway or have recently received a diagnosis for your child / young person, please get in touch, you will be put on a waiting list for the next round of workshops and will be contacted when dates have been set.

Local Autism Friendly Activities

Salt Ayre X Height Climbing Wall Spaces filling up on the exclusive 3.00 pm Thursday X Height sessions for young people with additional needs. Hopefully have a 4.00pm slot being added too. Remember that Energy soft play is still closed so please plan for that if your young people usually go in there too.

<https://uk.patronbase.com/.../Productions/8H/Performances...>

Autism Friendly Screening Vue Cinema Lancaster Sunday 25th July 10.15am Tom and Jerry Movie

Jump Rush Morecambe Disability session Thursdays 4.00pm www.jump-rush.com



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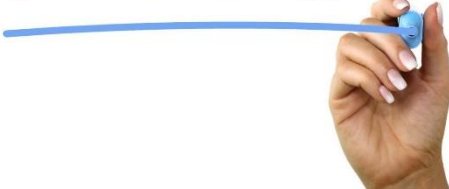


Summer Holiday Top Tips

Below I have added a list of activities on offer locally and a bit further away also. Please contact providers before setting off or even telling your children to avoid disappointment and stress. Pack their favourite sensory support resources like ear defenders, blanket, hat, sun glasses, and fidget toys, fully charged tablet and favourite snacks and drinks. You may need to pack visuals to help them understand the plan for the day and expectations also. Now, next and later cards as a basic.



PLAN



I have also attached a Summer Holiday Planner to the email sent with this newsletter. I highly recommend planning the summer holidays as soon as you can. Some of your children and young people may benefit from a visual timetable to know what is happening and when. This is most important when they have unstructured times as anxiety around not knowing what is happening can cause more anxiety and challenging behaviours. Remember to include things like **days at home**, **uniform shopping**, **school shoe shopping**, and **trips to see family** and **days out** that you hope will be enjoyable but if they don't know what to expect, it may cause issues.

Remember to plan for things your child wants to do. This is a common mistake that all parents make. All parents and carers have an idea of what they think will be enjoyable but to our children, during times with little routine, this can become an unpleasant or difficult experience for the whole family. Your child may be equally happy going to a local play area as you think they might enjoy a trip to a theme park or zoo.



Always plan ahead! Ring the place up you are going to check its open, take a copy of your DLA letter or Carers Allowance letter (if you get it) as some places offer carers discounts.

Remember to add chill out time. Children need days off too especially if you have packed in lots of activities. Having said that, chill out time might also need choices and structure even if it is iPad time, garden play, sensory fun, den building etc.



Remember to try and stay positive about any transitions to new classes and schools. If you think your child need might need some visuals to help them remember what the plan is, speak to school or make your own. Pictures from the school website may help with this but speak with their teachers as they may have made something similar in the past. (Remember how much they will need to do before the end of term though and please be patient).

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Lancashire Break Time Holiday Activities



Criteria:

The criteria to qualify for Lancashire Break Time short breaks is to be the unpaid primary carer of a child or young person with special educational needs and/or disabilities, aged 4 to 18 years and living in Lancashire (excluding Blackburn with Darwen and Blackpool). The child or young person will find it difficult to access universal services due to sensory issues, learning difficulties, physical mobility problems, etc. They will not be in receipt of an assessed social care outreach package; those with a higher level of need will receive services through their package of care.

There is a minimum charge of £1 per hour for the activities.

If you think you meet the criteria and would like a short break, you should contact the provider direct for more information and to reserve a place.

Local families have also accessed Tower Wood and Borwick Hall Outdoor Education activities and have said their Children and young people thoroughly enjoyed their time there. Some parents also said they were surprised by how relaxed and engaged they were with the instructors.

Lancashire Break Time - Outdoor Education Centres

A reminder to anyone that has requested a place for the summer holidays, you must return your booking form promptly to secure the booking.

We have some spaces still available tomorrow and Friday at Borwick Hall! Check the Local Offer page for full details and the email address to book.

<https://www.lancashire.gov.uk/.../outdoor.../borwick-hall/>

There are also some spaces for the rest of the holiday period at all 3 centres, plus they have added some extra days at Borwick Hall.

If you haven't accessed Lancashire Break Time activities before, please check the eligibility criteria on the Local Offer before booking.

<https://www.lancashire.gov.uk/.../lancashire-break-time/>

Government Autism Strategy 2021-2026

The Government has just released its plans to improve services and outcomes for autistic children, young people and adults, including improving identification of autistic girls and women. It's a lengthy report but has lots of promising news in it too.



https://www.gov.uk/government/publications/national-strategy-for-autistic-children-young-people-and-adults-2021-to-2026/the-national-strategy-for-autistic-children-young-people-and-adults-2021-to-2026?fbclid=IwAR1trrkAzxo_h90bp6hWWZakmx4wmDlCs8Wc4t57mGz1shbkD5qD6shrdQl#our-roadmap-for-the-next-5-years



Other useful links

Yvonne Newbold Foundation supporting families who have children / young people with violent or challenging behaviour. Webinars on offer over next few weeks:

Saturday, 24th July - Understanding childhood controlling behaviour and how to address it
<https://yvonnenewbold.com/.../24-7-21-understanding.../>

Sunday, 25th July - Understanding anxiety and how to reduce it in both you and your child
<https://yvonnenewbold.com/.../25-7-21-understanding.../>

Tuesday, 27th July - How to boost your SEND child's self-esteem <https://yvonnenewbold.com/.../27-7-21-how-to-boost-your.../>

Wednesday, 28th July - How to help and support a demand avoidant child
<https://yvonnenewbold.com/.../28-7-21-how-to-help-and.../>

Thursday, 29th July - How to overcome the guilt, self-doubt and criticism of being a SEND parent
<https://yvonnenewbold.com/.../29-7-21-how-to-overcome.../>

- Each one costs £4.00
- Free places for families on tight budgets
- Replay link available so you can watch it on catch up for a month afterwards
- Over 95% of parents say that their confidence has increased due to attending one of Yvonne's webinars
- Over 99% of parents would recommend the webinars to other families

Please join us - or book and watch afterwards - these are all designed to help you with your child's behaviours and to help you feel happier and calmer too. Hope to see you there!

Lancashire Mind are excited to share a wonderful new booklet of activities and information to help children and young people look after their own wellbeing during the summer holidays, and maintain a routine.

'My Summer Diary and Self-care Workbook' contains fun and engaging activities as well as tips on dealing with anxious or overwhelming feelings, and wellbeing apps and links for further support.

Find out more and download the booklet here:

<https://www.lancashiremind.org.uk/.../292-self-care...>



SEND Family Instincts - Videos and free resources on EHCP's – Not Lancashire specific
<https://www.sendfamilyinstincts.com/freestuff>

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Stay safe and take care of yourselves



If you're not already part of the North Lancs Directions Group, join us on facebook where we regularly celebrate the small stuff like our kids licking a carrot or wearing clothes for longer than 2 minutes. You get the idea. What might seem small and trivial to those outside of our community, can be shouted from the rooftops! (A.K.A. closed Facebook group).

<https://www.facebook.com/groups/NorthLancsDirectionsGroup>

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