**North Lancs Directions Group Newsletter June 2020**

**USEFUL RESOURCES**

<https://youthworksupport.co.uk/wp-content/uploads/2020/05/NYAxVR-Coping_With_Stress_Anxiety.pdf?fbclid=IwAR1lHLLyTNc_8APr51h3un7du_Wopnk-taux9apsPNV_hFPMY9oF3d3wm34> Coping with Anxiety and stress. Staying well at home. workbook for 11-19 year olds

<https://www.familyfund.org.uk/faqs/how-do-we-apply?fbclid=IwAR0i-PIgaZZrWlwJuyYMpPfGMfNjQsNpYP3JDRwFxD3opCiF8U3w9u2OEYU> Family Fund

<https://www.schudio.tv/courses/the-big-transitions-for-autistic-and-send-pupils-after-lockdown?fbclid=IwAR12z4iYcoMQZUACpNwHkCR9vpZN9l6mO2ON0xaOfzeC5VwD7BzPLBK8l6M> Reachout ASC course for schools and parent carers

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/?fbclid=IwAR3by4wwc2IpYf9i5NoaEyaETB5dmM8BCU7-jCrXOji7MIk90sz0gnDJJGc>

Sleep advice from Cerebra with links and useful resources

The Lancashire County Council FIND SEND magazine for Summer 2020 has just been released. To register to receive this free magazine and other useful information follow this link <https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/family-information-network-directory/?fbclid=IwAR0shlZ_F9GqmZl_CB5PyfMmw5J3zAd2BP57FleWdKm4Q9bB-I2JJkTLxzo>

<https://www.positiveapproachestosupport.co.uk/> This is a good resource for anyone caring for a child, young person or adult with Learning difficulties or disabilities including autism. The website developers are looking for feedback on how useful you find it and if you would like to see more content on there too, please inbox me or email northlancsdirectionsgroup@gmail.com your opinions and I will pass them on for you.

**Useful Facebook groups / pages for families with children with SEND:**

<https://www.facebook.com/groups/NorthLancsDirectionsGroup/> Parent carer advice and support. Signposting to other resources, local news and information.

<https://www.facebook.com/AOKParentPeerSupport/> Group updates

<https://www.facebook.com/LancashireParentCarerForum/> Updates from the forum and

shared messages from LCC for parents and carers

<https://www.facebook.com/LancashireLocalOffer/> Lancashire County Council SEND team links and resources for Lancashire families.

<https://www.facebook.com/Lancashire-SEND-Information-Advice-and-Support-Team-101447257945808/> SENDIAS updates on County wide courses, news, resources and more

<https://www.facebook.com/Lancaster-and-Morecambe-Family-Zone-307326923351065/>

Lancaster and Morecambe Children and Family Wellbeing Service

**COURSES**

<https://www.theisabellatrust.org/courses-and-workshops/>

1. 11th June, 1pm – 4pm

PATHOLOGICAL DEMAND AVOIDANCE This webinar is being delivered by Lynn McCann from Reachout ASC

1. 16th June, 1pm – 3pm

AUTISM & EARLY YEARS This webinar is being delivered by Lynn McCann from Reachout ASC

1. SENDIAS have commissioned a new programme **“Return To School”** for parent carers of children and young people with SEND to help them support their children to return to school once schools are ready to welcome them back. This is for any parent carer living in Lancashire with or without a diagnosis, any additional need or disability.

Starting in June/July, there will be one online group session per week for 3 weeks, with a choice of days/evenings.

* Working with your child's school
* Individual tasks to complete between sessions
* Signposting to useful resources and services
* Follow-up support in the autumn term

If you or someone else is interested in taking part, please email the course trainers Joan Bill on trinitysnap17@gmail.com or Lucy Ellis on northlancsdirectionsgroup@gmail.com

More details and dates will be shared on the Lancashire SENDIAS Facebook page

Lancashire SEND Information Advice and Support Team

1. CYGNETS Autism Programme online for parent carers of children and young people WITH a diagnosis of autism. I have just updated the information on the web page to reflect the change to programme delivery and the online course. [www.northlancsdirectionsgroup.com/cygnets](http://www.northlancsdirectionsgroup.com/cygnets)

There are 6 sessions in total with links, descriptions, video clips and information embedded in the slides. You will need a pen and paper to make notes and complete the activities. The first session is about 60 minutes. The other sessions take about 90 minutes. Following each session, you will have opportunity to “meet” other parents who are doing the same sessions as you. It will be a really good opportunity to hear from other parents on how you found the first session, ask any questions and “meet” other parents in the same or similar situation as we would normally do on the normal course format. You don’t have to activate the video element of the call to take part if you don’t want to, you don’t have to say anything and can just listen in but I hope by taking part, you find support and ideas from other families to be beneficial as is usually the case.

**A summary of the sessions**

1. In this session we give you the opportunity to reflect on your family and questions you may have relating to autism. Then we will find out about what you already know about autism through a quiz.
2. Autism an Overview – Session 2 will provide a description of a child on the autistic spectrum plus some of their strengths and challenges they face. There is also an opportunity to think about your journey and the need to look after yourself.
3. Sensory needs – Session 3 will look at the environment in which a child on the autistic spectrum may live. The senses in autism can be different and understanding sensory differences can help us to understand how children/young people may be experiencing the world.
4. Communication – In session 4 we will start by describing the importance of communication and how this can be different for people on the Autistic spectrum. We can then look at techniques and resources that can be used to communicate with children/young people more effectively.
5. Understanding behaviour – Session 5 we will begin by looking at general human behaviour before considering some specific issues linked to autism which can explain the behaviour of children/young people on the spectrum. We will then move on to look at the “Iceberg” behaviour framework to help us explore behaviour before thinking of potential strategies.
6. Supporting behaviour – In the last session we will look at a second behaviour framework – STAR. Then we will provide an overview of possible strategies and key principles linked to supporting behaviour.

**VIRTUAL SUPPORT GROUPS**

There are a number of groups now being delivered online

1.**AOK parent peer support group** for children and young people aged 0-25 with additional needs or disabilities and their families delivered by Children and Family Wellbeing Service and Lucy Ellis

AOK 0-8’s, siblings and parent carers Wednesday’s 1.00pm via Zoom.

AOK Juniors 8-11’s, siblings and parent carers Mondays 3.45 via Zoom.

AOK + for secondary school aged young people and families Wednesdays 6.30 via zoom

To join any of these sessions please email Claire.rogerson@lancashire.gov.uk or phone / email Lucy Ellis 07873818153 northlancsdirectionsgroup@gmail.com

2. **C.H.A.T.S. (Carers. Help. Advisory. Training. Support)** is a support group for parents / carers who have children or young people experiencing emotional or mental health difficulties which includes parent carers of children with additional needs. They host a fantastic fortnightly video chat using Microsoft Teams and run a very active closed Facebook

group which is very supportive and offers parents support and advice regularly. The group leaders, who are supported by CAMHS professionals, offer a wealth of knowledge empathy and experience. The next fortnightly video chat is due to take place on Tuesday 23rd June 11.00am. Please join the Facebook group <https://www.facebook.com/groups/598047137613422/>

or email  chats\_123@yahoo.com

3. **SEN Drop Ins** are starting to be take place virtually for some local primary schools. They are an opportunity for parent carers to meet their school SENCO and Lucy Ellis to seek advice and signposting to support. It’s also a chance to hear from other parents about their experiences, any strategies they find useful and to talk to their SENCO about any challenges for their SEN children and home learning.

4.**Unique Kidz and Co** are holding their weekly coffee and chat groups virtually using Zoom every Wednesday at 10.00am. Please contact them or follow their Facebook page <https://www.facebook.com/UniqueKidzandCoCharity/>

 for more details.

Please share this with anyone who may benefit.

Take care of yourselves and each other

Lucy northlancsdirectionsgroup@gmail.com