



SEND

Parent carer newsletter



SEND Newsletter- 17 May 2024

What's on?

1. [Mental Health Awareness Week 2024](#)
2. [Travel Training](#)
3. [Free Maternal Wellbeing Service](#)
4. [Fledglings- Sensory products](#)
5. [Next Sensory Cinema- this weekend!](#)
6. [SEND Financial matters online workshop](#)
7. [Kids eat cheap or free](#)
8. [SEND Jiggle and Wiggle](#)
9. [YMCA SEND Youth Club](#)
10. [Nunny's Farm Mini Farmer sessions and farm entry](#)
11. [SEND drop-in's postponed until September](#)
12. [Catch up](#)
13. [Preparing for adulthood- Ask Annie](#)
14. [Your Parent Carer Forum- NELPCF](#)
15. [SENDIASS](#)

Mental Health Awareness Week 2024

For mental health awareness week 2024 we wanted to remind you of some of the great resources and services available to care for your mental and emotional wellbeing.

Young People

- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Home – Kooth](#)
- [Events, groups and activities :: Navigo \(navigocare.co.uk\)-](#)
- [Inclusion LGBT+ group for 16-25 year olds :: Navigo \(navigocare.co.uk\)-](#)
- [Foyer \(ymca-humber.com\)](#)

Parents and carers

- [Home – Carers Support Service \(carerssupportcentre.com\)-](#)
- [Home – Mind](#)
- [Workshops for Parents and Carers :: Navigo \(navigocare.co.uk\)](#)
- [Wellbeing Service \(nelincs.gov.uk\)-](#)

Travel Training

Did you know that if your child has an EHCP they can take advantage of travel training to help them become independent in going to and from home and school or college as part of their preparation for adulthood journey.

Contact Annie to learn more:

Text: **07585 122306**

Email: askannie@nelincs.gov.uk



Free Maternal Wellbeing Service

We are a free, friendly Maternal Wellbeing Service that can support women with their wellbeing throughout their journey to motherhood.

We help support mothers wanting to conceive, those who are pregnant and post-birth up to the infants first birthday (after this date would be a normal referral to the wellbeing service).

We provide the opportunity, time and space to talk. We can support with low mood, anxiety, stress management, confidence, self-esteem, daily routine and finding focus in life.

Learn more:

[**NELC SEND Local Offer | Do you know about the free Maternal Wellbeing Service? – NELC SEND Local Offer \(nelincs.gov.uk\)**](#)

Fledglings- Sensory products

Do you want to enhance your sensory resources and support your students or community members with special needs? We're on a mission to provide funding for sensory products in your area! We want to hear from you if you're interested in

receiving support from us, especially if you're looking to set up a Sensory Toy Lending Library.

Simply tag your school, SENCO, or group in the comments below and confirm your interest. Remember to include the name of the main contact person, their email address, and your organisation's website.

We're eager to support initiatives across all four nations, so let's work together to make a difference!

[\(4\) Fledglings – Calling all schools, community groups, and PCFs!](#) ... | [Facebook](#)

Next Sensory Cinema- this weekend!

It's this Sunday!

Have you got your tickets to our next Sensory Cinema? Super Mario Bros Movie, 2pm at [@ lincinspire-](#) Cleethorpes Leisure Centre.

Tickets

here: <https://www.sencinema.com/.../sensory-cinema-super-mario...>



SEND Financial matters online workshop

Financial matters, and the benefit system can seem very confusing at the best of times. This online workshop will help you to make sense of financial matters and opportunities for you and your family.

This workshop will cover:

- DLA, Carer's Allowance and other benefits – dispelling common myths
- Grants and discounts available on utility bills, leisure activities and for carers
- Services available to support you with making applications
- How to get further help and guidance if you need it

Register to attend here: <https://ow.ly/yWoF50RnONm>

A promotional banner for a workshop. The top part shows a close-up of children's hands playing with colorful piggy banks. Below this, the text reads: 'Brighter Beginnings - Money Matters (age 0 to 5)'. A smaller line of text says: 'Financial matters, and the benefit system can seem very confusing at the best of times. This online workshop will help you to make sense of financial matters and opportunities for you and your family.' At the bottom left, it says 'Monday 29 April 19:00 - 21:00 BST'. At the bottom right, there is a green circular badge that says 'NEXT MONDAY! BOOK QUICKLY!'. Logos for 'Early Years SEND', 'COUNCIL FOR DISABLED CHILDREN', 'nasen', 'contact', and 'Brighter Beginnings' are also present.

YMCA SEND Youth Club

YMCA are trialling a SEND youth club which will be taking place on Tuesday 28th May, 4pm – 5pm.

We only have 12 spaces. Book in advance.

>> <https://www.eventbrite.co.uk/.../send-youth-club-at-ymca...>



SEND YOUTH CLUB

TUESDAY 28TH MAY, 4PM - 5PM

We are trialling a SEND youth club for kids **over 8 years old** who are keen to make new friends and have fun in a safe space!

The following activities will be taking place:

- A variety of sports
- Arts and crafts
- Board games

We only have **12 spaces** available, and our first trial session is **free!**


MUGA on
Kent Street



Kids eat cheap or free

Find places that kids can eat cheap or free over the holidays. [Places Kids Eat Free in the Summer Holidays 2024 \(moneysavingcentral.co.uk\)](https://www.moneysavingcentral.co.uk/places-kids-eat-free-in-the-summer-holidays-2024)-



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 27th May to Friday 31st May 2024, kids eat free all day at YO! Sushi (minimum adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 27th May to Friday 31st May 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

SEND Jiggle and Wiggle

SEND Jiggle and Wiggle takes place every other Saturday at [East Marsh Community Space CIC](#) from 9.30am – 10.30am.

SEND Jiggle & Wiggle

Low lighting & low music
Come and have a jiggle and a giggle.
If children dont want to join in we have plenty of
toys and quiet spaces, no pressure to join in.

Every other Saturday
Starting 11th May
9.30am–10.30am

£1 a child
Includes refreshments & a snack
Payment on booking please



Nunny's Farm Mini Farmer sessions and farm entry

Entry to the farm is free after Mini Farmer Sessions.

[Nunny's Farm Facebook-](#)



SEND drop-in's postponed until September

Abi's SEND drop-in sessions on Monday's at Central Family Hub are postponed until September because the hub is being refurbished.

Abi's last session will be Monday 20 May from 9:30-11:30.

If you still want to get involved Abi runs the SPACE Forum with Nicola Chapel which is a platform for parent carers and professionals to come together to share insight and ideas, gain experience from guest speakers and meet others like them. You

could use this space to get information, advice and guidance and be signposted to support.

Learn more: [NELC SEND Local Offer | Settings, parents and carers for education-SPACE Forum – NELC SEND Local Offer \(nelincs.gov.uk\)](#)

You can find other events and training on the Local Offer [NELC SEND Local Offer | Events and Training \(nelincs.gov.uk\)](#) or [Families First Facebook-](#) .

Catch up

In case you missed last weeks newsletter, here are some things that you might like to know about:

Disability Liaison Nurses

[Northern Lincolnshire and Goole NHS Foundation Trust | Learning Disabilities \(nlg.nhs.uk\)-](#)

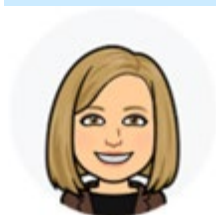
Annual Health Checks and Training

People aged 14 and over on the GP's Learning Disability Register should have a free health check every year: [NHS England » Annual health checks-](#) . Training is available if you'd like to know more: [Monday 17 June 2024, 10:00am-11:30am-](#) .

SEN Parkour Sessions

[Team Reality Parkour Facebook](#)

Preparing for adulthood- Ask Annie



Email: askannie@nelincs.gov.uk

Text: **07595 122306**

Are you a young person with Special Educational Needs?

Do you have any questions about post 16 education, training and employment or do you want to know more about preparing for adulthood?

You can always "Ask Annie" about...

- **Planning for the future**
- **Employment**
- **Transport**
- **Leaving school & starting college**
- **Daytime activities**
- **Health**
- **Training & work experience**
- **Living independently**

Find out more about preparing for adulthood and transitions. [NELC SEND Local Offer | Preparing for adulthood \(nelincs.gov.uk\)](#)

Your Parent Carer Forum- NELPCF

NELPCF is a collective group of parents passionate about driving positive change, we have come together to rebuild a Parent Carer Forum. Our aim is to be a true representation of the voices of parent carers of children with additional needs and disabilities. We strive to have a positive impact on the planning and provision of services and decision making for the families of North East Lincolnshire- now, and in the future.

Find out more about the forum and how to get involved by visiting their Facebook [North East Lincolnshire Parent Carer Forum | Grimsby | Facebook-](#) , or the [NELPCF website](#) .



SENDIASS

SENDIASS provide support for SEND, across education, health and social care.



[Sendiass North East Lincolnshire | Facebook](#)

Contact SENDIASS:

Call- 01472 326363

Email- ask@nelsendiass.org.uk

[SENDIASS](#) website

To receive this newsletter by email please contact lauren.thompson2@nelincs.gov.uk.

If you have questions about SEND we are always here to help. Please don't hesitate to email sen@nelincs.gov.uk. We always try to make sure that children and parents/carers voices are heard.

These Weekly SEND parent/carer newsletters are shared with teams within education, health and social care as well as parents/carers SENCOs, the DfE and local charities.

If parents/carers or young people over 16 do not have access to the internet or if they prefer to receive paper copies only please contact sen@nelincs.gov.uk.