



# SEND

## Parent carer newsletter



SEND Newsletter- Friday 1 December 2023

### What's on?

1. **British Sign Language Advent calendar!**
2. **EHC Hub upgrade**
3. **Parents praise engagement event at local primary**
4. **SEND Employment Forum Launch**
5. **Cambridge Park students achieve Duke of Edinburgh Award**
6. **ADHD Medication Supply Issues**
7. **Maternal Wellbeing**
8. **Kooth**
9. **Parent cafe**
10. **EHCP Annual Review**
11. **Preparing for adulthood- Ask Annie**
12. **Your Parent Carer Forum- NELPCF**
13. **SENDIASS**

### British Sign Language Advent calendar!

We've relaunched our British Sign Language advent calendar. You can learn 24 festive signs including 'father Christmas', 'snowman', and 'elf'.

Open day one and learn to sign 'Advent Calendar'.

['Advent Calendar'- Day 1 British Sign Language advent calendar - YouTube](#)

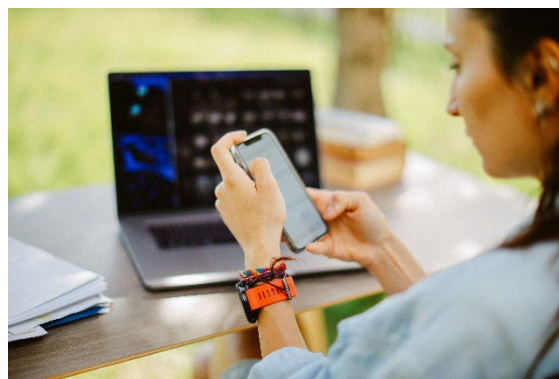
See the sign of the day on Families First social media or find the full compilation here:

[NELC SEND Local Offer | British Sign Language Advent Calendar! – NELC SEND Local Offer \(nelincs.gov.uk\)](#)

### EHC Hub upgrade

The EHC Hub has recently gone through some upgrades, making the platform a more user-friendly experience for parents and carers.

The hub should now be easier to navigate, especially on handheld devices.



## Parents praise engagement event at local primary



Members of North East Lincolnshire Council's SEND Team attended the Littlecoates Primary Academy SEND drop-in event on Thursday 19 October. Parents said that they found the information from professionals useful and appreciated the chance to share their experience and meet other parents and carers.

This kind of community in SEND is essential. It's beneficial for both parents and professionals.

Professionals learn so much from parents about what is working well, and what could be improved.

Learn more: [NELC SEND Local Offer | Engagement with parents at local Primary receives positive feedback – NELC SEND Local Offer \(nelincs.gov.uk\)](#)

## SEND Employment Forum Launch

North East Lincolnshire's exciting new SEND Employment Forum has officially launched.

It was brilliant to see all the people invested in giving more opportunities to young people with Special Educational Needs and Disabilities to experience work and open doors to paid employment.

These young people bring a wealth of value to an organisation with varied skills, strong work ethics, and a willingness to try new things.

Our supported internship offer has already grown hugely this year. The Local Authority and local colleges are looking for organisations who can offer a variety of roles to young people. The forum is held every 8 weeks. If you'd like to know more contact: [askannie@nelincs.gov.uk](mailto:askannie@nelincs.gov.uk).



Check back to the SEND Local Offer for more video's and content from the forum.

## Cambridge Park students achieve Duke of Edinburgh Award

YOUNG people were recognised at a ceremony in Grimsby earlier this month for achieving their Duke of Edinburgh awards.

The Award, which was founded by His Royal Highness Prince Philip, Duke of Edinburgh in 1956, to encourage young people to learn new skills and develop themselves.

There are three levels to the Award: Bronze, Silver and Gold, with each level getting progressively more difficult to complete. Each level is made up of different sections which



youngsters much complete to achieve the full award. These are Voluntary, Skills, Expedition, Physical and Residential (gold only).

A number of students from Cambridge Park School received their awards, including 8 bronze award recipients and 7 silver award recipients.

Read the full article: [NELC SEND Local Offer | Achievements celebrated at Duke of Edinburgh Awards ceremony – NELC SEND Local Offer \(nelincs.gov.uk\)](#)

## ADHD Medication Supply Issues

Young Minds Matter have released the attached statement and guidance regarding the current global shortage of some ADHD medications. This is resulting in some children having to have their ADHD medication reduced/stopped which of course will be causing some concern and inevitable issues. The statement has been circulated to SENCOs.

[NELC SEND Local Offer | Shortage of Medicines for ADHD \(Attention Deficit Hyperactivity Disorder\) – NELC SEND Local Offer \(nelincs.gov.uk\)](#)

## 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. Also, other wider wellbeing challenges that can affect their emotional and physical wellbeing such as relationship issues, housing and financial issues. This is done through a behaviour change coaching model. We can offer face-to face support at a variety of community settings for ease of access for our clients. Over the phone and video messaging are also considered. Our programme will consist of up to 9 sessions and follow ups within the first year after birth.

We are working closely with the Family Hubs, Midwifery, Health Visitors, GPs and other relevant services to reach the women in need. Our overall

goal is to reduce prematurity rates within North East Lincolnshire. In doing so, it is vital to understand/ recognise the complexity of motherhood by providing holistic wellbeing support to highlight personal challenges that may arise during motherhood.

Find out more and self refer at [Maternal Wellbeing Service – LiveWell \(nelincs.gov.uk\)-external site](#)

Please if you have any questions or queries, please don't hesitate to contact us on the below contact information. [wellbeing@nelincs.gov.uk](mailto:wellbeing@nelincs.gov.uk)

**Supporting your journey to motherhood**

Free Service

If you're planning on pregnancy, a mum-to-be or you've just had a baby, the maternal wellbeing service is here to HELP!

**WHAT DO WE DO?**

We're a free friendly and motivational service

**Things we can help with:**

Low Mood	Confidence/ Self-Esteem	Coping Strategies
Anxiety	Unhealthy Behaviours	Stop Smoking
Stress Management	Debt/ Financial Concerns	Healthy Eating
Daily Routines/ Focus	Housing, Family Concerns	Wider Wellbeing

**How you can access us:**

Self-refer by completing a form online:  
Web: [www.nelincs.gov.uk/mws](http://www.nelincs.gov.uk/mws)  
Email: [wellbeing@nelincs.gov.uk](mailto:wellbeing@nelincs.gov.uk) or  
Call us on 01472 325500 to speak directly to a team member.

\*Note that this is not a psychological or clinical service

Maternal Wellbeing Service

## Kooth

Your child can access free, anonymous, online counselling and information for their mental health and emotional wellbeing at [kooth.com](https://www.kooth.com).



## Parent cafe

Did you know the NSPCC's Together for Childhood team run weekly parent cafe's on both the East and the West Marsh in Grimsby?

Wednesdays, 1pm – 2pm at the Grimsby in Bloom Cafe, Duke of York Gardens.

Thursdays. 1.30pm – 2.30pm at The Canopy, Grant Thorold Park.

**WEDNESDAYS**  
1PM – 2PM

**PARENT CAFÉ**

Parent café is a space to make friends, talk about parenting and relax.

Whether your child is a new-born baby or a teenager starting college, there will always be somebody to welcome you at parent café and talk to.

Each week there will be different conversation topics so we can support each other and share our experiences.

Come alone or with friends.

\*Receive a FREE Hot Drink\*

\*Children Welcome\*

Grimsby in Bloom Café  
Duke of York Gardens  
DN31 1XE

## EHCP Annual Review

Is your child's EHCP Annual Review coming up? Remember what you can do to prepare for an Annual Review. You and your child should look through their EHCP. Write down any questions that you want to discuss at the meeting. Encourage your child to share their voice. Use the online EHCP Feedback Form after the meeting so that we can continue to improve. The feedback form asks things like:

- I understand what an annual review meeting is and why it is important to me/my child.
- I was given enough time and help to decide what I wanted to say at the meeting.
- I felt confident to say what I wanted.

### [EHCP Annual Review feedback| QuestionPro Survey-](#)

#### Preparing for adulthood- Ask Annie



Email: [askannie@nelincs.gov.uk](mailto: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](mailto:ask@nelsendiass.org.uk)

[SENDIASS](#) website



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To receive this newsletter by email please contact [lauren.thompson2@nelincs.gov.uk](mailto: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](mailto: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](mailto:sen@nelincs.gov.uk).*