

This is our first termly newsletter for all families at Westcliff Primary school and particularly those with children who have SEND. We hope that you find it useful!

### [Meet the Support Team](#)

**SENCO/Early Help** - Miss R. Hazlewood

**Early Help/Deputy DSL** - Miss B. Oakes

**Safeguarding Lead** - Mrs N. Vanderwal

**Early Help/Deputy DSL and Oracy Lead** - Mrs R. Gudgeon

**Early Years Speech, Language and Communication leads** - Miss S. Holmes

**Early Years Autism Champion** - Mrs T. Collins

### [Preparing your SEN child for Christmas](#)

Christmas can be a tricky time for neurodivergent children or children with SEND or if your child experiences anxiety or anxious feelings. They may find it hard to adjust to different light, colour, sound, smells, textures and tastes due to their senses becoming overwhelmed. Changes in routine can also affect how they feel.



Planning in advance can help you all adapt and enjoy the festive period. Here are some top tips to help with this -

1. **Make a list** - Make a list of what your child finds difficult. This could be anything from big crowds, loud noises, surprises or bright lights. Try to think about when they might experience those. How could you avoid those situations? If that isn't an option, consider how you can help your child prepare.
2. **Speak to school** - Find out what's happening at your child's school or nursery. Celebrations could include concerts, parties, lunches or Christmas jumper days.
3. **Let them make decisions**- Let your child have a say in the Christmas decorations around your home. Ask them to help you choose lights, colours and textures that they feel comfortable with.
4. **Consider changes in routines** -Try to prepare your child each day for what's coming tomorrow. Talk to them about who will be there, what they will do and what they'll eat. Some children might like to have some control over some of these things. You could give them a choice between two or three different activities.
5. **Plan for the possibility of unexpected visitors.** If your child struggles with visits at home or going out, think about how you can help. You could: See if your child wants to stay at home with another family member when you go out. See if they want to play in a different room.
  - Share pictures of visitors in advance, so they're familiar with their faces.
6. **Try to keep some of their routine the same**- It can be helpful to start and end their day with something you would usually do. Think about morning routines, as well as bath time, bedtime and story time.

## Coffee, Cake and Chat Drop in

Monday 23rd January 2023 2.15pm-4.00pm



We are very excited to be hosting our first **Coffee, Cake and Chat session in January**. This will be an opportunity for you to come into school and speak informally with members of the school support team about any concerns or ask for advice. Please come along, have a cup of coffee before pick up time and meet the team - **everyone is welcome!** Your child does not need to have a special need to attend this session. We hope that this will be a lovely opportunity for you to be able to meet other parents who may be in a similar situation with similar questions as yourselves. There will be toys available for children if you are dropping in after school with the children- if you let us know in advance we can even bring the children to you in the hall.

There will be a variety of different professionals available to speak to and to ask for any advice around their services relating to cost of living crisis, special educational needs support, speech and language, mental health, anxiety and wellbeing, housing and much more!

We will have the following services available to speak with-

- **School Nurse** - Dolores Taggart - providing advice and support on a range of issues - diet, health, toileting, challenging behaviour. For more information on what they can help with please see the link below- <https://www.bfwh.nhs.uk/our-services/school-nurses/parents-and-families/>
- **CAMHS - Primary Mental Health worker** - PMHW are a point of contact within the CAMHS team, offering support and advice regarding the emotional wellbeing of children and young people. Concerns about anxiety, worry, self harm, well being etc
- **Communicate - Speech and Language Therapist** - advice about your child's speech, language and communication skills. Speech sounds, pronunciation of sounds, listening to instructions, understanding of questions, social skills, autism <https://communicate-slt.org.uk/>
- **SENDIASS-** Special Educational Needs and Disabilities Information Advice and Support Service- is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability.
- **Advisory Teachers Team and Resilience Coaches** - Advice on any difficulties your child may have with learning - reading, writing, maths, speech and communication, physical and sensory needs and social, emotional and mental health needs.
- **Citizens Advice Bureau** - Providing advice and support whatever your problem may be. They will specifically bring information related to **cost of living crisis, fuel payments/vouchers, one off heating items** etc.
- **Aiming Higher Charity** - Aiming Higher is a Blackpool based charity that supports families with children who have SEN across the Fylde Coast.
- **Young Carers** - <https://www.blackpoolcarers.org/young-carers/> Providing support for children who care physically and emotionally for family members and their families.
- **Early Help-** Advice and signposting to agencies and grants for anyone struggling with housing, cost of living, financial difficulties, mental health



[Blackpool FYI directory and local offer](#)

The Local Offer gives children and young people with special educational needs or disabilities and their families access to information about what services the local authority thinks will be available in their local area. Please have a look at their website for lots of information relevant to our blackpool families.

<https://www.fyidirectory.co.uk/blackpool-local-offer>

If you would like to speak with a member of the team about support and advice for your child/family then please call the office and make an appointment or ask for a call back. We will call you back as soon as possible.

[Cost of Living Crisis - Winter Warm Club](#)

We are all starting to notice the detrimental effect the cost of living crisis is having at the moment. Whether you are struggling with rising fuel costs, an increase in prices at your weekly food shop or struggling to keep warm at home. There are lots of agencies around that are there to help and we are more than happy to help you access these in school - please do just come and speak to a member of the Early Help Team (see staff named above).

There is a range of support available from the Early Help Team with the Cost of living crisis. Please see the flyer below for details of the Winter Warm club - they can help with financial support, food and food banks, community feel good sessions and activities. Please speak to a member of staff at The Grange for more information or visit the Family Hub website:

<https://blackpoolbetterstart.org.uk/winter-support/>



**Winter Warm Club**

We are launching an ambitious programme for the winter months called the Winter Warm Club. This Club is aimed at all ages and is a wraparound package of measures to support our community through the cost of living crisis.

The Winter Warm Club will run @ the grange Mon-Fri 9am-4pm. Residents can register with us in the centre and in return they will receive weekly benefits. see overleaf for details

**@the grange**

**The Support We Will Provide**

**Financial support**  
Ensuring your money goes as far as possible and you receive all the help available to keep bills down

- Free use of 3 tumble dryers @ the grange to ensure you can effectively dry your clothes and keep homes damp free
- A home audit looking at energy and water saving and support tackling heat loss and causes of damp
- 1:1 financial advice relating to energy debt, budgeting, benefit entitlement and income maximisation

**Food**  
Ensuring people do not need to choose between heating their homes and feeding their families

- A daily discounted hot meal available to all local people who sign up
- Access to a 5 day a week food pantry with heavily subsidised food from Blackpool Food Bank and our own farm

**Feel Good**

- The opening of a new community Barbers
- Free exercise classes for all ages – keeping fit and warm
- Mums and Tots exercise class
- Chair based exercise for those less physically able
- Zumba classes
- Ballroom dancing

**Activities**  
Free activities for all – bringing people together in a welcoming warm space

- Board and card games
- Pamper days – Hair and Nails
- Arts and Craft classes
- Bingo
- Organised local trips to interesting places such as The Blackpool Tower
- TV and Film Club

To register for the Club, please come to the launch event with free raffle on Friday 28th October from 9.30am onwards. From more information, pop in to @ the grange and speak to the staff.

The Winter Warm Club is kindly funded by Blackpool Council, Groundwork and our ward

Blackpool Council



## Blackpool Better Start Family Hub Activity Timetable

[Link to the timetable](#)

### Activities for you and your family

SEPT-DEC

Blackpool North

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>North Family Hub</b> (Grange Park) 31 Dingle Ave, Grange Park, FY3 7NX  Facebook: @BlackpoolFamilyHubs	Stop Smoking Service - Blackpool Midwifery 9-3pm (appointment only)  More Positive Together 1-3pm 1st Monday of the month	Midwife Booking in Clinic 9am-12.30pm (appointment only) Well Baby Drop-in Clinic 1-2.30pm Cuppa and Chat 1-3pm HENRY Bears - Infant Feeding Support Group 1-2.30pm Primary Mental Health drop-in 2-4.30pm 20th Sept, 18th Oct, 15th Nov, 20th Dec	Citizens Advice Sessions 9.30-12.30pm (appointment only) Postnatal Group (Invite only) 10am-12pm Stay & Play 10.15-11.30am First Stages in Pregnancy (appointment only) 1-3pm	Stop Smoking Service 9am-5pm (appointment only) Volunteer Academy Drop in 9.30- 11am 16th Oct, 3rd Nov, 24th Nov, 15th Dec Improve your confidence course 1pm (1st Sept for 4 weeks)	Complex needs drop in 10am-12noon 9th Sep, 30th Sep, 21st Oct, 11th Nov & 2nd Dec  Henry Starting Solids Workshop 9am-12noon (appointment only)	
<b>Layton Library</b> Talbot Rd, FY3 7BD			Bounce & Rhyme 10.30-11am	Facebook Live toddler time 10.30-11am  On 'Blackpool Libraries' Facebook page	Bumps & Babies Drop in HENRY 1to1 (appointment only) Sling Library 1to1 (appointment only)  All of the above: 10.30am-12.30pm 9th & 23rd Sep, 7th & 21st Oct, 3rd & 17th Nov, 1st & 15th Dec	
<b>@thegrange</b> Bathurst Ave, FY3 7RW	Baby & Toddler Group 9.15-10.15am Young at heart Lunch club 12-2pm (£5pp) Divas group - Girls aged 10+ 3.30-4.30pm	Early Years Park Rangers Mini Rangers 1-2pm SKB MBS: Skateboarding Club Youth Group 4.30-5.30pm Active fitness Session 4.45-6pm	Board Game Club 2-4pm		Get Out Get Active Health Walk 10-11am  Craft club 10am-12noon Country market 11am-2pm (2nd Fri each month) Bingo 5.30pm (1st Friday each month)	
<b>Kincraig School</b> Kincraig Rd, FY2 0HN			Sensory Tots 10.30-11.30am Starts 14th Sept	Baby sign 1.30-2.30pm Starts 3rd Nov for 6 weeks		
<b>Moor Park Health &amp; Leisure Centre</b> Bristol Ave, FY2 6JG	Blackpool Tobacco Addiction Service (appointment only) 1-4.30pm  Free under 16's swim October Half Term (free membership card required) 1:30-2:30pm	Free under 16's swim October Half Term (free membership card required) 1:30-2:30pm	Free under 16's swim October Half Term (free membership card required) 1:30-2:30pm	Blackpool Tobacco Addiction Service (appointment only) 9:30-4:30pm  Free under 16's swim October Half Term (free membership card required) 1:30-2:30pm	Blackpool Tobacco Addiction Service (appointment only) 9:30-4:30pm  Free under 16's swim October Half Term (free membership card required) 1:30-2:30pm	