

# News & Views

Wakefield Information Network

Issue 27 Autumn 2016

## Hello and welcome to News & Views!

Welcome to the Autumn edition of News and Views. Keeping you up to date with things that are happening, as well as providing you with useful information currently available around Special Educational Needs and Disabilities.

- See inside for details of the Local Offer Live event on 29 November
- You can read all about Max and his life with autism
- Find out what inspires the SEND Youth Voice group
- Plus, could you help The Hepworth shape a new learning resource?

Not forgetting a packed What's On section inside...



**NHS**  
Wakefield  
Clinical Commissioning Group

**wakefieldcouncil**  
working for you





## Future in Mind

We asked Ian Holdsworth, Senior Commissioning Manager (Children's Services) at Wakefield Clinical Commissioning Group (CCG) to tell us all about Future in Mind and what it means for children and young people in the Wakefield area. Here's what he had to say:

"Future in Mind is a national programme that has been developed by NHS England to improve access to mental health and emotional wellbeing for children and young people.

Wakefield Clinical Commissioning group with the support of colleagues from our Local Authority, Education, Third Sector and our young people and their families have been critical in driving forward key areas of the work.

We have started to deliver our Primary Practitioner service in a number of our primary and secondary schools across the seven early help hub localities. The Primary Practitioners are getting out meeting and working with Education colleagues to understand the individual needs of our Wakefield schools. We will continue to sign all schools up to Future in Mind and share information about the programme.

**The Kooth online counselling service has been a real success with around 800 of our young people in Wakefield now accessing the service for counselling support and advice.**

Kooth have now rebranded the way the website looks and we hope this encourages more young people to access support. There has recently been an addition to the service with face to face counselling, the schools which have piloted the provision have found it to be a beneficial resource for their students.



The Future in Mind workforce development programme is being delivered by our Primary Practitioner team; the programme is made up of 10 modules which will provide people attending with information and techniques of how to support children and young people with their emotional health and wellbeing and to recognise when there may be signs of mental health. The programme has been very well received with over 45 places already been allocated, the programme will be a rolling programme over the next 12 months with dates being published shortly for sign up.

Through the future in mind programme we have been working very closely with our third sector organisations and we are now delivering a Community Navigator programme. We have seven of our organisations who are hosting a navigator who will coordinate approaches to improving emotional resilience in children and young people."

To find out more about Future in Mind nationally, visit <https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people>

For more about plans in the Wakefield area visit <https://www.wakefieldccg.nhs.uk/wp-content/uploads/2013/02/Future-in-Mind-Wakefield-Transformation-Plan-Submitted-161015.pdf>

You can access the Kooth website here <https://www.kooth.com/>





## Max's Story

When I was a toddler I had no speech, life was very confusing for me, I could not communicate with anyone. I was completely isolated from the world. It was frightening.

Following my diagnosis of Autism and Communication Disorder my family and I embarked on a difficult and challenging journey into the world of disability.

I attended mainstream school in primary with lots of services involved. With the help of speech and language and introducing visual timetables I finally was able to express my wants and needs.

It was a particularly lonely time for me as I was different to everyone else at school. I just did not click with anyone or fit anywhere.

I was misunderstood by teachers and my peers. Because of this I was bullied. I became very withdrawn and shutdown. I was very unhappy.

**“Whilst growing up I was in denial about my Autism because I hated it - that was the reason I was so unhappy. I did not understand it.”**

At high school it was very clear that this was not the place for me, this was when I transferred to a specialist school. It was here that people really understood me and I could relax and be myself with all my quirks and not fear ridicule.

I grew in confidence and was exposed to a new way of learning, doing practical things that made sense to me. I was given strategies to cope and this aided my learning.

Whilst growing up I was in denial about my Autism because I hated it - that was the reason I was so unhappy. I did not understand it.

As I have gotten older and have better understanding, my parents have explained to me what Autism actually is and how it affects my life. They pointed out all my strengths and good qualities which I have and that I need to build on these to help me move forward and gain more independence.

We did lots of family sessions at home, which included my siblings, where we looked at strengths and confidence building.



**ALWAYS  
UNIQUE  
TOTALLY  
INTELLIGENT  
SOMETIMES  
MYSTERIOUS**

The outcome was that I have many skills I did not know that I had. This made me feel empowered and brought me and my siblings closer together.

Over a period of time we built on these to broaden my skills. I have a good memory and love films and acting so I joined a drama acting class to use my skills in a positive way, I was able to retain information and study lines and monologues which helped with my drama. This motivated me to meet a new circle of friends - I was able to contribute to the group whilst doing something I loved.

I have since performed at Wakefield Theatre and performed in the Wakefield Mysteries.

I love acting and doing drama and finally I belong.

Since working out what I am good at and embracing my Autism, using my skills to my advantage I have a completely different outlook on life. My Autism no longer holds me back but has actually set me free to be who I am.

I can do things I love - I can be who I want to be. I have realised with the right support around me I can learn in my own way and I am looking forward to my transition into college next year.

This is a life I never thought I could achieve but through embracing my disability and challenges I have a happy fulfilled life.

Max Craven, age 15.

**#Autismrocks**

**“Since working out what I am good at and embracing my Autism, using my skills to my advantage I have a completely different outlook on life. My Autism no longer holds me back but has actually set me free to be who I am.”**



# News and Information



## Local Offer Review - You said...

The SEND Code of Practice states that local authorities must publish a Local Offer, setting out in one place information about provision they expect to be available across education, health and social care for children and young people in their area who have Special Education Needs and/or Disabilities (SEND).

To keep you up to date about the Local Offer we have a Local Offer website, this News and Views newsletter and an annual event, with over 50 stalls of providers who are part of the Wakefield Local Offer - see page 6.

We ask you as parents/carers and children and young people what you think of the Local Offer to help us to improve it and make sure it meets your needs.

Any feedback we get is published each September in a You Said, We Did document.



### YOU SAID

You didn't feel there was enough opportunities for ALL families to have their say about the ongoing Short Breaks consultation. The information about the Short Breaks Review was difficult to understand and not everyone could see how it related to them. The Short Breaks review had been going on for a while and you needed regular updates.

### WE DID

- We worked with parent reps and the organisations that support families and redesigned the Short Breaks Consultation documents and made sure that everything was covered in one go. We changed the planned consultation to be more flexible and allow more people to take part through face to face sessions, the family fun day, postal questionnaires and our Facebook page and Local Offer website.
- We produced a series of Frequently Asked Questions and Case Studies to help families understand what was being asked and how it might affect them.
- We created a page on the Local Offer website to keep everyone updated

### YOU SAID

You still don't feel that your voice is being heard.

### WE DID

- We developed a Feedback Pathways system. This system allows parent/carer groups, young people's groups and community sector groups to meet in their usual ways and ensures the feedback and issues arising is passed upwards into the Local Offer & Engagement work stream hosted by Wakefield Council.

You can let us know what you think about the Local Offer at any time during the year by:

- Emailing us at [localoffer@wakefield.gov.uk](mailto:localoffer@wakefield.gov.uk)
- Following us on Facebook [@WakefieldSENDinformation](https://www.facebook.com/WakefieldSENDinformation)
- Contacting TEAM, the Parent Carer Forum for Wakefield on **07552 718450** or email [Mellissa.mackell@kids.org.uk](mailto:Mellissa.mackell@kids.org.uk)
- Contacting KIDS WESAIL on **01924 379015** or email [wesail@kids.org.uk](mailto:wesail@kids.org.uk)
- Contacting the Youth Service here <http://wfyouth.co.uk/contact-us/>

To see all the comments we received in full, you can read the You said... We did... report at <http://wakefield.mylocaloffer.org/about-us>

### YOU SAID

You need a handy leaflet about the Local Offer so that you know how to get information quickly, without having to always go online.

### WE DID

- We are creating a new Local Offer leaflet - After listening to your feedback this will be wallet sized and fold out displaying what information is available on the Local Offer website and who to contact if you don't want to go online.

### YOU SAID

You would like News and Views to have more information about activities and things to do. You also want more real-life stories.

### WE DID

- We now have a separate section for Activities in News & Views and will highlight some of the different groups and organisations in each edition. We have plans to have more interview articles, such as "Meet the provider"... and a section where young people contribute the articles.

### YOU SAID

There needed to be more training available to parents and carers.

### WE DID

- In December, we delivered two information sessions to parents and carers about Personalisation and what this means for families. We delivered three training sessions, throughout the year, to school SENCOs and parent carers about Person-Centred Planning.
- We have recently completed a Training Needs consultation to help gather more feedback from families, schools and support services about what training they need.
- KIDS WeSAIL and Wakefield Council's SEND Support Services have produced a training plan for parents for the next academic year. You can access the information about this at <http://wakefield.mylocaloffer.org/wakefield-early-support-advice-information-and-liaison-wesail>

# News and Information



## Did you know?

Around 10 percent of the world's population, or 650 million people, live with a disability? They are the world's largest minority.

On the 3 December each year, it is International Day of

People with Disabilities. It aims to increase public awareness, understanding and acceptance of people with disability and celebrate the achievements and contributions of people with disability.

The event has been held since 1992 and this year, it is the 10 year anniversary of the Convention on the Rights for Persons with Disabilities.

This year's theme is Achieving 17 Goals for The Future We Want so it's a perfect time to think about what your son or daughter wants to learn, achieve or do as a future career and what support might need to be in place to make that happen.

You can find out more about the International Day of People with Disabilities here <https://www.un.org/development/desa/disabilities/international-day-of-persons-with-disabilities-3-december.html>



3 December  
**International Day of  
People with Disability**

## GET INVOLVED

## Family Project at The Hepworth Wakefield



Would you like to be involved in shaping the development of a new learning resource at The Hepworth Wakefield?

We are running a project exploring new ways to interpret artworks in the gallery through fun creative activities.

We invite families with children and young people with autism aged 3-12 years old to join us on this project. The creative sessions will take place on selected dates in the New Year.

If you are interested in being part of this creative journey please email the Learning Team on **learning@hepworthwakefield.org** or call us on **01924 247398**.

THE  
HEPWORTH  
WAKEFIELD



## Tell us your tips!

Do you have any helpful hints or tips you can pass on to other families with children or young people with SEND? Is it something you found helpful while out and about or did you try something different to help your child settle at a new school?

Whatever it is, if you think it would help other families just like yours, we want to hear them.

Send your tips by email to **SEND@wakefield.gov.uk** or post to **SEND Transformation Team, Wakefield Council, Room 232, County Hall, Wakefield WF1 2QW** and we will share them in News and Views.

# Local Offer Live

**Special  
Educational  
Needs  
and/or  
Disabilities**  
**#LocalOfferLive**



**localoffer@wakefield.gov.uk**

**FREE  
EVENT**

**Tuesday  
29 November  
2016**

**10am - 2pm**

**Cedar Court  
Hotel, Wakefield**

Free on-site parking  
and disability access

Tea, coffee and juice  
provided

**Kids**





## Join us this November for Local Offer Live.

The event will include around 50 of the services and providers that are available on the Local Offer website, giving you information and advice about what they offer that can support your child develop and move toward adult life.

There will also be activities to take part in on the day making it a fantastic event for you to come along to.

Stalls will include information about

- Local services
- Charities
- Colleges and Post 16 providers
- Things to do
- Personal Budgets
- Local Offer website and how to use it
- Parent support groups
- Education, Health and Care Plans
- SEN books and sensory toys, available to buy on the day\*
- Plus much, much more

Although there is free parking available at Cedar Court Hotel, there is also a bus stop within a short distance of the hotel and services 97, 435, 436, 443 and 444 will stop there.

For regular updates on which providers will be at the event follow us on Facebook **@WakefieldSENDinformation** or you can email us at **localoffer@wakefield.gov.uk**

\*some stall holders may only be able to accept cash payments on the day



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# Inspirations and Aspirations

We asked SEND Young Voice, the Wakefield area engagement group for children and young people with Special Educational Needs and/or Disabilities, if they would share with us who inspires them every day, what aspirations they have as a young person and what support they thought they may need to help them achieve them.

They had a great time talking about it and came up with some fantastic responses.



## JOSEPH

I am inspired by someone who used to work from Home Based Breaks called Alan Osbourne. He did do wedding photography and taught me to learn photography with DSLR's.

I'd like to be a self-employed photographer to do a variety of subjects on photography. The support I would need is getting a qualification and study in a quiet calm class - not having any class clowns.

## MICHAEL

I am inspired by my auntie who I used to live with and Julie who I live with now. Auntie increased my confidence and Julie taught me more independence skills.

I would like to work with books such as a library. The support I would need is to find out local libraries in my area and get work experience.

## CLAIRE

My brother inspires me, I miss him as he is in Hull. He encourages me to help him with housework and cleaning the room.

I would like to work with animals and particularly like cows. I want to be a farmer. I need to find out where there is a farm that can help to get work experience and someone to teach me how to look after animals.





## ADEELA

My dad inspires me to do cricket. We started playing in the garden and now I play for a club in Nostell.

I would like to be a paediatrician. I would need to pass my GCSEs in Science and do work experience. Following this I would need to go to university.

## ALISHA

Sughra inspires me, she is my friend. She listens to me and gives me new opportunities.

I would like to do childcare. I would need to get a qualification in college and work experience.

Have you talked to your son or daughter about who inspires them or what their aspirations are? You might be surprised with what they tell you, we're sure Adeela's dad will be proud to be her inspiration!

SEND Young Voice, for children and young people aged 11-25, meet the second Tuesday of every month from 4:30pm to 6:30pm at Crofton Young People's Centre.

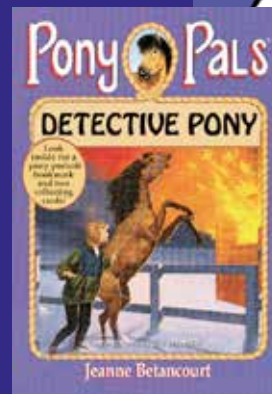
For more information please contact Sughra Ashraf at The Youth Work Team on **01977 722815** or email **sashraf@wakefield.gov.uk**

## Did you know?

**Dav Pilkey** who writes the fantastic Captain Underpants books has ADHD and Dyslexia? In fact he has said his disability made school hard but one day, in class, he came up with the character that helped launch his career as an author. There is even a Captain Underpants app and a film out next year!

Pony Pals author, **Jean Betancourt**, also has dyslexia but has been successfully writing books for children for a number of years. Jean said that her dyslexia actually helped her develop her skills as a story teller.

**Professor Stephen Hawking**, scientist, was diagnosed with a rare, slow progressing, form of Motor Neuron Disease when he was 21 and he has three children and three grandchildren. Over his career he has written lots of books and scientific papers but some of you may know him best as Sheldon's inspiration on The Big Bang Theory!



# Services Available



## Into The Sky



Into The Sky is a weekly performing arts and social group for adults with learning disabilities run by the facilitators of the long standing Cross The Sky Theatre Company, Barnsley.

The existing group in Pontefract on Fridays at the Racecourse, 10am to 2pm, has proved so popular that they are opening a second group in Horbury.

This new group is for 18+ who want to develop their performing arts and social skills, to have a creative outlet and develop confidence. It will also allow them to make new friends and have lots of fun. The group will meet weekly in the function room at The Old Mill pub and Restaurant in Horbury on Mondays, 10am to 2pm.

The cost of the full session is £30. For more details please contact Cath on **07776 230045** or email **intotheskywakefield@gmail.com**

## Tired Out



Have you had a look at the sleep support hub from Family Fund?

Tired Out aims to help parents and carers of disabled children to sleep better. It pulls sleep information and resources together in one place. This includes information about support available to families, useful sleep tips and a wide range of research, resources and stories from families themselves.

*"Jacob is four years old and was diagnosed with autism spectrum disorder aged one. Jacob struggles with sensory overload making it very difficult for the family to go out on day trips and to events, particularly as he struggles with walking. He finds change very stressful and has a lot of difficulties with sleep: 'last night Jacob came into our bed at 10.30pm and kicked us for four hours straight before we could calm him down. My husband and I are constantly exhausted.' - Jacobs' Story, Family Fund Parent*

To find out more and to visit the hub go to <http://www.tiredout.org.uk/>



## Connections Wakefield Digital

Connexions Wakefield Digital is the online information, advice and guidance service for young people in Wakefield. You can find information about education, training, jobs and volunteer opportunities on their website as well as their Facebook,

@connexionswakefield, and Twitter, @cnxswakefield, pages.

You can also speak to an advisor online or at Wakefield College City Campus, Mon to Wed 1pm to 4pm or City Limits Thornhill Street, Thur to Fri 1pm - 4pm.

For more details visit the website at <http://www.connexionswakefield.co.uk/Home.aspx>

## Information and Training Opportunities

Don't forget that KIDS WeSail and the Communication Interaction and Access Team (CIAT) are offering a range of information and advice sessions to parents and carers of children and young people with Special Educational Needs and Disabilities.

With dates available through to July 2017, you can express an interest in any of the sessions today. For full details of the courses on offer and the expression of interests form, visit <http://wakefield.mylocaloffer.org/wakefield-early-support-advice-information-and-liaison-wesail> or call KIDS WeSail on **01924 379015**.



# Learning to Fingerspell



This year's '**Learn to Fingerspell Week**' (launched by HerBuzz.com) will run from the 20-26 November, 2016. It aims to encourage as many of us as possible to learn the British Sign Language (BSL) alphabet.

British Sign Language is used in the deaf community but very few hearing people know any sign language at all, resulting in a divide in communication between hearing and non-hearing people.

There are also hearing people and children who are unable to speak and for whom signing is an important (or only) means of communication - but they often become very socially isolated and lonely because the majority of the UK population are unable to understand signing.

The ability to speak, hear and be understood is something that most of us take for granted, but for those without that ability everyday activities can be a real challenge. All aspects of everyday life require some form of communication - shopping, travelling on public transport, asking for directions or help or even simply introducing yourself to someone new.....so difficult to do if you can't make yourself understood.

## As little as one word can often be enough to ask, or answer, a question.

### So what is fingerspelling?

- Fingerspelling is a method of spelling words using hand movements to form each letter of a word.
- It's used in sign language to spell out names of people and places for which there isn't a sign.
- Fingerspelling can also be used to spell words that the 'signer' does not know the sign for, or to clarify a sign that is not known by the person reading the signer.

### Some tips to help you start

- Imagine one hand as your piece of paper and the forefinger of your other hand as a pen
- Start by learning the vowels first use the image provided
- Once you have learnt these, you will need to use a right or left handed BSL alphabet chart to learn the rest

It's easy once you get the hang of it and by taking the time to learn, you could help break down someone's barriers with communication.

For more information about fingerspelling and to download the left or righthanded alphabet chart go to

<http://www.british-sign.co.uk/fingerspelling-alphabet-charts/>



### BSL Fingerspelling Alphabet - Left Handed



### BRITISH SIGN LANGUAGE - FINGERSPELLING



# What's On!



## ...all year

### Multi Sports Taster Sessions

Every Saturday 10am - Midday at Glasshoughton Centre,  
Leeds Road, Castleford

Ages 8-19 First session **FREE** then £2 per session

For more details email [simon@sportworks ltd.co.uk](mailto:simon@sportworks ltd.co.uk) or  
call 01274 800547

### Havercroft Wheels for All

2nd Saturday of every month 10am to Midday at Havercroft &  
Ryhill Sports and Youth Centre, Havercroft

For young people and their families Costs £2.60 per session

For more details email [gailtombs@btinternet.com](mailto:gailtombs@btinternet.com) or call  
07762 018136

### Five Towns Wheelchair Tag Rugby Club

Saturdays 11am - 1pm at Featherstone Sports Centre,  
Pontefract Road,

For more details contact Steve Greateorex by email  
[greateorex\\_s@sky.com](mailto:greateorex_s@sky.com) or call 01977 709576

### Taekwondo

Classes available from age 4 upwards on various days at  
Black Widow Taekwondo Academy, Normanton

First session FREE then £5 per session

For more details email Rich at [fairhurst.tkd@gmail.com](mailto:fairhurst.tkd@gmail.com)  
or call 07878 131575

### Autism friendly, Subtitled and Audio Described Film Screenings

At cineworld cinemas. Check your local listings at  
<https://www.cineworld.co.uk/>

For more information on these events please visit - [www.experiencewakefield.co.uk](http://www.experiencewakefield.co.uk)

News on events can also be found on Wakefield Council website - [www.wakefield.gov.uk](http://www.wakefield.gov.uk)

You can also find out about events at your local museums here <http://museumslearning.blogspot.co.uk/> and for What's On  
at your local library visit <http://www.wakefield.gov.uk/residents/libraries-and-local-history/library-events>

And for specific events for Children and Young People with a Special Educational Need, visit Wakefield's Local Offer -  
<http://wakefield.mylocaloffer.org>

## ...for the Autumn/Winter

### Sleeping Beauty, Relaxed Performance at Theatre Royal Wakefield

Thu 1 Dec, 10am

### Sleeping Beauty, BSL Performances at Theatre Royal Wakefield

Thu 8 Dec, 1:30pm and 6pm

### Tremendous Fun, Free craft session for ages 6-11 and parents at Wakefield One

Tue 20 Dec, 10am and 1:30pm

### Snow-way, Free snowy craft session for ages 2-5 and parents at Wakefield One

Thu 22 Dec, 10am and 1:30pm

