

News & Views

Wakefield Information Network
Issue 26 Summer 2016

Hello and welcome to News & Views!

Welcome to the Summer 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.

- Inside we have the latest news on Ofsted Inspections as well as how to have your say about the Local Offer website.
- We've handy tips for over the summer and some fantastic stories celebrating success.
- There are also details of services and information and advice sessions available for parents and carers.

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





Joint inspections of local area SEND provision



In May 2016, Ofsted and the Care Quality Commission (CQC) started a new type of joint inspection to consider how effectively a local area identifies, meets the needs of and improves the outcomes of children and young people aged 0 to 25 who have special educational needs (SEN) and/or disabilities, as defined in the Children and Families Act 2014 and the updated SEND Code of Practice.

In particular, for a local area to be able to show that they are effectively meeting the needs of children and young people with SEN and/or disabilities, they have to:

- publish an accessible 'local offer' detailing the support and services available in the area
- work with children/young people and parents/carers, to ensure SEN and/or disabilities are identified in a timely manner
- assess the needs of children and young people who may need an Education, Health and Care (EHC) plan in discussion with them and their parents/carers
- work with all relevant agencies, children/young people and their parents/carers to produce an EHC plan
- provide children and young people with the support agreed in their EHC plan, and keep the plans under review.

The inspections are carried out under section 20 of the Children Act 2004 and inspectors will also look at the way in which local areas are complying with their duties under the Equality Act 2010.

What will happen

Five working days before our area is due an inspection, Ofsted will inform the director of Children's Services at Wakefield Council and the CQC will contact the chief executive of the NHS Wakefield Clinical Commissioning Group, to give notice of the inspection.

The inspection team will include one of Ofsted's Her Majesty's Inspectors with a SEN specialism, a CQC specialist Children's Services Inspector and a specially recruited and trained SEN Ofsted Inspector, usually a serving practitioner in another local authority.

Inspectors will look for evidence of how children and young people with SEN and/or disabilities are identified, how their needs are assessed and met, and how they are supported to

progress to their next stage of education, transition to the world of work and wider preparation for adulthood.

As part of that process they will meet managers and leaders from Wakefield Council's Education, Health and Social Care services and look at young people's case files.

They will review the support provided by the Wakefield area for some individual children and young people to better understand how well we meet our responsibilities overall.

Inspectors will visit early years settings, schools, further education providers and specialist services to gather evidence and people's views and spend time speaking to children, young people and their parents or carers as well as the parents/carers forum, TEAM.

At the end of the inspection, all the evidence gathered will be evaluated by the inspection team and a joint inspection outcome letter will be issued and published on both the Ofsted and CQC websites. The letter will explain the main findings from the inspection and make any recommendations for improvement. It will also say where things are going well to help other services develop and improve.

For more information about the inspection handbook and framework please visit:

<https://www.gov.uk/government/publications/local-area-send-inspection-framework>

A leaflet about the SEND inspections aimed at children and young people with SEN and/or disabilities and parents/carers can also be downloaded from:

<https://www.gov.uk/government/publications/local-area-send-inspections-information-for-families>

You can find out more about TEAM by visiting their website at <http://www.teamwakefield.org.uk/>

Local Offer Review - Have your say



We are currently reviewing our Local Offer website and we need you to tell us what you think. This will help us make sure future changes to the website reflect your views.

We need your responses **by Friday 19 August** so please do have your say.

Visit the Local Offer homepage at

<http://wakefield.mylocaloffer.org/Home> to take part.



Local grandma turns crusader



Back in March 2015 when Rita Kutt's grandson, Caleb, turned three, she and mum Zoe struggled to buy suitable clothes for him. Caleb is fed by tube straight into his tummy and still wears nappies but as a growing boy with specific needs, high street stores were no longer providing the right fit for him.

After checking on the internet and chatting with others in parenting

websites, Rita found that other than using an expensive disability catalogue, many parents and carers were having to buy clothing from America to keep costs down or even use dressmakers to alter clothes as their child grew.

Zoe had given up work to care for Caleb full time, high cost suits and vests would mean Caleb could miss out on beneficial private physiotherapy. Although as yet he is unable to crawl, sit, stand, walk or have full control of his head, his grandma sees him as a 'little star' because he tries so hard. Could a high street store make popper vests in bigger sizes for small increase in costs? Rita was determined to find out and approached M&S for help.

"I chose them because they're a global company and that means more children and families would benefit. They have a great reputation for quality and are a respected company who started out in Leeds, which is my home town. I thought if they were able to order them by the thousand then surely they would be priced lower.

I wrote to their customer services team, and they promised to pass my email onto their buyers. They came back to me and said that they were interested in my proposal and were hopeful they could help.



We've been in constant touch, and they have been sending samples and trial suits for Caleb to try. My daughter-in-law Zoe has been able to give very positive feedback and has made suggestions as to how the clothing could be tweaked to suit older children. They also got in touch with Scope for advice

from families with older children. Scope arranged for parents from their online community to trial some sample sizes with their children and send in their feedback too, which has all helped to shape the product.

The range is more than I ever hoped for! Initially I just asked for popper vests for older children. M&S have gone above and beyond that to make more items such as sleeping suits, long and short sleeve items, all-in-ones, and all with easy accessibility for nappy changing, tube feeding etc."

It hasn't been plain sailing though as Rita admits she was concerned whether there would be enough demand for this type of clothing. After getting permission to share her work with M&S on Facebook, over 30,000 messages of support from across the globe confirmed taking up this crusade had definitely been the right thing to do.

"We're hopeful that with much more affordable clothing for Caleb it will be a weight off his mum and dad's mind, and they will be able to continue with the private physiotherapy he so needs....I know lots of families will have their own individual expenses to accommodate their children's needs. So this should help them too.

I can see now why it's taken a while to produce the garments, the attention to detail and the quality of the clothing is what M&S do best. The full range has been released online, and they've already proved very popular!

Thank you so much M&S for making this happen.

I also had people talking to me about ideas of their own, and it convinced me that we should be pushing ideas to other businesses. After all if we don't let them know what's needed, then how are they going to help?"

The affordable range of specialist bodysuits and sleepwear are currently made for children aged 3-8 years but M&S are currently working on expanding the range to include children up to 16.

To view the full range of clothing currently available please visit:

<http://www.marksandspencer.com/!kids/specialist-bodysuits-and-sleepwear>

You can join Rita and more than 6,000 followers in her closed group 'M&S and Me Special needs clothing for Children' on Facebook to keep updated and share your thoughts and ideas.





Takeover Challenge at All Stars

The Takeover Challenge is a fun, hugely successful and exciting children and young people's national engagement project, led by the Children's Commissioner for England. The programme sees organisations across England opening their doors to children and young people to take over adult roles. It puts children and young people into decision-making positions and encourages organisations and businesses to hear their views.

Lily and Callum attend the SEND group All Stars at Crofton Young People's Centre on Monday evening and they took on the role of the Youth workers for the evening. This is what they said about the evening.

“ *Me and Lily took over the Youth Club for the night and we both really enjoy planning the activities and taking charge. We now know how hard you work.* ”



Lily is now working with the Young People's SEND forum, Youth Voice, which gives young people with special needs and/or disabilities a voice to have their say on issues which affect them.

As you can see the forum has already been very busy drawing up plans to say what they want to do and how they will make sure their voices are heard.

All Stars additional needs group, for ages 13-25, runs during term time on a Monday evening at Crofton Young People's Centre, 6:00pm-8:00pm.

For more information contact the Wakefield Youth Work Team on 01977 722815.

To find out more about the Takeover Challenge 2016 go to <http://www.childrenscommissioner.gov.uk/learn-more/takeover-challenge>

Advocacy Project to continue

Children's Advocacy and Participation Service (CAPS) are really pleased to share that the Education, Health and Care Plan (EHCP) Advocacy Project will continue to run for the next academic year September 2016 to July 2017.

What the service can offer:

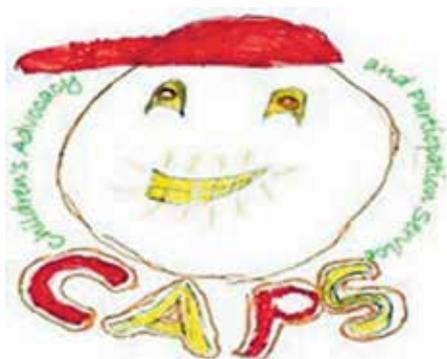
The overall aim of the EHCP Advocacy Service is to ensure children and young people's voices are heard and represented through access to independent advocacy, information, advice and support.



Meet Kim - she is our EHCP Advocate

Kim's job is to make sure the young person understands:

- the role of the Advocate
- what the EHCP is and what it means for them
- the processes involved
- their rights; that their views and aspirations will form the basis of the EHCP



- how to self-represent in order to share their views and aspirations. This includes encouraging the young person to have the confidence to speak out during the EHCP assessments and meetings and contribute equally with others about their future needs and provisions

Kim will ensure the young person's views are equally represented and that the young person is able to contribute to the decision making process. She will support young people to receive information about their options even if the young person's wishes and aspirations are at discord to what they can access.

If all other means to resolve issues have not been successful Kim can provide support with an appeal.

So if you think your child would benefit from an advocate to help with a review or transition to an EHCP then get in touch.

Referrals can be made by anyone via the CAPS admin team on 01977 552493.



Best 6th Form College Support Nationally

New College is first for success rates with students with difficulties and disabilities, against all other 6th forms nationally. Students achieved 96% on success rates in 2014/15, which is 11.1% above the national benchmark, and surpasses every other 6th Form college in the country. New College Pontefract's overall success rates are nationally outstanding.



Success at the Disability Sports Yorkshire 2016 Awards.



Two Wakefield College FLEX (Foundation Learning Excellence) Students' and the FLEX Department were honoured to be nominated for three separate awards in this year's Disability Sports Yorkshire (DSY) Awards.

The prestigious event, hosted at Elland Road was a night of celebrating the success for Disabled Sports People across the region. Over 200

people attended, including Paralympians and Invictus Games Competitors.

One of the nominated students, Thomas Raddings, won a Special Mention Award for his achievements within swimming. He has overcome many barriers in order to achieve his goals. These include being part of the Great Britain Team and competing in the Special Olympics in France (June 2015). Here he won two medals, gold in the 50 metre freestyle and silver in the 50 metre breast stroke.

Thomas also managed to win a bronze medal in the 100 metre freestyle event. This was after a bad car accident the day before. He then followed this success by taking part in the Scottish Lothian Games representing Yorkshire and the Humber. Thomas won a gold medal in the 50 metre freestyle and also managed to achieve a personal best in one of his races.

Another student, was also nominated for the Baroness Masham Wheelchair Performer Award, but sadly didn't win.

The FLEX Department at Wakefield College also received a nomination for Disability Action Yorkshire Team of the Year. We were nominated for our work completed with DSY and our dedication to Disability Sports.

For more about DSY visit <http://disabilitysportyorkshire.org/>

Social enterprise provides employment opportunities



Since September last year, The Real Bread Company Café and Bakery has been encouraging and supporting adults with learning disabilities into paid employment as they serve up tasty treats to local people. Not only can you call in for a drink and a slice of cake, you can also pick up one of their tasty loaves, made by staff on the premises.

All profits from the café go to help run the Pontefract Family Centre, a local charity and daycentre for adults from 18-60 with mild to moderate learning disabilities. Adults from the centre work part time in both the café and the bakery gaining valuable skills.

You can find the café on Gillygate, Pontefract; opening hours are Monday - Wednesday between 8:00am and 3:00pm, Friday - Saturday from 9:00am to 3pm. Customer feedback is really positive and the café even runs pre-bookable evening events like their Tapas night in June and their upcoming Italian night.

To find out more about the café visit

<https://www.facebook.com/officalrealbreadcompany/>

For information about Pontefract Family Centre go to

<http://www.pontefractfamilycentre.org.uk/>

The Real Bread Company

Cafe & Bakery



Made with love



Do you have a MaxCard in your pocket?

We all know that family days out can be expensive, but did you know it could be possible to make trips out and about with your family to lots of attractions more cost effective?

If you have a MaxCard, you can get discounts and free entry to lots of places across Yorkshire and The Humber like Eureka! SEA LIFE at Scarborough and Lightwater Valley, very handy as the summer holidays start.

You can see the full range of what's on offer with a MaxCard at <http://www.mymaxcard.co.uk/browse/yorkshire> and there is plenty for everyone to enjoy and do.

If you don't already have your MaxCard, contact KIDS WeSail on **01924 379015** for more information and an application form. Cards cost a one off fee of £3 and are valid for two years.



Holiday fun at your local museum

Did you know that Wakefield museums hold fun events throughout the year and there's even more during the school holidays?

You could meet the curator, make a fizzing bath bomb, learn about the wonderful world of Roald Dahl, discover fossils or even learn what poos from the past can teach us about people in the past.



All of the workshops are multi-sensory and are as accessible as possible, but if anyone booking on an event could make a note of anything the learning officers should be aware of, or can help with, we can try to make them more so.

For more information about all events please see

<http://museumslearning.blogspot.co.uk/p/families.html>

Please note all of our venues are wheelchair accessible.

What's happening at Pennine

Life at the Pennine Camphill Community is literally bursting out all over! New calves, lambs, piglets, ducklings and chicks seem to be a daily event. The gardens and estate are all in really good shape and the Wildlife Pond project grows naturally into its own space.

Visitors to the Pennine will already know that this college has a huge range of creative learning resources for young people with Special Educational Needs. In addition to the estate, farm and gardens there are well resourced workshop areas which include pottery, woodwork, basket making, weavery and a bakery. To this list Independent living skills, community projects, horse riding, computing and small animal care.

There are some things that you may not know:-

- As we move towards a new learning year for 16/17 only 20% of our students are residential at the college, the other 80% travel into Pennine as day students from the local areas of Wakefield, Barnsley, Kirklees and Halifax.
- To some extent, Pennine has been seen as a 'land based college', but new facilities have opened up the college to students with a wide range of personal care needs and mobility problems. Our new personal care suite was funded in partnership with the Wooden Spoon Association and is very successful.
- Our community projects continue to grow, including land maintenance and estate work, links with local residential homes and social enterprises.
- All of our students benefit from an Education Health and Care Plan. Their individual designed curriculum programmes ensure that the outcomes mentioned in the Plan are developed and achieved.
- We are running a new programme called 'Access to the Community and Employment' which helps our students to achieve local employer placements. Our plan for this year is to develop the Work experience into Supported Employment placements.
- Our last inspections from the Quality Care Commission and OFSTED have given our provision a Grade 2 which is 'good'. We are building on this now as we work towards becoming an outstanding provision.

To find out more ring us for a visit on 01924 255281 and visit our website at <http://www.pennine.org/>





Planning for the holidays for a person with autism

As the summer holidays approach, many families and carers will be asking themselves how best to plan for the holidays for a person with autism. At Living Autism, we've put together some general tips that could help minimise any anxiety about the unknown.

Preparing the person with autism for the outing

- Create a picture book of the place you will visit and the people you might be visiting
- Make a social story of your proposed outing in whichever form is best for the person, whether that is in words, symbols, drawings or photographs
- Create a planner showing what will happen on each day during the run-up to the outing
- If possible, make a practice run so that they can see where they will be going
- Play videos or virtual tours of the places you will be visiting
- Help them to tell you what sorts of things they might like or dislike whilst on holiday and make a folder of these things
- Devise some rules together of what they can or cannot do during the outing
- Be prepared yourself
- Do as much research as possible into the place you will be visiting
- If the person with autism has comfort possessions, be sure to take these with you, as well as back-ups in case of damage or loss
- Try to do a risk assessment prior to the visit and put in place preventative measures where possible

Preparing the place you are visiting

Many public places are pleased to accommodate various special needs and appreciate it if you let them know in advance of any requirements you might have. Therefore, ring in advance if you need -

- Quiet spaces, ask what times are the quietest for them
- Special foods, check if you need to take special foods with you or will they have them available
- Specific sensory requests, are specific noises or smells an issue
- Special introduction to the venue, eg a staff member coming out to meet and greet prior to entrance

Advantages of outings

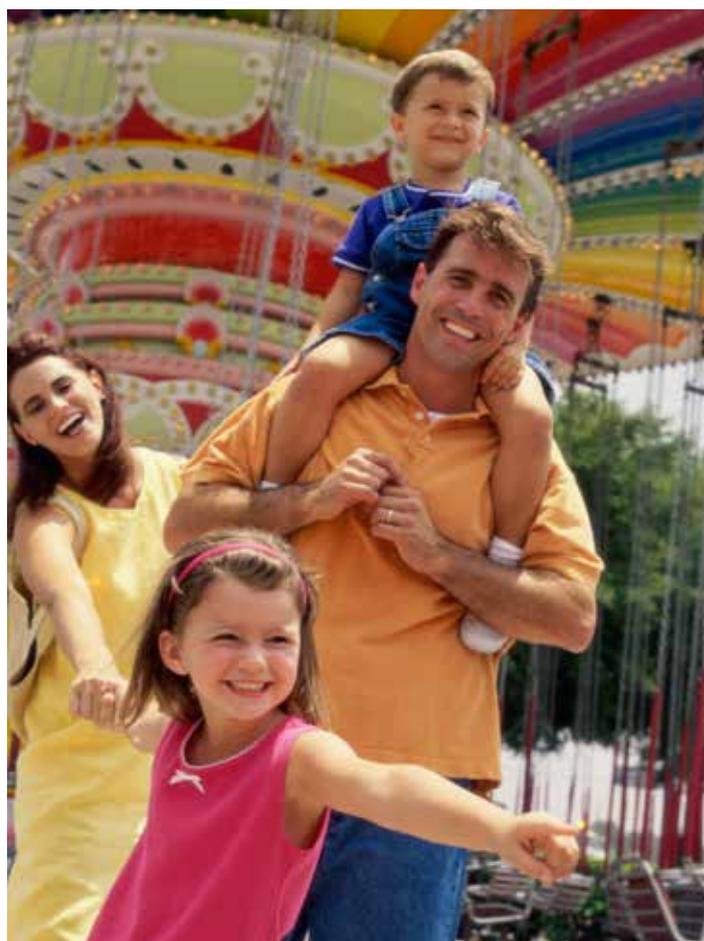
Although a lot of preparation is required when having an outing with a person with autism, there are many advantages that make the efforts worthwhile. Every new experience expands the world for someone with autism. If that new experience can be made pleasurable, they can then build upon that to repeat the experience and also to try out new experiences. The key is to try to reduce anxiety and fear of the unknown as much as possible.

In new environments a person with autism can also generalise skills they have learnt in familiar environments, thus reinforcing these skills further.

Whilst exploring different leisure and recreational skills, the person with autism could find an interest they really enjoy and enjoyments should be one of the ultimate aims of holiday outings.

For more articles or for assistance in finding services from Living Autism, please visit: <http://livingautism.com/>

You can also find out more about other services and groups for children and young people with autism at <http://wakefield.mylocaloffer.org/Home>



HOLIDAY LEARNING FUN



Learning Support Service (LSS) is a service which goes into all Wakefield schools. It works very closely with the Educational Psychology team and works with and gives advice to schools, children and parents regarding learning.

We are often asked for ideas to support children and young people (CYP) at home, especially when they don't always want to do 'homework', so we have some fun ideas to share which can be done in the limited time available to busy families. Most of these ideas can be done year round to help your child develop their skills and knowledge.

The most enjoyable way to learn is not to think you are learning at all, so try and keep anything you do fun and think of creative rewards if you are struggling to engage your child or young person, try offering five minutes doing something together of their choosing, for example.

As we are hoping the weather will be great over the summer, try these with children in key stage 1/ early key stage 2:

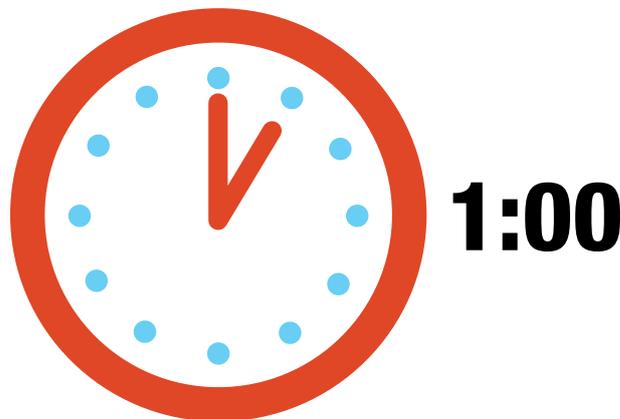
- Give your child a squeeze bottle filled with water and get them making big shapes on the ground. Can they make a letter from their name? Or a number? Or a repeating pattern of shapes or numbers?



- Get the chinks out! Help your child to draw a hopscotch grid and get them to write the numbers in the spaces. Do they know what number will come next? Once this is done, get them jumping and hopping using the squares - this is great for motor skills and balance.
- To help with learning sounds, look out for something beginning with that sound out and about. Look at any signs and count how many times the letter is seen. Overlearning is really important to ensure information is securely stored in our brains so don't just do it once.
- If you're going on a journey, as well as playing 'I spy' try doing a great memory game. My granny went to market and bought... Each player takes a turn and adds an item they bought, but lists the items the previous players added in order. When you have played it a lot, how many can your child remember without prompting? This is great for auditory memory. When you next go shopping, tell them to remember three items for when you get there. Can they manage to do that? Perhaps there is an action they can think of to go with the memory if they struggle to remember?
- Sort through their clothes with them and make sure that they can use buttons and zips well. Can they use both hands together to complete the job?

For young people

- Are their keyboard skills good? Having good keyboard skills mean they don't always have to depend on their writing if that is something they find difficult. Sites such as TuxType (<http://tux4kids.alioth.debian.org/tuxtype/>), BBC Dancemat (<http://www.bbc.co.uk/guides/z3c6tfr>) are free and develop speed of letter recognition and typing in a fun, game-like way.
- If they are not great at remembering things, work on the biggest issues one at a time. Support them to make a list or calendar of the week and get them into the routine of knowing the day they are on so they can check if they need it.
- Telling time can be tricky for some of our students. There is an order to doing this, which starts with being very secure with o'clock, then half past, then quarter past, then quarter to. Then look at the five minute intervals and tie in five times table knowledge, then minutes. Work on the most important times in your child's day and their timetable, for example, beginning of the day, lunch time, end of the day, so they can become more independent. If they have a phone, there is a variety of apps which are available for telling the time and relate the clock face (analogue) to digital time.



Should it be a wet day, the following games are suitable for all the family to do:

- Try a game for visual memory by getting a tray of up to six items (to begin with) and giving a minute to remember all items before putting a cloth over the top of the tray then removing an item so they have to guess what is missing when the tray is revealed.

With a pack of cards

- Just use two suits and cards 2-6 at first (later use 2-10) and place them out face down, for a pairs game to match the numbers
- Use the same two suits, to make a pair IF the numbers are consecutive this time, e.g. pick up a 3 and it can be paired with a 4 or a 2.

For more details about the Learning Support Services visit <http://wakefield.mylcaloffer.org/Home>

SERVICES AVAILABLE



Sense Children's Specialist Services

About Sense

Sense is a national charity. We work with a wide range of deafblind and multi-sensory impaired children, young people and adults, as well as those who have a single-sensory impairment with additional needs. We have specialist skills in supporting people with complex communication needs.

Sense supports people of all ages to achieve remarkable things.

Who are Sense Children's Specialist Services?

We are a team of Children and Family Support Workers, MSI Consultant Teachers, therapists and specialist practitioners.

We provide expert advice and information to children and young people who are deafblind or have sensory impairments, their families, carers, and to professionals who work with them. We also provide support in the home, at nursery/school, or at our 'Early Explorer' groups for children under five with sensory impairments and their parent carers.

Where are based?

Our North office base is Pemberton House, Westgate, Wakefield. WF1 1XP

How can we help?

We have a core offer of support for families who refer to us:

- We will get in touch within two working days from when a family first contacts Sense
- Each family will be offered a meeting with a member of the team within eight weeks of first getting in touch with us
- Each family will have their own identified case worker
- Each family will have the opportunity to attend at least one family event per year (we have a family event at Pugneys Watersports Centre this summer)
- We will keep in touch with families through an annual contact

We know that there are times in a child or young person's life when their families will need more support. This could be when they are first diagnosed, are starting nursery/school, changing schools or moving into adulthood. Our team can provide tailored time-limited support at these key times, or at other times when families are in need of our help.

How can I make a referral or find out more?

Visit our website at: <https://www.sense.org.uk/>

Contact us by telephone: 01924 203322 or 0300 330 9256 / 020 7520 0972

Contact us by email: northcss@sense.org.uk
or info@sense.org.uk

Families Information Service - Early Years Team

The Early Years Team provide free information, advice and assistance on childcare and other services that support parents and carers of children and young people up to the age of 25. This includes details of childcare settings and additional support available for families who are finding it difficult to access the childcare they need.

Childcare providers at mainstream provision, along with their Special Educational Needs Coordinator Officer (SENCO), will be able to support children with a Special Educational Need and Disability. This may be through additional resources / one to one support if required. If mainstream childcare cannot meet the needs of a child with additional needs the childcare provider and SENCO will work with the Council to put this in place.

For further information, please contact: Families Information Service, Early Years Team on: Freephone: 0800 587 8042 or visit: <http://www.wakefieldfsd.org.uk>

USEFUL CONTACTS

Wakefield Advice and Support Services

Below are just a few handy contact details for Advice and Support Services in Wakefield. For information on these services and to find other services please visit Wakefield's Local Offer - <http://wakefield.mylocaloffer.org>

(0-25 years) WeSail - wesail@kids.org.uk or SENDIASSWakefield@kids.org.uk - 01924 379015 - www.kids.org.uk

(0-25 years) Barnardos Independent Supporter - Dan.pott@barnardos.org.uk - 01924 304152 - www.barnardos.org.uk

(0-21 years) Barnardos Children's Advocacy and Participation Service (CAPS)

- wakefieldCAPS@barnardos.org.uk - 01977 552493
- www.barnardos.org.uk/childrensadvocacy

(13-25 years) Connexions Wakefield

- connexions.wakefield@prospects.co.uk
01924 371579 - www.connexionswakefield.co.uk

(0-25 years) Family Information Service (FIS)

- fis@wakefield.gov.uk - 0800 587 8042
- www.wakefield.gov.uk

(0-25 years) SENART - SENART@wakefield.gov.uk - 01924 302465

INFORMATION AND ADVICE SESSIONS



Information and Sessions opportunities for Parent and Carers

KIDS WeSail and the Communication Interaction and Access Team (CIAT) offer a range of Information and Advice sessions, workshops and ASD specific programmes for parent and carers of children and young people with Special Educational Needs and Disabilities.

Information & Advice Sessions

Topics include: Sensory processing difficulties, Toileting, Feeding, Behaviour, Education, Communication and Anxiety

Parent workshops

We currently offer 3 parent workshops: Stepping Stones, Balancing Act and Sleep

Autistic Spectrum Disorder specific workshops and parent programmes

These are: Early Support ASD Workshop, Early Spirals, Spirals and Cygnets Parent Programmes

All of the sessions are proving very popular and in response we will be delivering more over the next school year at different venues across the District. We have been working together to develop a calendar to include all the training offered by the two sessions.

If you would like to attend any of the training, you will need to complete an Expression of Interest form and return it to KIDS WeSail at KIDS Office Suite 7, Bizspace Business Park, Denby Dale Road, Wakefield, WF2 7AZ. Please be aware that places are allocated on a "first come first served" basis and will be confirmed by letter.

A limited number of places are available for professionals - please contact KIDS WeSail if you would like further information.

Please note **we are unable to accommodate children at any of the training events.**

The training information will also be available on the Local Offer with the calendar of sessions and the Expression of Interest forms available to download.

Please contact KIDS WeSail for further information on **01924 379015.**



Healthy Living Workshop

Rightsteps is commissioned by the local NHS to provide a service to anyone 18 and above who is registered with a Wakefield GP. We treat common mental health problems such as anxiety and depression using Cognitive Behavioural Therapy, Counselling and Interpersonal Psychotherapy. We provide access to brief short term talking therapies, guided self-help on the telephone, online and face to face services. We are a self-referral service and can be accessed in person by dropping into the Wakefield office, by telephone and online.

It may be of interest for you to know that on **5 August 2016 we are running a free drop in workshop** from the Elizabethan Gallery in Wakefield. This workshop is a healthy living workshop to help equip you with skills to live a mentally and physically healthy life. They are designed to teach useful coping strategies which you can put into action to improve areas of your life which are impacting your mental health. The workshops are one off information giving sessions based on Cognitive Behavioural Therapy and you can bring along a friend or relative over 18 years old for support.

The timetable is as follows:

Introduction to anxiety and low mood
9:30am - 11am

Improving your sleep
11:30am - 1pm

Emotional eating
1:30pm - 3pm

Introduction to mindfulness and relaxation
3:30pm - 5pm

Work place stress
5:30 - 7pm

We can also provide one off workshops for groups of 8 or more including general wellbeing, and 'caring for carers'. Please do not hesitate to contact us if you are interested in organising this.

Please note when attending these workshops you will be required to complete a registration form.

We are based in Wakefield at Grosvenor House, 8-20 Union Street, Wakefield, WF1 3AE and we are open 8am - 8pm Monday - Friday. Saturday 9am - 1pm.

For self-referrals, drop in times are 11am - 7pm Monday to Friday.

To contact Rightsteps call **01924 234860** or email **rightsteps.wakefield@turning-point.co.uk**

For more information about Rightsteps visit the website at **<https://www.talkingforwellbeing.co.uk/>**



British Sign Language goes digital

Recent research in the UK by the National Literacy Trust and Pearson shows that tablets and touchscreen technology are an important way to engage new readers from key groups of young children where literacy is a concern and can be more effective in engaging children aged 3 to 5 with reading than books.

The Let's Sign BSL series of sign language vocabulary resources is being developed to provide lowcost bite-sized chunks in ebook format for quick and easy reference when on the go.

This format provides a handy mobile reference for kindle or tablet, smart phone, Mac and PCs using the free Kindle reader apps. With built-in functions you can make notes, highlight a word on the screen to pull up windows for a dictionary, Wikipedia and even translation, in addition to pinch and zoom facility. There are various screen view options such as full page flashcard or thumbnails of the signs, which allow the user to point to the signs needed.

BSL Emergency Signs on ipad



Within the field of Special Educational Needs (SEN) the use of BSL signs to support spoken language, known as Sign Supported English (SSE), is now widely accepted as it is for children and adults who are deaf or partially hearing. There is also growing support for the use of sign language with all children, from babies onwards, because the visual and kinaesthetic elements can offer alternative channels for language and communication development that can greatly benefit learners.

Non-verbal and facial expressions are crucial to all communication and language - sign languages in particular - and care is taken so that faces show appropriate expression in a simplistic and minimalist way that tries not to distort or over-exaggerate.

Early Years Flashcards view options on iphone



These applications are designed to include all who sign.

Prices start from 99p - see <https://www.amazon.co.uk> and visit the Kindle Store for the full range of Let's Sign BSL products you can download or scan this code with your smartphone.



You can also contact Cath Smith by email at cath@deafsign.com or by telephone on **01642 580505**.

Find out more about Let's Sign BSL by visiting their website at <http://www.deafbooks.co.uk/>

And Finally...tell us your story!

Are you a young person with a great story you would like to share? Send it to us and you could be in the next copy of News and Views!

If you can write a short article of no more than 250 words about a positive experience you've had, something you've managed to do or something you'd like people to know about your needs or disability, please send it to us.

If we publish your article, you could win a £10 gift voucher to spend in High Street Stores!

You can send us your article by email to: SEND@wakefield.gov.uk

Or you can post it to: **SEND Transformation Team, Wakefield Council, Room 232, County Hall, Wakefield WF1 2QW**

What's On!



...all year

Flyerz Hockey

Tuesday 7pm - 8pm at Wakefield Sports Club, Eastmoor

Ages 8-25 Costs £2.50 per session

For more details email wakefieldflyers@gmail.co.uk

Stay, Play and Learn

Wednesday 10:30am - 11:30am at The Trinity Church Centre, Church Street, Ossett

Ages 5 and under with developmental delay

For more details contact Sally Smith on **01924 288670**

Fusion Youth Groups

Tuesday 5:30pm - 8:30pm at Portobello Community Centre, Wakefield MDC

Friday 7pm - 9pm at SESKU Academy, Burntwood Community Centre, South Kirkby

Ages 13 upwards with High Functioning Autism and Aspergers Costs £1 per session

For more details email fusionasyouth@hotmail.com

Autism friendly, Subtitled and Audio Described Film Screenings

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



...for the Summer

Corn Maze at Farmer Copleys

Mon 18 July - Wed 31 August

Other Worlds: Family Space at Yorkshire Sculpture Park

Every Sun, Mon and Tue from 31 July to 30 Aug

Discovering Fossils for 6-11 year olds at Wakefield Museum

Tue 9 Aug

Seaside in Wakefield

Sat 13 Aug - Sun 14 Aug

Family Fun Day at St Catherine's Church and Centre, Doncaster Road, Wakefield

Tue 16 Aug

Seaside in Castleford

Sat 20 Aug

Dig for Treasure at Castleford Museum

Sat 20 Aug

Family Unfamiliar: A Family Adventure at Yorkshire Sculpture Park

Thu 25 Aug

Teddy Bear Specials at Elsecar Heritage Railway (discount applies with a MaxCard)

Sat 28 Aug to Sun 29 Aug

Room on the Broom 15th year Family Fun Day at Anglers Country Park

Sat 3 September

For more information on these and many more events please visit - www.experiencewakefield.co.uk

News about events can also be found on the Wakefield Council website - www.wakefield.gov.uk

For specific events for Children and Young People with a Special Educational Need and/or Disability, visit Wakefield's Local Offer

<http://wakefield.mylocaloffer.org>

