



See inside for **INFORMATION ON:**

- Wakefield Awareness Support Project (WASP)
- EBSA for schools
- SEND-friendly things to do

# & news & views

Wakefield Local Offer



# Welcome to the autumn edition of News and Views



## Welcome to the Autumn 2023 edition of the Wakefield SEND Local Offer newsletter

Thank you to the people who have taken the time to suggest ideas for our newsletters. Lots of them are in this issue.

You can find out more about what the Wakefield Awareness Support Programme (WASP) do and how to refer in to them. This is on pages 4 – 5.

We have the second part of our series on Emotionally Based School Avoidance (EBSA). This time, we provide information for schools and education settings on EBSA. Find this on pages 6 – 7.

There are more SEND-friendly things to do from local providers on pages 8 – 11. We also have more places to go with your Max Card on page 12.

We always appreciate your feedback on the newsletter, so please do tell us what's interesting and what you would like to see in future newsletters. You can do this by completing a quick survey by visiting <https://www.surveymonkey.co.uk/r/BGZWXML>

Happy reading,

### WESAIL

(Wakefield Early Support Advice Information Liaison Service)



## Who's New?



### NHS West Yorkshire Integrated Care Board

Hi, my name is Leanne Wilkinson, and I am the Designated Clinical Officer (DCO) for Special Educational Needs and or Disabilities (SEND).

I work in and for the Wakefield District, one of 5 areas that form the West Yorkshire Integrated Care Board (ICB).

A large part of my role as DCO is to have oversight and awareness of SEND.

This will include contributing to formal discussions around the Education Health and Care Plan (EHCP) process. I will provide support to other professionals who contribute to or complete the plans. I will be working closely with various teams to identify good practise and areas for improvement.

It is essential that the links between health and SEND teams are established. I will be liaising with the relevant teams at Mid Yorkshire NHS Trust to ensure that pathways are reviewed, and processes are put into place. This is so families and carers can get information about services more easily.

I am a registered mental health nurse and have worked in many different areas, including inpatient settings and Children's Secure Estates. More recently, I have been supporting the Wakefield Child Adolescent Mental health service (CAMHS) and have contributed to the development of both their Reach team and Eating Disorder team.

You can email any thoughts to [wakefieldlocaloffer@family-action.org.uk](mailto:wakefieldlocaloffer@family-action.org.uk) or leave a message on **01924 965 588**.

Please say that you are leaving feedback for the DCO.

# Autism Support

## - Social Communication



Social communication is how we use our bodies, voice, and brain to interact with the world around us. This is something that autistic people may do differently, or find difficult. The National Autistic Society has more information on **understanding and supporting development** of communication.

### The National Autistic Society

Tel: **0207 833 2299**



Information on social **communication** and how to support it in the classroom.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/communication-skills-classroom>

A guide on social stories and comic strip conversations.

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>



### The Council for Disabled Children (CDC)

Tel: **020 7843 6000**

Communication toolkit for those working with children and young people.

<https://councilfordisabledchildren.org.uk/information-advice-and-support-services-network/iass-members-area/working-children-and-young-people/communications-toolkit>



### The Speech Language and Communication Framework

Tel: **0207 8432526**

Professional development tool for those working with children and young people with communication difficulties.

<https://www.slcframework.org.uk>



### Happy Learners Info

Social stories on a range of topics including feelings, communication, personal care, and social situations.

<https://happylearners.info/social-stories>



### twinkl

Tel: **0114 303 2951**

Editable social stories. Please note that they may not be free to download.

<https://www.twinkl.co.uk/search?term=social%20stories>

# Wakefield Awareness Support Project (WASP)



## What the WASP Service Offers

WASP is a level two service. WASP is commissioned to support children and young people aged 5 to 18 who are struggling at home or at school. WASP is funded by West Yorkshire NHS Integrated Care Board and delivered by KIDS.

WASP is unique in its approach in supporting families of young people either on the Autistic Spectrum (diagnosed or under investigation) or who have other neuro-developmental conditions. WASP is not diagnosis lead.

WASP offers two distinct elements which work in collaboration with each other to support both the parents and carers and the young person with a bespoke package of support.

The aim of the project is to work alongside existing commissioned services to identify young people with autism or other neuro-developmental conditions who require support around their emotional wellbeing. This is to prevent a deterioration which may require more potentially intense intervention. Intervention practitioners work with the young person to provide time limited interventions. These interventions support their wellbeing and resilience and provide signposting to other available services.

In addition to this, a second program runs alongside to work with the parents and carers of the young person. This intervention aims to allow parents with lived experiences to support others and to build resilience and confidence.

This is so they can support their young person in seeking appropriate help in the future.

WASP also offers support around behaviour that challenges for parents and carers. This is delivered through our behaviour workshop or Riding the Rapids bespoke program.

The WASP service is a short-term service. It aims to work with families for up to 12 weeks. Each family will be triaged. This is where an initial assessment is carried out. After that, a child or young person's individual needs will be assessed.

A bespoke package will then be created. This is discussed with the family and young person before it is put into action.

For parents, carers, and young people their package may include:

- Group work
- Individual Support
- Both group and individual

Work is tailored around a child or young person's assessed need by the WASP practitioner. This will not always include individual therapy work with the young person.

Sometimes it may be deemed more appropriate that just the parents or carers access an element of the support. This will be due to the young person's needs being met elsewhere.

To be eligible to access the service they must be a Wakefield Resident, with a Wakefield GP.

## How To Refer

Referrals can come from any professional already working with the family and or young person. WASP do not accept self-referrals but are happy to discuss potential referrals with professionals and families.

Professionals must ensure they have the family's consent to refer.

Please see the eligibility criteria to ensure the referral is appropriate for the WASP service.

## How to Find Out More

To read the eligibility criteria, please visit <https://wakefield.mylocaloffer.org/s4s/api/FileManagement/GetFileContent?id=/2490/>

To complete a referral form please scan the QR code below



To contact WASP please ring **01924 683890** or email [enquiries.wakefield@kids.org.uk](mailto:enquiries.wakefield@kids.org.uk)

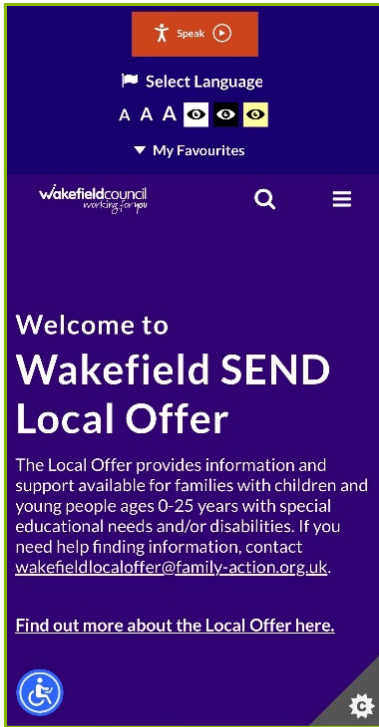
You can find out more about WASP on Facebook <https://www.facebook.com/waspwakefield>

# Wakefield Awareness Support Project (WASP) Continued...



## How to find WASP on the Local Offer

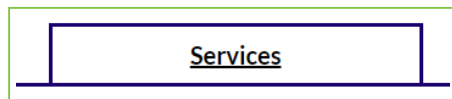
1. Go to <https://wakefield.mylocaloffer.org>



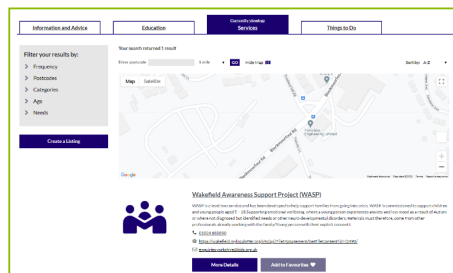
2. Click on the search icon. This is a magnifying glass.



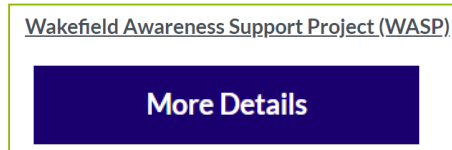
3. Type in WASP. Press enter or click on the magnifying glass icon.



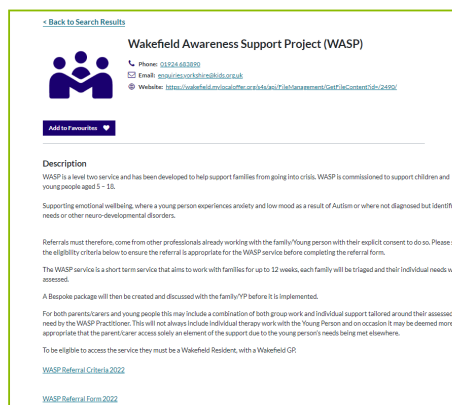
4. Click on the Services tab



5. The WASP entry on the Local Offer will now appear.



6. Click on the title or the More Details button.



7. This will show you all WASP's information, such as eligibility criteria and the referral form.

# Maximising School

## Attendance: Identifying and supporting attendance difficulties, including emotionally based school avoidance (EBSA)



With thanks to the Wakefield Educational Psychology Service for sharing this information. Please note that this information is taken from the 'Maximising School Attendance: Identifying and supporting attendance difficulties, including emotionally based school avoidance (EBSA)' document. The full guidance document and appendices can be found by visiting <https://wakefield.mylocaloffer.org/emotionally-based-school-avoidance-ebbsa/ebbsa>

### School Attendance

The latest Department for Education guidance (May 2022) 'Working together to improve school attendance' emphasises a coherent and joined up approach to supporting and improving attendance. The difficulties associated with school non-attendance are far reaching and can have a negative impact on long-term outcomes including reduced aspirations, poor emotional regulation, mental health difficulties, limited academic progress and reduced employment opportunities (Gregory & Purcell, 2014; Hughes et al, 2010; Lyon & Cotler, 2007). Progress towards a successful reintegration can be slow and at times may feel like you take one step forward and two steps back. Although this is a complex issue, it's important to be hopeful because positive outcomes can be achieved. Stay curious, take a no-blame approach and be prepared to try different things.

### What is EBSA?

Emotional Based School Avoidance (EBSA) also known as Anxiety Related Non-Attendance (ARNA), can be used to describe children and young people who do not attend school due to emotional factors. This absence can often lead to long periods of time away from school. EBSA is different from absence for physical illness and truancy. Most young people experiencing EBSA can be highly anxious and show significant distress about attending school. In many instances, they remain engaged with education and want to return to school even though they feel unable to do so. Often, the young person's anxiety will reduce during weekends or school holidays.

### Anxiety and EBSA

Anxiety is recognised as a significant component

of EBSA. Anxiety is a normal part of our human experience; short-lived and lower levels of anxiety can be useful to us as stress responses linked to survival. However, heightened levels of anxiety can interfere with everyday life and can have a significant impact on our functioning. The HBSA report (2018) stated that "Over a fifth (22%) of young people reported that they had experienced a high level of emotional problems and other emotional difficulties during the last 6 months."

With regards to EBSA, a young person may experience anxious and fearful thoughts about attending school and their ability to cope within school. Physiological symptoms can include shaking, sweating, nausea, vomiting etc. and may begin the night before or even a few days before school. Young people may also display one or more of the following behaviours; crying, pleading, sleep problems, refusal to get ready for school / leave the house / enter school, worry around school-related issues and psychosomatic illness.

### EBSA and Autism

The prevalence of anxiety in pupils with autism is yet to be fully understood owing to a lack of research in this domain, it is, however, frequently cited as a difficulty associated with the diagnosis. Common triggers of anxiety for pupils with autism can include changes in the environment, unfamiliarity, changes of routine and increased or decreased sensory sensitivity to stimuli, such as light or noise.

The way in which autism manifests within an individual is dependent on their learning profile and resilience. The prevalence of anxiety is more likely at certain stages in pupil's development, for example during adolescence as social demands become more complex and in the context of an increase in environmental demands, for example learning demands and expectations. Autistic pupils may also experience increased difficulties during significant educational transitions, such as between the primary and secondary phases of education.

The complex social and sensory environment of schools can be overwhelming for autistic pupils;

# EBSA Continued...



responding to such demands can be exhausting, which can lead to them becoming overloaded and can predispose them to EBSA. This is reflected in statistics which show higher levels of EBSA amongst pupils with autism (Department for Education, 2021).

## Whole school approach to EBSA

Taking a whole school (systemic) approach to EBSA; considering how the factors relate to each other and viewing the problem as between the factors rather than inside the child means that responsibility does not lie within one part of the whole. Acknowledging the value and supporting the mental health and well-being of all individuals within a system is key. Viewing the problem as a temporary one that does not assign blame to any factors makes it open to change (Thambirajah et al 2008).

We suggest that schools complete a whole school audit of the interrelated factors within the organisation. By looking at the systems already in place and creating opportunity for open discussion, you will develop a solid foundation that works for your particular school.

A whole school EBSA audit tool can be found in Appendix 1 of the Appendix & Resource Pack

Public Health England produced guidance for school leaders to promote emotional health and wellbeing in schools based around eight principles. These have been adapted and extended in the diagram below to include specific ideas to support attendance for school leadership to include within their whole school approach.



## Early identification

School plays a key role in the identification of pupils who are currently experiencing or are at risk of developing attendance difficulties. It is crucial for schools to:

- have effective whole school systems, including for 'flagging' emerging difficulties
- be vigilant to early indicators and pupils who at risk of attendance difficulties
- employ a thorough 'assess-plan-do-review' cycle for pupils who need a more targeted approach (following similar principles to those used in existing SEND systems)
- liaise with other agencies involved with the pupil, including schools of siblings

More information on these can be found by reading or downloading the 'Maximising School Attendance: Identifying and supporting attendance difficulties, including emotionally based school avoidance (EBSA)' guidance document.

It is also important to consider whether the child has unidentified special educational needs, medical needs, or a disability. If they are not already involved, school staff should consult with the school's special educational needs co-ordinator (SENCO).

If you need the guidance document in a different format, please contact [eps@wakefield.gov.uk](mailto:eps@wakefield.gov.uk)

# Active Through Football (ATF) Wakefield



Active Through Football is funded through Sport England and the Football Foundation. This will be for the next 5 years and is more than just football. Active Through Football is an opportunity to learn from doing things differently. We identify and work with key target audiences, who face some of the greatest inequalities to being physically active. We want to increase activity levels and create long-term behaviour change using a 'Place-based approach.'

Active Through Football Wakefield is looking to create more chances for adults aged 16+ who live in the following areas:

- Hemsworth
- Upton
- South Kirkby
- Kinsley
- Fitzwilliam
- South Elmsall
- Havercroft
- Ryhill

We aim to improve health and wellbeing through physical activity.

The main target groups of the Wakefield project are:

- Young people aged 16-24,
- Women,
- Disabled people and
- 'Rusty Returners' men aged over 35

The project has already established key partnerships with Coalfields Regeneration Trust, Frickley Athletic Foundation, NLY Coaching and other local organisations.

For more information and to see what sessions are already taking place please visit:

<https://www.wakefield.gov.uk/sport-and-leisure/sport-activities-and-classes/active-through-football>

To find out more about Active Through Football please contact Mark Wozniak, Active Through Football Project Manager.

You can call **07796114342**

or email [mwozniak@wakefield.gov.uk](mailto:mwozniak@wakefield.gov.uk)





# NLY Community Sport



## NLY Community Sport

If you want to play inclusive sport in Wakefield, then keep reading.



## Background

NLY Community Sport is a not-for-profit organisation. We deliver sports coaching sessions for children and adults with disabilities and learning difficulties. We were established in 2017 by James Grayson and Connor Rollinson.

We also work within mainstream and specialist schools.

We have achieved a great deal of success since forming. Each week, we engage with over 100 participants in our community sessions. Many had never participated in community sports activities before joining us.

Among our participants are several players chosen to play for the Mencap Football England squad. This includes Billy Hobson, an adult with Down's Syndrome in Selby. He was chosen for the Mencap team in 2019 and was front page news in the local Selby Times newspaper. Billy was also invited to the House of Commons by his Member of Parliament (MP).

Other areas we work in include Barnsley and Selby.

## Sessions

NLY Community Sport runs many sessions across the city, from Crofton to South Elmsall to Pontefract. Sessions are for adults and children with disabilities

and learning difficulties.

All sessions cater for all abilities. They are centred around fun, building confidence and friendships with others.

## Inclusive Football for over 16s

Crofton Community Centre on Thursdays at 6pm

Pontefract Pirates on Sundays at 11am

## Sporting Activities for adults with disabilities and learning difficulties

Participants can take part in different activities including football, rounders, cricket, boccia, bean bag games and curling.

Crofton Community Centre on Tuesdays at 10am

South Elmsall Social Centre on Wednesdays at 10am

Rycroft Leisure Centre on Mondays at 8pm

## Inclusive Football for under 16s

Pontefract Pirates on Sundays (term time only) at 10am

For more information contact James on **0791 293 4417**,

or email [info@nlycommunitysport.co.uk](mailto:info@nlycommunitysport.co.uk)

You can also visit our NLY Community Sport Facebook page or visit our website [www.nlycommunitysport.co.uk](http://www.nlycommunitysport.co.uk)



# SEND-Friendly Things To Do



We have worked with our partners to bring you information about SEND-friendly sessions and places to go. If you know of any other groups or activities, please let us know by leaving a message on 01924 965588 or email [wakefieldlocaloffer@family-action.org.uk](mailto:wakefieldlocaloffer@family-action.org.uk).

## Wakefield Trinity Charitable Foundation

Be A Champion – for primary and secondary aged children and young people.

WAKEFIELD TRINITY

# BEE A CHAMPION

**LIFESKILLS ■ HEALTHY LIFESTYLES ■ FRIENDSHIPS**

**WHO?**  
**OPEN TO THOSE WITH A PHYSICAL OR LEARNING DISABILITY**

**WHEN?**  
**RUNNING EVERY MONDAY EVENING DURING TERM TIME.**

**WHERE?**  
**BE WELL SUPPORT STADIUM, WF1 5EY**

**TIME?**  
**ARRIVE: 4PM START: 4:30PM**

**SIGN UP?**  
**SCAN THE QR CODE OR EMAIL**  
**[CHARLIE.DOHERTY@WAKEFIELDTRINITY.COM](mailto:CHARLIE.DOHERTY@WAKEFIELDTRINITY.COM)**

# SEND-Friendly

## Things To Do Continued...



**WAKEFIELD TRINITY**  
**WHEEL CHAIR**  
**RUGBY LEAGUE**

**WHEELCHAIR**  
**RUGBY LEAGUE**  
**PLAY · MEET · SOCIALISE**

**WHEN?**  
 ALTERNATE MONDAYS & EVERY FRIDAY  
 8:30 - 9:30PM & 7:30 - 9:30PM

**WHERE?**  
 DENHALE ARC RECREATION CENTRE  
 FOR MORE INFORMATION, EMAIL  
 CHARLIE.DOHERTY@WAKEFIELDTRINITY.COM

**WAKEFIELD TRINITY**  
**DISABILITY**  
**RUGBY LEAGUE**

**PDRL & LDRL**  
**PLAY · MEET · SOCIALISE**

**WHEN?**  
 EVERY MONDAY PDRL: 6-7PM  
 LDRL: 6:30-7:30PM

**WHERE?**  
 EASTMOOR DRAGONS ARLFC  
 FOR MORE INFORMATION, EMAIL  
 CHARLIE.DOHERTY@WAKEFIELDTRINITY.COM

### POUCH Knottingley

The Parents of Unique Children (POUCH) is a parent led group, offering support and sessions for children with special needs of any kind. Siblings are also welcome to attend. There are arts and craft activities plus access to both sensory rooms.

Fridays 4pm - 6pm

Sensory Planet, A1 Business Park, Knottingley, WF11 0BU

Facebook page: <https://www.facebook.com/groups/679336299749430>

Email: [pouch01@outlook.com](mailto:pouch01@outlook.com)



### Run Riot at The Old Quarry Adventure Playground (The Addy)

Free specialised adventure play session for children aged 5 – 25 with additional needs and their families.

Thursdays 3.30pm – 5.30pm

Sycamore Avenue, Knottingley, West Yorkshire, WF11 0PJ

Phone: **01977 670 953**

Website: <https://www.theaddy.org>



# Places To Go With Your Max Card



Thank you to everyone who suggested places they enjoy going with their children and young people. If you have any other places to recommend, please contact [wakefieldlocaloffer@family-action.org.uk](mailto:wakefieldlocaloffer@family-action.org.uk)



## Little Scallywags Soft Play, Morley

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

Tel: 0113 307 5840

## Rothwell Music Centre, Wakefield

<https://www.rothwellmusiccentre.co.uk>

Tel: 07545 603 950

## Tingley Soft Play

<https://tingleygardencentre.co.uk/grasshoppers>

Tel: 0113 285 9753

## Eureka, Halifax

<https://www.eureka.org.uk>

Tel: 01422 330 069

## Thackeray Museum of Medicine, Leeds

<https://thackraymuseum.co.uk>

Tel: 0113 244 4343

## Tropical World, Leeds

<https://tropicalworld.leeds.gov.uk>

Tel: 0113 237 0754

## Merlin Attractions

<https://www.merlinannualpass.co.uk/our-attractions>

Tel: 01372 751 411

## York Museums

<https://www.visit-york.org/business-directory/category/things-to-do/museums>

## Jorvik Viking Centre, York

<https://www.jorvikvikingcentre.co.uk>

Tel: 01904 615 505

## The Deep, Hull

<https://www.thedeep.co.uk>

Tel: 01482 381 000

## Max Cards

**wakefieldcouncil**  
working for you

Have you got a Max Card? It can help you go on days out for free or with a discount. A discount is when you get money off the usual price. A Max Card lasts for 2 years. A Max Card is free if you join the Information Network. This is also called the IN. You can join the IN by visiting <https://wakefield.mylocaloffer.org/information-network/how-can-i-join>.



For places you can visit, go to <https://mymaxcard.co.uk>

If you have lost your card, or it has expired (this means the date has run out) then contact the IN. They will help you get a new one. You can email them at [informationnetwork@wakefield.gov.uk](mailto:informationnetwork@wakefield.gov.uk) You can also ring them on **01924 302 471**.

