



See inside for **INFORMATION ON:**

- Emotional Based School Avoidance (EBSA)
- Autism Support
- Places to go with your Max Card

& news & views

Wakefield Local Offer



Welcome to the summer edition of News and Views



Welcome to the Summer 2023 edition of the Wakefield SEND Local Offer newsletter.

We have added several new services and groups to the Local Offer. Some of these are based on your feedback, that you wanted to know about more SEND-friendly sessions and places to go. Find out more about these on pages 10 and 11.

Children and young people are an important focus in this newsletter. We have information on a new emotional support service for young people on page 7, as well as the Children's Advocacy and Participation Service (CAPS) on pages 4 - 5. We also have some great transition tips written by young people in Year 7.

We also have the first of a three-part series on Emotional Based School Avoidance (EBSA), from information provided by Wakefield's Educational Psychology team. Read this on page 8.

We love getting your ideas and feedback to use for our newsletters, so please do have your say by completing the survey for this newsletter. You can do this by visiting <https://www.surveymonkey.co.uk/r/BGZWXML>

Happy reading,

WESAIL
(Wakefield Early Support Advice Information Liaison Service)

Who's New?

Find these services and groups on the Local Offer:

Buzz (Compass)

Service – emotional and well being support for young people.

Changing Our Direction

Service – supporting families of children with self-harm behaviours.

ParentShield

Service – mobile phone service for families with special needs

Go Higher West Yorkshire

Service – supporting young people with SEND transitioning and navigating higher education

Spectrum Health CIC

Service – free, confidential sexual health service across Wakefield

Little Fishes Soft Play

Things To Do – SEND quieter soft play sessions, Hemsworth

Rhythm Stick Drumming

Things To Do – adult SEND music sessions, Dewsbury

The Brick Box

Things To Do – LEGO and construction activities, Knottingley

Elephant Club

Things To Do – SEND quieter soft play sessions, Featherstone.



Building stronger families



Wakefield District Health & Care Partnership



Wakefield Parent Carer Forum

Y7 Transition

Top Tips



Are you moving to Y7 next year? Are you worried?

If so, check out these fantastic top tips, written by current Year 7 pupils from Outwood Grange Academy.



Just don't worry, it's a big school, but you'll be ok.



Leave the house on time.



Always have your planner and pens on you.



Put your tie and blazer on before you leave home... so you don't forget them.

CETR's CAPS



Children's Advocacy and Participation Service

For Children and Young People who have Community Education and Treatment Reviews - CETRs

We are here to **SUPPORT** Children and Young People who have a Community Education and Treatment Review. We are here to help you be involved in important **DECISIONS** being made about **YOUR** life, we will stand by you to **HELP** you to understand your **RIGHTS** and get your voices **HEARD**.

Advocates can help you to **STOP**, **START** or **CHANGE** something you are unhappy about by sharing your **VIEWS**, **WISHES** and **FEELINGS** with those who are making decisions about your care.

If you would like to know more about us or if you think you would like support you can get in touch on:

Phone: 01977 552 493 Free phone: 0800 0121 552

Facebook: Wakefield CAPS

E-mail: wakefieldcaps@barnardos.org.uk



Believe in children
 **Barnardo's**

Barnardo's Wakefield Children's Advocacy and Participate Service (CAPS)



From April 2023 CAPS will now be able to support children and young people who have a CETR. A CETR is a Care, Education and Treatment review. The aim of a CETR is to prevent unnecessary hospital admissions for people with a learning disability and or Autism.

We as advocates can help support you with your CETR plan and help you to share your thoughts, wishes and feelings around what you want your plan to include. Having access to advocacy can ensure you have a voice and are a part of your process. An advocate will provide you with an independent person to support, listen and put across your views. Advocacy is a rights-based service, and we provide information to you on your rights so you understand what should and shouldn't happen.

How will it work?

An advocate will meet you wherever you feel comfortable and as many times you need. We will work together to explore your feelings around your plan and look at your wants and needs. Your advocate will then feed this back to other professionals so your plan can be formed to suit your needs. Your advocate can attend any meetings with you or on your behalf to express your wishes and feelings to ensure you feel supported, listened to and your voice is heard.

<https://www.barnardos.org.uk/what-we-do/services/wakefield-caps-childrens-advocacy-participation-service>

How To Get In Touch With WESAIL

Wakefield Early Support Advice Information Liaison (WESAIL) service supports with lots of different aspects of special educational needs and or disabilities, for 0 – 25 year olds, their parents, carers and professionals.

You can call and leave a message on 01924 965588.

You can email us at wesail@family-action.org.uk.

You can find out more about how to contact us and what we do by scanning the QR code:



Autism Support



Support Groups



Beat Autism
www.beatautism.co.uk
07903 271785



Kinsley Autism Services
<https://www.prioryadultcare.co.uk/find-a-location/kinsley-autism-services>
01977 625 662



WASP
<https://www.kids.org.uk/wakefield-awareness-support-project>
01924 683890



WPCF
<https://wakefield.mylocaloffer.org/wakefield-parent-carer-forum/wakefield-parent-carer-forum>
07462 103057 (texts)



Short Breaks
<https://wakefield.mylocaloffer.org/short-breaks/about>
0345 8 503 503

Sensory Needs



That Makes Sense
Online sensory processing support for parents /carers.
<https://www.midyorks.nhs.uk/that-makes-sense>

Occupational Therapy
Self-referrals can be made after completing the 'That Makes Sense' programme.
<https://www.midyorks.nhs.uk/childrens-occupational-therapy>



Caudwell Children Autism Sensory Pack (for children with a diagnosis of autism)
<https://www.caudwellchildren.com/autism-sensory-packs>
0345 300 1348

Caudwell Children Get Sensory Packs (for 0 – 18 year olds with a disability)
<https://www.caudwellchildren.com/services/get-sensory-packs>
0345 300 1348



Family Fund Grants
<https://www.familyfund.org.uk/grants/schemes/england-core-programme>
01904 550055

Find all this and more by visiting the **Easy Read Autism** section of the Local Offer website.



Feeling sad,
worried,
or alone?

Talk to us.

Text BUZZ to 85258
for free and confidential support 24/7

Buzz is an emotional and wellbeing support service. Buzz offers short-term support to children and young people in the Wakefield district.

Issues children and young people might have that can be supported are: low mood, anxiety, managing emotions, bullying, friendship problems, loneliness and sadness.

Children and young people can text 'Buzz' to 85258 to get help.

The service is run by the **Compass** charity. Staff can give advice, support and education on emotional health matters using text, online and face-to-face.

Compass staff, working in local communities, will offer:

- Guided self-help (online and face-to-face)
- Psychoeducation
- Supported referrals
- Peer support groups
- Parenting programmes

To get in touch with Compass call **01924 665 093**

To access the support service text **85258**

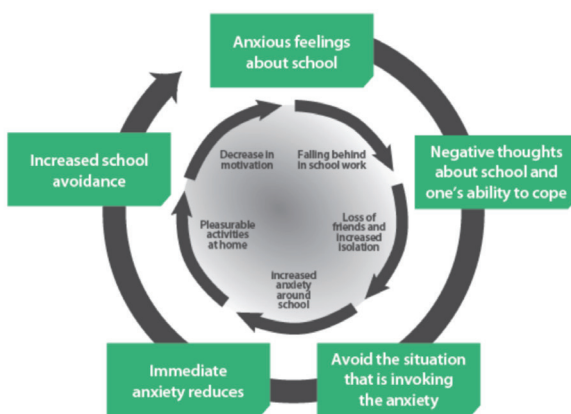
Emotionally Based School Avoidance (EBSA)



With thanks to the Wakefield Educational Psychology Service for sharing this information.

What is EBSA?

EBSA is used to describe children and young people who do not attend school due to emotional factors. EBSA is different from absence for physical illness and truancy. Most young people experiencing EBSA can be highly anxious and be distressed about attending school.



What are the signs of E?

- Fearfulness, anxiety, tantrums or negative feelings.
- Complaining of being ill with a stomach ache, headache, and sore throat. Often this will be with no signs of actual physical illness.
- Complaining of a racing heart, shaking, sweating, difficulty breathing, butterflies in the tummy or nausea, pins and needles. There may be other physical signs they might be anxious.

These signs are usually worse on weekday mornings. These signs are usually absent at weekends and school holidays.

What can parents / carers do to help their child / young person?

- Calmly listen to them and acknowledge that their fears are real to them
- Let the school know there is a problem as soon as possible
- Work in partnership with the school to address the issue. A plan should be made with the school to help your child.
- It should be anticipated that there may be difficulties implementing the plan and when this

happens solutions should be found. Try to be optimistic – if your child does not attend school one day, start again the next day. Remember that it likely to be more difficult after the weekend, a school holiday or a period of illness.

- Finally, it is very important that throughout your child has someone to talk to. This could be a family member, friend, someone in school or an organisation (such as those listed at the end of this article).

How can parents / carers talk to their child / young person about going back to school?

It is likely that your child will be anxious when they are asked to talk about returning to school.

If they find it difficult to talk, you could ask them specific questions to help them to sort through their fears and feelings, remembering to also highlight the positives.

For example: What three things are you are you most worried about? What three things do you like about school?

If your child finds it hard to tell you face to face they may prefer to write it down, email or text you or draw a picture to show you how they feel.

Useful organisations

Anxiety UK

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

MindEd for Families

<https://mindedforfamilies.org.uk>

Not Fine In School

<https://notfineinschool.co.uk>

WESAIL

<https://wakefield.mylocaloffer.org/wesail-including-sendiass>

Young Minds

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

In the next newsletter, we will share information for schools on helping children and young people experiencing EBSA.

Go Higher West Yorkshire (GHWY)



Go Higher West Yorkshire are a partnership of 13 Higher Education (HE) that work together, with a focus on the local region. Our aims are:

1. To raise aspirations for young people
2. To enable young people to make informed choices about next steps (which can be HE)
3. For young people to reach their potential.

We work together with our diverse range of partners. Our partners include six universities, six Further Education providers with HE options and one Conservatoire. A conservatoire is a higher education setting that provides performance-based courses, such as specialist arts and music.



We have various free resources available for students, teachers, carers, advisors and employers. This includes our Transition Pack for Disabled Learners to help young people with the transition from Further Education to HE. The transition pack tells you things like how to book appointments, what the disabled student's allowance (DSA) is and how parents and carers can help. Student voice is important to us and so we have case studies of disabled learners in HE.

We also provide continuous professional development (CPD). All our previous webinars can be viewed on our website. Examples you will find include 'Supporting Disabled Learners with guest speaker of Paralympian Elizabeth Wright'. There is also a webinar and podcast section for young people. This has topics such as apprenticeships, what higher education is and the Universities and Colleges Admissions Service (UCAS) system.

As part of our work on groups that are under-represented in HE, we have a Disabled Students Network. This is where representatives from across the partnership come together three times a year. The network shares best practice, discusses common challenges and works towards improvements.

We offer informative resources aimed at individuals, teachers and advisers, and employers. These include:



Employers and businesses

Case studies and information on how your business can connect with HE for new skills, new talent and new ideas.



Staff working in HE

Blogs, networks and CPD opportunities covering Access and Participation Plan activity.



Teachers and advisers

CPD opportunities and resources to upskill and help build your students' confidence.



Evidence and impact

Research and reports to evidence the impact of work with those from under-represented groups.

ABOUT GO HIGHER WEST YORKSHIRE (GHWY)

We are a partnership of 13 diverse HE providers across West Yorkshire, working together to reduce inequalities in HE access, success and progression.

To find out more and view our resources, scan the QR code below or visit www.gohigherwestyorks.ac.uk



You can find out more on our website and stay informed through our Twitter and blog posts.

SEND-Friendly Things To Do



We have worked with our partners to bring you information about SEND-friendly sessions and places to go. We will share more in the next newsletter.

If you know of any others that would be good to share, please do leave a message on 01924 965588 or email wakefieldlocaloffer@family-action.org.uk.

Rhythm Stick Drumming

Make a noise with Rhythm Stick!



**SENSORY
WORLD
OLD
WESTGATE
DEWSBURY
WF13 1NB.**

These loud exciting sessions are very hands on. Participants choose a percussion instrument that suits their needs, working to each person's strengths. Always going home with a smile. Suitable for anybody who can hold a drumstick and even those who can't.

FREE ✨
to book
ring
07801065589

Starts 20th April
1.30.
weekly on a
Thursday.



Starfish Sessions

Little Fishes soft play based in Hemsworth runs quieter SEND times, called Starfish sessions, each week. Parents / carers will need to book in advance by visiting the website.

Address: Hemsworth Methodist Church, Westfield Road, Hemsworth, WF9 4PU

Email: Littlefisheshemsworth@outlook.com

Website: <https://www.littlefisheshemsworth.com>

SEND-Friendly Things To Do Continued...



Elephant Club



Elephant Club

Our dedicated SEN session

Once a month, Saturdays 10 till 11:30. For both children and carers alike. No formal diagnosis needed, come along and speak to like minded carers while your child explores our beautiful play room ♥

Featherstone
Pontefract
WF7 5BX



Elephant Club is a dedicated session especially for families of children with special educational needs. This free play session is for children aged 0-7 years. Sibling discount also available.

Elephant Club is 1.5 hours long. Our play room is sensory and imagination play based. No pressure to come on time or stay for the full session.

If you have any questions about whether Elephant Club is right for you & your family, please don't hesitate to ask. Please contact us by emailing wildatheartsap@gmail.com

Car parking is free. To book your place, click on link below and look for the Elephant Club.

<https://bookwhen.com/>

wildatheartstavandplay



Wednesdays
4:30 - 6:30pm

SEN The Giraffe Buddies

Soft Play
Activities
Slides
'Standing Tall Together!'

Start date 4th May



An After School Support Group For SEN Families!

Drinks & Snacks
Football
£3.00 Per Child

More info: Nikki **07932026419**

The Play Station, Ossett WF5 9ND



Places To Go With Your Max Card

Did you know about these (mostly outdoor) places that accept Max Cards?

Thank you to everyone who suggested places they enjoy going with their children / young people. We will feature even more in the next newsletter.

Beamish Museum, County Durham

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

Email: museum@beamish.org.uk

Tel: 0191 370 4000

Bedlam Laser Tag and Paintball, Wakefield

<https://bedlampaintball.co.uk/wakefield-paintball-lasertag-outdoor>

Tel: 08442473271

Castle Howard, York

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

Email: house@castlehoward.co.uk

Tel: 01653 648333

Fountains Abbey, Ripon, North Yorkshire.

<https://www.nationaltrust.org.uk/visit/yorkshire/fountains-abbey-and-studley-royal-water-garden>

Email: fountainsabbey@nationaltrust.org.uk

Tel: 01765608888



Lotherton Hall.

<https://museumsandgalleries.leeds.gov.uk/lotherton/visit-lotherton>

Email: lotherton@leeds.gov.uk

Tel: 0113 378 2959

Nationwide Paintball, Wakefield.

<https://nationwidepaintball.co.uk/venue/wakefield/paintball/#venue>

Tel: 08442470740

Stockeld Park, Wetherby, North Yorkshire.

<https://stockeldpark.co.uk>

Email: enquiries@stockeldpark.co.uk

Temple Newsam, Leeds.

<https://museumsandgalleries.leeds.gov.uk/temple-newsam>

Email: temple.newsam.house@leeds.gov.uk

Tel: 0113 336 7460

Williams Den, East Riding of Yorkshire.

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

Email: hello@williamsden.co.uk

Tel: 01430 472230

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 You can also ring them on 01924 302471.

