



See inside for **INFORMATION ON:**

- Anxiety Tips
- Eating Disorder Service
- Local SEND Activities

& news & views

Wakefield Local Offer



Welcome to the spring edition of News and Views



Welcome to the Spring 24 edition of the Wakefield SEND Local Offer newsletter.

We have tips and strategies for children and young people about worry and anxiety on pages 6 - 8.

We also have information about the Child Adolescent Mental Health Service (CAMHS) Eating Disorder Service on page 9.

1st - 7th April is Autism Acceptance Week. Turn to page 11 to read about clubs run by a local autism charity.

1st - 7th May is Deaf Awareness Week. Find out more about local deaf services by visiting

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

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

We will be sharing more special days on the WESAIL and Local Offer Facebook page. Follow our page by visiting <https://www.facebook.com/WakefieldWESAILandLocalOffer>

Finally, we are excited that there will be a Local Offer Live event this year. Turn to page 12 to find out more. We always appreciate your feedback. We use your ideas in our newsletter and on our Facebook page. Please help us by filling in our quick survey at <https://www.surveymonkey.co.uk/r/BGZWXML>

Happy reading,

WESAIL

(Wakefield Early Support Advice Information Liaison Service)



What's New - Find these services and groups on the Local Offer

Flexi Totz Shining Stars Gymnastics

<https://bit.ly/3Sjlrw8>. **Things to do** - gymnastics classes for children with sensory and development needs.

Normanton Sports Acro Gymnastics

<https://bit.ly/3w4tN37>. **Things to do** - rebound therapy and 1-2-1 sessions for children and young people with SEND.

SPROUT Growing Works <https://bit.ly/49ioPy2>.

Things to do - gardening club for families who have a child or young person with additional needs up to age 12.

Wakefield Parent Carer Forum SEND Soft Play

<https://bit.ly/49efd0c>. **Things to do** - exclusive use of soft play for WPCF members.

Epilepsy Society <https://bit.ly/42tQ0nx>.

Service - research, advocacy, care and resources for people living with epilepsy.

Learn and Thrive - Learning for Life

<https://bit.ly/3vZ1umP>. **Service** - relationships and sex education for young people with Down's Syndrome.

Learn and Thrive - Teach Me Too

<https://bit.ly/3OpjY6p>. **Service** - Early Years and Key Stage 1 teaching resources for children with Down's Syndrome

Little People UK <https://bit.ly/4bhHEU1>.

Service - National charity supporting people with dwarfism.

Wakefield Parent Carer Forum SEND Coffee and Chat <https://bit.ly/3HJ6vCw>.

Service - Informal chat sessions with other SEND Parents and Carers.

Impartiality vs advocacy



What does impartial mean

Impartial means not taking sides.

The Special Educational Needs and or Disabilities Information Advice Support Service (SENDIASS) is an impartial service. It offers information and advice based on facts and what the law says.

If a SENDIASS officer attends a meeting, they will listen and give advice. They attend the meeting to help everyone do what the law says.

SENDIASS try to provide enough information for people to make their own choice.

Find out how SENDIASS works with you by visiting

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



What is advocacy

Advocacy is where you get help from someone to communicate your views and feelings. An advocate will help you stand up for your rights. An advocate can help make sure that decisions about your future take into account your views and needs.

If you have an advocate with you at a meeting, they will help your ideas and wishes be heard.

They can also help you feel safe.

If your child or young person needs advocacy, contact the Children's Advocacy and Participation Service (CAPS).

Find out more about CAPS by visiting <https://bit.ly/3O7JgWm>



The Change Programme

A Vision for SEND and Alternative Provision



The Government has a new Special Educational Needs and Disabilities (SEND) and Alternative Provision (AP) Improvement Plan.

The plan sets out a way towards a national system. This is to make a more inclusive society. The system looks to provide the right support, at the right time in the right place for children and young people with SEND, or those in AP, wherever they live in the country.

The Change Programme builds on this plan and sets the aim for the future of the SEND and AP system.

To reach this vision, the new system is planned to:

Fulfil children's potential

Children and young people with SEND or in AP enjoy their childhood. They get good outcomes and are ready for adulthood and employment.

Build parents' trust

Parents and carers have a fairer system that is easier to understand. This will be across education, health and care. Parents and carers will be confident that their child or young person gets the right support.

Provide financial sustainability

Local leaders make the best use of money in the high needs budget. This money is to meet children and young people's needs and improve outcomes.

The SEND and AP system will be joined up across health, schools and colleges and care. These local SEND and AP partnerships will work together to produce an inclusion plan. The plan will set out how they will work together to get and deliver support. The aim of the plan is for children, young people and their parent carers to have their needs identified and met.



The Change Programme

A Vision for SEND and Alternative Provision Cont...



Change Programme Partnership (CPP)

Throughout the country, the Change Programme is made up of 32 local areas. These are organised into 9 regional Change Programme Partnerships (CPPs). Each CPP has a lead Local Authority (LA), a partner Integrated Care Board (ICB) and up to 3 partner LAs.

Wakefield Council are the lead LA for the Yorkshire and Humber Region Change Programme. Our partner LAs are Bradford, Calderdale and Leeds Council. We are also working with the West Yorkshire ICB.

CPPs are doing 'whole system testing' of key reforms from the SEND and AP Improvement Plan.

This means looking at how the reforms work together with current parts of SEND and AP systems. This testing will help stop unintended problems. If the reforms are rolled out nationally, testing will improve future delivery.

The areas Wakefield will be leading and working on in partnership throughout the two year Change Programme are:

- Local Area Inclusion Plans (LAIP)
- Local SEND and AP Partnerships
- Inclusion Dashboard
- National Standards
- Multi-Agency Panels

- Education Health and Care Plan Template
- Strengthening Mediation
- Advisory Tailored Lists
- Alternative Provision Specialist Taskforce



The Feedback Loop

When we test the SEND and AP reforms in Wakefield, feedback will be an ongoing process. Feedback will tell us about what is working and not working. This will help the Department for Education to get a true picture of what it takes to make these changes. It will also stop any unintended problems, to make a future nationally consistent system.

To find out more or keep updated, visit <https://wakefield.mylocaloffer.org/change-programme-partnership/change-programme-partnership>



Worry Signs and Strategies



Thanks to Wakefield Educational Psychology Service (EPS) for sharing this resource. These pages are taken from their EBSA Young Person Booklet which can be found by visiting <https://wakefield.mylocaloffer.org/emotionally-based-school-avoidance-ebsa/ebsa>



Our Body's Response

When you are feeling worried, your body can react in different ways. You may experience some of the following:

Increased heart rate

Headaches or dizziness

Tension in muscles

Thoughts racing

Sweating

Change in appetite

Faster breathing, or shortness of breath

Bowel problems

Tiredness, or lack of energy

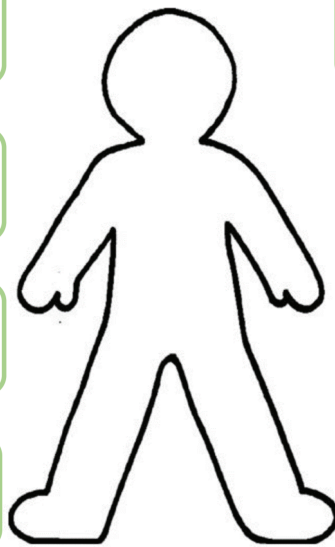
Dry mouth

Stomach ache

Difficulty sleeping

Trembling

Nausea (feeling sick)



It is important to try and identify some of these signs when you are feeling worried, so that you can use different strategies to support you.



There are a number of strategies you can use. Try to identify which ones help you the most. Here are some you could try:

Physical Exercise

Exercise increases your heart rate and releases endorphins, which make you feel good.

It is very good for your mind too.

Refocus your Attention

What can you see outside?
What can you hear?
What different shapes can you see?
What colours can you see?

Breathe

Take a big, deep breath in through your nose, hold for 2 seconds.

Breathe out through your mouth and repeat as needed.

Positive Self-talk

Replace negative thoughts with more positive ones.

"I can do this"
"I am almost there"
"I have done so well so far"

Take a Step Back

Try to take a step back from the situation.

It is important to give yourself time and space to think.

Relaxation

Do something you enjoy and find relaxing.

This may be listening to music, reading a book, drawing, or going for a walk.

Visualisation

Close your eyes and imagine you are in your favourite place.

What can you see?
What can you hear?
Who are you with?
How do you feel?

Take Control of your Body

Sit, or lay down in a quiet space. Tense each part of your body for 3 seconds and then relax it. Start with your toes and work all the way up your body, until your whole body is relaxed.

Anxiety Tips



Here are your tips for helping children and young people deal with anxiety. Thank you to everyone who sent one in.

	<p>Grounding technique. Name:</p> <ul style="list-style-type: none">• 5 things you can see• 4 things you can touch• 3 things you can hear• 2 things you can smell• 1 thing you can taste
	<p>Watch a favourite film and eat popcorn</p>
	<p>Put headphones on and listen to music</p>
	<p>Tell jokes</p>

For more information on anxiety visit:

Buzz Compass

<https://bit.ly/3uqIKgF>

Young Minds

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety>

WF-I-CAN

- Under 13 year olds

<https://wf-i-can.co.uk/u13/look-after-yourself>

- Over 13 year olds

<https://wf-i-can.co.uk/o13/look-after-yourself>

Anxiety UK

<https://www.anxietyuk.org.uk/resources>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

CAMHS

Eating Disorder Service



With thanks to Wakefield Child and Adolescent Mental Health Service (CAMHS) for this information. The CAMHS Eating Disorder Service supports young people with eating difficulties and disorders. CAMHS works together with their parents, carers and families too.

Our job is firstly to meet with the young person and their family to understand the difficulties a young person is facing.

Then we decide the next steps, which is known as treatment or a care plan. This can include:

- Signposting to other support
- Guided self-help and coaching
- Meal planning and support
- Individual therapy
- Family therapy
- Invitation to group support (for parents, carers and family members too)
- Ongoing physical health monitoring
- Exercise and activity support

Most of our support is provided in 'the community'. This means that a young person comes in to see us at our clinic or we visit them at home. We can also meet in an agreed community place such as a school or café.

During treatment, our team will work with the young person and family to set a recovery goal. The recovery goal is personal to each young person and could include;

- reaching a target weight
- developing normal eating patterns
- seeing the return of a menstrual cycle (which may have previously stopped due to the eating disorder).

Once recovery is in sight, a relapse prevention plan will be created with the young person and family. The plan is created before they are discharged from the service. The plan will help to identify potential triggers. Triggers are things that could make the young person poorly again. The plan also supports the young person to use the skills they've learnt during treatment. This is to continue their recovery.

This information has been taken from the CAMHS Eating Disorders Service leaflet. To view or download the full leaflet, please visit the Professional Information section of <https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield>



SEND SESSIONS



Brilliant Birds SEND SESSIONS

Thursday 28 March and Friday 5 April
10am - 3pm
Castleford Museum, Carlton St, Castleford WF10 1BB
Drop in
Free



Calling all little nature lovers.

Our fascinating flocks of birds have lost their eggs in the Museum.
Become a nature detective and help our brilliant birds find their missing eggs.

Make your own egg hangers, bird masks and neat nests to carry on the adventure at home.

SEND groups are always welcome at all of our sessions.

We are also running these SEND sessions for visitors who benefit from a more relaxed atmosphere.
The sessions will be run with more sensory activities and more focus on independent learning.
There will also be a lower light level and with a sensory tent and ear defenders available upon request

Facebook Event

<https://www.facebook.com/events/7068182619871062/7068182633204394/?ref=newsfeed>
<https://experiencewakefield.co.uk/event/brilliant-birds/>

Relaxed Openings at Wakefield and Pontefract Museums



We have also recently launched Relaxed openings at Pontefract Museum and Wakefield Museum

Relaxed openings means that:
Any loud noises will be turned down or turned off.
It will not be busy.
You can be yourself.
We have fidget and sensory objects to help you relax and explore.
There is a pop-up tent quiet space if you need it.
You can also try our activity sheets and crafts.

Entry is still free. You do not need to book. Everybody is welcome.

Relaxed openings Wakefield Museum

Every Thursday from 4pm - 6.30pm at Wakefield Museum is a relaxed opening session.

For more access information about Wakefield Museum go to <https://www.wakefield.gov.uk/museums-and-castles/wakefield-museum/access-to-wakefield-museum>

Relaxed Opening Pontefract Museum

Every Tuesday from 2pm - 4pm at Pontefract Museum is a relaxed opening session.

For more access information about Pontefract Museum go to <https://www.wakefield.gov.uk/museums-and-castles/pontefract-museum/access-to-pontefract-museum>

Email any suggestions for our Relaxed Openings to museumslearning@wakefield.gov.uk

Beat Autism

– Kids Groups and Clubs



Beat Autism are a charity that run clubs for autistic children and young people.

Clubs on offer are:

Gaming Group - age 10+
Eastmoor Rugby Club, 110 Woodhouse Road, Eastmoor,
Wakefield, WF1 4RD.



This group runs every Wednesday evening, 6.15pm - 7.30pm. Booking is essential.

Cost: £3.00 per child. <https://beatautism.co.uk/kids-clubs>



LEGO Club

Eastmoor Rugby Club, 110 Woodhouse Road, Eastmoor,
Wakefield, WF1 4RD.

This group runs every Wednesday evening, 5.00pm - 6.00pm.
Booking is essential

Cost: £3.00 per child

Soft Play

Cloud 9, The Old Auction House, 6 Illingworth Street, Ossett, WF5 8AL.

This group runs every Monday, 4.00pm-6.00pm. Booking is essential

Cost: £4.50 per child

Find out more and book at <https://beatautism.co.uk/kids-clubs>



LaserZone SEND friendly sessions

LaserZone Castleford offer SEND friendly sessions each month.
These run on the second Sunday of each month at 10am and 10.20am. Booking
is essential.

LaserZone make changes to the game to support children and young people with SEND. These include:

- Additional lighting inside the laser tag arena
- Reduced music levels inside the laser tag arena & foyer
- Reduced special effects including artificial smoke limited to a light haze
- Reduced player numbers, capacity limited to two-thirds.

They also make changes to support those who may be anxious about the competitive element the game.
LaserZone will:

- Give every guest a certificate of participation
- Switch off our score screens
- Only provide scorecards if requested. These will be provided in an envelope to be opened in private after the event has finished.

Find out more and book by visiting <https://www.laserzone.co.uk/send>

Local Offer Live Event

– save the date



The Wakefield SEND Local Offer Live event is happening on Wednesday 8th May 2024.

It will take place at the Education Exchange, Spawd Bone Lane, Knottingley, WF11 0EP.

The event is from 1pm until 7pm. It is for parents, carers, children and young people and professionals. This is a drop-in event.



This event is free and you do not need to book.

Local Offer Live is a chance to see what SEND provision is available across the Wakefield district. There will be services, groups and activity providers. You can meet staff, ask questions and find out about what there is in Wakefield.



There will also be workshops running during the day. A workshop is where you can find out more about services and support.

You can find out more about the event, including the services attending, by following us on Facebook.

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

Max Cards

Thanks to the parents and carers who sent in more suggestions about where to go with your Max Card:

Monkey Maze, Garforth

<https://monkeymazeplay.com>

0113 2872766

Rainbow Playrooms, Wakefield

<https://rainbowplayrooms.com>

01924 682135

National Coal Mining Museum

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

01924 848806

The Secret Garden, Horbury

<https://www.secretgardenhorbury.com>

01924 270011

Swithens Farm

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

0113 282 8828

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 302 471**

