



See inside for **INFORMATION ON:**

- Tourettes
- Portage
- 5 Day Offer

& news & views

Wakefield Local Offer



Welcome to the winter edition of **News and Views**



Building stronger families

We also have articles for young people. On page 9 find out about what the 5 Day Offer is and how young people can be supported into adulthood.

Like, follow and share our new page to get information, advice, signposting, events and ideas!
<https://www.Facebook.com/WakefieldWESAILandLocalOffer>

I hope this newsletter finds you staying safe and well. In this newsletter we have some information about the Children's Continence Service on pages 4-5 and also Portage on page 3 – two important Early Years services in our area.

You said that you would like more information on Tourettes Syndrome. We have a general introduction to Tourettes in this newsletter on pages 6-7. Watch out for our next newsletter in the Spring, which will have more information about Tourettes and school.

We also feature CoActive in this newsletter – a local arts charity supporting young people with disabilities. Read about CoActive on page 11.

Please do fill in our short survey about this newsletter. You can do this by visiting <https://www.surveymonkey.co.uk/r/8D7B8GP>. Your views and ideas will help us with future newsletters – thank you!

New Wakefield SEND Local Offer website

We have also been working on the new Wakefield SEND Local Offer website.

Wakefield Council, Wakefield District Health and Care Partnership, Family Action and Wakefield Parent Carer Forum have all worked together.

The new website is still a work in progress. We would really value your feedback so that we know what you like, what works well and what else you think needs adding or improving.

Happy reading,

Usha

New WESAIL and Local Offer Facebook page



After a review of our staffing structure and consultation, we have created a new Facebook page. It is called Wakefield WESAIL and Local Offer. This has replaced our previous two WESAIL Facebook and Wakefield Local Offer Facebook pages.

You can do this by emailing wakefieldlocaloffer@family-action.org.uk.

Take a look for yourself by visiting <https://wakefield.mylocaloffer.org>



Building stronger families



Early Support Advice Information and Liaison Service

Wakefield Wesail



Wakefield District Health & Care Partnership



Wakefield Parent Carer Forum



Wakefield Portage Service

It is a home teaching service for pre-school children who show some degree of developmental delay. The child may have learning or physical needs because of a specific condition or there may be no obvious reason to explain why they learn more slowly. The Service helps parents to teach their own children in their own homes with support from a trained home visitor who visits the family on a weekly basis.



If you know of a family who would benefit from receiving Portage or would like further details about the service please contact us.

We are based at:

Education and Inclusion Service,
Block C,
Ground Floor
Normanton Town Hall
High Street
Normanton
WF6 2DZ
Email: eps@wakefield.gov.uk
Telephone: 01924 307403

The UK National Portage Association website can be found at: www.portage.org.uk

Who is the Portage Service for?

The Wakefield Portage Service is appropriate for children:

- From birth to 3.5 years
- Who do not attend a nursery or a childminder.
- Who show a delay in at least 2 areas of development.
- Who live in the Wakefield district.
- Parents/carers must be willing to take part in the service, make the time available for the weekly visit and be committed to daily practice of the activities and strategies suggested.

Referrals to the service can be made by professionals supporting the family or can come directly from parents/carers. Once the referral is received an initial visit is offered with the manager of the service as an introduction to the Portage Service and to gather additional information regarding your child and their needs. Depending upon the capacity within the team, there may be a short wait before Portage can begin.



Children's Continence Service



The Mid Yorkshire Hospitals NHS Trust Children's Continence Service

About us

We are a small team of specialist nurses who support children with continence problems.

Normal development

Most children are toilet trained day and night by the age of 5 years. If your child takes a bit longer than this to be toilet trained during the day, then they may take a bit longer to be dry overnight too. If your child seems to be struggling with toilet training, wetting or constipation, you should ask your health visitor, school nurse or GP for help and advice first.

Who do we see?

We see children from around the age of 2 years – 18 years (19 years if they are attending a specialist school). The children/young people must be registered with a Wakefield District GP practice.

What kind of problems can we help with?

We support and treat children with daytime wetting (not being able to get to the toilet in time, going to the toilet too often or not knowing they need a wee), bedwetting, constipation (having hard painful poos or going less than 3 times per week) and soiling (having a poo in their pants), toilet training and toileting problems.



Continence products

If the children/young people are not quite ready for toilet training or physically unable to do so, then we can assess them to see if they can receive continence products on prescription. Products are only supplied to children/young people children over the age of 5 years with a diagnosed medical condition that may delay/affect their toileting progress. We can advise on where you can buy products such as swimwear, bedding and furniture protection.

How to be referred into our service

Children can be referred in by their health visitor, school nurse, GP or another health professional they may be seeing such as a physiotherapist, occupational or speech and language therapists or specialist nurse.

What happens next

The referral will be reviewed and if accepted, your child will be offered an appointment with either a paediatrician, or a specialist nurse. You will be sent a letter asking you to ring and make an appointment. Please be aware – if you do not ring to make this appointment within 2 weeks of receiving the letter, then your child will be discharged.

Children's Continence Service Continued



Where we will see you

If your child is offered an appointment with a paediatrician you may be seen in the Children's Centre, either at Pinderfields General Hospital or Pontefract General Infirmary. If your appointment is with a specialist nurse, you will be offered an appointment in the children's centre at Pontefract General Infirmary. This may be face to face or a telephone appointment. We will then often follow up this appt with regular telephone calls and/or clinic appts, if necessary.

Other useful sources of information

ERIC – www.eric.org.uk (This is a brilliant website, full of information on all children's continence problems, suitable for parents and children and they also have an online shop selling very useful aids)

Bladder and Bowel UK – www.bbuk.org.uk (Website with lots of information on continence issues, where to buy continence products and a free telephone helpline. Also gives information on the free 'Just Can't Wait' card).

Incy Wincy – www.incywincy.net (This company make swimwear for children and adults with continence problems)

Radar Key – www.disabilityrightsuk.org/shop - Radar keys are £5 without VAT or £6 with VAT



An Introduction to Tourettes



What is TS?

Tourette Syndrome (TS) is an inherited neurological condition. Over 300,000 children and adults are living with TS in the UK. People with a diagnosis of TS make involuntary sounds and movements. These are called tics. You can find out more about the causes of TS on www.tourettes-action.org.uk/21-causes.html

TS is a spectrum condition ranging from mild to severe symptoms. Many children with TS are reported to have sensory issues which will all play a part in the levels of anxiety that they experience, which in turn may trigger certain tics and behaviours. Sensory issues may appear with a change in environment. Changes in rooms, temperature, smell of a room or person, touch of a piece of furniture or stationery, sound of a person's voice, feel of clothing or a chair they are sitting on are all possible reasons for a noticeable increase in tics.



When does TS start?

Tics typically start around the age of 6/7 years and tend to peak around early adolescence. Hormones play a big part in TS. At around the age of 7 or 8 some neuro-developmental changes seem to take place in children which is why we can see a change in tics at around this time and again as a child enters puberty in the early teenage years. In approximately 50% of cases tics can lessen by adulthood.

What can TS be triggered by?

TS can be initially triggered by emotional events. These could be things such as a change in circumstances at home, a loss of a loved one, a medical trauma, etc. Tics can be increased by stress, anxiety, excitement, hunger, tiredness and / or sensory changes. They can be decreased by things such as exercise, distraction or deep concentration.

Destroying the myths about TS

TS is often misunderstood. It is thought that people with TS swear, or say socially inappropriate things. Although it is true that involuntary swearing (called coprolalia) is a symptom of TS, it only affects a minority of people. 90% of people with TS do not have coprolalia.

Co-occurring conditions

Approximately 85% of people with TS will also experience co-occurring conditions such as:

Attention Deficit Hyperactivity Disorder (ADHD)

Obsessive Compulsive Disorder (OCD)

Autism Spectrum Condition (ASC)

Anxiety

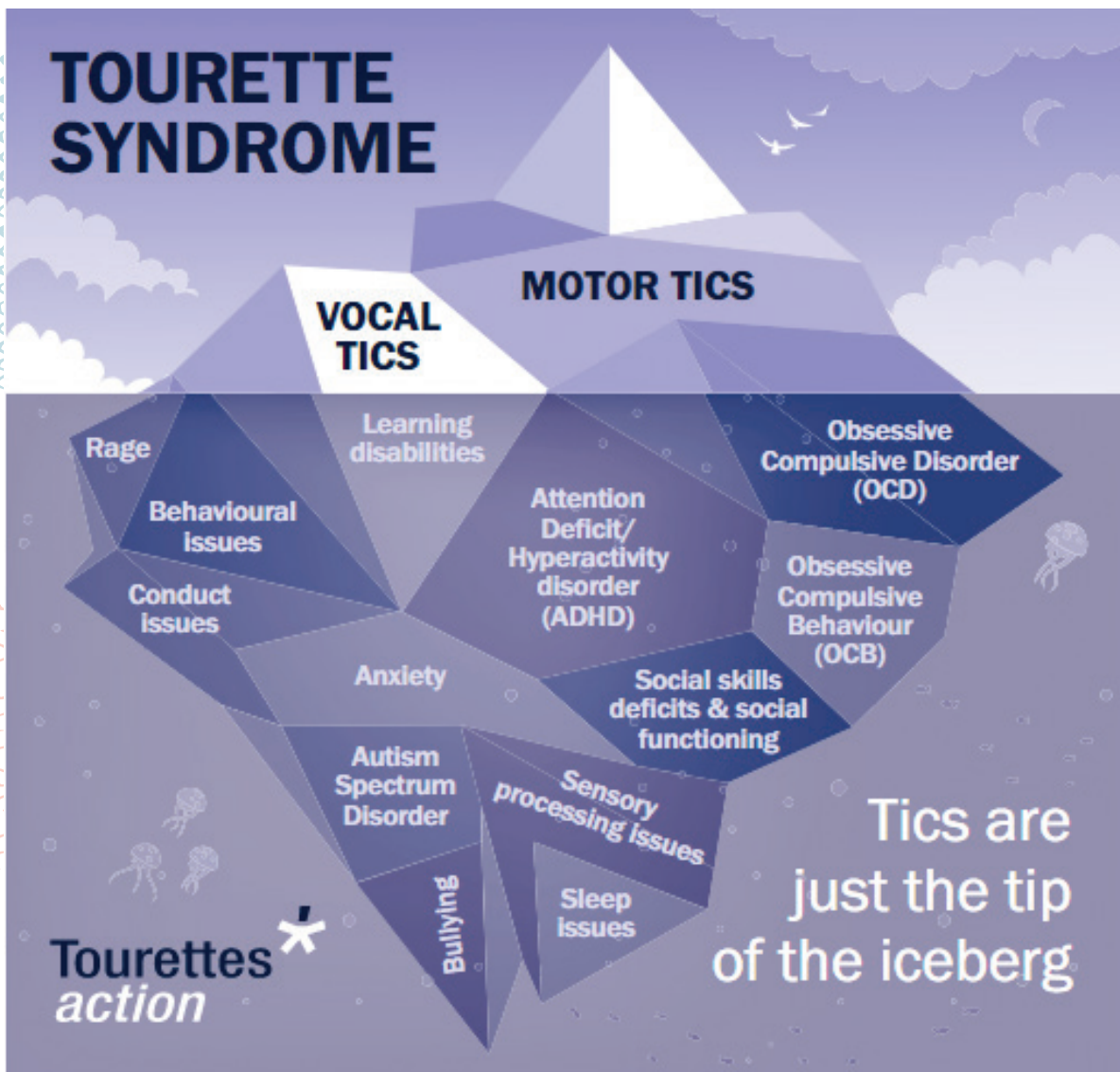
Sensory Processing Disorder (SPD)

For many, the co-occurring conditions can be more challenging than the tics themselves. You can find out about the more common co-occurring conditions on www.tourettes-action.org.uk/74-co-occurring-symptoms.html.

Diagnosis

In order to meet the diagnosis criteria for TS, tics must be present for at least 12 months. It's very important that you record as much evidence as you can before you see a specialist. You can find out more about getting a diagnosis by visiting www.tourettes-action.org.uk/20-getting-diagnosed.html Classically for TS, tics also have to be seen as being changeable/wax and wane (a term often used to describe the coming and going of tics).

An Introduction to Tourettes Continued



Support

Local support groups or online groups can be very important for both the child and their family members. It may be a chance for them to speak with other families and realise they are not on their own. Also, finding charities like Tourettes Action or more local charities can provide parents with knowledge of what's around to support them. Getting advice on local and national grant schemes, befrienders, discount cards etc. can all be very beneficial to families. Please contact our support manager Emma for more information about online and local support groups near you at emma@tourettes-action.org.uk.

Next issue

In the next issues of the newsletter we will be looking at TS and schools.

Tourettes Action Contact Details

Helpdesk: 0300 777 8427
www.tourettes-action.org.uk

Applying for a **Secondary School Place** with an EHC Plan



An Education, Health and Care Plan is also known as an EHC Plan or EHCP. Most children with Special Educational Needs and or Disabilities (SEND) will get a school place in the **same way as children without SEND**.

The system is different if your child has an EHC plan

Local authorities (LA's) have a legal duty to review and amend an **EHC plan** when a child moves from primary to secondary school. The **annual review** and final amendments to your child's EHC plan must be completed by 15 February in the year of transfer. The LA must issue a **draft EHC plan** with any proposed amendments. You then have 15 days - with any proposed amendments.

- Ask for changes to or make comments (officially called 'making representations') about the plan
- Express your preference of school to be named in section I of the plan.
- Ask the LA to arrange a meeting with you to discuss the draft plan.



Requesting a school to be named an EHC plan

The LA will ask for your preference of school, which might be mainstream or special. You have a right to express a preference for any school in the following categories:

- Maintained schools (community schools and voluntary-aided or controlled schools)
- Academies and free schools
- Further education colleges
- Non-maintained special schools (independent but generally run not-for-profit)
- Approved independent schools or colleges on the government's 'section 41' list

The LA must consult with your preferred school, and



this normally involves sending the school a copy of the EHC plan and reports. The school will give an opinion about if they can meet your child's needs, but the final decision lies with the LA.

The LA must name your preference as long as it is:

- Suitable for your child's age, ability, aptitude, and special educational needs
- Not incompatible with:
 - o The efficient education of other children
 - o The efficient use of resources (too expensive)

If it is named on the EHC plan, the school must give your child a place.

If you want an independent school, you can ask the LA to consider it. The school will need to agree, and you will probably have to prove that no other school is suitable. Contact the Special Educational Needs Assessment and Review Team by emailing SENART@wakefield.gov.uk

Appealing the decision

If your local authority does not name the school you want, there is a right to go to mediation and to appeal to the First Tier **Tribunal** for Special Educational Needs and Disability. You will need to do this within two months of the decision.

Further information from Contact

www.contact.org.uk

5 Day Offer



My name is Annette Patrick and I am the '5 Day Officer' for Wakefield Local Authority.

My role is to support young people with special educational needs and disabilities (SEND) aged 16- 25, who have an '**Education Health and Care Plan**'.

I support young people with SEND to be as independent as possible. I help them prepare for adulthood, ensuring that they have access to educational, social and work based services in their local communities in line with their aspirations.

My role involves, developing operational links with other agencies to enable effective inter-agency working, in particular local schools, colleges, education and employment providers. I will signpost, guide and provide support to access information to help young people feel less socially isolated and included within their community.

The '5 Day Offer' supplements what young people receive in their current education setting. I can help young people identify further meaningful activities that can be undertaken with or without support in and around the area they reside in, if they are prepared to engage with this process.

(Please be aware, if the young person requires 1:1 support whilst undertaking an identified opportunity, we may need to be creative and use their Shortbreaks/current Personal Assistant support or Adult Social Care funding to support the activity moving forward).

Many of the young people I work with become more confident engaging in employment opportunities Post 18. This is due to their increased self-esteem because of being able to upskill and participate in several work experience/placement opportunities.

If you would like more information, please contact SEND@wakefield.gov.uk.



Wakefield Castles and Museums



Wakefield Museums and Castles SEND Provision

Relaxed Openings

Every Friday 9.30am – 12pm Castleford Museum now runs relaxed opening mornings for any visitors who would benefit from visiting in a quieter, more relaxed setting.

We will have:

- Reduced noise from audio/videos and interactives
- Lighting will be set to standard even lighting levels
- Ear defenders will be available on request.
- A pop-up tent as an additional quiet area
- One of our craft tables will have fidget toys and sensory objects to explore and distract.



Holiday provision

During the school holidays we will have the same relaxed Friday provision but with extra activities and trails designed for SEND families.

Visual Story

Want to know what to expect from a visit to Castleford Museum? Have a look at our visual story which has pictures showing you what you can see when you visit.

<https://drive.google.com/file/d/1gJ01rcLcd99192xT7Ob8JA4dDHRPn2xH/view>



The visual story shows you a map of the library and museum, as well as photos of important places such as the toilets, the entry and exit points and where activities take place.

Feedback

This is new, so if you have any suggestions for how we can make our Fridays more accessible please get in touch and let us know at museumslarning@wakefield.gov.uk





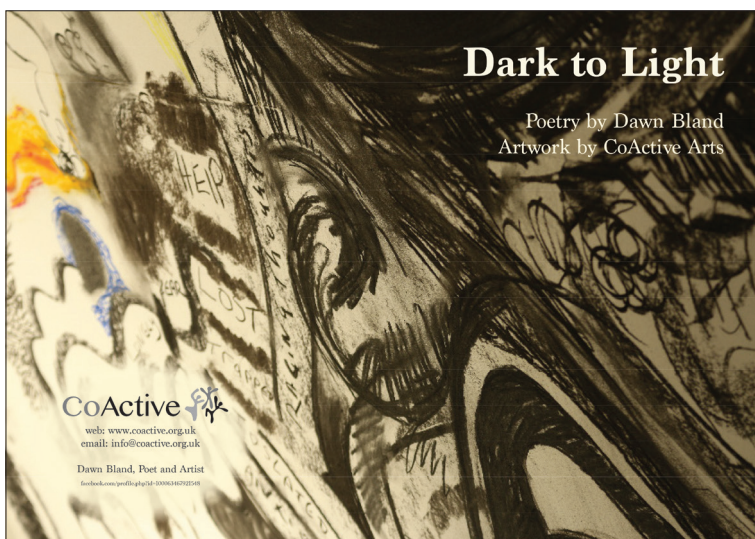
CoActive Arts, a learning disability arts charity in Wakefield, has just completed a project part-funded by the UK Government through the UK Community Renewal Fund. The project brought together partners from childrens and adults learning disability services. We looked at how we could better support young people and their families. We wanted to make them aware of what services we offer to help young people fulfil their potential.

We met twice as a network to share ideas and experiences and think about what we'd like to do together in the future. An element of the project involved teaching digital storytelling skills to a range of adults and young people to help them raise their voices and the profile of the places and services they belong to. Thank you to all the people who participated - we have learnt a lot and are keen to hold onto the momentum created and do more together.

We're now working alongside the Learning Disability and Autism Partnership Board to take forward plans to: create a dynamic newsletter to share news and encourage better partnership working; potential funding to support the network to create more opportunities for meaningful and enjoyable activities; use simple digital tools to capture the voices, experiences and aspirations of people with lived experience of learning disability and share them where they need to be heard. Please get in touch if you want to be involved, we'd love to hear from you. Contact ali@coactive.org.uk

CoActive Arts celebrate and develop the creativity, and support the wellbeing of people with learning disabilities, building a creative place to belong through the arts. We deliver weekly workshops teaching skills and exploring creativity across a variety of art forms 3 days a week at our Make Space in the Ridings Shopping Centre in Wakefield. Regular public performances and exhibitions provide opportunities to share skills and experiences with the wider community.

Our Friday visual arts group has just published our first book in collaboration with poet, artist and mental health activist and CoActive volunteer Dawn Bland.



All sessions are delivered by professional artists, bringing them together with LD adults from across Wakefield District to form a creative community.

If you're interested in coming along to a session to see what we do and if it is for you, please contact us on info@coactive.org.uk

Getting in touch with WESAIL



You can get in touch with WESAIL by emailing wesail@family-action.org.uk or calling 01924 965588.

WESAIL now use Teams calling instead of a landline.

This means that when you call us you will be asked to leave a message with your contact details. Our system will automatically record your message.

We will then call you back within 72 hours.

Our number should show as 01924 965588. However, sometimes the “Teams voice call” London number 020 7660 8200 pops up instead.

But it's still us! 😊

Early Support Advice
Information and
Liaison Service

Wakefield
Wesail

Max Cards

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.

