

Spring Term 2023

FAMILY SUPPORT



Newsletter

WELCOME

Dear families,

The Spring Term tends to be the shortest of the three and before we know it we have reached Half-Term. Hopefully we will soon head into lighter evenings and warmer weather. We hope you find the information here useful. Please use the QR codes for the most up to date information and to check suitability of activities for your young person. (For QR codes, simply use your normal camera app and a link will appear in 2-3 seconds)

Please see page 4 to find out how you can contribute to our next Newsletter. Mrs Green

DON'T MISS OUT!

Empire Theatre Halstead Autism Friendly Cinema

Next showing
Saturday 18th Feb

£1.00 per
ticket!



Update: Now from age 5+



"The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema."

Re-apply each year. Yearly cost of £6. See website for eligibility- e.g in receipt of DLA

SHORTBREAKS...

There is huge demand for dates so be ready with some possible dates in mind when booking goes live.



Caravans Beach huts Tickets

Caravans and beach hut bookings are now closed for 2022

Bookings for 2023 will open late January early February

Limited tickets available until December 2022
Applications will open again around April 2023
Max cards available all year round

Many of our school and college students attend this inclusive football team...



"We provide a safe environment where young people with any special educational need or impairment can flourish playing the game they love, led by FA qualified coaches and supported by the Essex FA.

We train on Saturday mornings and regularly take part in Soccability festivals and tournaments. We have use of an indoor facility during the winter, so able to escape most of the poor weather which sometimes keeps kids away.

If you have a child aged 8-16 that wants to play football and be a part of a team, then please get in touch.

For more information please contact Luke Ayton on 07455 391503 or email lukeyayton07@gmail.com
Please also follow us on our Instagram page [Baddow_Spartak_Soccability](#)"

DON'T MISS OUT!



SNAP continue to run their FREE specialist talks in-person and online. Visit their website to book your place



Specialist teacher and Autism consultant Kathryn Miller

Behaviour as Communication

Wednesday 22nd March
10am to 12noon - The SNAP Centre
7.30pm to 9.30pm - Online webinar

An introduction for parents of children with additional needs who want to know more about supporting siblings

Supporting Siblings with Sibs

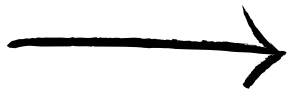
Wednesday 8th March
10am to 11am - The SNAP Centre





Coming up in March!

Chelmsford



INCLUSIVE MULTI-SPORT CHILDREN & YOUNG PEOPLE SESSIONS

During the school holidays we are providing an opportunity for SEND children and young people to participate in physical activity whilst also building important skills for development which are age appropriate and completed in a safe environment.

The session will be delivered by an Occupational Therapist and a Specialist Sports Coach, which will be accessible, adaptive, active and most importantly fun!

This session is run in partnership with Essex Shortbreaks so please quote your child's ID number when booking in.

When & where is the session?

Monday 13th February 2023 Witham Leisure Centre, Spinks Lane, Witham CM8 1EP **Ages 6-11**
at 1.00 – 2.00pm

How much is it?
£3.50 per participant per session.

WITHAM IS A CASHLESS VENUE

Anything else I should know?
Anything else I should know? Our delivery is in partnership with Essex Short Breaks who require attendees to submit a unique passport ID number when booking, you can access this number from www.shortbreaks.essex.gov.uk. We strive to achieve inclusion; the session spaces will be available for a child with a unique ID number and spaces will be available for a child without an ID number.

For further information on this children's session, please contact Megan Potts, Occupational Therapist on 07394 564942 or via email at info@sportforconfidence.com

SPORT FOR CONFIDENCE

INCLUSIVE CHILDREN, YOUNG PEOPLE & FAMILY SESSIONS

During the February school holiday, we are excited to be providing opportunities for SEND children and young people at Riverside Leisure Centre to participate in physical activity whilst also building important skills for development which are age appropriate and are completed in a safe environment.

Sessions will be delivered by an Occupational Therapist and a Specialist Sports Coach to ensure the sessions are accessible, adaptive, active and most importantly fun.

Please use the below contact details to register your interest and discuss any special requirements to ensure that you have a positive experience.



MULTI-SPORTS
(CHILDREN AGED 11-16)

Wednesday 15th February
3:00pm – 4:00pm

This session involves experiencing a variety of sports which will be decided by the group of attendees. The sports will also incorporate working on social and vocational skills which can be transferred into everyday life. The session will provide the children and young people with an opportunity to try new sports and test out their skills in a safe environment. The session will also incorporate proprioceptive activities to help with self-regulation.



FAMILY SEN ICE SKATING

Friday 17th February
1:15pm – 2:15pm

This session is a quiet time for families with SEN children and young people to access the ice rink in a supportive and inclusive environment. Accessing the ice rink is not essential and the time can be spent putting on and getting use to ice skates on the floor. Support from staff will be provided on the rink, but the children and young people should have a designated supporter at all times. If you would like to discuss any additional needs* or requirements, please feel free to contact our Occupational Therapist.

*There are limited wheelchair boards for the ice rink, these must be booked in advance.



FAMILY SEN SWIMMING

Sunday 19th February
5:15pm – 6:15pm

The Sunday swim session is a quiet time to access the pool for those that need it. This session provides a relaxed environment for children and young people with additional needs to enjoy swimming and meet new people. The session is a freestyle session with a swim instructor present to help facilitate access.

£3.50 PER SESSION
CHELMSFORD IS A CASHLESS VENUE

For all booking and enquiries, please contact Megan Potts, Occupational Therapist on 07394 564942 or via email at info@sportforconfidence.com



Witham



Useful to know...



"The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country"

Keys cost £6. Scan QR code for more.

(Note: some Changing Places toilets have different keys)



"We're always trying to support as many SEND families as we can so have made some changes..."

Alongside our usual Stay & Play from 1:30-4:30 we can now offer 2 hour Respite sessions

1:30-2pm, you arrive and stay to ensure your child is settled

2-4pm, full respite with our awesome support staff

4-4:30pm, you return and staff have a catch up with you

Cost is £35"



Light Touch Care

"Light Touch is way for parents who don't qualify for social care get up to 28 hours of support with a six-month period. You can use Light Touch to:

- Help your child at home
- Help your child take part at a club or activity
- Take your child out to see friends"

You can self-refer for Light Touch care.
Use the QR code to find out about eligibility .

Avoidant and Restrictive Eating



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Knowledge is power...

Our previous Sensory workshop with our Jump Start OT was very popular. We talk about sensory Integration all the time. Learn a little about it here in these clips.

SO, WHAT IN THE WORLD IS INTEROCEPTION?



From our families...



Recommended by you

Have you recently visited somewhere that you think other families would love?

Is there an accessible club that has made a difference to your young person?

If there is anything you wish to share with others, please let us know so we can consider it for our next newsletter.

contact:

admin@thriftwoodschoo.com

FAO Mrs Green

Further support...

Family Innovation Fund-Xtra



The current **Family Innovation Fund (FIF)** is a range of established services for Children, Young People and Parents/Carers with low level needs that cannot be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help to support children, young people and parents/carers.

FIF-Xtra services have been set up so there is even more help available during this time, online and via telephone, to support children, young people and their families who are experiencing the effects of the COVID-19 pandemic.

- Understanding Coronavirus
- Managing and coping with change
- Separation and loss
- Managing and coping with anxiety
- Healthy family relationships
- Staying active and curious

This support is strictly for those who are not open to specialist or statutory services such as social care or mental health services. Children aged 0-19 (up to 25 with special educational needs and learning disabilities) and their parents/carers can access support; either individually, in groups, as a couple or the whole family.

To make a referral please look below at the different services below to see which can best meet the needs of those you are referring. If a family has more than one need, the organisation you do call will be able to help get the right support for everyone.

All these services offer one to one, group work, family work and support for parents in managing the behaviour of their children, or struggling with their relationship whether together or not.

Wilderness Foundation offer counselling and therapeutic support and may bring nature, art and other practical & creative tools into sessions. Appointments available: Monday -Friday 9am-5pm. Evenings & weekends by appointment. www.wildernessfoundation.org.uk
Contact us on 0300 1233073
info@wildernessfoundation.org.uk



Renew Counselling are an experienced and accredited counselling service for all ages. Appointments available: Monday – Friday 10am – 5pm and Monday-Thursday 5pm-8pm. Saturdays by appointment. www.renew-us.org
Contact us on 01245 359353
hilary@renew-us.org



Relate are specialists in offering accredited mediation and counselling. Appointments available: Monday- Friday 9am-9pm and 9am-5pm on Saturdays. www.relatelneene.org.uk
Contact us on 01245 676930 or 01708 441722
enquiries@relatelneene.org.uk



Open Door offer a wealth of experience including coaching, counselling, and mediation. Appointments available: Monday-Thursday 9am-7pm, Friday 9am-5pm. Saturday and Sunday by appointment. www.opendoorthurrock.org
Contact us on 01375 390040.
Fifxtra@opendoorservices.org



YMCA Family Support team are here to help young people and families to identify beneficial strategies and solutions. Appointments: Monday – Friday 9am- 5pm Evenings and Saturdays agreed by appointment. www.ymcaessex.org.uk **Contact us on** sarah.daniels@ymcachelmsford.org.uk
01245 355677



Evolve Intervention offer coaching and mentoring to enable people to support themselves. Appointments available: Monday -Friday 9am to 6pm. Some evenings and Saturdays by appointment only. www.evolve-intervention.com
Contact us on 01245 526069
info@evolve-intervention.com



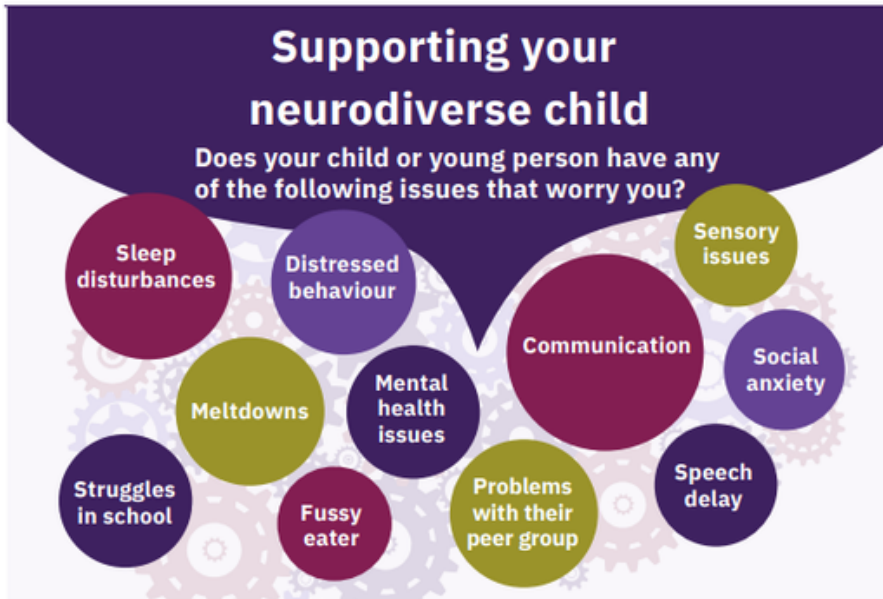
Online poster here



More information here



Further support...



What is our virtual Graffiti Wall?



It is an easy to access online form where you can tell us all your views and experiences anonymously on anything SEND related.

Education, therapies, transport, diagnosis, social care, we want to know it all!

Sharing the parent voice helps instigate change and improvement, to ensure better outcomes for children and young people with SEND and their families.



YOUR voice really can make things better, click on the link above and share it!

[Supporting your neurodiverse child resource pack](#)

Written by Essex Family Forum, MyOTAS and SEND the Right Message, this information pack is to help families navigate the support that is available and includes practical interventions, resources, hints and tips based on the lived experiences of local families. Available both online and in hard copy, simply scan the QR codes opposite, or visit the Essex Family Forum website.



View a digital copy here

[About Essex Family Forum](#)

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org to find out more about what we do, to access the resource pack and to share your experiences and feedback via our virtual graffiti wall.



Order your free hard copy here

[Support for children and young people with SEND](#)

The Local Offer gives children and young people with SEND, and their families, information about what support services are available in their local area. You can access the Essex Local Offer at www.essexlocaloffer.org.uk



Share feedback via our graffiti wall here

If you missed our previous Autumn Newsletter and wish to obtain a copy, please contact the school office.

2023



Create a visual schedule for Half Term

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					