

The Link

SEND Newsletter

Autumn Edition 2017

Welcome to The Link – our termly newsletter to keep parents up to date on all things SEND.

In this issue you will be able to find out about changes to mental health and wellbeing services, information on disagreement resolution and mediation, and about the Sleep Tight Trafford service run with Together Trust.

Our Activities and What's On section includes activities for the holiday periods as well as lots of helpful workshops and training!

Don't forget to spread the word to help us reach as many parent carers as possible!

CONTENTS

Spotlight On...	2
Advice & Guidance	4
SEND Local Offer	7
Activities & What's On	9
Services	12

Sign Up!

Register to receive future editions of this newsletter directly into your inbox.

It only takes a few minutes to complete the short form which you can find online:

www.trafford.gov.uk/thelink

Spotlight On: Mental Health and Wellbeing

Improving mental health brings major benefits for health and quality of life. It is key for achieving positive outcomes and improving children's life chances. Over £3 million per year is spent in Trafford to deliver children's mental health services.

Previously mental health services for children and young people in Trafford were delivered around a national framework with four tiers, or levels of need. Many children and young people were previously seen at Tier 3 level.

Trafford are now following the recommendations of Future in Mind (a Department of Health proposal document) and delivering the services in line with the THRIVE model.

What this basically means is that earlier help and support will be provided for children and young people at Tier 1 and Tier 2 levels, where the demand has shown to be high.

Sources of Support

Children and young people may need different types of support at different times. Sometimes it might just be about getting a bit of advice. Other times issues are more serious.

There are lots of organisations that offer mental health support, both locally and nationally. Your child's school will have a pastoral lead or a staff member who leads on mental health that your child can talk to. Drop in sessions with school nurses may be available, and some schools have access to counsellors.

42nd Street: targeted support

42nd Street support young people experiencing difficulties with their mental health and wellbeing.

Based in Manchester, 42nd Street provides therapeutic support to 11-25 year olds, and offer many groups and services to Trafford residents.

Talkshop: local walk in support

Talkshop has a confidential walk in service called Headspace. They provide early help and counselling in a friendly, relaxed local environment.

They will also help young people to access other services, such as talking therapy, mindfulness and other self help programmes.

Kooth: ONLINE counselling

Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support online.

They support 11-18 year olds and provide access to counsellors until 10pm each night, every day of the year, as well as peer support via fully moderated forums.

Trafford Sunrise: children and families

Trafford Sunrise supports children aged 5-12 years and their family.

Spotlight On: Mental Health and Wellbeing

Sunrise helps children in coping with stress, learning how to relax and promoting emotional wellbeing.

Sessions include 1:1 support and group sessions where they can practice their coping skills and make new friends.

The Proud Trust: LGBT+ support

The Proud Trust are an LGBT+ youth organisation based in Sale.

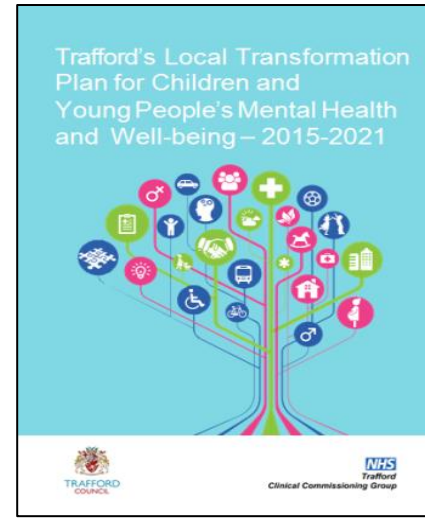
They provide youth groups, peer support, manage the LGBT centre for Manchester and deliver training.

Healthy Young Minds: Specialist support

Healthy Young Minds is for children and young people up to the age of 18 who have complex emotional/mental health difficulties.

Trained professionals can meet with your child and talk about how they are feeling and the problems they are struggling with.

Healthy Young Minds Trafford includes a specific mental health resource that helps with the Complex and Additional Needs (CAN) team, Looked After Children, Youth Offending teams and infant mental health.



Local Transformation Plan

Trafford's mental health and wellbeing services for children and young people are changing.

A Local Transformation Plan has been refreshed to explain what the current situation looks like as well as what changes are being made. This plan will continue to be updated every year.

Click on the link to view current
[Local Transformation Plan](#)

A survey is produced every year that explains the changes that have occurred. Let us know what you think!

Take part in the latest survey
[Local Transformation Plan Survey](#)

Advice and Guidance

Trafford VOICES Day: Co-Production

In the last issue of the Link newsletter we mentioned that a Co-Production Workshop was being held. We are pleased to say that this went ahead on the 14 July 2017 alongside Genuine Partnerships, Contact (formally Contact A Family) and the National Alliance for Local Area Partnership Working.

It was a great event with lots of people attending and which brought us together to talk about what we are currently doing, what we do well and what could be improved.



We heard the perspectives of young people; parent carers; schools and early years settings; local authority inclusion, education and social care staff; and health partners.

People spoke honestly within the Focus Groups and worked together during the activities. There was great energy in the room and a real commitment to co-production.

Thanks to all that attended.

What is Co-Production?

Co-production involves children, young people, families, practitioners and partners working jointly together in an equal and reciprocal relationship. It enables genuine participation in decision-making. These are the 4 cornerstones of co-production:

WELCOME AND CARE

VALUE AND INCLUDE

COMMUNICATE

WORK IN PARTNERSHIP

Developing and nurturing each of these to build

TRUST

Trafford Local Area Report

This report goes into detail about what was discussed on the day: what was felt to be going well in Trafford, areas for development, hopes and dreams and Next Steps....

So keep your eyes and ears peeled for what these will be!

See more on SEND local offer:

[Trafford VOICES Day Report](#)

[Trafford VOICES Day Transcript](#)

Advice and Guidance

SEND disagreement resolution and mediation in Trafford



What is disagreement resolution?

Disagreement resolution can be accessed when there are disagreements between parent / carers or young people and the local authority or education providers about:

- How the authority, body or provider are carrying out their education, health and care duties for children and young people with SEND, whether they have an EHC Plan or not.
- The special educational provision made for a child or young person, whether they have an EHC Plan or not.
- About health and social care provision during the EHC needs assessments or while EHC Plans are being created or reviewed – this type of disagreement is likely to involve the Trafford Clinical Commissioning Group (TCCG).

Disagreement is voluntary on all parties and can be used at any time, if both parties agree.



What is mediation?

Unlike disagreement resolution, mediation is specifically linked to decisions about EHC needs assessments and plans.

Parents and young people have the opportunity to go to mediation before they register an appeal with the First-tier Tribunal. You can also use mediation about the health and social care aspects of an EHC Plan. You can go to mediation if Trafford Council decides:

- not to carry out an EHC assessment
- not to draw up an EHC Plan
- not to secure a reassessment
- not to amend or replace an EHC Plan following a review or reassessment
- to end an EHC Plan

Or if there is no agreement about the contents of a final, or amended, plan including:

- Description of the special educational needs as specified in the plan
- The special educational provision, school or other institution specified in the plan
- If there is no school or other institution named in the plan.

See more on SEND local offer:
[SEND disagreement resolution, mediation and SEND tribunal](#)

Advice and Guidance

“I thought it was a positive to have the support from the independent mediator.

She intervened when things got a bit heated and ensured that things were heard from both sides and it ended in a positive way forward” – Trafford Parent

Essential Mediation

In Trafford mediation and disagreement resolution are provided by Essential Mediation. Essential Mediation specialises in resolving education disputes between parents, young people, education providers, health services and local authorities.

Essential Mediation provide an information advice line and pre-tribunal mediation sessions, as well as disagreement resolution services, to help parties to resolve disputes around SEN provision.

Mediators have a recognised mediation accreditation and are independent, highly skilled professionals who have considerable experience of the SEN system and have direct experience working with parents, schools, and professionals.

Support provided includes:

- A dedicated mediator, rather than an administrator, to provide you with advice and support through the process;
- A dedicated email address so that any queries can be dealt with promptly;

- A website with a dedicated area for parents and young people, including a FAQ page;
- An Information Advice Line, facilitated by mediators, between the hours of 9 am - 5pm, weekdays as a minimum;
- An answerphone service for out of hours calls where a message can be left or alternatively a mobile number will be provided. All out of hours/missed calls will be responded to within 24 hours;
- Access to a translator and/or translated documentation through a third party service when required;
- An information pack including guidance on preparing for a mediation session.

How do I access advice, mediation or disagreement resolution?

Parents and/or young people over the age of 16 can contact Essential Mediation directly. Or you can find out more information and get support from the Trafford Parent and Young People Partnership Service.

Essential Mediation

Telephone: 01908 889080

Email: admin@essentialmediation.co.uk

Trafford Parent and Young People Partnership Service (PYPPS)

Telephone: 0161 912 3150

Email: pypps@trafford.gov.uk

SEND Local Offer

Trafford Family Information Service Outreach Team

Last edition we introduced you to the Family Information Service Outreach team. Here's what they've been up to over the past few months, in their own words...

Pictor Parent's Evening (Sharon)

I attended a parent's evening at Pictor Primary School to offer information about local activities, services and childcare options.

Almost everybody said they were looking for activities for their children for over the summer. I was able to provide a print out of summer activities taken from the latest Link newsletter.

This also allowed me to promote the Link newsletter as a useful source of information and a way of keeping up to date with any new developments and activities around SEND.



Monika at Future Visions

“The support from Saima and Monika was Brilliant, our Members benefited from their visit and information on the local services available, also the resources and gifts were all well received by our members as they now enquire more about some of the services they were introduced to.”

Future Vision open day (Saima & Monika)

This was a very useful event for us to attend. The open day was for adults with SEND. Future Visions supports adults with life skills, engaging with the adults to get involved and using services that are accessible to them.

We showed the Trafford Directory and SEND local offer to the members, as well as how to navigate their way through. We also showed the provider how to register their services and they said it was really good to see all services under one roof.

Contact Us:

Telephone: 0161 912 1053

Email: FIS@trafford.gov.uk

Facebook: [@TraffordFIS](https://www.facebook.com/TraffordFIS)

Twitter: [@TraffordFIS](https://twitter.com/TraffordFIS)

SEND Local Offer

The Orchards Coffee Afternoon (Carla)

I attended a coffee afternoon at Orchards school to offer information to parents/carers about local activities and services.

I was able to help a parent who was looking for out of school activities for her son. Another parent had a more specific enquiry in relation to short breaks. I took her details in order to get back to her with information.

I signposted to Trafford Parent and Young People's Partnership Service (PYPPS) and the Education, Health and Care (EHC) Team.

We can come to you!

Remember, our Outreach Team and other FIS staff can attend your groups or activities to help provide information and advice or show you how to use the Local Offer website.



Short breaks for disabled children and young people and those with additional needs

The All Age Commissioning Service is pleased to announce that two new organisations will be providing 'short breaks' in the form of activities

at weekends and holiday clubs. These providers replace the short breaks services previously provided by Stockport CP.

Sport Works, in partnership with Gorse Hill Studios, is setting up a new Saturday Club for 5 to 11 year olds, based at Lostock Youth Centre in Stretford, with a choice of morning and afternoon sessions covering sports, games and arts and crafts. There will also be holiday clubs throughout the year.

Together Trust is organising sessions for 11 to 18 year olds, either based at their centre in Ordsall, or community based doing a variety of activities. They will also run holiday clubs throughout the year.

In order to ensure that these new opportunities are allocated to children and young people in a fair and equitable way, parents will need to register for short breaks using an online form. Parents will then need to apply for activities on a termly basis.

Completing the registration and application forms will not guarantee a child a place. However it will ensure that spaces are allocated fairly on a termly basis.

We will be contacting parents who have registered in November with more information about activities in the spring term and Easter holidays.

Further details about this can be found at www.trafford.gov.uk/shortbreaks

Leisure Activities and What's On

Events

Access All Areas: Z-Arts

1 October, 5 November, 3 December 2017

Location: Hulme, Manchester

Accessible fun days for families, with different themes and free activities

Stockdales Autumn Ball Fundraiser

Saturday 14 October 2017, from 6.45pm

Location: Radisson Blu, Manchester

A wonderful evening hosted by Becky Want from BBC Radio Manchester

Transitions: Sport Sessions

Fortnightly, Wednesday (Oct to Dec 2017)

Location: Trafford CIL, Sale

Fun sport based games to help with problem solving and communication

Coffee morning for parents and carers of children with ASC

Wednesday 18 October 2017, 10am to 12pm

Location: Together Trust, Stockport

Meet others over a cup, and get some advice

Ossyfest Festival

Saturday 21 October 2017, 12pm onwards

Location: Oswaldtwistle, Accrington

Music festival for people with a learning disability or autism, their families and friends

My Son's Not Rain Man

Tuesday 7 November 2017, 7.30pm

Location: The Plaza, Stockport

Stand-up comedian and single dad with his 12 year old child who's autistic

Stockport CP Christmas Fair

Tuesday 7 November 2017, 2pm to 6pm

Location: Bramhall Park Golf, Stockport

Arranged by the Lady Captain, join us for some early Christmas Shopping

Stockdales Christmas Fair

Sunday 26 November 2017, 12.30pm

Location: Stockdales, Sale

Loads of lovely festive treats and a special performance from Wellfield Infants Choir

Coffee morning for parents and carers of children with ASC

7 December 2017, 10am to 12pm

Location: Together Trust, Stockport

Meet others over a cup, and get some advice

ASGMA Winter 2017 Newsletter and Activity Calendar (October, November, December)

Click on the link above to find out activities for the youth clubs, all age girl group, all age footie group, gaming group, walking group, Saturday DVD Takeaway group and Saturday Activity group. Includes:

- Bolton and Trafford Laser quest
- Center Parcs
- Bowling
- Go-Karting
- Chill Factore
- Halloween Fancy Dress Parties
- Bonfire / Firework Display
- Opera House
- Christmas Parties and Meals

Leisure Activities and What's On

Training and Workshops

Independent Living Choices

Wednesday 11 October 2017, 6.30pm

Location: Seashell Trust, Cheadle

Free information session with guest speakers from Sense.

Sensory Impairment:

Five Day Course for Intervenors

Monday 16 to Friday 20 October 2017

Location: Seashell Trust, Cheadle

For those employed to work with children or young people with complex sensory needs

Supporting Your Teenager Towards Independence Workshop

Tuesday 17 October 2017, 9.30am to 2.15pm

Location: Stockport County FC, Stockport

Workshop delivered by Paul Harper MBE and supported by Seashell Trust. Free lunch.

First Aid Training (Accredited)

Monthly courses from 17 October 2017

Location: Trafford CIL and Age UK

Accredited, practical course delivered by Millie's Trust.

Sleep Success Workshop

Wednesday 18 October, 9.30am to 2pm

Location: Village Hall, Cheadle

Workshop with qualified sleep practitioners and The Children's Sleep charity. Free lunch.

Dietary Issues and How to Promote Experimentation

Wednesday 18 October, 5.45pm to 7pm

Location: Seashell Trust, Cheadle

First of several sessions aimed at helping families with everyday issues. For parent carers of a child or young person with autism and severe learning difficulties

Free Training for Supporting Individuals to be Good Employers

Monthly from 19 October 2017

Location: Trafford CIL and Wigan Carers

Free training to support people who employ a PA to help with care

Trafford Apprenticeship Fair

Tuesday 24 October 2017, 2pm

Location: Trafford College, Altrincham

Aimed at Year 11s and Year 13s

Total Communication Training

Thursday 2 November, 9.30am to 4pm

Location: Trafford CIL, Sale

Free training delivered by Allison Mathews from Total Communication

Autism Hands On Conference

Tuesday 14 November 2017, 8.30am

Location: Stepping Hill Hospital, Stockport

The 14th Annual National Conference

Moving and Handling Training

From 14 November 2017, 1pm to 4pm

Location: Trafford CIL and Age UK

Delivered by Lowry Training, CPD certified

Leisure Activities and What's On

Training and Workshops

Kidz to Adulz Up North

Thursday, 16 November 2017, 9.30am

Location: Event City, Trafford

150+ stalls, free seminars

Promoting Independence:

For Parents and Carers

22 November 2017, 6pm to 7pm

Location: Seashell Trust, Cheadle

Second of several sessions aimed at helping families with everyday issues. For parent carers of a child or young person with autism and severe learning difficulties

Understanding and Meeting the Sensory Needs of Children with Autism

Saturday 25 November 2017, 10.30am

Location: Pictor Academy, Trafford

Interactive short conference with Specialist Teachers sharing real life experiences

Total Communication Training

Tuesday 28 November and Wednesday 8 December 2017, 1pm to 4pm

Location: Wigan and Trafford CIL, Sale

Free training delivered by Allison Mathews from Total Communication

Using Communications Systems at Home

13 December 2017, 6pm to 7pm

Location: Seashell Trust, Cheadle

Third of several sessions aimed at helping families with everyday issues. For parent

carers of a child or young person with autism and severe learning difficulties

Mental Health and Wellbeing

17 January 2017, 6pm to 7pm

Location: Seashell Trust, Cheadle

Fourth of several sessions aimed at helping families with everyday issues. For parent carers of a child or young person with autism and severe learning difficulties

First Aid Training (Non-accredited)

Thursday 1 February 2017, 10am to 4pm

Location: Trafford CIL, Sale

CPD certified course delivered by Millie's Trust

The Functions of Behaviour of Concern

21 February 2017, 6pm to 7pm

Location: Seashell Trust, Cheadle

Fifth of several sessions aimed at helping families with everyday issues. For parent carers of a child or young person with autism and severe learning difficulties

Postcards from the Aspie World

21 March 2017, 5.45pm to 7pm

Location: Seashell Trust, Cheadle

Sixth of several sessions aimed at helping families with everyday issues. For parent carers of a child or young person with autism and severe learning difficulties

**Available 24/7 to view
on Trafford's SEND Local Offer
SEND Events and Training**

Services

Sleep Tight Trafford
near differences for real lives

STEPS TO A GOOD NIGHT'S SLEEP

- NOW IT'S TIME TO SLEEP** (Zzz)
- GET INTO BED** (Turn out the light)
- GET READY FOR BED** (Brush teeth, Shower/bath)
- HAVE A HEALTHY SUPPER**
- GET THE ROOM READY** (Tidy away toys, Put gadgets to charge, Turn off TV)
- BE ACTIVE DURING THE DAY**
- HOW DOES SLEEP HELP?** (Helps to keep us healthy, Important for learning, Improves our mood)

together trust
near differences for real lives

TRAFFORD
Clinical Commissioning Group

FOR MORE INFORMATION OR ADVICE ON SLEEP SPEAK TO YOUR HEALTH VISITOR OR SCHOOL NURSE OR VISIT OUR WEB SITE: WWW.TOGETHERTRUST.ORG.UK/SLEEPTIGHTTRAFFORD

Sleep Tight Trafford

Sleep Tight Trafford is an innovative service, which offers advice and support to Trafford families who have children that are struggling to sleep.

Why is sleep important?

We all know what it feels like to have a bad night's sleep and the impact it can have on how we feel the next day. We spend around a

third of our lives asleep and sleep is vital to our health and wellbeing, yet it is often something we take for granted.

Sleep problems in children are increasing and have been raised as a growing national concern as British children are some of the most sleep deprived in the world, which has been reflected in recent coverage in the national press and TV.

Services



Sleep problems have a wide-ranging impact on children, especially on their behavior, concentration; school attendance and ability to learn; and there are also growing concerns with links to obesity.

How can I help my child to get a good night's sleep?

There are lots of things that you can do to help your child to get a good night's sleep which don't cost anything. What's more, improving your child's sleep can help to keep them fit and healthy, and help them to do well at school. Here are some top tips:

1. Be active in the day.

Many children spend a lot of time watching TV and playing on gadgets, but being active does not have to cost a lot and has many health benefits as well as helping to tire us out.

2. Get the bedroom ready

Many children have bedrooms full of toys and gadgets which are great to play with during the day and in the school holidays can help give you space in other parts of the house – but what about at bedtime? Do these toys and gadgets then distract your children from going to sleep?

Simple solutions including tidying away toys and creating a routine for turning off devices can help children to settle to sleep faster at bedtime.

3. 30 minutes screen free time

Gadgets are playing an increasingly important role in the lives of us all. Many children have gadgets such as mobile phones and laptops freely available to them during the day and night in their bedrooms; this can provide a great source of entertainment but can interfere with bedtime routines and settling to sleep.

This is because these devices are very stimulating for our brains and the light the screens give off can interfere with our ability to settle to sleep. Aim for a gap of at least 30 minutes between screen use and bedtime.

4. Have a good bedtime routine

A good bedtime routine is important for us all as it helps us to establish good sleep patterns. If your child is hungry or thirsty offer a healthy supper in a room other than the bedroom and avoid giving big drinks at suppertime as you don't want wet beds or children getting up in the night for the toilet.

Then go to get ready for bed, this may include a wash, bath or shower, before changing into pyjamas, brushing teeth and getting into bed. Some parents like to read a bedtime story to their child before they turn off the light and say "time to sleep".

Having a good routine and a set bedtime will help your child to fall asleep at a set time and get up in time for school, which will make mornings less stressful for the whole family.

Services

How much sleep?

If you're not sure how much sleep your child should be getting, check it out on the Sleep Tight Trafford website.

[Together Trust – Sleep Tight Trafford](#)

What help is available for parents?

Visit the Sleep Tight Trafford website for more top tips and general advice on ways to improve your child's sleep.

If you want to talk to one of the Sleep Tight Trafford team for more detailed help and advice, you can book an appointment at one of our sleep clinics being held in:

- Partington
- Broadheath
- Sale

Children with ADHD / ASD on Melatonin

If you have a child with autism and / or attention deficit hyperactivity disorder who has been prescribed Melatonin to help them sleep you may be eligible for additional help and support to improve your child's sleep.

[Together Trust – Sleep Tight Trafford](#)

Telephone: 0161 286 4201



Notice for Blue Badge Holders

The Department for Transport have recently started a project to transform the Blue Badge service and need your views.

The following survey will help us better understand your needs. If any questions are not relevant, feel free to leave them unanswered.

[Blue Badge Survey](#)

Your answers will be anonymised and will not affect your personal use of the scheme.

The survey should take no longer than 15 minutes to complete.