

# Southbourne Infant School

## SEND Newsletter - Spring Term 2023



Welcome to the Spring Edition of the Special Educational Needs and Disabilities Newsletter.

### Who do I talk to?

If you have any concerns about your child's needs the first port of call is always the class teacher. Then, if need be, the teacher will suggest a conversation with Mrs Sherlock, our SENCO, to discuss how best to support your child's needs. Other services you can access include

#### The Local Offer

<https://westsussex.local-offer.org/>

#### West Sussex SENDIAS

<https://westsussexsendias.org/>

### Reaching Families

Reaching Families is a parent-carer led charity that supports **parents and families of children and young people with special educational needs and disabilities** in West Sussex. We do this through a number of services including the delivery of information, training and peer support. You can find out more about us on our website.

<https://reachingfamilies.org.uk/>

See below for training, workshops and parent/carers support groups.

### Reaching Families - Training

Reaching families have recently increased their training and support groups and have a wide range of free workshops, courses and groups that some families may find helpful. They also run local support groups for parents/carers called Umbrellas. See below for more information.

## Umbrellas

Parent Support Group

Spring Term 2023

Would you like to connect with other local parent carers?

#### Umbrellas Online

Thursdays via Zoom

9th February	10 am - 11.30 am
23rd February	7.30 pm - 9 pm
2nd March	10 am - 11.30 am
9th March	7.30 pm - 9 pm
16th March	10 am - 11.30 am
23rd March	7.30 pm - 9 pm
30th March	10 am - 11.30 am

For more information contact

Hannah Delmar-Addy

Email:

[hannah@reachingfamilies.org.uk](mailto:hannah@reachingfamilies.org.uk)

Telephone: 07951 794734

## Training

Spring Term 2023

(2nd half-term)

Free training courses and workshops .

### March

Understanding Autism in Girls	Thursday 2nd	10.30am
Understanding Sensory Processing Difficulties	Tuesday 7th	10.30am
Making Sense of Wellbeing - Key skills to improving communication	Tuesday 7th	7.30pm
Making Sense of EHC Needs Assessments and Plans	Thursday 9th	10.30am
Making Sense of Anxiety in Children (Primary age)	Tuesday 14th	10.30am
Making Sense of Universal Credit	Thursday 16th	10.30am
Making Sense of Challenging Behaviour in Adolescence	Monday 20th	7.30pm
Making Sense of Sleep (for children age 2-11 years)	Tuesday 21st	10.30am
Making Sense of Wellbeing - How to improve your mood	Tuesday 21st	7.30pm
Making Sense of Transition to Secondary School	Wednesday 29th	7.30pm
Making Sense of Personal Independence Payments (PIP)	Thursday 30th	7.30pm



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

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