



**Special Educational  
Needs & Disability (SEND)**

Information, Advice  
and Support Service  
for children, young people and parents

Hello,

With this week being Children's Mental Health week we thought it would be useful to provide a round up of resources available to you , your children and young people.

We have a drop in coffee morning on February 23rd at Friends House, 14 West Street, Maidenhead and would love to see you there. Remember you don't have to be receiving help from us to come, just come along have a cuppa and meet other parents and our advisers for an informal chat.

If you have used our service this academic year we would really appreciate if you could take 2 minutes to fill in our feedback form: <https://rbwmtogether.rbwm.gov.uk/ias-evaluation>

With best wishes,  
**Jean, Chris Donna & Millie**



## Family Hub Service

Our service aims to work together with a family to achieve positive outcomes and build a supportive network of support to ensure long lasting impact. Our service offers a wide range of support based around the needs of families, this could be an issue that affects a child/young person or the family as a whole.

Within the Family Hub Service there are; Family Coaches, Family Hub Workers, Youth Workers, Parenting Workers, Substance Misuse Workers, Knife Crime Worker and the Youth Engagement Officer. The offer consists of both 1-1 case support and group delivery.

Our service sits within Early Help in Children's Services, Achieving for Children supporting those families who live and/or are educated in RBWM.

[Support for Parents/Carers](#)

[Support for Children and Young People](#)

[Youth Voice](#)

## Parenting Groups

### Referral Link HERE

Groups offered:

**Freedom:** 12th January (Spaces Available) Next: March

**Incredible Years:** 11th January (Full) Next: April

**Space:** 20th February (Spaces Available) Next: June

**Baby Massage:** 10th January (Full) Next: March

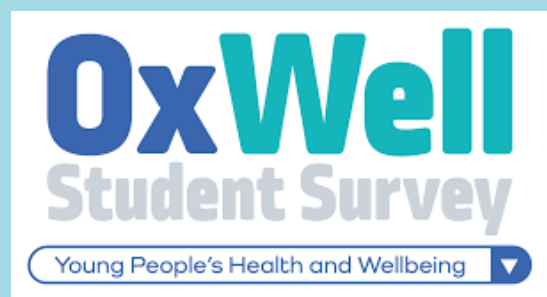
**Triple P Teen:** 17th January (Spaces Available) Next: April

**Triple P Transitions:** 12th January (Spaces Available)

For further information, including how to make a referral email:

[familyhubs@achievingforchildren.org.uk](mailto:familyhubs@achievingforchildren.org.uk)

### Family Hub Website



### Sign up to the OxWell Survey 2023

The OxWell Student Survey is an online study that measures the wellbeing of school-aged children and young people, allowing us to learn about the many interconnected factors that might be influencing their health and happiness. By participating in the survey, children and young people can directly let us know how they are feeling and how they would like to access help if they have mental health difficulties

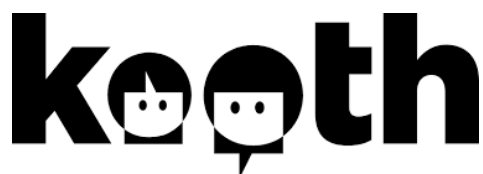
### Oxwell Survey

### **The Little Blue Book of Sunshine (Ebook)**



Frimley Integrated Care Board (ICB) have relaunched the mental health booklet – the Little Blue Book of Sunshine. The book offers lots of practical and useful advice and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it. This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google, or [here](#).



Kooth is a free BACP accredited online counselling and emotional well-being support service for young people. It offers a safe, secure and anonymous way for young people to access support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners.

In addition to professional support, there are a range of Kooth community-based options, such as discussion boards and magazine articles which provide peer to peer and community support, all of which are safe, secure and pre-moderated.

Kooth is commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 10-25 years.

Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth's website is available 24/7 and counselling services operate weekdays from 12 noon to 10pm and at the weekend from 6pm to 10pm, 365 days a year.

### Kooth

number22  
community counselling services



Number 22 is a well-known local charity, staffed by volunteers. We provide free, confidential counselling to young people (11 years +) and adults in Windsor, Maidenhead and Slough.

We support people in distress by providing a space where our clients can feel valued and heard. We're here to support you if you don't know where to turn; we listen and won't judge you. Together we may find a way for you to make changes to your life which may help to relieve feelings of anxiety and depression.

Our services include:

- Free counselling for Young People and adults
- We provide counselling in schools in Maidenhead, Windsor and Slough
- Transition groups for Year 6 pupils in primary schools
- A parent programme offering training and support in understanding adolescents
- Support line – a confidential telephone service for young people
- Seedlings Service – counselling and play therapy in primary schools
- Advocacy service – supporting children in contact with social service
- Hope – working with clients who have suicidal ideation
- Family Action – supporting young carers
- Reflective practice – offering support to DSLs in schools and staff in social care

You can find out more about the service we offer by visiting our website

[www.number22.org](http://www.number22.org) where you will find our online form to leave your details or give us a call on 01628 636661. People seek counselling for many different reasons. No problem or worry is too small. Please do get in touch if you would like some support.



**Anna Freud  
National Centre for  
Children and Families**

Our mission is to close the gap in wellbeing and mental health by advancing, translating, delivering and sharing the best science and practice with everyone who impacts the lives of children and families.

Find out more [here](#)



### Young Minds

Supporting you and your mental health. Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.

Find out more [here](#)

### Building better Brains for Lifelong Health: The Oxford Brain Story 12-24 years

The Brain Story is a knowledge-based platform which aims to make recent advances in neuroscience accessible to frontline workers and the wider community. The early years are critical for everyone's longer term physical, social and emotional development; the Brain Story aims to articulate the intergenerational cycle of adversity within families, and how we can use our scientific understanding to improve outcomes for both children and adults in the future.

This session will introduce the core story of brain development and how experience can shape lifelong health, with a specific focus on brain maturation during adolescence and

working with young people aged 12-24 years. It will provide you with an overview of the free-to-access Brain Story resources and practical ideas about implementation in your work.

Presenter: Dr Louise Dalton, Consultant Clinical Psychologist, Dr Elizabeth Rapa, Senior Postdoctoral Researcher University of Oxford Facilitator: Anetta Walkowska, Educational Mental Health Practitioner, Berkshire CAMHS

[Building better Brains for Lifelong Health: The Oxford Brain Story 12-24yrs Tickets, Tue 28 Mar 2023 at 15:30 | Eventbrite](#)



### Parent Child Attachment Play

- Would you like to develop skills to help your child with their emotions?
- Explore ways to help your child make positive choices and reduce challenging behaviour?
- Strengthen your relationship with your child?

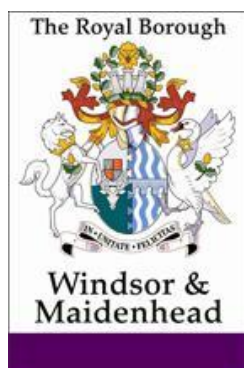
If you answered yes to any of these, the Parent Child Attachment Play Course could help!

#### What is Parent Child Attachment Play?

A 12-week therapeutic parent skills group, led by Play Therapist Natalie Evans. There will be 5 face to face 2-hour group sessions and 7 one to one sessions either by telephone or online. It is not a quick fix for your child but a sustainable way of using your established relationship to create therapeutic, long-lasting change. Whilst boosting both you and your child's confidence.

7 Course Arrangements: Tuesday mornings 10.00 – 12.00 for group sessions. Venue to be confirmed. Dates: 18th April, 25th April, 9th May, 23rd May and 27th June.

Please contact [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) for more information



### RBWM SEND Provision Consultation

The Royal Borough of Windsor and Maidenhead is carrying out public consultation on new provision for children and young people with SEND.

We are proposing to open:

- an Early Years School Readiness Hub at The Lawns Nursery School, Windsor.
- up to four new Resource Bases, attached to schools in Maidenhead and in Windsor, for children with special educational needs.

The proposed Resource Bases are at:

- Cox Green School, Maidenhead - Resourced Provision for Cognition and Learning.
- Desborough College, Maidenhead - Resourced Provision for Cognition and Learning.
- Hilltop First School, Windsor – Resourced Provision or SEN Unit for Communication and Interaction.
- Trevelyan Middle School, Windsor - Resourced Provision for Cognition and Learning.

You can find out more in our **online consultation**.

\*Closes 24th Feb

## Parents' Share sessions



**Thursday 23rd February**

**Coffee morning – drop in**  
0930-1130

@Friend's House, 14 West Street  
Maidenhead SL6

Maidenhead



**EHC Needs Assessments explained**  
with the IAS team

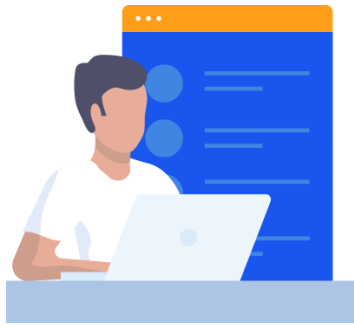
**Thursday 30th March**

0930-1130

@Friends House, 14 West Street, Maidenhead  
SL6

**Free ticket:**

<https://www.eventbrite.co.uk/e/474027889177>



**EHCP session – What happens when I have a plan** - with Kelly Nash, Area SENCo

**Thursday 20<sup>th</sup> April**  
0930-1130

@Friends House, 14 West Street, Maidenhead SL6

**Free ticket:**  
<https://www.eventbrite.co.uk/e/474029714637>



**Thursday 18<sup>th</sup> May**

**Coffee morning – drop in**  
0930-1130  
@Friend's House , 14 West Street,  
Maidenhead SL6

Maidenhead



**Thursday 15<sup>th</sup> June**

**The Autism Group** - informal session with TAG to hear about the work they do, how they can help and their new initiative TAG Tots.  
0930-1130

free ticket:  
<https://www.eventbrite.co.uk/e/474032021537>



**Thursday 13<sup>th</sup> July**  
**Coffee morning – drop in**  
0930-1130  
@Friend's House, 14 West Street,  
Maidenhead SL6

Maidenhead