

Hello!

We hope you are well and looking forward to the Christmas break. Here is our round up of information, news, webinars and resources for December.



Meet the team



*With very best wishes,  
Jean, Chris, Donna and Millie*

## Parents' Share Programme



We hold monthly meetings that we call The Parents' Share where parents and carers can come and share their experiences, knowledge and successes. Sometimes we have speakers and we are always open to new ideas and topics so do drop us a line to let us know.

You can book your free place for the following sessions via the links below.

**NEW!**

### [IAS Surgery - 6th December at Ascot Library](#)

Book a 15 minute slot with one of our advisers, come and have a cuppa with other parents and carers whilst you wait. Book by emailing us here [ias@rbwm.gov.uk](mailto:ias@rbwm.gov.uk)  
Please note you do not need to be registered with us to attend.

### [A Parent guide to Alternative Provision 14th December](#)

A guide to what Alternative provision , what it looks like in RBWM and what you can expect from it. **[Book here](#)**

### [Wellbeing Session and Mental Health with Kooth & RBWM Mental Health team 18th January 2024](#)


What Mental health support is there for you, your child /young person within the borough. What resources are there and how does it work.

[Book here](#)


### [Preparing for Adulthood session 22nd February](#)

What does the pathway for Preparing for Adulthood look like, what does transition look like, what help is there - come along and find out with the PFA team.

[Book here](#)



**Special Educational Needs & Disability (SEND)**  
Information, Advice and Support Service  
for children, young people and parents



www.rbwm.gov.uk  
Royal Borough of Windsor & Maidenhead



## What can the Royal Borough Library Service add to it's offer that would help you and your family to understand your neurodivergence, disability or medical diagnosis?




Help shape the Special Educational Needs & Disability (SEND) library offer within our borough. Please come and share your recommendations at the

### SEND Booklist Working Group

Tuesday 5 December  
10.30am to 11.30am  
Maidenhead Library

Tea and coffee provided  
Email [ias@rbwm.gov.uk](mailto:ias@rbwm.gov.uk) for more information



 @RBWM\_Libraries  RBWM Libraries  RBWM\_Libraries

## News, Webinars, Events & Information

GEMS would like to invite parents and carers to join us for a free online event to find out more



about Kooth.

Kooth is a free, safe, online, anonymous counselling and emotional support service for children and young people aged 10 - 25 in East Berkshire.

<https://www.kooth.com/>

Join Kooth on this 1 hour information session for parents and carers.

The session will cover the following:

- Information about the Kooth service
- How to support young people to register
- Kooth support features
- Live website tour
- Q&A

Online event : 1pm, Thursday 7th December, 2023,

Please email [GEMS.4Health@nhs.net](mailto:GEMS.4Health@nhs.net) with the following details to book your space - Full Name, local authority (Slough, Bracknell, RBWM) and if your child is Autistic, ADHD or dual (Doesn't matter if on pathway, diagnosed or likely hood of).

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# Positive Behaviour Support for Families

Each family will be offered a 1:1 session after the 6 weeks



## Week 1 - Introduction

Introducing the PBS model & the opportunity to meet the trainer and group



## Week 6 - Reactive Strategies

Change doesn't happen overnight. This session makes sure you have a clear plan if something goes wrong



## Week 2 - Carer well-being

Managing your mind-set & well-being. This has a lot to do with progress moving forward



## Week 5 - Structure and Predictability

How to promote structure and support predictability to reduce anxiety and stress



## Week 3 - Low arousal approaches

Creating less stressful environments for yourself and your family



## Week 4 - Increasing positive interactions

This session looks at strategies for protecting and building relationships

For further details of how to book onto this course  
email: [tim@pbscooperative.org.uk](mailto:tim@pbscooperative.org.uk)

## Register for Children and Young People with Disabilities (Disability Register)

All local authorities must have a record or register of children with Special Educational Needs and / or Disabilities (SEND) in their area. This is in the Childcare Act 1989. Our Special Educational Needs and Disability Register is the Royal Borough of Windsor and Maidenhead's way of doing this.

The register helps us and local health services understand:

- how many children and young people with special educational needs live in the Royal Borough of Windsor and Maidenhead
- the types of needs they have



The register is an opportunity for us to hear from children, young people, parents and carers. We use this information to plan and develop better services. Everyone on the register will benefit from:

- Information about support, services, activities and events.
- Information aimed at young people with disabilities.
- Opportunities to have your say about the services that are important to you.
- The knowledge that your anonymous statistical data is helping us to plan and improve services.

### **Who should register?**

If you live in the Royal Borough of Windsor and Maidenhead, we encourage anyone whose family includes a child or young person whose has a special educational need\* or disability\*\* to register. This would include:

- Pre school children whose learning and development is significantly delayed.
- Pre school children who have been identified as needing extra support, for instance, in a childcare setting.
- School age children or young people who are receiving support for a special educational need at their school or educational setting. Children may be on the SEN Support register in their school.
- Children or young people who have an Education Health and Care plan issued through Achieving for Children.
- Young people who are on a supported internship, traineeship or apprenticeship.
- Young people over 13 years of age can register independently and can remain registered until their 25th birthday.

\* Definition of Special Educational Needs on the IPSEA website

\*\* Definition of disability under the Equality Act Act 2010

### **How to Register**

You can register by emailing [disabilityregisterRBWM@achievingforchildren.org.uk](mailto:disabilityregisterRBWM@achievingforchildren.org.uk) and requesting to be sent an online application form.

### **Disability Awareness Card**

Some families of children and young people on the register, or the young person themselves if over the age of 13 years, might wish to request a Disability Awareness Card. This is an officially produced card that will show the name and year of birth of the child or young person. It will confirm that the child or young person is registered as having a disability on the local Special Educational Needs and Disability Register. This can be useful as identification if your disability isn't obvious. This might help you access concessions or discounts that are offered for disabled people and their carers when out and about in the community.

### **How do I request a Disability Awareness Card?**

You can request the card by ticking the box on the form when you apply to join the register. Please email [disabilityregisterRBWM@achievingforchildren.org.uk](mailto:disabilityregisterRBWM@achievingforchildren.org.uk) to find out more information



## Free Guided Self-Help Service

**If you are over 18 and live in Windsor, Ascot and Maidenhead and you're experiencing new stress or anxiety or have longer-term issues with depression, anger or self-esteem, our free guided self-help service is for you.**

The service is a six-week programme that provides you with the tips and tools you'll need to help you understand and feel more in control of your emotions.

Your Wellbeing Coach will support you throughout the course with weekly phone calls. In your first phone call, you and your Wellbeing Coach will explore if the service is right for you.

Together, you'll agree a programme of support covering any of the following topics:

- Anxiety • Depression • Low self-esteem
- Stress • Feeling alone • Managing anger
- Grief and loss

Each week you'll receive materials to help you understand and manage your feelings. These might include

explanations of how and why we experience different feelings, a thought diary or mindfulness techniques.

You won't have to complete these alone. Your Wellbeing Coach will call you each week to talk about how you're feeling and help with any issues you have. All you need is a phone number to get started.

Sign up today, and you could be feeling more in control of your situation in just a few weeks.



For more information please call **07901 511694** or email **gemma.archer@bucksmind.org.uk**

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

 **mind** in Berkshire

 **mind** Buckinghamshire



**Building stronger families**

### Professionals Training - Young Carers Training Schedule – Spring Term 2024

Family Action Young Carers are delivering a series of information and training sessions throughout this academic year, please see session below for the upcoming Spring

Term. These sessions are open to all professionals regardless of whether your work is with children, young people or adults.

Please note, the schools census data collection for Young Carers is occurring in the Spring

2024 census (census date – Thursday 18 January 2024 / return date – Wednesday 14 February 2024)

- Young Carers and the School Census (45 minute virtual) | 9th January 2024, 9:15 – 10am | [Register here](#)
- An Introduction to Young Carers (1 hour virtual) | 9th January 2024, 3:30 – 4:30pm | [Register here](#)
- Young Carers in Healthcare Roundtable sessions (1 hour 15 mins virtual) | 8th February 2024, 9:15 – 10.30am | [Register here](#)
- Young Carers and the NHS Long Term Plan (45 minute virtual) | 22nd February 2024, 9:15 – 10am | [Register here](#)
- Young Carers and the NHS Long Term Plan (45 minute virtual) | 22nd February 2024, 12.30 – 1:15pm | [Register here](#)
- Train the Trainer: Young Carer Champion (4 hours in person, Maidenhead) | 23rd April 2024, 9am – 1pm | [Register here](#)
- Train the Trainer: Young Carer Champion (4 hours in person, Maidenhead) | 24th April 2024, 1pm – 5pm | [Register here](#)

All training is free to attend. Please see the attached training schedule for full information about the sessions on offer and links to register to attend. For further enquiries, please contact our team at [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)



### Max Card

The Max Card can be provided to children, young people and young adults (0-25 years), living in the Royal Borough of Windsor and Maidenhead, with additional needs, whether it is a physical, sensory, or a learning disability.

The Max Card is a 'credit card size' card which can be shown to certain organisations as proof of your child or young person's disability. Families will also benefit from discounts at over 800 attractions nationwide. A full list of supporting attractions can be seen at My Max Card <https://mymaxcard.co.uk/>.

This link is not where you apply for a Max Card through RBWM. The website is for information only for you to look at where you can use the card. Please email [maxcard@achievingforchildren.org.uk](mailto:maxcard@achievingforchildren.org.uk) for further information on how you can apply for the card.

This is a service offered by Achieving for Children, through the Children and Young People Disability Service (CYPDS) and there will be no personal cost to families for this card.

When you register for a Max Card the information you provide will:

Help us maintain the Disability Register

Support our planning for future services and identify any gaps in current service provision for children and young people with additional needs.

Ensure that families with a child or young person with additional needs are kept fully informed of issues that may affect them, and to advise them of relevant new services and opportunities.



### Dads and Male Carers Support Group

For birth fathers & male carers (adoptive parents, foster and kinship carers) of children who have experienced trauma and/or have

special needs.

Find out more here; <https://www.parentingspecialchildren.co.uk/>



### Interception Workshop

For parent/carers of children and young people who have difficulties with the lesser-known sense of Interception (an aspect of sensory processing).

Tuesday 5th December, 7-8.30pm, via Zoom.



### Accessible Screenings UK

is a listing site to help you find information on accessible screenings in UK Cinemas.

<https://accessiblescreeningsuk.co.uk/>



Register your place: [witherslackgroup.co.uk/how-to-find-the-right-sen-school](https://www.witherslackgroup.co.uk/how-to-find-the-right-sen-school)

### **Webinar: How To Find The Right SEN School**

Date: Tuesday 5<sup>th</sup> December  
Time: 10am

Presented by Matthew Carbutt, Regional Director from our Group  
More info & sign up:

<https://www.witherslackgroup.co.uk/resources/how-to-find-the-right-sen-school/>



Register your place at [witherslackgroup.co.uk/strategies-to-support-self-regulation](https://www.witherslackgroup.co.uk/strategies-to-support-self-regulation)

### **Webinar Seasonal Support: Self-Regulation Strategies**

Date: Tuesday 12<sup>th</sup> December  
Time: 10am

Presenter: Colin Foley, National Training Director from The ADHD Foundation

More info & sign up:

<https://www.witherslackgroup.co.uk/resources/seasonal-support-self-regulation-strategies/>



### **Support Pack: ADHD Awareness Month**

Free advice & support for parents and carers who are looking for strategies to support children with ADHD.

More info & sign up at:

<https://www.witherslackgroup.co.uk/resources/adhd-awareness-month/>



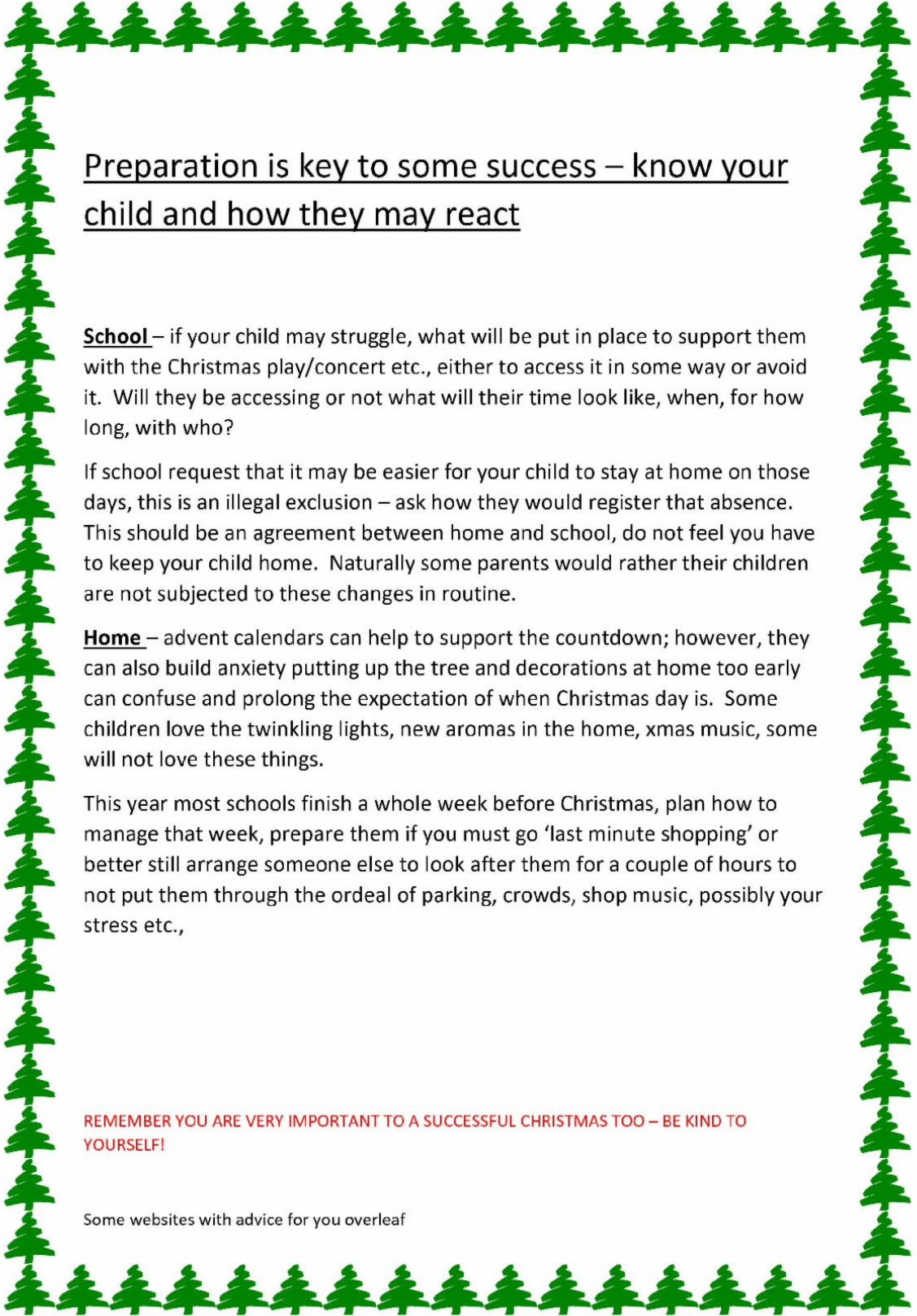
### **Podcast: Embracing Neurodiversity & Home Life**

Guest speaker: Tracy Bowyer, Parenting Co-ordinator from The ADHD Foundation Neurodiversity Charity

Listen now at:

<https://shows.acast.com/631212e3a66f240012d94c79/652cfb66bf84120012aff5be>





## Preparation is key to some success – know your child and how they may react

**School** – if your child may struggle, what will be put in place to support them with the Christmas play/concert etc., either to access it in some way or avoid it. Will they be accessing or not what will their time look like, when, for how long, with who?

If school request that it may be easier for your child to stay at home on those days, this is an illegal exclusion – ask how they would register that absence. This should be an agreement between home and school, do not feel you have to keep your child home. Naturally some parents would rather their children are not subjected to these changes in routine.

**Home** – advent calendars can help to support the countdown; however, they can also build anxiety putting up the tree and decorations at home too early can confuse and prolong the expectation of when Christmas day is. Some children love the twinkling lights, new aromas in the home, xmas music, some will not love these things.

This year most schools finish a whole week before Christmas, plan how to manage that week, prepare them if you must go ‘last minute shopping’ or better still arrange someone else to look after them for a couple of hours to not put them through the ordeal of parking, crowds, shop music, possibly your stress etc.,

**REMEMBER YOU ARE VERY IMPORTANT TO A SUCCESSFUL CHRISTMAS TOO – BE KIND TO YOURSELF!**

Some websites with advice for you overleaf

### Website links

- <https://parents.actionforchildren.org.uk/additional-needs-disabilities/support-home-school/send-christmas/>
- <https://www.specialneedsjungle.com/seven-tips-calm-christmas-children-special-needs/>
- <https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas/tips>

- <https://www.theschoolrun.com/surviving-festive-season-parents-tips-sen-kids>
- <https://autisticgirlsnetwork.org/an-autistic-friendly-christmas/>



## CHRISTMAS POP PARTY

Start your festive season off with an hour of singing and signing your festive pop favourites.

When: Saturday 9 December 2023 Time: 2 – 3pm

Wear your favourite Christmas outfits, silly festive hats and glasses! This hour-long session will feature all your favourite Christmas pop classics (such as Last Christmas, Merry Christmas Everyone, All I Want for Christmas is You, Santa Claus is coming to Town and much more) to get you in a festive mood.

The event is suitable for all ages and levels of experience.

<https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/singing-hands-pop-party/>



## DSENGAGE WITH SINGING HANDS CHRISTMAS SINGALONG

Come and join Singing Hands for 45 minutes of singing and signing to start your festive season!

When: Saturday 9 December 2023 Time: 10.30 – 11.15am

This session will feature favourite Christmas songs such as Jingle Bells, Santa Got Stuck up the Chimney, Rudolph the Red-nosed Reindeer, 5 Brown Reindeer, 5 little snowmen, I want a Hippopotamus for Christmas and other classics from the Singing Hands collection.

Grab your reindeer antlers, a jingle bell, Santa hat and your best Christmas outfit to join in!

[Singing Hands Singalong - Downs Syndrome Association \(downs-syndrome.org.uk\)](https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/singing-hands-singalong/)



If we have worked with you this academic year, or in the summer term this year we really need your feedback - it takes no more than a few minutes but really helps us improve our service. The survey is anonymous but helps us get a better understanding of how our service is impacting families. You can find the form here:

<https://rbwmttogether.rbwm.gov.uk/ias-evaluation>