



IAS Newsletter November 2024

Happy November.

Here is the November newsletter with a round up on SEND information we thought you might find interesting.

If you have been touch with our service since September we would love to get your feedback. We need this feedback to form our annual report to the National IAS network. Once you've been in touch with the service or worked with an adviser we ask you to fill in a simple 11 question survey - it takes no more than 2 minutes and any feedback you can give is always gratefully recieved. Participation is annonymos.

If you have accessed the service since September please spare two minutes to fill in this survey - <https://rbwmtogether.rbwm.gov.uk/ias-evaluation>

Thank you.

Best wishes, Jean, Donna, Kate and Millie



Thursday 28th November 12-1pm

A Guide to Educational Health and Care Needs (EHC) Assessment Requests



Online session

Email ias@rbwm.gov.uk for link to register

**Changes to the referral process for Children and Young
People's Autism and ADHD Services**



Changes to the referral process for our Children and Young People's Autism and ADHD Services

From 1 November 2024 we will be using an updated referral process for our Children and Young People's Autism and ADHD services.

Referrals for children and young people's ADHD and autism assessments are very high across the country, leading to long waiting times. We are making changes to help make sure that children and young people are given support based on their own individual needs as early as possible, regardless of a formal diagnosis.

A child or young person's needs are the same before an assessment as they are after a diagnosis. What matters most is providing the right support, at the right time, in the right place.

What's changing?

We are making changes to who refers, when they refer, and how they refer.

If you think your child may have autism or ADHD, receiving support as early as possible is important. Start by talking to your child's school, nursery or education setting about your concerns. They will be able to create a support plan tailored to your child's needs, without an assessment or diagnosis.

If your child is not in an early years or educational setting, speak to a professional who knows your child well such as a health visitor, speech and language therapist, paediatrician, or CAMHS clinician.

If, after six months, you and the professional involved feel that the support plan that has been put in place is not supporting your child's needs, you can make a referral to the service. Referrals will be made jointly by families and schools. Working with someone that knows your child well means that everyone can understand and support their needs.

We will ask for an additional information document to be completed together and uploaded with the online referral form. This means that we will have all the information we need from the right people to decide how we can best help.

When it is clear that a specialist autism or ADHD assessment is needed, then our hope is that, over time, the wait for this will become shorter.

Why are we making these changes?

We know that some children and young people come for an assessment without having been given a support plan. We also know that some families believe that an assessment is the only way to get help.

Adding children and young people to a long waiting list does not meet their needs. They should not have to wait for or rely on an assessment or diagnosis to get support.

Without these changes, we risk delays to accessing early help. Waits for assessment will become longer.

When are things changing?

The updated process will be in place on 1 November 2024. All the information and documents you need will be on the [referral page of our website](#).

The changes only apply to referrals received after this date.

What if my child was referred before 1 November 2024?

There will be no changes if:

- your child was referred on or before 31 October 2024 or
- your child takes ADHD medication and attends review appointments with our ADHD Team.

What support is available?

There is lots of support available for children and young people which can be put in place at an early years setting or school, and at home, without a diagnosis.

Support based on the child or young person's needs is always available through their school, nursery, the Berkshire Healthcare website, local autism and ADHD services, and other services such as health visiting, school nursing, speech and language therapy, occupational therapy or CAMHS.

Find all the information in one place on what support is available:

[ADHD Getting help now information](#)

[Autism Getting help now information](#)

Autism and ADHD support services (no diagnosis needed):

- Visit [GEMS](#) if you live or have a GP in Berkshire East (Bracknell, Windsor or Slough)
- Visit the [Autism Berkshire](#) website for details of the Berkshire West Autism and ADHD Support Service if you live in or have a GP in Reading, Wokingham or West Berkshire

Roots and branches
Building the community together



Maidenhead PCN Roots and Branches proudly present a Children and Young People's seminar where you can come and talk to our CYP and Family Social Prescribers to build a profile of your child as supportive evidence for school/EHCP's and strategies and tools to help support those with neurodivergence or any challenges that may be arising in school or at home

Tuesday 17th December from 10-12

St Marks Hospital Maidenhead in the large conference room.
(Head to the Courtyard café and a member of the team will meet you there)

If this is of interest, please respond to this poster via email with confirmation that you would like to attend to

be-pct.socialprescribing@nhs.net

If for any reason you cannot make this seminar, please give 48 hours ' notice so we can offer your place to another parent in the community.

We look forward to seeing you there

Roots and Branches (Maidenhead PCN)



RBWM SEND Christmas Activities Brochure

The Local Authority has put together a Christmas activities brochure that has been sent to those on the SEN & Disability register. If you are not on the disability register you can find out more about it here <https://rbwm.afcinfo.org.uk/pages/local-offer/information-and-advice/social-care/register-for-children-and-young-people-with-disabilities>

You can find the brochure [HERE](#)

GEMS Workshops and Coffee mornings

To reserve a space on one of the GEMS coffee mornings the parent/carer would need to provide GEMS with the following information via email
GEMS.4Health@nhs.net

Your Full Name:

Your Phone number:

Your email address:

Local authority: Slough/RBWM/Bracknell

Childs condition: ASD/ADHD/BOTH

Childs pathway: suspected/waiting assessment/diagnosed.



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning Friday 6th December 10am to 11.15am

**25 spaces
available!**

**Join our virtual coffee morning
for an open discussion, providing
parents and carers with the opportunity to
meet and chat freely with others who
understand and relate to their experiences.**

Celebrate your success with other
parents/carers, share your experience and
gain support during our coffee morning



Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire
with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning - Autism/ADHD and the family

Friday 20th December

10am to 11.15am

**25 spaces
available!**

Join our online informal discussion to
cover the following areas:

- Balancing needs of siblings, parents and the child
- Routines and rituals affecting others at home
- Advocating for your child and managing other family members

Celebrate your success with other
parents/carers, share your experience
and gain support during our coffee
morning



Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire
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GEMS

Autism & ADHD Support Service
East Berkshire

Bear cubs




 **Ages 5 to 10**

First and third Monday of
the month - 4pm to 5pm

 **Monday 18th November** - Bingo Fun -
Bracknell

 **Monday 2nd December** - Christmas Quiz -
Online

 **Monday 16th December** - Big on Bouncing -
Slough - Small fee applicable

**Please note activities may be subject to change*


Registration:

Gems.4Health@nhs.net
0800 999 1342

Criteria:

Children with or likely to have ADHD
and/or autism and living in East
Berkshire



 **For more information:** Call 0800 999 1342 or visit www.Gems4Health.com

Parents Share Events

We have been holding our monthly Parents's Share meetings around the borough this term.

Our next session is an online session on applying for an EHC Needs assesment. Click on the READ more button for full details and sessions for 2025.

**Read
More**



The SAFE BED Study

FOCUS GROUPS

Caregivers of individuals with intellectual disability - have you used a **safe sleeping space** for your child in the last two years?

Please share your experiences with us!

Contact Bethan Cornick
(b.cornickeaston.ac.uk, 0121 204 3016) or scan the QR code to find out more about taking part in a 2 hour focus group with other caregivers, online or at Aston University

REC ID: 337/00 WP2 Recruitment Flyer v1.0 24.08.2023

FOCUS GROUP

The SAFE BED study is investigating how enclosed bed designs (sometimes called 'safe sleeping spaces') affect sleep and wellbeing in children with intellectual disabilities, and their caregivers.

The team are looking for UK-based participants to take part in focus groups

Find out more here

Menarche & menstrual health in adolescents who have Down's syndrome in the UK

Available evidence indicates that people with learning difficulties face unique challenges and suffer disparities in many aspects of their menstrual health experience.

This research, by a team from the **London School of Hygiene & Tropical Medicine (LSHTM)** with funding from the **Down's Syndrome Research Foundation UK**, aims to describe the menstrual health-related knowledge and experiences of adolescents who have Down's syndrome in the UK to inform the development of targeted, evidence-based interventions and guidance to improve menstrual health outcomes for this population.

This mixed-methods study involves a national online

Help us understand menstrual health in teenagers with Down syndrome

Is your child aged 10-19 years with Down syndrome?
We're conducting an online survey to learn more about preparing for and managing their periods.

You can participate even if they haven't started their periods yet. Share your experiences to help us improve menstrual health support! The survey is anonymous (private) and takes about 15 minutes. Available in English and Welsh.

Click the link [here](#), or scan the QR code above to take part.
Try to use Google chrome and don't use the "back" button!
For more information email Katie.Greenland@lshtm.ac.uk

spread the word!

survey targeting caregivers of adolescents aged 10-19 years who have Down's syndrome and follow-up interviews with adolescents aged 13-19 years and their family and professional caregivers.

The online survey is now open and accepting submissions from caregivers of adolescent girls aged 10-19 living in the UK.

Please [click here to participate](#).

The research team recommend using the Google Chrome browser when completing this survey. Also, please do not use the 'back' button.

You can participate even if your young person has not started menstruating yet.

We're still here

Supporting you over the festive period

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

kooth.com



Tea with TAG

Tea with TAG are sessions with time for you, when the children are in school or can be looked after, so that you can take a short break to relax with a tea or coffee and talk freely with people who understand and relate to life's good bits – and any not so good bits. These free sessions are led by autism professionals who are also parents of autistic young people.

Pre- booking with the session host essential.

Home Educators Group – Parents and children
These sessions are for you and your child to meet up in a relaxed environment, where the children can have use of our gaming room, while parents can enjoy each others company with a tea or coffee. A member of staff will be on hand to assist with the gaming, although children remain the responsibility of parents. Jazz Anthony, one of our autism professionals, who is also a parent of autistic young people will be there most weeks.

<https://www.theautismgroup.org.uk/group-sessions-tea-with-tag/>

Free Witherslack Webinars



Sibling Support: Nurturing Positive Relationships within the family

Date: Wednesday 18 December
Time: 10am - 11am

In this webinar, Clare will discuss how parents of neurodiverse children can effectively and positively support the whole family. We will share insight into the unique needs and experiences of siblings, along with practical ideas for ensuring they receive the support they need. Additionally, the session will provide further sources of information to help families navigate these dynamics effectively.

<https://www.witherslackgroup.co.uk/resources/sibling-support-nurturing-positive-relationships-within-the-family/>



ADHD & Autism: Masking In School

Date: Wednesday 11 December
Time: 10am - 11am

In this webinar, Laura will explore masking in children and young people with ADHD and autism, focusing on how they often feel the need to hide feelings of dysregulation and overwhelm in school. We will also share classroom strategies aimed at nurturing a greater sense of belonging and promoting authentic neurodivergent interactions. These approaches will help reduce the need for masking, empowering children to feel comfortable, confident, and accepted as they truly are.

<https://www.witherslackgroup.co.uk/resources/adhd-and-autism-masking-in-school/>



ADHD Understanding Executive Function

Date: Wednesday 4 December
Time: 10am - 11am

Does your child or young person experience challenges with working memory, flexible thinking, self-control and planning? In this webinar, Tracy will explore the concept of executive functions, the vital cognitive skills that help us manage our thoughts, actions, and emotions to achieve goals. We will share some of the most common executive function challenges for children with ADHD, the impact of these challenges on daily tasks, plus ideas and strategies for supporting executive function skills to help our young people with ADHD thrive.

<https://www.witherslackgroup.co.uk/resources/>

Information, Advice and Support Service for Windsor & Maidenhead | Riverside Children's Centre
West Dean | Maidenhead, SL6 7JB GB

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