



Supporting families with children and young people with Special Educational Needs and Disabilities

NEWS 25.11.2020

Coffee Morning, Healthwatch Research, Trauma Informed Training, Carers' Rights Day

Thank you to everyone who came to our Come Together! Coffee Morning today. We had some interesting discussions around transition to adult services and trauma informed training with our guests, Mike Rogers from Healthwatch Lambeth and Connie Wessels from Lambeth Safeguarding Children Partnership,

Healthwatch Lambeth has a statutory role to listen and hear about people's health and care needs and experiences and to use that information to influence services.

They are beginning some research into transitions to adult services for young people with mental health needs, emotional needs and/or learning disability or autism - this includes the transitions in Health, Social Care and Education - and want to hear from parents, carers and young people about the impact of this transition on the young people themselves and also on the parent/carer.

If your young person is aged between 14 and 21, and they, or you, would like to share your family's experiences and views as they move into adulthood, please do contact Mike at Healthwatch Lambeth Email: mike.rogers@healthwatch.org.uk or Tel: 07779 403861

There will soon be a page on the [Healthwatch Lambeth website](#) about this research with an online questionnaire, and a leaflet is attached to this email.

Trauma Informed Training

It is recognised that the Coronavirus pandemic and the lockdown resulted in trauma for many people, and as we came out of the first lockdown, all Lambeth education settings were provided with Trauma Informed Training for staff, specific to dealing with children and young people coming back to school after a long period at home.

It has since been acknowledged that people from BAME communities have been disproportionately affected by Covid-19, and the tragic BLM events over the summer have caused more trauma. For many of our members and their families, this is made even greater by the disabilities they live with, and the difficulties in accessing services.

Members of Lambeth Parent Forum questioned whether the Trauma Informed Training covered all these aspects of trauma and have been in discussions with Lambeth Safeguarding Children Partnership who are developing a borough wide anti-racist, anti-oppressive approach to trauma.

Connie Wessels, Senior Programme Manager at Lambeth Safeguarding Children Partnership joined us this morning to discuss this work and how we, as parents and carers, can help shape the training programme which is aimed to be rolled out in schools by the end of February 2021, and then wider across the borough to include parents and carers. We will be sharing more about this as it develops and if you are interested in being part of the discussions, do let us know.

Save the Date

Our next **Come Together! Coffee Morning** will be on **Wednesday 16th December 2020, 10.00 - 12.00**

We'll be sending more details nearer the time.

In other news:

Carers' Rights Day is tomorrow, **Thursday 26th November**. The theme this year is 'Know Your Rights'. You can get information about Carers Rights Day and your rights as a carer from [Carers UK](#)

Lambeth Carers Hub offers peer support for carers in Lambeth. Have a look at their [website](#) for more information.

You can sign up to the **Lambeth Carers Card** [here](#) and get free access to Carers UK digital resources, local information for carers and more.

As a carer for a child with additional needs and/or disabilities, getting into or remaining in paid work can be quite challenging. Knowing your rights can help you combine paid work and caring for your child. **Working Families** has set up '**Waving not drowning**' – a dedicated network and advice service for people who work or wish to work and have caring responsibilities for dependants with a disability. Find out more [here](#)

Support and Workshops

Lambeth SEN Team Online Drop-In

You can book a 15 minute online session to talk with an SEN Officer about your child's Special Educational Needs or their Education Health Care Plan (EHCP).

Sessions take place on the first Wednesday of the month from **11am - 12.30pm**. The next one is **Wednesday, 2nd December 2020**.

To book a session or ask for advice regarding these sessions, you can email TImms@lambeth.gov.uk or text on **07740745580** with your preferred contact number.

We've mentioned before that **Contact** has a range of free online workshops for parents and carers of children with additional needs.

New workshops have been added which look at **Educational Support for Children with Additional Needs** for both Early Years and school age children.

You can find details of all the workshops with dates and booking details on the [Contact website](#)

Contact also offers advice on **benefits and tax credits**. You can find information on their [website](#) including a [Benefits Calculator](#) provided by Turn2Us

Thanks to the **Lambeth ADHD Support Group** for highlighting the following items: **New ADHD Resources** from the University of Nottingham, both for the general public and for GP's. Have a look [here](#)

Lambeth CAMHS ADHD Webinars - December 2020

Lambeth CAMHS are offering free ADHD Information webinars for parents and carers of children and young people with ADHD. Your child does not have to be a CAMHS patient in order to attend any of these talks. Full details and booking links are on the attached flier.

[7th December Medication for ADHD](#)

[9th December Anxiety and ADHD](#)

[14th December Introduction to behaviour support strategies](#)

[15th December What is ADHD?](#)

CAMHS Appointment Survey

CAMHS is interested to hear how both parents/carers and young people have found video appointments and will use this information to plan their future post-covid service provision. Your

views on video calls versus face to face appointments are really important and will help to improve services in the future.

Please click on this link to take part in this very quick survey (**less than 5 minutes**). Your answers will be **anonymous and confidential**.

[CAMHS Video Call Appointment Survey for Young People](#)

[CAMHS Video Call Appointment Survey for Parents](#)

If your child has ADHD and you'd like to join the **ADHD Support Group**, email lambethadhd@hotmail.co.uk for more information. They are meeting regularly online.

A2ndvoice is a local CIC and has a number of events coming up looking at autism, ethnicity and culture, with a focus on autism and the African, Caribbean, Asian and Minority Ethnic (ACAME) communities. For more information, have a look at their [website](#)

Curly Hair Projects is a social enterprise that supports people on the autistic spectrum and those around them using things like animated films, comic strips, and diagrams to help make their work easy to understand <https://thegirlwiththecurlyhair.co.uk/>

SOS!SEN is a national charity aiming to empower parents and carers of children with SEN to tackle successfully themselves the difficulties they face when battling for their children's rights. They regularly run workshops on a range of useful topics and past events can be accessed for a donation to the charity.

Check out their [Facebook page](#) and [Twitter](#) for up to date information about events coming up soon.

Orchard Hill College WorkStart courses are open to students aged 19 and over who do not have an active EHC Plan. For more information, and to register for their open event on **Friday 27th November at 11.30am** go to their [website](#)

We have been contacted by the following organisations asking for volunteers:

Met Police Custody Suites

The Metropolitan Police are looking to speak with neurodiverse young people who would like to share their views about how custody suites and the support provided within them could be improved. If you would like to know more, email info@lambethparentforum.com and I'll put you in touch with the relevant person.

Learning Disability and Feeding Difficulties

Suzy Mejia-Buenaño, PhD Researcher and Graduate Teaching Assistant at University of Kent is conducting a study to learn about parents' views of feeding difficulties and related supports in their children with learning disabilities. Full details of who they are looking for and how to take part are on the attached flier.

Join Lambeth Parent Forum

Lambeth Parent Forum is open to all parents and carers of children and young people with additional needs and disabilities aged 0 - 25 in the London Borough of Lambeth. Our aim is to provide opportunities for parents and carers to contribute to developing services that meet the needs of their families, whilst sharing experiences and knowledge with other parents and carers.

If you know anyone who would like to join Lambeth Parent Forum, please ask them to complete our joining form on our website www.lambethparentforum.com

Hope you find this useful



Are you a parent and/or carer for a young person between 16 and 21 years old with complex mental health needs or learning disabilities?

Please help us understand your child/young person's experience of preparation for adulthood.

Help us shape the support they need to achieve their full potential as they grow older.

**Get in
contact**



@HWLambeth



07779403861

mike.rogers@healthwatchlambeth.org.uk



Research on parents' views of feeding difficulties & related supports in their children with learning disabilities

What is the project about?

- The purpose of this study is to learn about parents' views of feeding difficulties and related supports in their children with learning disabilities

What will you be asked to do?

- Participate in a recorded online 1-1.5hr interview
- Provide some short demographic information
- Your participation is entirely voluntary



Can I participate?

- You can participate if you are the parent of a child **aged 1½ -18 years old** with a **learning disability or global developmental delay** who also has a **behavioural feeding difficulty** (food refusal, selective eating, challenging mealtime behaviours)

If you would like to take part in this study, have any questions, or would like more information, please do not hesitate to contact Suzy Mejia-Buenaño:

sm2197@kent.ac.uk

Supervisors: Dr. Nick Gore (N.J.Gore@kent.ac.uk)

Dr. Ciara Padden (C.M.Padden@kent.ac.uk)

TIZARD
University of Kent

ADHD WEBINARS DECEMBER 2020

FREE ADHD INFORMATION WEBINAR SESSIONS FOR
PARENTS AND CARERS OF CHILDREN WITH ADHD

MEDICATION FOR ADHD MONDAY 7TH DECEMBER 1300-1400

Come along to find out about the common medications prescribed for ADHD.

We will explore what the medications are, what they do and what their side effects are.

[CLICK HERE TO REGISTER](#)

ANXIETY AND ADHD WEDNESDAY 9TH DECEMBER 1300-1400

The session will be led by two members of our psychology team.

The session will give an overview of anxiety, how this may link with ADHD and also share some strategies to help manage anxieties.

[CLICK HERE TO REGISTER](#)

INTRODUCTION TO BEHAVIOUR SUPPORT STRATEGIES MONDAY 14TH DECEMBER 1300-1400

An introduction to behaviour support strategies run by two of our experienced clinicians.

The session will mostly be aimed at parents of children and early adolescents, however the principles explained may be helpful to any parents.

[CLICK HERE TO REGISTER](#)

WHAT IS ADHD? TUESDAY 15TH DECEMBER 1300-1400

We will aim to answer and explore some of the following questions

What is ADHD? What causes ADHD?

What are the treatments for ADHD?

[CLICK HERE TO REGISTER](#)

SESSIONS RUN BY LAMBETH CAMHS

0203 228 7370