



RUTLAND PARENT CARER VOICE AUTUMN NEWSLETTER 2024

Hello to you all, especially to our recently joined members, a warm welcome to our Autumn Newsletter.

We hope you are enjoying your half-term holidays, it seems to have been a very long first term.

We wanted to update you on a few work streams, and what's been happening generally within the world of SEND in Rutland and across Leicester, Leicestershire and Rutland Health Trusts.

RESOURCES INTO SCHOOLS

The Forum have supplied a resource box to Schools on 2nd October, 2024, at a joint Education, Health event, and most School Sencos were in attendance. This has not been done before, and a full range of professionals were there for Schools to engage with, including Teen Health, CAMHS, and a range of therapists. This was a chance for Schools to mix with the Health professionals, whilst having a Training Workshop.

The boxes were for all Primary Schools and the three Secondary, with the aim of helping towards more inclusivity within them. Some Schools that have Specialist units had more than one resource pack. The contents of the boxes have items in them that Schools may not have been aware of. The equipment has been chosen by specialist professionals, and training on how to use each piece was demonstrated at the event. A couple of schools were unable to attend, or had no room for the large boxes within their car, and the final few have been delivered by us.

Examples within the box included Floor desk, wobble cushion, body sock, writing supports including slope, overlays and grips. There are also items for mood/anxiety including mood bands, weighted shoulder strap and chair bands. We have had some lovely responses to the boxes, and hope that the equipment will be well used by the children that need some additional help.

The schools can then use the equipment, and then make informed decisions about purchasing any multiple resources.

Health updates :

Seasonal vaccinations for children with a Learning Difficulty. There is a drive - through for parents with young people who may find this easier.

Specialist Seasonal Vaccination Clinics for Patients with a Learning Disability

Venue: Emmanuel Church Hall, 47 Forest Rd, Loughborough LE11 3NW

Times: 10am to 4pm

Clinic Dates:

Thursday, 24th October
Thursday, 31st October
Thursday, 7th November
Thursday, 14th November

Sunday, 27th October
Sunday, 3rd November
Sunday, 10th November
Sunday, 17th November



Eligibility Criteria:

- COVID-19 vaccinations are being offered to anyone aged 5+ at Emmanuel Church Hall, who is eligible for a COVID-19 vaccination (eligible under 5s will be invited to specialist vaccination clinics at the Leicester Royal Infirmary)
- Flu vaccinations are also available at the Emmanuel Church Hall for anyone aged 18+ who is eligible for a flu vaccination.
- Family members & carers may be able to get their vaccinations too (subject to COVID-19 and flu vaccination eligibility criteria).

Booking:

Patients will be contacted and booked into the Emmanuel Church Hall clinic. Patients can proactively call: 0116 497 5700 option 1. Specialist adjustments according to need will be noted and accommodated where practically possible. Each appointment will be 20mins in duration (unless determined otherwise). LPT specialist LD nurses will be present to provide support. A drive-through vaccination option is available for those that prefer to be vaccinated in their own vehicle.

DATES FOR YOUR DIARY

A days training with Blossoms has been organised for 1st November. The workshop will include School avoidance and school anxiety, and emotional avoidance. Part of the day will be on Parent regulation and tips on how to help our children. A few places are still available, for more information please contact us /message us , rutlandpcv@gmail.com .

PARENT MENTAL HEALTH/WELLBEING

We are offering a number of light touch/more individual approaches to reach out to help with parents wellbeing:

COFFEE MORNINGS

Our next couple of Coffee Mornings are 7th November and Christmas crafts on 5th December Venue - The Baptist Church, Melton Road, Oakham. Car parking to the rear. Time 9 - 11 am A warm welcome and a slice of cake, and advice or signposting if needed.

CONTACT TELEPHONE SUPPORT

Contact offer a one to one telephone appointment with a family support advisor.

Listening Ear is for parent carers looking for emotional support and reassurance, practical help may be offered too.

Booking is via their website ; [/contact.org.uk/help-for-families/listening-ear/](http://contact.org.uk/help-for-families/listening-ear/)

EMAIL SUPPORT IS AVAILABLE FROM AUTISM EAST MIDLANDS :

Support for parent/carers

Email response service for parent carers with young people who may have Autism – no diagnosis needed.

Autism Central's Midlands Autism Hub have an email response service to support parents and carers of autistic people around the key questions or challenges they are facing.

When using this free service, parents and carers will be emailed by one of the Peer Educators with lived experience of autism with an email response surrounding their key questions or challenges and be signposted to local and national organisations that may be able to help.

This service is for parents, carers, or those who care for autistic people (no diagnosis required) living in the Midlands.

We've already had many families access this free service seeking information and signposting around understanding distressed behaviour, barriers to learning, autistic burnout, supporting sleep, understanding mental wellbeing and more.

Book your FREE email response support here – <https://contact.org.uk/autism-hub-midlands-email-service>

[We are also commencing a new service. Over the next few months we have been invited schools to help bridge the gap and aid communication between schools and parents. Individual schools will be contacting parents. We hope to meet some of you there.](#)

WORKSTREAMS

We continue to be involved in aspects of the CPP Change Programme, testing new reforms which may or may not be implemented nationally. Most streams are underway, and we are working collaboratively with Leicester City and Shire Forums, and across all partners including Health, Social Care, Sendias and the Voluntary Sector. Results will be analysed and fed up to Dept. of Education. The LAW has not changed, but anything that can help speed up the system, reduce waiting lists can only be helpful. The systems are still in the testing phase.

The systems must be needs led and not diagnosis led, so that children and young people get the support they need at the right time, and not sitting in huge waiting lists without the necessary support.

We have also been involved in looking at the existing Policies within Transport, we have not had sight of any proposed changes, if, and when we do everyone will know, and nothing can be

changed without a Consultation process. We continue to be part of discussions from Early years right through to Preparing for Adulthood, Looking at Schools being more welcoming and accepting of all differences, including additional needs. Health, Social Care and Education need to work more closely together to maximise every child's potential.

SPOTLIGHT ON YOUNG CARERS

Support for Young Carers

Rutland County Council provide 3 groups to support Young Carers in Rutland. The groups are:

Little Stars (ages 5-7)

Young Stars (ages 8-12)

Time out for Us (ages 11-19)

These groups support siblings of children who have SEND, those caring for an adult family member and also children of foster carers.

The groups meet monthly and always include an activity of the group's choice. They provide the opportunity for young carers to share experiences and support each other as well as simply having their own time.

Recently, a group of 11 Young Carers took part in a residential trip to PGL at Caythorpe Manor in Grantham. The group spent time doing a host of adventure activities and enjoying some much deserved time away from their responsibilities. The photo below shows them proudly holding the certificates they were awarded for participation.

If you are interested in finding out more about these groups, please email youngcarers@rutland.gov.uk

ACTIVITIES/CLUBS FOR OUR YOUNG PEOPLE WITH ADDITIONAL NEEDS

Aiming High offer a range of activities including ;

Lego Gaming - two sessions split into age groups 5 to 25

Youth Chaos - ages 13 - 25

Trapolening 5 - 25

Dungeons and Dragons 11 -25

Gaggle - Girl group 10 - 25

Multi sports 11 - 25

Step to it 5 - 25

Chat and Chill 13 - 25

For information on any of the above please contact aiminghigh@rutland.gov.uk or check out the LOCAL OFFER on Rutland County Council Web page.

Some useful information and resources can be found on the following web pages :



- Anti-Bullying Alliance's [Anti Bullying Week Resource Launch](#)

Anti Bullying week is November 11th to 15th. Contact have some helpful resources including a tool pack to help parent carers have conversations with their children around bullying.



Family Fund: Providing grants and support

Family Fund gives grants to families on a low income for items they may not otherwise be able to afford.

To decide if your family is eligible for a grant, Family Fund looks at your income and the impact of disability on your child. To find out more, and apply for a grant, check out their web page .

Family Fund also recently joined some of the families they've supported to see their daily lives and witness their day-to-day challenges. They also got to share the moments of joy made possible by the grants

The Local Offer

Following feedback from families that simple, clear, information was often difficult to find, the Collaborative group have been working with the Rutland SEND team to improve the information about their role, the EHCP process and annual reviews.



The new, straightforward, clear explanations are now downloadable from the Local Offer:

[Rutland SEND Case Officers – How do they work with families](#)
[Education Health and Care Plans](#)
[Annual Review of Education Health and Care plans](#)

Any feedback on any of the above please email us on rutlandpcv@gmail.com

Thank you,

Best wishes,

THE RUTLAND PARENT CARER TEAM