



SEND Newsletter

Spring 1 2026



WHILE WE TRY
TO TEACH
OUR *children*
ALL ABOUT **LIFE**

OUR *children*
TEACH US
WHAT **LIFE**
IS ALL ABOUT

Welcome to this Spring SEND newsletter! Firstly, can I just say a big thank you for all the kind words I have received in the past few weeks. I will really miss my role as SENCo and so am proud of the strong, supportive SEND community we have built together at Clifton. I will work really hard in my final few weeks at the school to ensure that there is a smooth transition for Mrs Wills, who is an experienced SENCO, to take over the role at Easter. Please do get in touch if there is anything else I can do.

This newsletter contains a wide range of messages from school, the local authority and nationwide, including information about our next SEND Coffee Morning. I hope to see you there!

Miss B 😊

You are invited!

Spring Coffee Morning



Thursday 12th March 8:30-9:45AM

Following our really successful Winter Coffee Morning, we will be having our next event in March. We will be joined by a member of a local SEND SEMH outreach support service to support with emotional regulation and routines at home as this an area I know many of you experience challenges with. As always, there will be cake, hot drinks and a warm, welcoming community ready and waiting!



Parent Carer Forum

Do you know about the Worcestershire Parent Carer Forum? It is a collective of parent carers of children with a wide range of special educational needs and disabilities. Their aim is to make sure that parents' voices are heard when it comes to planning and decision making about services for our SEND children and young people in Worcestershire.

By creating a safe and protective environment for parent carers to share their experiences, the forum can help to enable change or improvements when needed and promote those areas of services when they are working well, through positive dialogue and co-production. [Click here](#) to access their website for more information – they are amazing!

Right to Choose (RTC) for ADHD and Autism diagnosis for under 18s

In Worcestershire we are facing waiting lists of 3+ years for ADHD and Autism Diagnosis. Right to Choose is an alternative to the main NHS route and allows you to access private services, recognised by the NHS, with no cost. This can be requested through the GP at the point of referral or where the waiting list for the referred service is longer than 18 weeks. We have a range of families in school who have used this pathway. The Family Psychologists in Kidderminster have recently joined the scheme and have shorter waiting lists. I am happy to discuss the process with anyone who is interested.

[Click here](#) for further information on RTC in Herefordshire and Worcestershire.



SENDIASS Support

SENDIASS support parents of children with SEND through training, giving advice and individual case support. They are amazing people, doing amazing work! As well as their usual support ([click here to access their website](#)), they are now running a parent workshop all about supporting transitions – [details can be found here](#).



Podcast Recommendation

The SENDcast is a weekly podcast focusing on Special Educational Needs and Disability (SEND). The weekly podcast features a different guest or guests talking about a specific topic related to Special Educational Needs.



Does your child have Autism and find brushing their teeth challenging?

This can be a challenging sensory experience for children with neurodivergence. Autism Tooth Care is a website designed to support families with oral hygiene. It is based on research projects.

[Click here](#)



Book Recommendation

The Huge Bag of Worries by Virginia Ironside



A child-friendly story about how it feels to carry your worries around with you and how to begin lightening the load.

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Changes to the ADHD Referral Processes

Please find below information from Worcestershire County Council on the changes being made to the ADHD referral process:

“As part of the ongoing development of a new ADHD service for Herefordshire and Worcestershire, we are introducing a single, streamlined referral form for all children and young people across the area. This updated form replaces the previous more complex version, which required multiple sections to be completed by parents and schools. The new form is shorter, clearer, and easier to complete, helping ensure referrals are made consistently and reach the right team quickly — improving continuity, fairness, and efficiency for families, schools, and professionals.

Key changes

Referrals must now be made by a professional, such as:

- School staff (e.g. SENCo, teacher, educational psychologist)
- School nurse
- Social care professional
- Family support worker
- GPs

Parent/carers self-referrals are no longer

accepted. However, parents and carers remain an essential part of the process, and their views should be fully included in the information provided by the referrer.

Why schools are often best placed to refer
Schools observe children in structured settings over time and can provide detailed evidence of how difficulties affect learning and functioning. We therefore encourage schools to take the lead where possible.

New assessment age alignment

To make things fair and equal across Herefordshire and Worcestershire, we are lowering the minimum assessment age in Herefordshire to 5 and a half years, matching the age currently used in Worcestershire. This means more children will be able to access assessments at the same earlier age across both counties.”




Webinars Schedule

Can't attend live? Catch up with a recording available for two weeks following the event. This webinar is open to parents and carers in the Herefordshire and Worcestershire area with an extended invite to professionals. Webinars start 10am and run between 1.5 and 2 hours.

JAN 21	Autism & Anxiety What is Anxiety?, Autism & Anxiety, the circle of Anxiety and managing Anxiety	
JAN 28	Autism & Communication What is communication, Autism & communication differences and strategies that may help	
FEB 4	Autism & Sensory differences Autism and sensory differences, children's differences, addressing sensory differences, and useful resources	
FEB 11	Autism and Behaviour What behaviour is & why it may happen, ways we can analyse behaviour and develop emotional understanding	
FEB 18	Navigating the system Educational issues, online safety, employment and further education, disclosure and benefits	
FEB 25	Autism and the Teenage Brain How the brain changes, how growing up and Autism interact, how to support your teen and useful resources	
MAR 4	Supporting your Autistic Teen How to support your teen and resources.	

For more information or to book a place:
 Email - herefordworcs@autismwestmidlands.org.uk
 Scan the above QR codes or visit the Autism West Midlands Events page on our website to sign up.

