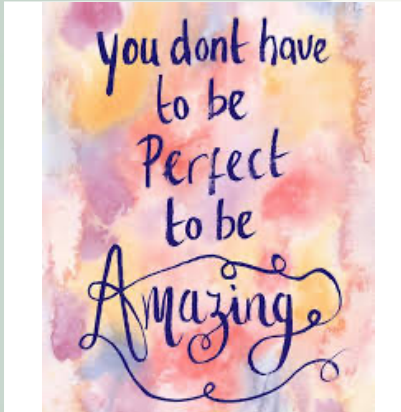


SEND Newsletter

Spring 2 2025



Welcome to the latest edition of the SEND Newsletter!

It was so lovely to welcome some of you to our first SEND Coffee Morning this morning and to hear from the SENDIASS team. It was great to get together as a supportive group and to begin building the SEND parental community in school. I really hope that those of you able to attend found the session useful and that more of you will be able to attend future sessions.

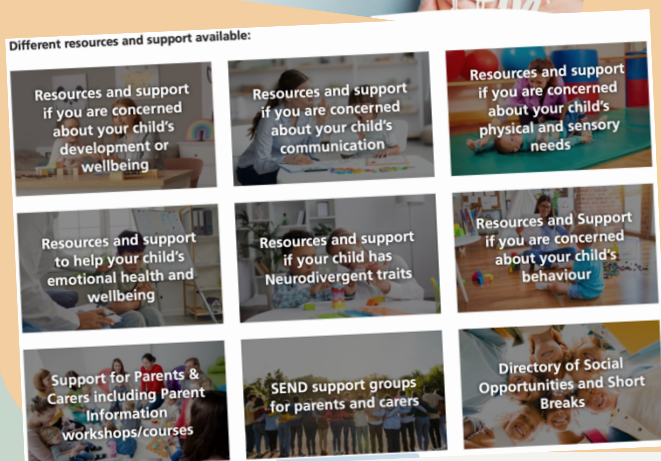
Below you will find more information on the support and services that SENDIASS offer to you as the families of pupils with SEND.

As always, stay in touch! Kind regards, *Miss Bagnall*

Worcestershire's Improvement Journey



Worcestershire County Council are continuing to provide updates on the improvements they are making to their services. You can read the February update [here](#).



Does your child need support to regulate their feelings and emotions?

The Mindfulness Teacher is a great YouTube channel which is full of helpful videos, guided meditations and regulation activities that you can do together at home. We use these videos regularly in school.

Bubble Bounce is a favourite of mine!

[Click here to access the channel.](#)



Support While You Wait

As many of you know, the current waiting times for a wide range of pathways (including Occupational Therapy, ADHD and Autism) in Worcestershire are very long. These waiting times are one of the reasons that Worcestershire were given notice to improve by the government and they are currently attempting to cut some of these lists down by buying in private medical companies to see high priority cases. As well as this, the County Council have set up a website called 'Support While You Wait' which is designed to provide support, guidance and resources for families and young people who are currently on waiting lists for services. You can find the resources [here](#).

Strengthening hand muscles

If your child has fine motor needs or struggles with their handwriting, here are some great ways to help strengthen your child's hand muscles, as recommended by Occupational Therapists.

Handwriting legibility and hand strength are linked

Ideas to help this area are:

Use tongs to pick up small objects

Play doh

Threading/weaving

Drawing/writing in shaving foam

Finger exercises



Building blocks or Lego

Stacking cups/tins

Stamp art

Squeeze ball

Clothes peg activities

Baking/using scone cutters

Pipe cleaner activities



A lot of the above will also help bilateral integration, motor planning, eye-hand coordination, proprioception, visual motor skills and much more!



Parenting Support

In Our Place offer a wide range of parenting support courses and resources including support with sleeping, eating, relationships and transitions e.g. getting ready for high school. You can access their support services for free [here](#).



Welcome to your place for emotional health and wellbeing

E-learning for parents and families. Brought to you by the Solihull Approach NHS team.

[View Courses](#)



Following on from the Coffee Morning, here is some further information on the services provided by SENDIASS and the courses they offer for parents to attend:

SENDIASS • Supporting Worcestershire Families



Information, Advice and Support Service
Herefordshire & Worcestershire

Do you have a child/young person with a Special Educational Need or Disability (SEND)?

Do you think your child might have Special Educational Needs (SEN)?

SENDIASS provides FREE, impartial & confidential information, advice and support on all matters relating to children and young people (0-25) who have or may have SEND

We can help you if...

- You have concerns about your child's progress at their education setting
- You would like to know more about the support available for children with SEND and their families
- You would like to know more about Herefordshire's and Worcestershire's SEND policies and procedures
- You need information and guidance on the Education, Health and Care Plan (EHCP) process

Call:

01905 768153

(24hr answerphone service available)

Contact us:

Monday - Friday
8:30am - 4pm

Email:

SENDIASS@worcestershire.gov.uk

Click on the links below to access:

[The SENDIASS Website](#)

[Courses for families](#)

[Resources](#)



Information, Advice and Support Service
Herefordshire & Worcestershire



www.hwsendiass.co.uk



Herefordshire Council



Worcestershire county council

Herefordshire and Worcestershire are putting on a range of webinars for families to support their understanding of Autism
These are free and details are provided below:



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. Webinars start 10.30am and run between 1.5 and 2 hours.

FEB 26	Autism & Anxiety What anxiety is, Autism & anxiety, The circle of anxiety and Managing anxiety.
MAR 5	Autism & Communication What communication is, Autism & communication differences, and Strategies that may help
MAR 12	Autism & Sensory differences Autism and sensory differences, My child's differences, Addressing sensory differences, and Useful resources.
MAR 19	Autism and Behaviour What behaviour is & why behaviour might be happening, Ways we can analyse behaviour, and Developing emotional understanding
MAR 26	Navigating the system Educational issues, Online safety, Employment and further education, Disclosure and benefits.
APR 2	Autism and the teenage brain Brain changes, How growing up and autism interact, How to support your teen and resources.
APR 9	Supporting your autistic teen How to support your teen and resources.

For more information or to book a place:
Email - herefandworcs@autismwestmidlands.org.uk
Call/Text - **07749 497808**
Visit EventBrite - **Autism West Midlands**