



Wakefield Parent Carer Forum

The Official Newsletter

Welcome!

to the 8th edition of our newsletter...

We hope you are all doing ok. It's been a while since our last newsletter and we have lots to share with you, so you might want to grab yourself a cuppa and take a few minutes to catch up on whats happening. Plus we have lots of dates for your diary! Make sure to keep checking our website & Facebook Chat Group for the very latest information and what's on when, including details on how to book yourself a place.

We hope to see you at one of our events soon,
Alexis, Janine, Heather, Lianne and Kerry x

SEND SOFT PLAY

Our first SEND soft play session in March was a huge success. It was a pleasure to see and hear all the children playing whilst the adults enjoyed a little break and chat with each other.

We are excited to add more dates for these sessions at the A1 Football Factory in Pontefract. Further details inside this newsletter on how to book a place.



Coffee & Chat

Join us Wednesday's 10.30am



At our unit -
Unit 2, Airedale Business Centre,
Kershaw Avenue, Castleford
WF10 3ES

FACEBOOK CHAT GROUP

Have you joined our Facebook Chat Group? We have lots of lovely members ready to support you! We also have games and competitions running regularly for our members including online bingo which our members have really enjoyed playing each day. This is also the first place we announce any news of upcoming events etc. Search for Wakefield Parent Carer Forum - Chat Group to request to join!





Wakefield Parent Carer Forum

Who we are

Wakefield Parent Carer Forum is an independent parent led forum who work with families of children with special educational needs and/or disability, aged 0-25 years old, living in the Wakefield area.

The forum is led by a group of local parents who are looking forward to listening to, and representing the views of parents, young people and children in the future.

These parents all have a wide experience of what it is like to be a parent of a child with an additional need or disability in the Wakefield area.

We want to work together with you to make a positive difference and improve the quality of life for all children and families in Wakefield.



info@wakefieldparentcarers.co.uk

What we can offer

Reduce isolation for families

Support services to enable families to cope better with the challenges resulting from interaction with various services

Peer support for all SEND families in the Wakefield Area

Support completing EHCP applications & other SEND paperwork

Provision of family activities, sibling support groups

Working with other services in the Wakefield area to make a positive impact for SEND families (LA, CCG, WESAIL, KIDS & local support groups)

ADULT CRAFT SESSIONS



Have you seen our latest projects?

Due to the great feedback & requests from parent/carers, we have continued the Adult Craft Sessions again this year. Even if you don't think you are the crafty type, why not book onto one of the sessions and try something new.

Some of the comments we have received from parent/carers so far -

"Thank you so much WPCF, it has been great"

"Thank you so much. We've really enjoyed it.

Its been lovely meeting new people"

"Thank you for making it possible for us to do these.

Its been a lovely project"

"I was worried about coming for the first time but I'm so glad I plucked up the courage, I have loved creating the project & now realise I'm not alone.

It has been such a boost for me & I have made a new circle of friends"

Here are some of the lovely projects our members have been making.



The sessions are always relaxed & friendly so our members can sit back and be creative - plus the best bit is you can take your make away to display in your home!

Please check our website and Facebook Chat Group for dates for each session.
www.wakefieldparentcarers.co.uk



SEND SOFT PLAY

@ **A1 FOOTBALL FACTORY**

YOU SAID - WE DID

We have been listening to what our members wanted, and have heard your comments about a lack of activities for children with SEND. As a result we have recently launched our SEND Soft Play at A1 Football Factory in Pontefract.



The sessions are for the exclusive use of our forum members and their own children. We will be at the venue too to chat & offer support whilst your children play. There is a smaller play area for younger children and a larger play area for older children. Parents must remain within the soft play area to supervise their children during the session. We need your support to make this event work. If it's successful we would like to make it a regular weekly session during term time.

When - Tuesday Afternoon's

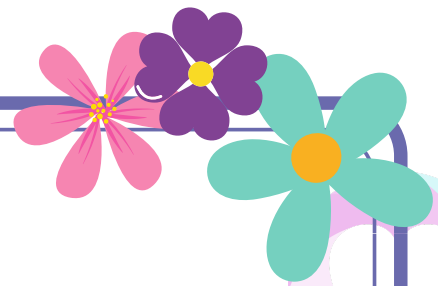
Time - 4.30pm to 6.30pm

Where - A1 Football Factory, Pontefract WF8 1HG

Cost - £5 per child

What's included - Entry to the soft play with 2 hours exclusive use for our members, A Hot Meal for each paying child (Chicken Nuggets, Hot Dogs & Chips), A Dilute Juice Drink, 20% Cafe Discount for adults.

More about the sessions - Booking is essential as places are limited & will be allocated on a first come first served basis. If you would like to book, please email info@wakefieldparentcarers.co.uk telling us how many places you need & we will confirm if we have the places available & the payment details.



UPDATE

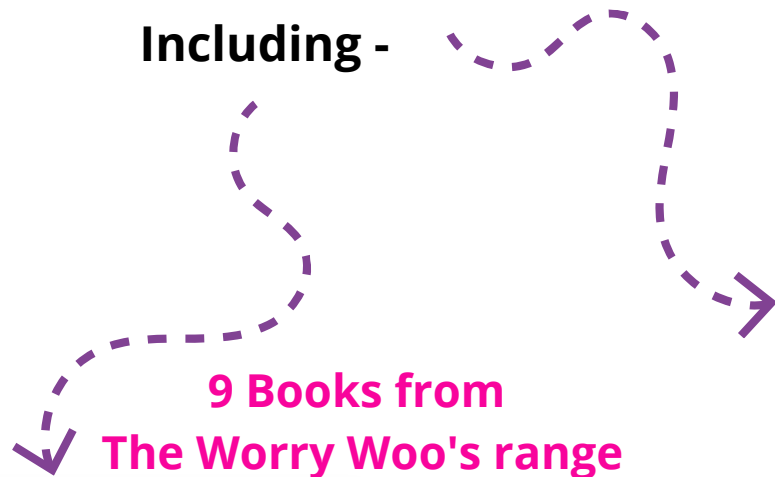


Our lovely volunteer Lianne will be at our unit Wednesday's 10.30am -12.30pm to help you.

Lianne will be able to recommend books and answer any questions you may have. She will also be able to check in books you are returning & book out any that you wish to borrow. For just £1 per book you can borrow for up to 4 weeks, & we will use the money to buy new books for our library.

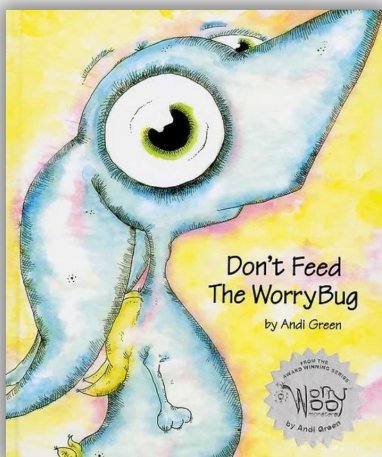
This month we are adding some great new books to our library - 27 books in fact!

Including -



**9 Books from
The Worry Woo's range**

**17 Books from
The Girl With The Curly Hair
range**



◀◀ We also have the companion soft toys to accompany the books which are so cute!

USEFUL BOOKS

ANXIETY



In addition to the new books, we also have a range of other books covering various SEND topics - Anxiety being one of them.



ANXIETY is one of the most common issues mentioned by our members seeking support. Here is a list of some books and sections we think you will find very informative and helpful.

- ♥ Kids In The Syndrome Mix of ADHD, LD, Autistic Spectrum, Tourette's, Anxiety & more. (Page 178 has some brilliant advice about treatments in the classroom and at home)
- ♥ The Anxiety Survival Guide For Teens - (CBT skills to overcome fear, worry, & panic, written in a teen friendly way).
- ♥ The Teen Girls' Anxiety Survival Guide - (10 ways to conquer anxiety. Female specific issues discussed in appropriate vocabulary for young adults and teens)
- ♥ The Autism Discussion Page - on stress, anxiety, shutdowns and meltdowns. (Proactive strategies for minimising sensory, social and emotional overload).
- ♥ The Autism Discussion Page - on anxiety, behaviour, school, & parenting strategies. (A toolbox for helping children with autism feel accepted and competent).
- ♥ CBT Toolbox For Depressed Anxious & Suicidal Children and Adolescents. (Example of the kind of tools included in the book can be found on the next page).

To borrow any of these books or one of the many more fantastic resources we have available, why not pop in on Wednesday's to see Lianne. Or get in touch by email if you can't make it into our unit.

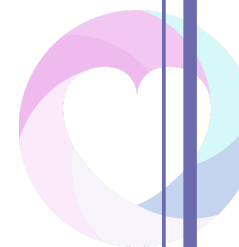
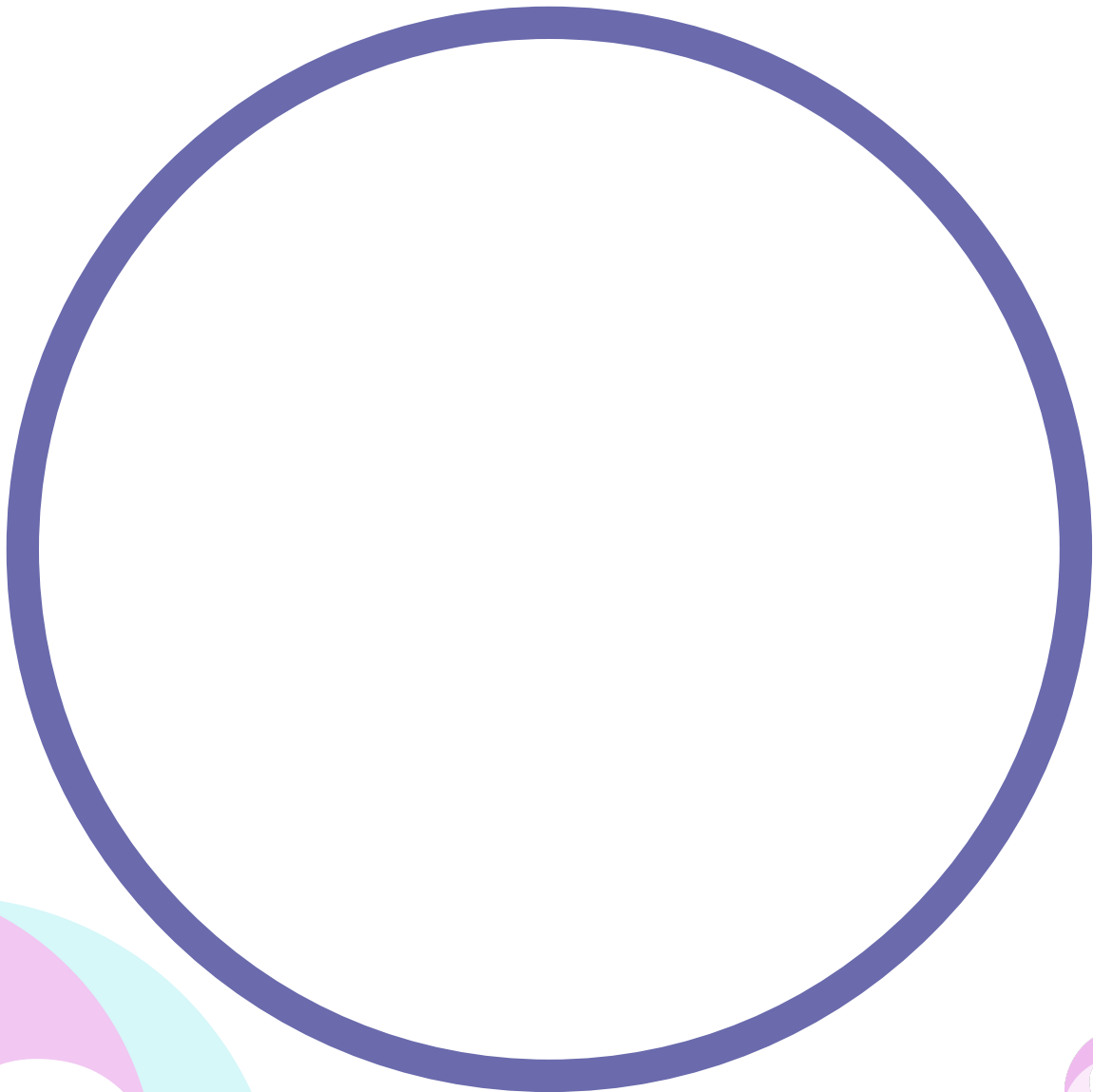


ANXIETY

WORRY ACTIVITY SHEET

Your Worry...

Here is a little activity for you to try at home with your child. Everyone's worry looks different. In the circle below draw what you believe your worry looks like & give it a name. This will help you externalise your worry, so that it is not something inside of you, but is something tangible that you can start to confront and make "go away".



WEST YORKSHIRE LISTENING /ADVICE SERVICE

NIGHT OWLS

Don't feel alone during the school holidays, the Night Owls service will be available from 8pm - 8pm each evening to support children & young people across the district. Contact them using any of the methods below -



**NIGHT
OWLS**
Overnight West Yorkshire
Listening/Advice Service

Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.



We're available

**8pm –
8am**

Call this number
free: **0800 148 8244**

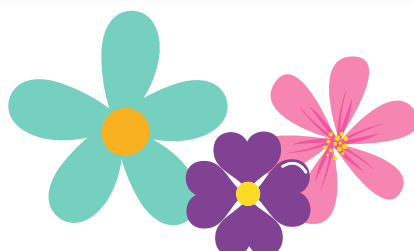
Text us on:
07984 392700
(charges may apply)

Chat to us on:
wynightowls.org.uk

How to contact Night OWLS

- Call 0800 1488244
- Text 07984 392700
- Chat on online wynightowls.org.uk

Find out more www.mindmate.org.uk/night-owls



WE ARE NOW 2 YEARS OLD

HAPPY BIRTHDAY TO US!

Wakefield Parent Carer Forum was 2 years old on 1st April 2022.

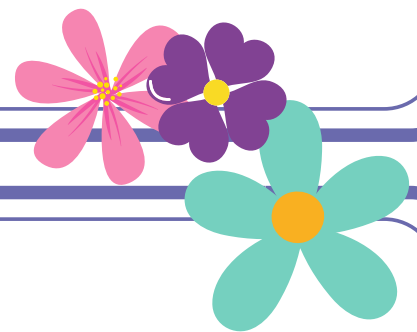
To celebrate our birthday we will be hosting a party at The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES

Saturday 14th May 2022

Morning Party - 10.30am - 12.30pm

Afternoon Party - 1.30pm - 3.30pm

If you would like to book a place please email events@wakefieldparentcarers.co.uk with details of how many adults & children you would like to attend & whether you would like to join the morning or afternoon party. Booking is essential as places are limited.



SEND REVIEW

The Government has recently published its long awaited SEND review in the form of a Green Paper that sets out proposals for changes to the way the SEND system works. Education ministers have emphasised that these are still just proposals, not definite decisions yet & there will now be a period of public consultation lasting until Friday 1 July.

This is your chance to tell the Department for Education what you think, so we hope that many parent/carers of children and young people with SEND, and young people themselves, will share their thoughts and experiences using the link below -

<https://consult.education.gov.uk/send-review-division/send-review-2022/>

FAMILY ACTION



Building
stronger
families

As you may now be aware, our friends at WESAIL are in the transition phase over to the new provider for Wakefield - Family Action.

This is a really busy and challenging time for them making sure that the transition to the new service is up and running.

The new contact email for WESAIL which is live from 1st April 2022 is - WESAIL@family-action.org.uk

You can also request a call back via this email inbox however, please be kind whilst they transition to the new provider. We know they will welcome and appreciate your patience with response times.

Finally, we would like to thank our friends at Barnardos for the kindness and support they have shown us since we launched 2 years ago. We wish everyone luck for their new journey and hope to see them in the near future.

OUR WEBSITE

Don't forget...

Our website is packed full of useful information including telephone numbers you may need, jargon buster, plus all of the up to date information on activities and courses we are hosting. Make sure you keep checking it regularly so you don't miss anything!

www.wakefieldparentcarers.co.uk



WAKEFIELD CAMHS

The logo features a central white circle containing the text 'Wakefield CAMHS Neurodevelopmental Inclusive Support Team (NIST)'. This circle is surrounded by a complex, concentric pattern of blue and white rectangular blocks, creating a circular, woven or lattice-like appearance.

Wakefield CAMHS
Neurodevelopmental
Inclusive Support Team
(NIST)

NIST Offer In Summary -

- Psychiatric/Medication review
- Psychology interventions
 - Specialist diagnostic assessments/interventions
 - Capacity assessments
 - Parent/Family work
- Positive behavioural support
- Adaptive therapies/interventions
- Non-verbal therapies (Art/Play)
 - Social stories
 - Psychoeducation
- Occupational Therapy

Who makes up the Wakefield CAMHS NIST Team -

Team Manager and Clinical Lead
Clinical Psychologist
Clinical Nurse Specialist
Mental Health Practitioner
Health Care Support Worker
Team Secretary
2 Therapists

Referral Criteria & Process -

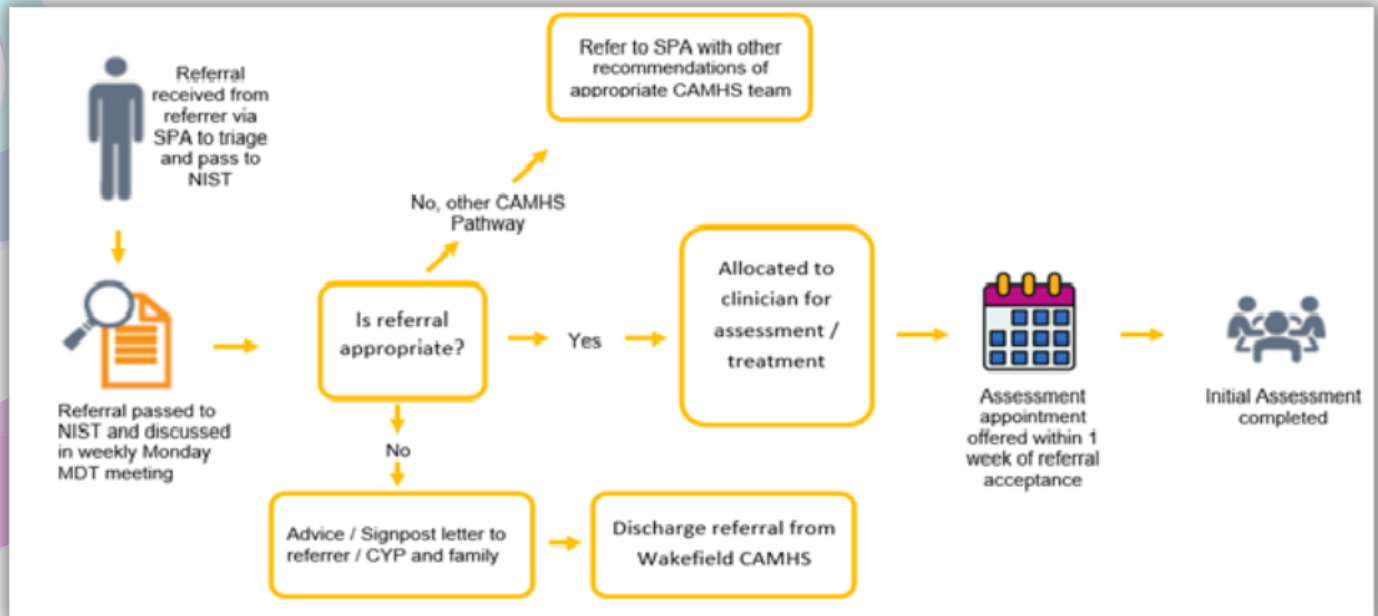
For young people to access the CAMHS NIST Team they will need to meet the following criteria:

- 1.Diagnosis of, or significant impact on daily functioning (awaiting diagnostic assessment progressing EHCP/attending specialist provision) due to Learning Disability or Neurodevelopmental condition, AND
- 2.Emotional or Mental health need, AND
- 3.Adaptation is needed for intervention which cannot be met within the wider CAMHS pathways.

WAKEFIELD CAMHS

Referral Process

All referrals via Single Point of Access (SPA) 01977 735865



How to contact NIST

Team email addresses for referrals -

swy-tr.wakefieldcamhs.nist@nhs.net
(This email is secure)

Referrals via SPA - 01977 735865

WF-I CAN

Online resource for children & young people
in Wakefield

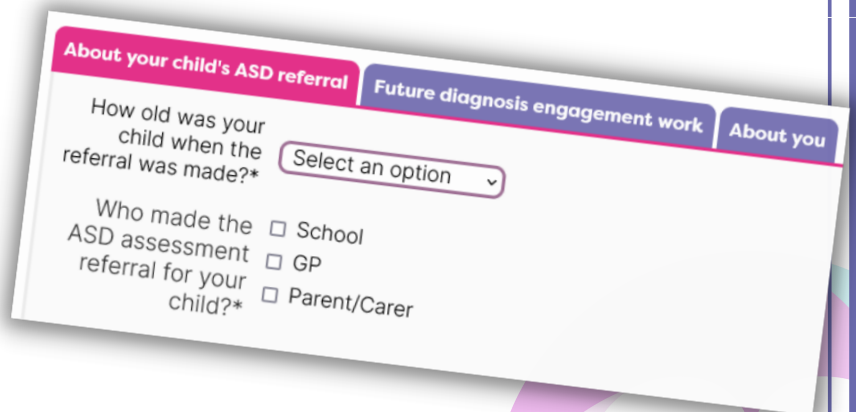
Use the following link to access the WF-I-CAN website for drop in & chat, emotional wellbeing webinars, weekly challenges & much more!

<https://wf-i-can.co.uk/>

ASD REFERRALS SURVEY

WE NEED YOUR HELP!

We have been working in co-production with Wakefield CCG & Mid Yorkshire NHS Trust to put together a survey looking at ASD assessment referrals.



About your child's ASD referral | Future diagnosis engagement work | About you

How old was your child when the referral was made?*

Who made the ASD assessment referral for your child?*

- School
- GP
- Parent/Carer

We would really appreciate your help. With the ongoing efforts to ensure families have access to an autism assessment in a timely way we are looking into the reasons why people seek an ASD assessment.

Wakefield referral rates for autism assessment are higher than our neighbouring areas and we want to know why.

Please help us by filling in our survey which can be found on our website by clicking on **EVENTS > SURVEYS > ASD REFERRALS SURVEY**

Or by using the link below -

<https://www.wakefieldparentcarers.co.uk/asd-referrals-survey>

Thank you

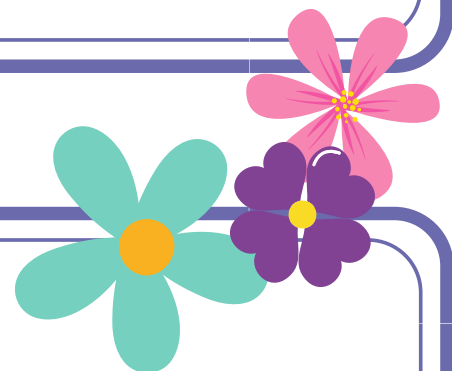
OUR NEWSLETTERS

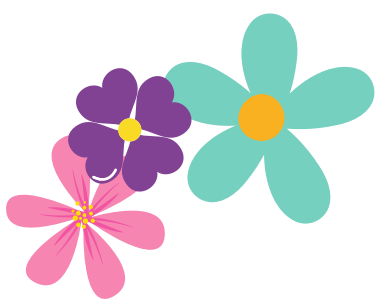
HAVE YOUR SAY...

We are always looking for information to include in our newsletters, so here is your chance to tell us what you would like to see in a future edition. Is there a topic you would like us to cover, or something you would like to know more about?

If so, then email us with your suggestions

info@wakefieldparentcarers.co.uk





USEFUL CONTACTS



Wakefield
Parent Carer Forum

WAKEFIELD PARENT CARER FORUM

Unit 2, Airedale Business Centre,
Kershaw Avenue, Castleford WF10 3ES
info@wakefieldparentcarers.co.uk
www.wakefieldparentcarers.co.uk

CAMHS SPA 01977 735865
CAMHS AIREDALE 01977 735900

CONTINENCE TEAM
01924 541009
01977 747066

SENART

01924 302465
senart@wakefield.gov.uk
SENART, Block C, Normanton Town Hall,
High Street, Normanton, WF6 2DZ

PONTEFRACT OCCUPATIONAL THERAPY

Pontefract - 01977 747180
Pinderfields - 01924 541411

WESAIL - FAMILY ACTION

01924 965588
wesail@family-action.org.uk

TRANSPORT TEAM
hst@wakefield.gov.uk

LOCAL OFFER

wakefield.mylocaloffer.org

EDUCATION, INCLUSION & ASSESSMENT SERVICE

eps@wakefield.gov.uk
01924 307403

INFORMATION NETWORK

wakefield.mylocaloffer.org/information-
network

SOCIAL CARE DIRECT
01924 303458

CARERS WAKEFIELD

01924 305544

SCHOOL NURSING TEAM
01924 310130

PORTAGE

01924 307403
eps@wakefield.gov.uk

IPSEA
01799 582030
office@ipsea.net

WISENDSS

WISENDSS@wakefield.gov.uk

PINDERFIELDS & PONTEFRACT CHILDRENS CENTRE

01924 541009 and 01924 541982

