



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

**NEWS 03.11.2020**

## **Support and Workshops**

We hope you had a good half term.

As we approach the new national lockdown, here's some information that you may find useful.

### **New national lockdown**

**Government Guidance** on the new restrictions can be found [here](#). This is likely to be updated as the new regulations are passed by Government.

**Lambeth's support offer** is detailed on the Council [website](#) which again will be updated as the situation changes.

### **Flu Vaccinations**

This winter with COVID-19 in circulation, it's more important than ever that eligible groups are vaccinated to protect them from flu.

More people are eligible to receive the free vaccine this year but may not realise this. A list of eligible groups can be found [here](#)

**All personal care assistants (PA's) are also now eligible for a free flu vaccination.** If you employ a PA through Direct Payments, you can find guidance about the flu vaccine for PA's and what you need to do [here](#)

---

## **Workshops and Support for parents, carers and families**

### **Lambeth Parent Forum and Family Action Lambeth Come Together! Coffee Morning**

Save the date for our next Virtual Come Together! Coffee Morning on Wednesday 25th November, 10.00 - 12.00.

We'll be sending out the Zoom link for registration soon. Do look out for it.

### **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 (next one is tomorrow, 4th November 2020 and then 2nd December 2020).

To book a session or ask for advice regarding these sessions, you can email [TImms@lambeth.gov.uk](mailto:TImms@lambeth.gov.uk) or text on [07740745580](tel:07740745580) with your preferred contact number.

**Contact** has a range of free online workshops covering topics such as Money Matters, Encouraging Positive Behaviour, and Wellbeing for parents and carers of children with additional needs. You can find details of all the workshops with dates and booking details on the [Contact website](#)

Don't forget that Contact also has a [free helpline 0808 808 3555](tel:08088083555) which can help with questions on subjects such as education, health, benefits etc and they also offer 1:1 'Listening Ear' telephone appointments with a family support adviser. Full details on the [website](#)

**Yvonne Newbold** who wrote the SEND Parent's Handbook (<https://www.facebook.com/thespecialparentshandbook>) is running a series of webinars over the next couple of months for families of children with SEND with violent or extreme behaviour. The next one is **Tuesday 10th November at 8pm and looks at 'Understanding children's controlling behaviour and how to address it'**. There is a cost of £2.50 for the webinar which includes a replay link so you can watch it again. Full details and booking information is on her [website](#)

Southwark's parent forum, Southwark Independent Voice, have invited Yvonne to do a free workshop with them which they have opened up for anyone to join. The topic is **'How to be heard as your child's Expert Advocate'** and it takes place on **Thursday 19th November at 10.30am**. Full details and booking [here](#).

Yvonne also has a series of [Top Tips videos](#) for dealing with challenging behaviour and lots of other helpful resources on her website <https://yvonnenebold.com/>

**Rites for Girls** have a free online parenting course, **'Parenting Through Difficult Times'**, consisting of three weekly 2-hour live interactive sessions with Kim McCabe, founder and author of 'From Daughter to Woman', backed up with additional video material and a private Facebook group. The programme is for parents of both girls and boys of any age and aims to help you give your child a sense of calm and safety; help your children settle back into school; give your child tools for managing their big feelings: increased anxiety, frustration, disappointment; enjoy parenting in these strange times; figure this all out in a supportive min-community of ten parents.

Full details are on the attached flyer or email [info@ritesforgirls.com](mailto:info@ritesforgirls.com)

Rites for Girls also offer mentoring for girls right through their adolescence. For more details, check out their website [www.ritesforgirls.com](http://www.ritesforgirls.com)

**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. Have a look at their [website](#)

**Lambeth Parenting Team** have a new free inclusive course to help parents and carers raise happy, confident older children and teens. The **Strengthening Families strengthening Communities** parenting programme runs for three hours a week for 12 weeks. A face to face programme was due to start this week, details on the attached flyer. If you're interested, do contact Lambeth Parenting Team to check if details have changed due to the new lockdown. (Email [parenting@lambeth.gov.uk](mailto:parenting@lambeth.gov.uk) or call Joy on 07701 048479)

**Lambeth Carers Card** is now available to all unpaid carers in Lambeth. Carers' Hub Lambeth and MYsocial are delighted to have recently launched the Lambeth Carers Card, which connects unpaid carers to helpful resources and information. The card itself includes space for carers to add their emergency contact details. This means in an emergency, people know who to contact to help look after the person they usually care for. We're also offering carers free access to the Lambeth version of Carers UK's Digital Resource for Carers, as well as newsletters and online events to stay in the loop with local news, information and support. Find out more here at the Lambeth Carers Card [website](#)

**Family Fund** supports families on lower incomes who are raising disabled or seriously ill children and young people, up to the age of 17, with grants for essential items. These items, such as computers and tablets, sensory toys, outdoor play equipment, furniture and kitchen appliances,

help break down many of the barriers families face, and make family life easier. Families are able to apply for what they think would benefit their child and family the most. Details of who is eligible and how to apply are on the [Family Fund website](#)

---

## Support with Mental Health

**Autism Voice** offers weekly Mental Health and Wellbeing Support for Autistic people and their families on Wednesdays, 10am -2pm, online and on the telephone. Call 07460 399290 for an appointment. Check out their Facebook page [here](#)

**Young Minds website** has support and advice for both young people and parents/carers to look after mental health.

**NHS Every Mind Matters** gives practical tips and expert advice to look after your mental health.

**Mindfulmazing.com** is a website and blog by a mother of an autistic child with resources and ideas for mindfulness and emotional regulation.

---

## Share your views

**South East London CCG** want to hear your views on keeping children and young people with autism and/or learning disabilities out of hospital and in-patient facilities.

*Our ambition at South East London CCG is to prevent unnecessary admissions by providing better access to care in the community - 'homes not hospitals'. As a first step in reducing admissions, the NHS Long-term Plan makes a commitment that by 2023 every child or young person facing a possible admission (due perhaps to their mental health or changes in behaviour) should have a named 'key worker' to support the family at this difficult time. We would like to bring this ambition forward so that we have named key workers by 2021. To help us achieve this aim, we want your help in designing this new role.*

*Ian Sutton, Project Lead at South East London CCG for Children & Young People will be hosting a free online webinar about the Long-term Plan and the key worker programme. This will be an opportunity for us to hear your views and ideas about what this new key worker should do and how the process should work. We want to hear about what you'd want for your child in these circumstances and what we should do to avoid it in the first place.*

*Each webinar will be interactive with a chance to put your ideas and questions to CCG staff. There are two sessions you can select from: [Thursday 5th November 1:30pm – 2:30pm](#) [Thursday 12th November 6:00pm – 7:00pm](#)*

*If you would like to attend either one of these sessions, please email [ian.sutton@nhs.net](mailto:ian.sutton@nhs.net) saying which session you would like to attend. We will send you a link to the event.*

---

## Exhibition

**Kidz to Adultz Venue to Virtual 9th - 13th November** is an online virtual exhibition dedicated to children and young adults with disabilities and additional needs, their parents, carers, and the professionals who support them right across the UK and much further afield. The online platform offers visitors virtual access to the many exhibitors, companies, voluntary and support organisations who will be showcasing their products, equipment and outlining details of their services at various times during the week-long event. More information and to register [here](#)

---

## **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](http://www.lambethparentforum.com)

Hope you find this useful

# PARENTING THROUGH DIFFICULT TIMES



## ONLINE PARENTING COURSE

Non-judgemental support in the privacy of your home



This 3-week course will help you to:

- give your child/ren a sense of calm and safety
- help your children settle back into school
- give your child tools for managing their big feelings: increased anxiety, frustration, disappointment
- enjoy parenting in these strange times
- figure this all out in a supportive mini-community of ten parents

### LIVE WITH KIM

THREE 2-HOUR  
ONLINE GROUP  
SESSIONS

with parenting guide and  
author Km McCabe

### BONUS VIDEOS

TO RECAP PLUS  
EXTRA GUIDANCE

to guide you through the week

### PRIVATE

FACEBOOK  
GROUP

if you want continued support  
during the week

### *What we can offer you*

---

Interactive short-course for parents of school-aged children, helping you to do your best parenting in this time of uncertainty, guided live by best-selling author Kim McCabe.



## Is this for me?

- Is this for Dads too?

*Absolutely, Dads are welcome and encouraged.*

- I've a son aged 5, and daughters aged 8 and 15, is this course for me?

*You will learn tools you can put into immediate use whatever your child's age or gender.*

- Will recordings be available afterwards?

*No, sessions are live, interactive and confidential so we won't record them.*

- How can I contact the organizer with questions?

*For more information about this course, Kim McCabe or her book, please email [info@ritesforgirls.com](mailto:info@ritesforgirls.com)*

"Just do it! Kim's the best. Down-to-earth and not preachy" Mother to toddler and teen and two inbetween

Eye-opening and supportive. Worth every minute." Mum to boys age 6 and 8

"It's made me a better mum. I want more!" Mum to teen girls

"I got exactly what I came for, and more" Dad to 10 year old

"I'm still getting so much support from the others in my group too." Single mum of girls, 10 and 8

## Who is Kim McCabe?

Kim McCabe, founder director of Rites for Girls CIC and author of 'From Daughter to Woman', specialises in guiding parents. She draws on thirty years experience of working with preteens and teens, of advising parents and lessons learned from her own mothering journey of two boys and a girl.

*We would love to hear from you*

*To book a free place:  
[info@ritesforgirls.com](mailto:info@ritesforgirls.com)*

Funding from Social Enterprise Support Fund, distributed by the School for Social Entrepreneurs. Thanks to National Lottery players for making this possible.



Social Enterprise  
Support Fund



@RitesForGirls



[info@ritesforgirls.com](mailto:info@ritesforgirls.com)



[www.ritesforgirls.com](http://www.ritesforgirls.com)



A free inclusive course to  
help parents and carers  
raise happy confident  
**older children and teens**



strengthening  
**families**  
strengthening  
**communities**



strengthening families  
strengthening communities

## About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

*I found it very supportive being part of a group and sharing ideas with other parents.*

*I loved the programme and will ask my friends and relatives to go as well.*

*I spend more time with my mum and we communicate better*

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

*I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.*



### The course will help you to

- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



All groups end with a celebration.

You will receive a certificate and a parent manual.