

# Parents' Coffee Morning

*for those with children who have SEND*



Thursday 2<sup>nd</sup> February 2023



# Welcome and who's who



**Lynne Sampson**

Executive Head  
(Pegasus)



**Jolyon Roberts**

Executive Head  
(Pegasus)



**Jo Sorensen**

Head of  
Lower School



**Claire Binks**

Acting Head of  
Upper School



**Taryn McLelland**

Inclusion  
Manager/SENDCo



**Marsha Douglas**

Chair of MACS/  
SEND focus



# SEND provision and updates at Cypress



- SEND can cover a broad range of needs which include speech, language and communication needs, behavioural, emotional and social difficulties, specific learning difficulties, moderate learning difficulties, profound and multiple learning difficulties, multi-sensory impairment, visual and hearing impairment, physical development and Autistic Spectrum Disorders.
- Around 14% of children at CYP (inc. Nursery) are on our SEND register and we currently have 7 children with EHCPs. This is broadly in line with national.
- Most children on the SEND register have involvement from external agencies (SALT, EP, Paediatrician, CAMHS, Sensory Support team etc) and we then follow recommendations.
- We are a mainstream school where 'Quality First Teaching' is effective.
- SEND Pupil Passports provide individual targets for children with SEND.

<https://www.pegasusacademytrust.org/special-educational-needs-and-disabilities-send>



# Support for families

- Croydon SENDIASS provides free, confidential and impartial information, advice and support. They also have a range of useful resources on their website.  
<https://www.kids.org.uk/croydon-sendiass>
- Croydon Local Offer -  
<https://localoffer.croydon.gov.uk/kb5/croydon/directory/home.page>
- Chatterbox (S&L Nursery support)
- MHST supporting families





## Croydon Autism Support

Support for families after diagnosis.  
Practical and emotional support, advice, information and strategies for families of autistic children and young people living in Croydon.

0203 005 4335

@ Croydon.familysupport@nas.org.uk

### One to One Support

An opportunity for parents and carers to meet with our Family Support team and;

- Discuss your child's needs
- Understand more about autism and how it might affect your child.
- Find out about other local and national services that can help you and your family.
- Receive support, advice and strategies that can help you to help your child.

Available via home visit or telephone.

### Social Skills Groups

**Lego & Football Sessions**  
For children who attend mainstream schools.

Mondays after school

Places must be booked

0203 005 4335

@ Croydon.familysupport@nas.org.uk

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).

### Stepping Up Courses

8 session courses for parents and carers of primary & secondary aged autistic children in mainstream schools.

Topics covered vary according to age group, but may include:

**Understanding Diagnosis**

**Communication**

**Visual Supports**

**Understanding & Managing Behaviour**

**Sensory Differences**

**Developing Social Skills**

Places must be booked.

### Clubs & Fun Days

- Trampolining sessions for ages 5-18 years.
- A Saturday Youth Club for 10-18 years
- Fun activities & Days out during school holidays.







In partnership with:



## Supporting Neurodiversity Within Families



This informal and free video workshop is led by **Dr Joanne Riordan**, Educational Psychologist and Neurodiversity specialist. Joanne explains the term '**neurodiversity**', which is a big, current topic. She then goes on to talk about **practical and neuro-friendly strategies**, to support family routines and your children. This workshop is aimed at parents and carers of children and young people (0-16years) with neuro-developmental conditions (e.g. Autism, ADHD, Developmental Coordination Disorder/dyspraxia), living in Croydon or with children attending Croydon schools.

**You are welcome to attend 10.00-11.30am  
or 7.30-9.00pm on 6<sup>th</sup> February 2023**

### **How to book:**

To book on the morning session, please use the link <https://www.eventbrite.co.uk/e/neurodiversity-in-families-registration-443242679787>. To book on the evening session, please use the link <https://www.eventbrite.co.uk/e/neurodiversity-in-families-registration-443246220377>. Spaces are limited, and are on a first come basis. This will be hosted on Zoom. Any issues, please contact [pa.drjoanne@gmail.com](mailto:pa.drjoanne@gmail.com)



[www.DrJoanne.co.uk](http://www.DrJoanne.co.uk)





### **Stepping Stones Triple P**



A strength-based, 9 week parenting programme to support parents' confidence in managing and understanding their child's behaviour in the context of their additional needs and/or disability. This group is aimed at parents and carers of children aged 0-12 who have a special educational need or disability (SEND). Sessions consist of a mix of one to one discussions and group sessions.

Facilitators will contact parents prior to the start of the group to discuss parents' goals and individual needs.

***Prior to the start of the programme: Introduction/ one to one discussion (phone or MS teams)***

***Week 1: Group session – What is positive parenting?***

***Week 2: Group session – Promoting children's development***

***Week 3: Group session – Teaching new skills and behaviours***

***Week 4: Group session – Managing misbehaviour and parenting routines***

***Week 5: Group session – Planning ahead***

***Week 6 – Week 8: One to one discussions (phone or MS teams)***

***Week 9: Final virtual group session – Review and celebration***

Dates	Day	Time	Venue
9.1.23 - 6.3.23	Monday	9.45am - 12.15pm	Ecclesbourne Primary School - Willow Centre Attlee Close CR7 7FA
12.1.23 - 9.3.23	Thursday	10am - 12.30pm	Woodlands Children's Centre Farnborough Avenue CR2 8HD <i>Creche available for children under 5</i>
31.1.23 - 28.3.23	Tuesday	5pm – 7pm	Virtual group – MS Teams





Are you a parent, carer or guardian living in the borough of Croydon and struggling with your or your young person's mental health?



**Help Is At Hand (HIAH) is here to support you.**

**HIAH** is a phone based service that offers immediate crisis support for parents, carers and guardians without having to leave their homes. Our experienced team will assist with the immediate mental wellbeing of any parent or carer and provide a focus, to better understand how they can manage themselves, their young person or their child.

Our phone lines are open from 12pm to 6pm, Monday to Friday

**07592 037 823**

Alternatively you can contact us via email on: [outreach@croydondropin.org.uk](mailto:outreach@croydondropin.org.uk)

**You Talk, We Listen**

Supporting children, young people and families 1978 - 2023 Information, Advocacy, Counselling, Outreach and Health Support in Communities & Schools  
Tel: 020 8680 0404

[www.croydondropin.org.uk](http://www.croydondropin.org.uk)

Guarantee Registration Number 3092355 Registered Charity Number 1049307 Registered Office, 132 Church Street, Croydon, CR0 1RF

## PARENT SUPPORT PROGRAMME

For parents whose young people are on the CAMHS treatment waiting list!

The 8-week online Parents Support Group is a safe and confidential space for parents to gain information and skills to support their young person as well as receive peer support from other parents.

### Eligibility

Parents whose adolescents (11-16) are on a CAMHS treatment waiting list with the main presenting concerns of:

anxiety,  
depression,  
self-harm  
and/or suicidality

Does **NOT** include PTSD, an Eating Disorder, significant learning disability

### Groups start dates/times:

25th January (Wed) 1.30-3pm

25th January (Wed) 5 - 7.30pm

27th January (Fri) 10.00-11.30

Referrals are welcome from all London CAMHS services (Tier 2&3)

**Need more information?**  
Please contact us at: 020 8940 7384  
email: [parentsupport@rbmind.org](mailto:parentsupport@rbmind.org)



# You Are Not Alone

Juggling family life is not always easy, when you have a child with additional needs this can feel quite overwhelming and isolating.

Learning to manage sleep deprivation, challenging behaviour, multiple medical appointments, EHCP process, nursery and school applications.



Together we can support you through your journey, especially someone who has walked in your shoes; offering friendships, information and advice, opportunities to socialise, emotional and moral support, a listening ear and a regular meeting place in a non-judgemental space.

Come and join us whether it's with or without your child on Wednesday's 9.30-11.00am at  
Selhurst Children's Centre





## You can find The Talkbus on...

### Thursdays

Northend (outside MacDonalds, Croydon)  
2.30pm to 5.30pm

### Fridays

London Road, outside Harris Invictus  
West Croydon  
2.30pm to 5.30pm

### Saturdays

Northend (outside MacDonalds, Croydon)  
1.30pm to 4.30pm



**Talkbus** is a mobile information centre offering support to young people where you can receive information, advice and guidance from our Outreach workers!

On Fridays and Saturdays **Talkbus** becomes your **Safe Space**!

**Safe Space** aims to create an environment for children and young people who may be in crisis, to receive help and advice through Croydon Drop In services with support from SLAM, CUH, LBC and the ICS. This service will help ensure that young people have access to appropriate care and support in the community.

**Talkbus Helpline 07592 037 823 1pm - 4pm Monday to Friday**

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## Talkbus Timetable January 2023

MON	TUE	WED	THU	FRI	SAT
2 <b>BANK HOLIDAY CLOSED</b>	3 SCHOOL SESSION	4 Central Parade, New Addington 2:30pm - 5:30pm	5 Northend Croydon 2.30pm - 5.30pm	6 <b>STAFF DEVELOPMENT DAY</b>	7 <b>Safe Space</b> Northend Croydon 1:30pm - 4:30pm
9 COLLEGE SESSION	10 SCHOOL SESSION	11 Monks Hill 2:30pm - 5:30pm	12 Northend Croydon 2.30pm - 5.30pm	13 <b>Safe Space</b> London Rd, Outside Invictus 2.30pm - 5:30pm	14 <b>Safe Space</b> Northend Croydon 1:30pm - 4:30pm
16 COLLEGE SESSION	17 Norbury Library 2:30pm - 5:30pm	18 Tesco Purley Superstore 2:30pm to 5:30pm	19 Northend Croydon 2.30pm - 5.30pm	20 <b>Safe Space</b> London Rd, Outside Invictus 2.30pm - 5:30pm	21 <b>Safe Space</b> Northend Croydon 1:30pm - 4:30pm
23 COLLEGE SESSION	24 Blackhorse Lane 2:30pm - 5:30pm	25 Legacy Youth Zone 4:30pm to 7:30pm	26 Northend Croydon 2.30pm - 5.30pm	27 <b>Safe Space</b> London Rd, Outside Invictus 2:30pm - 5:30pm	28 <b>Safe Space</b> Northend Croydon 1:30pm - 4:30pm
30 COLLEGE SESSION	31 <b>TALKBUS MAINTENANCE</b>				

If you need information advice and guidance please visit the Talkbus or call  
Monday to Friday or visit our website for further information on sessions near you  
1pm to 4pm

07592 037 823

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Get the Talkbus Timetable  
on your phone by  
scanning here!



# Speech and Language Therapy



## Love to Communicate

INDEPENDENT SPEECH AND LANGUAGE THERAPY



# Any questions?



## Save the dates!

*Next SEND Coffee morning - Thursday 23<sup>rd</sup> March 2023*  
*Barbara Allen from MHST*

