

Parents' Coffee Morning

for those with children who have SEND



Thursday 23rd March 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 16% 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>



Developing SEND and Inclusion provision at Cypress – what's new since Sept'22?



- MHST (Mental Health Support Team)
- School led Coffee Mornings with a focus on specific areas of SEND (e.g. S&L, ASD)
- 1:1 emotional well-being support
- Love To Communicate – screened every Reception child, carried out assessments and now groups/ 1:1s are taking place, staff training
- National Autistic Society (NAS) Coffee Morning for parents and course running at CYP
- We've joined the Local SEND Locality to gain funding for pre-EHCP children
- ASD training for staff
- Seve the Cypress Super Dog!
- Makaton sign of the week introduced
- MHST Coffee Morning



Autism
Education
Trust



Further plans to develop SEND and Inclusion provision at Cypress this academic year



- Working towards Cypress becoming increasingly 'dyslexia friendly'
- PAT School Development Team working on support for children who are new to country/EAL-Languagenut-we have trialled and started accessing an online platform for new to English/School to develop their vocabulary





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





National Autistic Society



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

Clubs & Fun Days

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

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.

📞 0203 005 4335
 @ Croydon.familysupport@nas.org.uk

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039477).






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



Facebook group – Croydon SEND information and support!

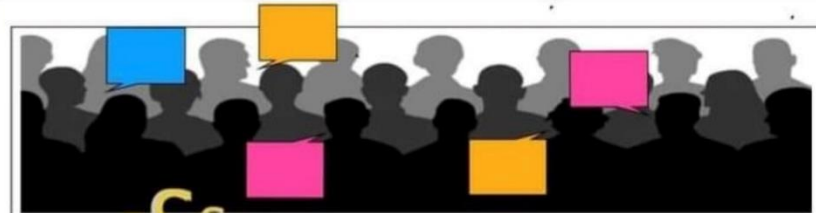


Croydon SEND information and support!



Debbie Sullivan · 2 h · 🌐

Let me know if you are coming to this coffee morning. Be great to meet with parents. Q&A with Sally Leung SALT - hosted by Croydon Parent Forum - Croydon Active Voices ☕🍵🍶



Croydon Active Voices Coffee Morning

A Warm Hello to all fellow SEND parents and carers

We are a collective group of Parents and Carers who have children and young people with special educational needs and disabilities aged 0-25.

Our aim is to listen and give the Parents and Carers of Croydon a voice in shaping, developing and influencing services and policies that affect our families. We want to make sure everyone's voice is heard.

Come join us for a cup of tea/coffee at the relaunch of our coffee mornings where we would love to listen to your experiences and lend an ear if you just want to rant or cry.

We will also be joined by our first guest speaker Speech and Language Therapist Sally Leung.

Date & Time: Monday 27th March 2023, 10am- to 13.30

Venue: Meeting Room 3, Carers Centre, 24 George St, Croydon, CR0 1PB



For more information or to let us know you are coming please email us at:
Coordinator@croydonactivevoices.org.uk

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

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

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

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

You talk, we listen!

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Talkbus Timetable January 2023

MON	TUE	WED	THU	FRI	SAT
2 BANK HOLIDAY CLOSED	3 SCHOOL SESSION	4 Central Parade, New Addington 2:30pm - 5:30pm	5 Northend Croydon 2.30pm - 5.30pm	6 STAFF DEVELOPMENT DAY	7 Safe Space 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 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	14 Safe Space 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 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	21 Safe Space 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 Safe Space London Rd, Outside Invictus 2:30pm - 5:30pm	28 Safe Space Northend Croydon 1:30pm - 4:30pm
30 COLLEGE SESSION	31 TALKBUS MAINTENANCE				

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

Supporting young people and families for 44 years, 1978 - 2022
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Get the Talkbus Timetable on your phone by scanning here!



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Mental Health Schools Team (MHST)

Barbara Allen

MHST Team Leader



The graphic features a light blue background with a white dashed grid. At the top, there are abstract light blue shapes. The text 'MHST' is written in large, bold, teal letters. Below it, the tagline 'Making emotional wellbeing accessible to all.' is written in a smaller, italicized font. A paragraph of text describes the team's role. Contact information is provided below. At the bottom, there are three logos: 'Are you OK Croydon?' with a stylized figure, 'cdi' in green, and 'TALK TO US OFF THE RECORD' in a red speech bubble. An illustration of two children sitting on a large yellow pencil is at the bottom left.

MHST

Making emotional wellbeing accessible to all.

The Mental Health Support Team (MHST) work within schools providing additional emotional wellbeing support to children, young people, their families and the schools they go to.

Contact our team at MHST@croydondropin.org.uk

 Are you OK Croydon?

 cdi

TALK TO US
OFF THE RECORD

Any questions?



Save the dates!

Next SEND Coffee morning - Thursday 4th May 2023
Dyslexia

