

Parents' Coffee Morning

for those with children who have SEND



Thursday 4th May 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





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.

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.

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.

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

 National Autistic Society

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



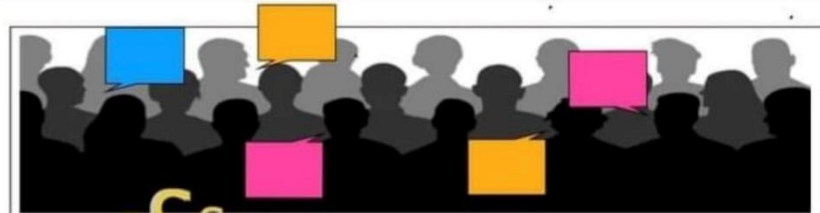
Facebook group – Croydon SEND information and support!



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

MHST

ONLINE PARENT WORKSHOPS

Jointly run by Off The Record and Croydon Drop In

Join us on Zoom for the following workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



Helping your Child's Behaviour (Primary age)

April 26th 1-2pm and May 3rd 5-6pm

Helping your Child with Anxiety and Worries

May 10th 1-2pm and May 17th 5-6pm

Helping your Child's Sleep

May 24th 1-2pm and June 7th 5-6pm

Introduction to Autism

June 14th 1-2pm and June 21st - 5-6pm

Looking After Yourself for Parents

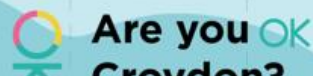
June 28th 1-2pm and July 5th 5-6pm



Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance** scan the QR code to the left to find out dates, times and how to sign up.



TALK TO US





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 April 2023

MON	TUE	WED	THU	FRI	SAT
3 Arena, South Norwood 10:30am-1:30pm BlackHorse Lane 2:30pm-5:30pm	4 INTERNAL TEAM MEETING	5 Waddon Leisure Centre 10:30am-1:30pm Central Parade, New Addington 2:30pm - 5:30pm	6 Northend Croydon 2.30pm - 5.30pm	7 BANK HOLIDAY CDI SERVICES CLOSED	8 Safe Space Northend Croydon 1:30pm - 4:30pm
10 BANK HOLIDAY CDI SERVICES CLOSED	11 INTERNAL TEAM TRAINING	12 Monks Hill 2:30pm - 5:30pm	13 Northend Croydon 2.30pm - 5.30pm	14 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	15 Safe Space Northend Croydon 1:30pm - 4:30pm
17 COLLEGE SESSION	18 Norbury Library 2:30pm to 5:30pm	19 Tesco Purley Superstore 2:30pm to 5:30pm	20 Northend Croydon 2.30pm - 5.30pm	21 Safe Space London Rd, Outside Invictus 2.30pm - 5:30pm	22 Safe Space Northend Croydon 1:30pm - 4:30pm
24 COLLEGE SESSION	25 Shrublands Estate 2:30pm to 5:30pm	26 Legacy Youth Zone 2:30pm to 5:30pm	27 Northend Croydon 2.30pm - 5.30pm	28 Safe Space London Rd, Outside Invictus 2:30pm - 5:30pm	29 Safe Space Northend Croydon 1:30pm - 4:30pm

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!



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What is Dyslexia & Dyscalculia?



Dyslexia is a learning difficulty that causes problems with reading, writing and spelling. Dyslexia can affect learning in numerous ways, for example processing language-based information, oral language skills, short term and working memory, and organisation.

Dyscalculia is a learning difficulty that causes problems in maths; people with dyscalculia have trouble making sense of numbers and mathematical concepts.

Both dyslexia and dyscalculia are lifelong conditions. However, people can be supported in various methods. Having dyslexia or dyscalculia does not indicate a person's intelligence, as they may perform well in other areas of learning.

- Approximately 1 in 10-20 people in the UK have dyslexia
- Approximately 1 in 20 people have dyscalculia
- Research suggests that dyslexia affects more males than females- however there are not any significant gender differences in dyscalculia
- 50% of people with dyscalculia also have dyslexia
- ADHD is commonly diagnosed in each condition



What causes it?



- The exact cause of dyslexia is still unknown. However, there is evidence that dyslexia may be inherited from parents. Also, evidence suggests that brain function plays a role in the presentation of dyslexia, especially in areas that concern language processing.
- Dyscalculia has two forms: developmental and acquired. Developmental dyscalculia means that an individual has always had the condition, causes of which are believed to be genetic. Acquired dyscalculia can often occur after brain damage or a stroke



What are the symptoms



Dyslexia:

- – Preschool children: delayed speech development, speech problems, problems expressing themselves using speech, little understanding of rhyming words, difficulty learning the alphabet.
- – Schoolchildren: problems learning names and sounds of letters, spelling, letters/figures may be the wrong way round, confusing the order of letters, reading slowly and making errors, visual disturbances when reading, difficulty writing down answers, difficulty following directions, slow writing, poor handwriting.
- – Adolescents/adults: poorly organised written work, difficulty writing essays and letters, problems revising, avoiding reading, difficulty taking notes/copying, poor spelling, struggling to meet deadline



What are the symptoms



Dyscalculia

- Preschool children: trouble learning to count, difficulty connecting numbers to objects, struggles to recognise patterns.
- – School children: difficulty learning and recalling number facts, difficulty computing sums, poor understanding of signs like + -, difficulties solving maths problems, poor processing of graphs and charts, lacking confidence in areas that require maths.
- – Adolescents and adults: trouble applying maths concepts to money, difficulty counting backwards, slow to perform calculations, weak mental arithmetic skills, poor sense of numbers and estimation, high levels of maths anxiety.



How is it diagnosed?

- The earlier dyslexia and dyscalculia are diagnosed, the better, as learning supports can be put in place.
- For dyslexia and dyscalculia; if there were concerns about the child's progress in language and/or maths, a meeting with the child's parents/carers, teacher and the school's special educational needs co-ordinator (SENCO) would be arranged.
- If there were ongoing symptoms, then the family would also visit their GP. The GP would rule out any condition that may be affecting this, such as visual problems, hearing problems or other conditions, e.g. ADHD.
- If there are still concerns, the child may be referred to an educational psychologist or other specialist for an assessment. This involves a series of tests regarding reading and writing ability, language development and vocabulary, mathematical ability, logical reasoning, memory, processing speed, organisational skills, and their approach to learning.



How can we support at Cypress?

- Quality first teaching
- Using simple clear language
- Differentiate and scaffolded learning
- Making it manageable-breaking it down into smaller chunks
- Time to think about their response-repeating back instructions to ensure they have understood
- Inclusive classroom
- Follow clear and consistent routines
- Checklists/visual supports/practical multi sensory approaches
- Use of IT when appropriate
- Coloured overlays/tinted books, reading rulers
- Concrete apparatus
- 1:1/group support
- Not putting children under pressure
- Reinforce teaching



Interventions at Cypress



In addition to Quality First Teaching, we have a number of interventions at Cypress to support children with a range of needs. Children do not have to be on our SEND register to access these school-based interventions.

Love to Communicate (SALT)	Small group support	Preview (maths and literacy)	MHST (Mental Health Schools Team)	Seve the Cypress Superdog	Speech and Language groups
Circle of friends	Bucket time	Draw and talk	Precision teaching	Catch-up maths groups	Social skills
Curriculum adaptations/ differentiation	Specialist equipment/ resources	Sensory input (movement breaks, quiet spaces)	Increased adult support (e.g. 1:1)	Keep-up phonics/ super-supported blending	5 minute box (maths)
Lexia	Touch typing	1:1 reading	Little Wandle phonics	Forest School nurture groups	Handwriting



Useful websites

[BDA](#)

[Dyslexia Action](#)

[Nessy](#)

[NHS](#)

[The Dyslexia Association](#)

[Widgit](#)



Any questions?



Save the dates!

Next SEND Coffee morning - TBA

