



In touch

Keeping parents and carers of children with SEND
In touch with the latest information and events

Spring 2018 **Newsletter**

Welcome to our 2018 Spring Term Newsletter

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Writing this in January, it does not feel very Spring-like at the moment, but even now there are daffodils starting to grow, reminding us that Spring is only around the corner!

Keeping that mind-set of looking forward, I wanted to share with you that in West Sussex, the month of March will be dedicated to focussing on 'Strategic Co-production'. This is a way for professionals and parent carers and/or young people to work as equal partners to shape local policies, services and support for families.

If you have access to social media, then be sure to sign up to the West Sussex Local Offer and West Sussex Parent Carer Forum Facebook page to find out more as the month of March approaches.

Meanwhile, to find out more about the Co-Production Framework that was agreed at the West Sussex County Council SEND Core Group during last year, please find this, and supporting documents on the Local Offer: <https://goo.gl/2KZ58y>.

If you do not have access to a computer and would be interested in receiving these documents, please contact send.ias@westsussex.gov.uk and we can arrange to send these to you.

Heather



Heather McIntosh
Team Manager
SENDIAS

Index for Inclusion



60 schools, working in 7 Clusters across West Sussex are currently involved in collaborative School Improvement research & development activities using the INDEX for INCLUSION to:

“Improve outcomes for all children and adults working in schools and settings by putting inclusive values into action and disconnecting action from excluding values”

Participants are using the Index for Inclusion as a toolkit of ideas & support in order to help them a) reflect on current school practice and behaviours and b) to assist in highlighting areas requiring improvement that link to existing whole school development plans and school improvement priorities.

Clusters are working on common themes, building collaborative networks and sharing best and emerging practice. Much excitement and energy has been generated and after 3 cluster meetings, things are

beginning to take shape and schools are already reporting impact due to changes they have made this term in a wide variety of ways. View the full Index of Inclusion newsletter here - <https://goo.gl/u8WDNr>



The Local Offer Officer has been supporting with the organisation of these meetings. We hope that we can use and adapt the tools within the Index of Inclusion to further develop and review our West Sussex Local Offer.

If you would like more information about the Index for Inclusion pilot, please contact: miriam.hill@westsussex.gov.uk

Coastal West Sussex Mind



We are an independent local mental health charity working in West Sussex. We aim to promote good mental health through providing high quality services and through campaigning to improve services, raise awareness and understanding.

What we do:

- Our services support young people, adults, older adults, carers and families affected by mental health problems.
- We offer help and advice to people around improving their physical and mental well-being, strengthening their self-esteem and confidence, building strong relationships with family, friends and communities, getting into education, training and work.
- We also work actively in local communities to raise awareness about mental health and tackle the stigma and discrimination.

We provide a variety of workshops, half-day courses and longer mental health, resilience and well-being learning programmes in West Sussex. Our training is suitable if you:

- are a professional or volunteer working in education, health, social care, other public service or community sector
- in the private or public sector and require bespoke training to be delivered in-house for staff or volunteer groups.

All our training is designed to increase people's skills, knowledge and confidence in supporting others with mental health issues. There are a number of training courses at the moment being delivered through a partnership between Coastal West Sussex Mind, Rethink and West Sussex County Council. These include Understanding & Managing Bullying in Primary Age Children, Youth Mental Health First Aid and SuicideTALK (for people working with children & young people). Details on these courses can be found through our Local Offer page <https://westsussex.local-offer.org/services/729>

For other courses and more information please check out our website <http://www.coastalwestsussexmind.org/> email us at training@coastalwestsussexmind.org or call 01903 277 000.

Short breaks and fun days for disabled children and young people

at K2 Crawley

Saturday 17 March 2018



Sessions take place from 10am until 3pm for ages 25 and under. Please ensure that children are accompanied by a parent or carer at all times.

Come and take part in a range of activities* including; boccia, trampolining, multi sports, wheelchair cricket, indoor climbing, swimming, bouncy castle/soft play and sensory art.

*A varied combination of the activities listed will be offered but are subject to change.

All activities are fully supervised by qualified and experienced staff.

Cost: £12 per family or £10 with a compass card (please bring own lunch or purchase from the cafe). Half day option also available.

Book in advance or turn up on the day.

For further information and to download a registration form please visit www.crawley.gov.uk/disabilitysport



West Sussex Parent Carer Forum



invite you to our



Coffee, Cake, Info & Networking event

for families with children with additional needs and disabilities

30th April 2018 10.30am – 1.00pm

Phoenix Centre, Nr The Regis School, Westloats Lane, Bognor Regis, PO21 5JD

Drop in and find support, pick up information, and talk to organisations whilst enjoying coffee and cake and meeting other parents.

**** ORGANISATIONS TO BE CONFIRMED ****



This is a free event where children are welcome.

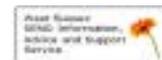
Free Parking available, travel expenses can be reimbursed for parent carers.

For more information, please contact office@wspcf.org.uk or call 01903 726188

Future events will be held at the:

11 July 2018 - Billingshurst Community Centre

17 October 2018 - Worthing Rugby Club, Angmering



Family Support Services

Family Support Sessions

offering professional and personalised advice for parents/carers and relatives who live and work with those on the Autism Spectrum

The clinics run in the following Sussex locations:

Angmering
Chichester
Crawley
East Grinstead
Shoreham-by-Sea

The aim of the clinics are to provide parents, carers and extended family members, professional advice, access to further signposting and resources. The clinics are free of charge. Donations are welcome.

Each session lasts for 30 minutes. Prior booking is essential!

Email: familysupport@autismsussex.org.uk or call 01243 214120

Future Newsletters

We are currently reviewing the way we produce and distribute our newsletter and are considering reducing the number of printed copies to a minimum.

Many parent carers, voluntary groups and professionals now receive our newsletter by email. We understand that we still need some hard copies to reach individuals through Schools, Children and Family Centres, Libraries, etc. However, if you are an individual or service/voluntary group that currently receives a hard copy of our newsletter and would be happy to receive future editions by email, then please let us know at: send.ias@westsussex.gov.uk



West Sussex
SENDIAS Service

St James Campus, St James Road, Chichester, PO19 7HA
Helpline: 0330 222 8555 Email: send.ias@westsussex.gov.uk
Email for children and young people: cyp.sendias@westsussex.gov.uk



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