

Brent Parent Carer Forum hosts parent's workshops in partnership with Health, Education and Social Care:
Dates for your diaries.

Dear Parents/Carers,

We are pleased to let you know about a number of workshops we are hosting in partnership with Health, Social Care and Education. This follows on from the success of previous workshops and requests from parents to host new workshops in a number of different areas for the next year.

Please click on the links and we will send you joining details. Most of our workshops will continue to be online but some will be held in person at one of Brent's Family Health and Wellbeing Centres in Brent (more details to follow). If you have any questions about any of the workshops please email Meetal at admin@brentpcf.org or call me on 07852101492

Best Wishes,

Carol (Parent Participation Worker BPCF)

BPCF workshops

Sleep Hygiene

Sleep, rather than just being a time when the brain 'switches off', is actually an active process essential for wellbeing.

In children, sleep is important for growth, with certain stages of sleep associated with the release of growth hormones. Poor sleep can result in irritability the next day, as well as poor memory, low mood and impaired concentration in both children and adults.

Equally, good quality sleep is important for ensuring good physical and mental health. Join us to learn about sleep which is made up of four different stages, ask questions and learn about some of the possible strategies you could use depending on your child's age etc.

Join us by registering for this session to receive further information and link for this session

Ghada Karkotli - Lead Nurse and Clinical Team Lead - Brent CAMHS Any queries, please email admin@brentpcf.org

<https://brentpcf.org/>

May 2022 Parents Workshops

Have you been thinking about your son/daughter starting big school?

Starting school is an exciting time for young children and their parents. It can be a daunting time too, especially when your son/daughter has special educational needs and disabilities (SEND).

But with preparation and encouragement, most children will settle in easily at school.

Join us to hear how your son/ daughter with SEND will be supported to transition from home to nursery.

Find out about ways you can prepare your son and daughter for their first day at school. Ask those questions that have been playing on your mind.

If you have any specific questions - you can send to Meetal at admin@bpcf.org or give me a call on 07852101492

Starting School

1. Thursday 5th May 7-8.30pm online

Hatty Besley, and the Early Years Inclusion team

<https://www.eventbrite.co.uk/e/supporting-the-move-to-big-school-parents-workshop-bpcf-tickets-311006578047>

2. Wednesday 11th May 10-12 pm online

Hatty Besley, and the Early Years Inclusion team

<https://www.eventbrite.co.uk/e/supporting-the-move-to-big-school-parents-workshop-bpcf-tickets-311012305177>

Practical steps – preparation starting school online

3. Thursday 12th May 1-2pm

Hatty Besley, and the Early Years inclusion team

Clare Henshaw BOAT

<https://www.eventbrite.co.uk/e/supporting-the-move-to-big-school-parents-bite-size-practical-tips-tickets-322763232517>

Preparing for Transfer reviews

Your local authority must review your child's Education, Health and Care (EHC) plan at least once a year. This is to look at how your child is progressing and to ensure that the plan is kept up to date. This process is known as the annual review. These reviews are particularly important at key periods such as:

- Starting school
- Transition to junior school
- Transition to secondary school

Join this workshop to meet members for the SENDIASS and SENAS team to receive a presentation and have the opportunity to ask questions.

Thursday 19th May 7-8.30pm

SENAS AND SENDIASS

<https://www.eventbrite.co.uk/e/understanding-annual-reviews-at-key-stages-of-transition-tickets-322778548327>

Wednesday 25th May 10-12pm

Louise and Katherine

SENAS AND SENDIASS

<https://www.eventbrite.co.uk/e/understanding-annual-reviews-at-key-stages-of-transition-10-12-pm-tickets-322783362727>

June 2022 Parents workshops

Understanding SEND Support and the Graduated approach

Children and young people with SEN all have learning difficulties or disabilities that make it harder for them to learn than most children and young people of the same age. These children and young people may need extra or different help from that given to others

SEN support

Any support your child gets from their school or other setting should meet their needs. If your child has SEN, they will be able to access help – called SEN support:

- Early years settings, such as nurseries or childminders, support for the under 5s
- schools (see section in this guide on Support for children of school age)
- further education institutions such as colleges and 16-19 academies.

SEN support replaces school action/school action plus (in schools) and early years action/early years action plus (in early years settings).

SEN support is part of what is known as the 'graduated approach'.

This workshop will tell you how schools should be supporting your child and will work in partnership with you. This workshop will also provide you with suggestions of those different questions you should ask when visiting early years settings and schools

1. Wednesday 8th June 7-830pm

Gillian Edwards

<https://www.eventbrite.co.uk/e/understanding-send-support-and-the-graduated-approach-parents-workshop-tickets-311013889917>

1. Thursday 9th June 10-12 pm

Gillian Edwards

<https://www.eventbrite.co.uk/e/understanding-send-support-and-the-graduated-approach-parents-workshop-tickets-322785830107>

Applying for a Needs Assessment – EHCP

Some children with special educational needs (SEN) in England need more help than a mainstream school, college or nursery would normally provide at the level of SEN support

These pupils receive support through an Education, Health and Care (EHC) plan.

Children whose needs are so complex may need to attend a Specialist setting which would require an EHC plan to be in place.

Join our workshop to hear in more detail about the process.

What is an EHC plan?

An Education, Health and Care (EHC) plan is a legal document that describes a child or young person's special educational, health and social care needs, explains the extra help that will be given to meet those needs and how that help will support the child or young person to achieve what they want to in their life.

Who needs an EHC plan?

EHC plans are for children and young people whose special educational needs require more help than would normally be provided in a mainstream education setting (a college, school and nursery).

Although the plan can include health or social care needs, your child will not get a plan if they only have health or social care needs that do not affect their education.

An EHC plan can be issued to a child or young person between the ages of 0 and 25 years.

How do I get an EHC plan?

EHC plans are drawn up by the local authority after an EHC needs assessment. You, your child's education setting or your child, if over 16, can ask your local authority to carry out an assessment.

2. Wednesday 15th June 10-12

<https://www.eventbrite.co.uk/e/parents-workshop-applying-for-a-ehcp-needs-assessment-tickets-311020840707>

3. Thursday 16th June 7-830pm

<https://www.eventbrite.co.uk/e/parents-workshop-applying-for-a-ehcp-needs-assessment-evening-session-tickets-311022154637>

Healthy eating and wellbeing

Wednesday 22nd June 7-8pm

Farhat Hamid

Head of Nutrition and Dietetics

<https://www.eventbrite.co.uk/e/bpcf-parents-workshop-healthy-eating-and-better-mental-wellbeing-tickets-310999667377>

Thursday 23rd June 10-11

Farhat Hamid

Head of Nutrition and Dietetics

<https://www.eventbrite.co.uk/e/bpcf-parents-workshop-healthy-eating-and-better-mental-wellbeing-tickets-310983970427>

July 2022

The role of SENDIASS

Wednesday 6th July 10-12

Thursday 7th July 7-830pm

Details to follow

What to do if and how to challenge effectively

Sendiass service

Tuesday 12th July 7-8pm

Details to follow

Managing Behaviours that may challenge

Tuesday 19th July 10-12

Details to follow