

North Tyneside SEND Network News



Welcome

(October 2022)

Welcome to the second edition of our North Tyneside SEND Network News – connecting children, young people, families, and services together.

Our local offer team have created this newsletter in response to feedback from parents and carers during our Local Offer review and community events. We'll be providing useful information from across health, education and social care in North Tyneside to support families and keep them up to date with what they'd like to hear about.

North Tyneside SEND Local Offer

We've listened to your feedback and reviewed and updated our Local Offer postcards. You can see the new version below.

North Tyneside SEND Local Offer provides information for children and young people from birth to 25 years with Special Educational Needs and/or Disabilities (SEND) and their families.

North Tyneside SEND Local Offer brings together information in one place so young people, parents and carers can see the range of services and support available in their local area and understand how to access them.

Visit www.northtyneside.gov.uk and search 'North Tyneside Local Offer' or scan the QR code.

North Tyneside SEND Local Offer @NTC_SEND_LO

North Tyneside Council

In North Tyneside, we want to make sure that children and young people (from birth to 25 years) with Special Educational Needs and / or Disabilities (SEND) and their families get the best possible support and help when they need it.

To help develop our Local Offer, we want to ensure that your views and experiences are used to improve the services we offer.

Scan the QR code to tell us what you think.

Give us feedback by visiting www.northtyneside.gov.uk and search 'The Local Offer: Tell us what you think' or scan the QR code.

Here's a link to our Local Offer video: <https://youtu.be/tayYFBzoz5M>

Children and Young people



SEND YF
NORTH TYNESIDE SEND YOUTH FORUM

We are a group of young people aged 12-25 who have special educational needs and/or a disability (SEND) who live or attend education in North Tyneside.

We gather children and young people views and experiences and share these with decision makers - this helps improve services for all children and young people with SEND.

New members are welcome - your voice matters!

We meet once a month (Wednesday) at North Tyneside Council offices, Cobalt Business Park. You can also attend virtually attend using Microsoft TEAMS if you prefer.

WE WORK ON PROJECTS CHOSEN BY CHILDREN AND YOUNG PEOPLE

LEARN NEW SKILLS AND WORK CLOSELY WITH NORTH TYNESIDE YOUTH COUNCIL AND PROFESSIONALS FROM HEALTH EDUCATION AND SOCIAL CARE

WE SHARE OUR OWN EXPERIENCES WITH DECISION MAKERS LOCALLY AND NATIONALLY

Get in touch

participation@northtyneside.gov.uk

North Tyneside Participation, Advocacy and Engagement Team

You can find more information and complete our registration form by scanning the QR code

North Tyneside Council

[North Tyneside SEND Youth Forum](#) are a group of young people aged 12-25 who have special educational needs and/or a disability (SEND) who live or attend education in North Tyneside. As young volunteers with lived experience they share their own views and offer ideas to collect the views of others. The group share collected views with decision makers locally and national organisations. This helps improve services for all children and young people with SEND.

‘What you did this summer’

The SEND Youth Forum are currently wanting to hear from children and young people about their summer break. They’ve got some quick questions they’d love to hear your thoughts on.

Do you know of a leisure activity that should be advertised on North Tyneside SEND Local Offer?

Did you take part in an activity or visit a local place you think others would enjoy? Please let us know so we can help others get involved.

Did something stop/prevent you from taking part or being included in a local activity this summer?

Children and young people have told us in the past that sometimes having additional needs means they face barriers to accessing activities or being included. Please tell us if something stopped or prevented you accessing or being included in a local activity.

Share your views by completing [SEND Youth Forum survey - What did you do last summer?](#)

If you are a school or community group who would like to offer children and young people with SEND opportunities to share their views please contact North Tyneside Participation Team participation@northtyneside.gov.uk or call 0191 643 8247

We will be collecting views till Monday 20th November 2022

Parent / Carer engagement

The voice of parents and carers is really important to us, and to help us capture their views, we have established a network of representatives from:

- Parent carer led organisations / groups (SEND)
- Family support organisations / groups (SEND)

The network represents the voice of parents and carers of children and young people with SEND and they currently meet every six weeks to discuss key themes. If you lead an organisation or a group (SEND) and would be interested in joining the network as a representative, please get in touch via the Local Offer inbox Local.Offer@northtyneside.gov.uk

Health

ParentLine is a confidential text service for parents and carers living in North Tyneside provided by our Children's Public Health Service (0-19). The service is available Monday to Friday from 8.30am to 4.30pm (excluding Bank Holidays). Any enquiries sent outside of these hours will be answered as soon as possible.



Health - Emotional and mental health and well being of children and young people

There is a range of emotional and mental health support available for children and young people in North Tyneside. We know this is important to you and we'll be sharing services in our newsletters. This month, we're featuring kooth.com, a free service which already offers support to young people in North Tyneside.



Young people aged between 11-25 in the North Tyneside area can access, [Kooth](https://www.kooth.com), which provides online mental health and wellbeing support, via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people, as well as receive support from a qualified counsellor, who are available from 12pm until 10pm on weekdays, and from 6pm until 10pm, 365 days a year.

Health - Emotional and mental health and well being of children and young people

The Child and Adolescent Mental Health Service (**CAMHS**) helps children and young people with a range of difficulties including:

- Anxiety
- Depression
- Eating Disorders
- Self-harm
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autistic Spectrum Disorder (ASD)

Children and Young people can be referred to a CAMHS team by a range of professionals including GPs, social workers and public health nurses in schools.

The service runs workshops on a range of mental health issues that are aimed at parents, carers, or adults working with a young person with these difficulties. We know for young people with mental health difficulties, it makes a real impact when those around them understand their experience. For a lot of children, this is one of the most helpful interventions they can get.

The workshops will help you support a young person in the way they need and give you the confidence to provide the support and help them achieve their potential. They're available online and are widely accessible, because the more people who understand the difficulties, the better supported young people will be. Some workshops will provide you with a hand out that you can read and use in your own time too. We hope the information in these sessions will help mental health to be more widely understood, so please feel free to share the booking link with anyone it may help.

More details, resources and contact information are available here:

<https://www.northumbria.nhs.uk/our-services/childrens-services/childrens-mental-health-services/camhs>

You can view all of the workshop videos in the [YouTube playlist](#) here.

Local Community - Groups and Organisations supporting children, young people and families.

North East Autism Society run a range of family groups in different locations across North Tyneside.

Please see posters and link below for further information:

[Family Groups | North East Autism Society \(ne-as.org.uk\)](https://ne-as.org.uk)



Family Development

Parent & Toddler Group

For children aged 5 and under going through the diagnostic process or with a diagnosis of autism

Friday 10:00 - 11.30am
At HOWDON CHILDREN'S CENTRE
11a Howdon Lane, Howdon, NE28 0AL

For more details please contact:
Rebecca Welch on 07468 861 933 or
email rebecca.welch@ne-as.org.uk

north east autism society
Registered Charity No. 102850



Family Development

Parent & Toddler Group

For children aged 5 and under going through the diagnostic process or with a diagnosis of autism

Friday 1pm-2:30pm
At RIVERSIDE CHILDREN'S CENTRE
Minton Lane, North Shields, NE29 6PQ

For more details please contact:
Rebecca Welch on 07468 861 933 or
email rebecca.welch@ne-as.org.uk

north east autism society
Registered Charity No. 102850

North Tyneside Autism Hub

For parent/carers of children 5 and over who are post diagnosis of autism and living in North Tyneside.

We have the following dates available:

Riverside Children's Centre NE29 6DQ	Howdon Children's Centre NE28 0AL	Shiremoor Children's Centre NE27 0TA
4th October 1st November 6th December	14th October 8th November 13th December	18th October 15th November 20th December

Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 1-4 and must be pre-booked.

To book please contact Kerrie Highcock on
0191 410 9974 or kerrie.highcock@ne-as.org.uk

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Local Community - Groups and Organisations supporting children, young people and families.

We would like to share all of the fantastic services we have available for children, young people and families in North Tyneside. Please get in touch via local.offer@northtyneside.gov.uk if know of any services or groups in the Local Community that would like to be promoted through future newsletters.

What information would you like to see in future North Tyneside SEND Network News?

Your views are extremely important to us and these will help to shape our SEND Network News moving forwards to ensure that we include something for everyone in each edition. Please let us know what you think by clicking on the link [The Local Offer: Tell us what you think | North Tyneside Council](#)

Email distribution

If you are aware of any families who are not receiving this communication, please share the email content and advise them to contact local.offer@northtyneside.gov.uk if they would like to join the mailing list.

Please get in touch via local.offer@northtyneside.gov.uk if you would like to opt out of receiving future Newsletters.