

Dear all,

The Coffee, Cake and Chat get together of parents, carers, in January and February had a terrific turn out! Thank you to everyone for coming and to Tracy, Chris and Karen for setting up the Therapy Pod ready for us and to Beth and Linda for supporting and attending.

As you now know, Beth, Linda and I have amalgamated the Parent/Carer Interest group with this one and renamed it The Parent/Carer Interest Group. It is open to all parents and carers and we warmly welcome your contributions and suggestions in driving this group forwards. We hope that we can bring together our whole school family approach, whilst having some fun, cake and chats in developing ideas to support our children and young people, share experiences and develop a fundraising strategy to further enhance our children's experiences.

The theme for the January meeting, was to discuss what help we were aware of, in terms of financial, SEND advice and activities, to support our families. Often, this information is not forthcoming and we have a wealth of knowledge between us, that we can share to support and benefit each other. These resources can then be shared within our parent/carers link on the school's website. Please do let us know of any others as this is an evolving work in progress.

Please excuse the way I have "brainstorm listed" the suggestions. Some activities I have added into this section, as they also provide financial benefits. A lot of the financial advice is universal and open to all, so do say you are a SEND family when contacting these organisations. NB, I haven't included full descriptions for each item- life is too short!

Financial Advice:

DLA

Carer's allowance

Universal credit

Milage for school journeys there and back, if your child is eligible for taxi costs from your LA -Linda can advise on how to complete these.

Carer's card- via CRISP

MAX card- discount card for cared for and looked after children- approx. £6 per family of 4. (From LA/ASPIRE)

CEA- cinema card, carers go free. Approx £6 per year per child, apply online.

The following web pages have local and national schemes to help with rent, food, energy and more.

www.helpforhouseholds.campaign.gov.uk

www.bcpCouncil.gov.uk/costofliving

www.worryingaboutmoney.co.uk/bcp

Safe and well visits:

Dorset & Wiltshire Fire & Rescue Service, offer free Safe & well advice, including a home visit and provide smoke & carbon monoxide detectors.

Tel Free: 0800 038 2323 or visit www.dwfire.org.uk/safe-and-well-visits

Advice on keeping warm safely www.dwfire.org.uk/safety/save-safely

Check to see if you qualify for benefits or allowances:

www.citizensadvicebcp-entitledto.co.uk/home/start

Citizens Advice Bureau – Advice line 10-4 Mon to Fri apart from holidays: 0808 2787 939

01202 985104/ www.citizensadvicebcp.org.uk/letstalkmoney to book an appointment email:

letstalkmoney@citizensadvicebcp.org.uk

General advice: www.citizensadvicebcp.org.uk/get-advice-online

Bournemouth drop in- Customer Service Area Civic Centre, St Stephens Rd, BH26DX. Mon-Thurs 10-2.30pm

Christchurch drop in-Christchurch Library -Fri 9.30-12.30.

Multiple venues used with CAB vehicle- for the schedule- www.citizensadvicebcp.org.uk/cav
For advice about winter warmth- CAB BCP-01202 081732

Energy & money saving booklet commissioned by BCP and Together We Can

Short Breaks- apply online shortbreaks@bcpcouncil.gov.uk reduced cost activities including pantomime.
HAF- Holiday Activities and Food programme. The Government funded holiday activities and food programme, eligibility- is for children from YR to 16 yrs, who are in receipt of benefits related free school meals. Apply via Short Breaks team or more information from www.fid.bcpcouncil.gov.uk

BCP Family Information Service- Mon- Thurs 9-5, Fri 9-4.30, 01202 093131 and for advice about accessing food, in households with children 01202 261970

BCP access to Food Map- food banks, community Fridges, other food projects:
www.bcpcouncil.gov.uk/accesstofoodmap

BCP warm spaces www.bcpcouncil.gov.uk/Communities/Cost-of-living-help/Warm-welcome-spaces/Find-a-warm-welcome-space

Ridgewater Energy (link from BCP and Together We Can): advice on energy saving grants, free assessments and energy saving tips: 01202 612726/ info@ridgewaterenergy.co.uk / www.ridgewaterenergy.com

Household Support Fund
Inclusion and Family Services. Sits within Children's Services Directorate at BCP.
01202 262261. bcpcouncil.gov.uk

Christchurch Food Bank, 07587 371088/07536983678. Found on Facebook and helpandkindness.co.uk
Bournemouth Food Bank: bournemouth.foodbank.org.uk
Poole Food Bank: 01202 672694. faith-works.org.uk
NB: food banks require a valid voucher obtained from a referral from a professional- advice on trusselltrust.org

Local food pantry and community food stores. To reduce food wastage and support food security for families. These do not require a referral.

The People's Pantry-Somerford Youth and Community Centre Christchurch. A membership scheme, aimed at helping people make their money go further by reducing their food shop. £5 a visit for up to 10 items. T:01202 476882/07785935928.

Surplus 4 Dorset- found on FB. West Howe Community Enterprises. No referral, no charges, bring your own bags and take what you can use. Based at The Henry Brown Centre, West Howe. ?one day a week currently.

Branksome Community Fridge Poole. 07791 774672. On FB as Branksome & Rossmore Community Fridges.

The Friendly Food Club. On FB. thefriendlyfoodclub@gmail.com thefriendlyfoodclub.org covers BCP and Dorset.

www.communityshopgroup.co.uk The UK's leading redistributor of surplus food and household products. Membership criteria found online, eg work for the NHS/care services/Armed forces/prison service/Charity/in receipt of means tested benefits etc. The nearest of these social enterprise supermarkets is in Southampton.

A similar bulk buying warehouse is Rogers in Poole.

In the holidays, kids eat free and meal deals, advertised on social media including, Beefeater, Harvester, Real Greek on Sundays, Morrison's café, Pausa Café in Dunelm store, Bella Italia, Free breakfast at The Hungry Horse Pubs, Free Breakfast at Premier Inn and Travel Lodge for children when an adult orders an adult's meal. See individual web pages for deals, discounts also offered if you sign up for their emails.

Apps: Olio and Too Good to go. Connect you to shops, cafes and restaurants with surplus food they cannot sell.

LIDLs- reduced fruit and veg boxes, £1.50 for a large box, found just behind the till usually.

Useful food cost saving tips and recipes from Jack Monroe aka The Boot Strap Cook, found online and her books.

Lorna Cooper "feed your family for £20 a week." Community online and books.

The Batch Lady, Suzanne Mulholland- online and books.

On FB: Feed Your Family on a Budget. Feed Yourself for £1 a day. Feeding a family on £1 a day. Food surviving on 50p a day. Thrifty Lesley- for fabulously frugal food. Plus many more.

Martin Lewis- TV programme, website and emails, MSE- Money saving Expert. Really useful financial advice and links to vouchers etc. www.moneysavingexpert.com
www.moneyhelper.org.uk support with debt, benefits, money management and pensions. 0800 138 7777

www.stepchange.org Debt charity offering free debt advice and money management.
0800 138 1111

www.turn2us.org.uk Help with financial support, benefits including a benefits calculator.
0808 802 2000

Christians Against Poverty: debt advice and life skills courses 0800 328 0006

www.capuk.org email: ruthhobbs@capuk.org (Poole)/ cap@lovechurch.org.uk

National Debt line: free and independent advice. 0808 808 4000 www.nationaldebtline.org

Debt Advice Foundation: A specialist debt charity offering advice: 0808 043 4050
www.debtadvicefoundation.org

Shelter: housing and debt advice 03445 151 777 (legal aid services) or 0808 800 4444 (main)
Email: bourne-mouth@shelter.org.uk www.england.shelter.org.uk/housing_advice

Faithworks Community Money Advice (CMA)-budgeting coaching and debt advice. At Jimmys in Poole and St Joes in Christchurch. 01202 429037 email:cma@faithworkswessex.org.uk.
www.fait-h-works.org.uk/what-we-do/cma-community-money-advice

Resolver website- including savemoney.resolver.co.uk. tips on days out vouchers and financial savings.

WISE Ability- voluntary project for 18yrs+ who are unemployed or economically inactive. Help and support with learning, training and employment goals. 0300 303 3737

Support and Advice:

Linda Differ- Head of Vulnerable Learners at The Stable School, will kindly listen, support and signpost where appropriate.

Our school WhatsApp groups, one for The Barn and one for The Gatehouse families. Please do ask to join- Tess on tess@thestableschool.co.uk They are both very safe and friendly groups to chat, ask advice, share and support each other.

The Stable School, Christchurch, Communication Group. Our FB group for all aspects of communication that is positive and celebrates and builds on our whole School Family approach. Please ask Tess or Linda to be added on.

Our new school website is under construction- there will be a parent/carer area, so please do make any suggestions to the Leadership Team as it goes live soon!

SENDIAS: Free, impartial and confidential SEND advice.

BCP: SENDiass4bcp.org 01202128181

Dorset: dorset.sendiass@family-action.org.uk 01305 595477

HANTS: info@hampshiresendiass.co.uk. 0808164 5504

Parent Carers Together (BCP)The voice of parent carers of children and young people with SEND in BCP.

www.parentcarerstogether.org.uk also on FB.

Volunteer expert parents, with empathetic and supportive roles as representatives. A really useful support network and forum.

Councilfordisabledchildren.org.uk

The Child Health and Disabilities Team(CHAD)- a specialist team of SW and family practitioners.

Information- fid.bcpCouncil.gov.uk. bcppartnershipacademy.co.uk with direct link to contact on this site.

Kids.org.uk

CRISP carer's support and advice, social activities and holidays at a reduced cost.

01202 128787 www.crispweb.org/home.aspx

www.crispweb.org/needabreak/holidaylodgebreaks.aspx

BCP Young Carers' Offer: fid.bcpCouncil.gov.uk

NATP- The National Association of Therapeutic Parenting. They support families and professionals with or caring for, neuro-diverse children, who have experienced adverse Childhood Experiences (ACES), or children living with Developmental Trauma. Membership is £4.99 a month, however sometimes referrals can be made from eg, ASPIRE post SG and Adoptee support. www.naotp.com

The Centre of Excellence in Child Trauma. www.coect.co.uk is an umbrella organisation, combining resources from several expert groups.

National Autistic Society- autism.org.uk

adhdcentre.co.uk

adhdfoundation.org.uk

pdasociety.org.uk

Child- British Dyslexia Association- bdadyslexia.org.uk

Action for children

Access Dorset

ASPIRE post adoption and Special Guardian support. aspireadoption.co.uk

On FB- closed group for Special Guardians and Adoptees locally under ASPIRE- Aspire Adopters And Special Guardian Users Forum.

Beacon House- specialist therapeutic service for young people who have experienced trauma and loss. beaconhouse.org.uk. (a wonderful resource)

Christchurch Community Partnership. working together to end social isolation.
christchurchcommunitypartnership.org.uk

helpandkindness.co.uk. a resource to support and empower the community

Dimensions UK- personalised social care services for people – support for people with profound or moderate Autism or Learning Disabilities. Can offer advice on children leaving school/college/housing and care etc.

Diverse Abilities- diverseabilities.org.uk

CAMHS camhsdorset.org resources and referrals advice. Links online for parents/carers and referrers.

Elevate Foundation, previously Helping Young Minds. A very local Christchurch based Charity and recently re-launched. Supporting young people with multiple ways to build their resilience and emotional strength. There are support groups and sessions for parents and carers. Some of our school staff are kindly involved as trustees and session leaders and some of our parent/carer community attended a really useful group of sessions. www.elevatefoundation.co.uk

Family Counselling Trust- a low cost early intervention counselling service for children and young people and their families. familycounsellingtrust.org

Young Minds- MH charity for children, YP and families. youngminds.org.uk

KOOTH- digital MH and wellbeing company. Advises ages from 11- 24. NB please look at site before suggesting it to your YP as in crisis children cannot be traced by the professional online- Tess.

MeeToo app, peer support app, a safe and secure forum for YP to discuss any issue affecting their lives- advise from Mentally Healthy Schools.

My self-care plan: secondary- a downloadable self -resource tool from the Anna Freud Centre, with ideas on self-care strategies with their MH.

Anna Freud National Centre for Children and Families- annafreud.org A resource for parents/carers/schools and professionals to transform Mental Health.

The Dorset Children's foundation- set up to improve lives of local sick and disabled children. Also offer 1:1 counselling and MH advice.

The Children's Society

360skillsforlife.org. an online scenario based educational tool. Developed by the creator of Safewise. I have sent the link to Beth as there may be possible funding opportunities for schools.

sense.org.uk support deaf blind and/or those with complex disabilities to take part in life no matter of their disability.

SPACE Youth Project- spaceyouthproject.co.uk. Supporting and empowering who are or may be LGBT+ (up to age 25years)

STARS Sexual Trauma and Recovery Services- available to children, YP and adults. starsdorset.org

The colour works foundation- tcwfoundation.org.uk For YP to raise their self -awareness and relationship building skills. (I have sent the link to Beth!)

The MARS trust- Workshop style training, for small groups of YP, developing key relationship skills. (another forward link to Beth!) themarstrust.co.uk The Shine Project- local charity that promotes good physical and MH in teenage girls. 8 week courses.

Livability.org.uk Christian charity raising awareness for disability and MH issues
People First Forum – speaking up charity run for and by people with Learning Disabilities in Bournemouth and Poole.

Young Persons' Advisory Clinics (under 25s)- for all sexual health related advice and information.

www.dorsethealthcare.nhs.uk

The Junction -235 Holdenhurst Rd, Bournemouth, BH88DD. Tel: 01202 646915 (Mon-Fri 3.30-6/Sat 11-1300hrs) Dr available Mon/Thur/Sat

Young Men's Drop In at The Junction Fridays- 3.30-6pm

Ladders, Wessex Health, 1st Flour, 17 Stour Rd, Christchurch, BH23 1PL. T: 07554 114307. (Mon and Thurs 3.30-6)

Quay Advice Centre, Hill St, Poole, BH15 1NR, T: 07917 241879. Tues and Wed. Dr available, (3.30-6)

Sussed, 1442a Wimborne Rd, Kinson, BH10 7AS. T: 01202 575096. Fri (3.30-6).

Walk in clinics, appointments are also available.

For Asymptomatic STI Screening Clinic, Appointments only T: 01202 705100. Clinic will either be at: The Junction/Poole NHS Healthcare Centre in the Dolphin Centre above Boots/Sussed/Bournemouth University Medical centre.

For Contraceptive Health Clinics Appointments only please call your chosen clinic direct. Other clinics also available for this service are: Boscombe Community Clinic, 01202 443035 (Tuesdays)/ Canford Heath Clinic 01202 691520 (Tuesdays)/ Pelhams Clinic 01202 570821 (Wednesdays)/ Poole Community Health Clinic 01202 683363 (Mondays and Fridays.)

On FB- LemonLimeAdventures- hosted by Dayna Abraham of Calm the Chaos- Parenting out of the box kids.

Healing Hearts: Therapeutic Parenting Group for Parents and Foster Carers.

Pathological demand avoidance pda support group Dorset.

Trauma Informed Parenting.

Developmental language disorder (DLD) formally known as (s.l.i) support group.

Activities/days out etc...

At our meeting, there were some great suggestions including:

Handball

Air Cadets and Army Cadets- very SEND inclusive.

Warhammer -several shops and gaming clubs offer this and tournaments.

The School's own Dungeons and Dragons Club

Yugioh and Pokemon clubs- very SEND friendly and a high population within its gaming community at both face to face and online gaming events. (ask Luke Tyler at The Barn site for any advice)

Martial Arts

Young bird watchers. www.hos.org.uk Hampshire Ornithological Society, for young members.

Wild New Forest, a monthly young person's event: www.wildnewforest.co.uk

Dorest Wildlife Trust, www.dorsetwildlifetrust.org.uk

With evidence of DLA/carer's card there are often free passes for carers/ reduced costs: Often worth just asking!

Merlin pass

Short breaks with BCP

Theatres locally and National

Museums

New Forest Wildlife Park

Marwell Zoo

National Trust- they also have volunteer sessions for families who are able to offer their time to support the NT

English Heritage

Free bus scheme

EduCamp- by Hurn Airport- funded for 2 days free a week if attends Specialist School

www.timpson-group.co.uk free holidays for foster families etc

Equity Sport

Queue pass at days out eg- Paultons Park

Picniq.co.uk -ideas for days out and deals

Kids Pass- as picniq

Inspire Dorset Sports and Social groups- Youth club and football

Keenuk.org. youth led organisation- inclusive projects. Both online and face to face community

Littlelives.org.uk. children's charity supporting disabled and disadvantaged children

My Time Young Carers – a charity which provides young carers with support, friendship and opportunities.

Play Action International

Poole Communities Trust

The Story Works- a children's writing charity- structured workshops from ages 7-18. 2 hr workshops at BMTH Uni campus. www.thestoryworks.org

The Wave Project www.waveproject.com surf therapy charity to improve MH of children and YP.

Somerford Youth and Community Centre Christchurch- has a Youth Club. www.wycc.org.uk They have a Youth club, run youth activities and other services for YP including mentoring and MH support.

After school drop ins for secondary school age; 3.15 to 4.40 pm on week days.

Juniors Youth Club a variety of activities throughout the week see web page for ages 8+

YMCA. Townsend Children's Project for ages 5-13. Arts, crafts, games, sports & activities.

Also run children's activities in the school holidays at Townsend and Pokesdown. Contact Jason on

jtthomas@thejunctionbroadstone.co.uk

Branksome Youth Club – a partnership between YMCA & Poole Communities Trust ages 10-18 Find on FB @BranksomeYouthClub

The Chatterbox project- a youth action project run by young people with disabilities aged s11-25 yrs.

thechatterboxes@ymcabournemouth.org.uk www.ymcabournemouth.org.uk 01202 084982

Pokesdown Youth Club- a community Partnership ages 10-16. Find on FB @PokesdownYouthCentre

Fusion Youth Club- open access sessions for 13-19 years old, positive music based activities, 1:1 support focused on mental wellbeing and a safe place. Gig Night every 1st Saturday to perform together and host musical activities, open mic/karaoke etc.

FB @Fusionyc. Instagram at @Fusionmyca

Townsend Youth Club- for YP aged 13-19 years. Youth workers provide support on topics such as healthy relationships, emotional resilience etc. FB @townsendyc

LimelightsYouth Centre Poole-Learoyd Rd Poole, BH17 8PJ. SENSationals ages- 11-19, 7-9pm

Wednesdays.

Fridays Y7, 8, and 9 are Youth Club 6.30-8.30pm. 01202 672318 or Bev 07977 259231, or Ryan 07435 301048.

Linwood School Holiday Club: Springwood Campus, Andrews Close, Bournemouth, BH1 8HB. For those with an EHCP, ages 6-18. T: Amanda Hook, 01202 525107.

SEND sessions at Rock reef in term time. Thursdays 4-5.30pm. For ages 4+ need to pre- book.

Dorset Badminton coach, Kirsty Wilcox: for ages 4-16, disability inclusive classes., 1:1 and holiday camps. Kirsty tel: 07966 719616.

Helping Hands Healing Hoofs, a therapy farm, Equine Facilitated Learning and Therapy 1:1 sessions. 01202 287484.

Inclusive Disability Cricket. Ferndown Leisure Centre, Cherry Grove, BH22 9EZ. Fridays 5-5. For those with learning and/or physical disabilities. Run by qualified cricket coaches. Donation of £1. Centre contact tel: 01202 877468.

CODA music centre. Introduction to jamming for ages 16- 25, but they are also a hub for music lessons- a bit of a waiting list for them however. 01425 276161. www.coda.org.uk

Quiet mornings at The Tank Museum for SEN children/Adults. 26th March/ 17 June/ 30 September/10 December 2023. From 9-11, all sounds and interactives will be turned off. Please call 01929 405096 for more information.

On FB- Children DLA days out Discounts tips and advice Disability Living Allowance.

Finally and if you got this far I commend you! I thought it would be useful to have a bibliography for books and also courses for parents/carers, that we as parents/carers have individually found helpful. There are so many available and often reviews online, are not that informative, so personal recommendations would be gratefully received. Here a few to start with...

Books:

Sarah Naish, The a to z of Therapeutic Parenting. Strategies and solutions. She can also be found on FB. A great sense of humour from an Adopter, professional who adopted her 5 fostered children. She was the founder of The National Association of Therapeutic Parents.

Kim Golding and Daniel Hughes, Creating Loving Attachments. Parenting with PACE to nurture confidence and security in the troubled child.

Anything by Dr Karen Treisman, including family games, emotions cards etc but especially this book- A Therapeutic Treasure Box, for working with Children and Adolescents with Developmental Trauma. Lots of useful activities that can be used at home.

Dan Hughes, the founder of DDP, Dyadic Developmental Psychotherapy. "Building the bonds of Attachments 2006." More information on: www.ddpnetwork.org

Katie Wrench and Lesley Naylor- Life Story Work with Children who are Fostered or Adopted. Creative Ideas and Activities.

Louise Bomber- these books helped me as a new SG parent navigate what I needed mainstream to understand pre- our EHCP journeys and move to The Stable School. "What about me? Inclusive strategies to support pupils with attachments difficulties make it through the day." Also, "Inside I'm hurting. Practical strategies for supporting children with attachment difficulties in schools." You can find more information on Louise, a Strategic Attachment Lead Teacher and Therapist at: www.touchbase.org.uk

Dyna Abraham *Calm the chaos. A failproof road map for parenting even the most challenging kids./*Sensory Processing 101- lots of fun sensory and messy play activities, really nurturing information.

Cathy Creswell & Lucy Willetts, "Overcoming your child's fears and worries." A guide for parents using CBT

Dr Christopher Green and Dr Kit Chee, "Understanding ADHD. A parent's guide to Attention Deficit Hyperactivity Disorder in Children."

Bryan Post- "The Great Behaviour Breakdown." Step by step guidance, by the charismatic author, I recommend watching his posts online too.

Parent/Carer courses:

The Great Behaviour Breakdown Parent Training and other trainings available. Directed by the works from Bryan Post. Denise Golding, SW and Adoptee. www.livelifelandlovehealing.co.uk referrals from ASPIRE and possibly other professionals.

The Foundations of Attachment- from ASPIRE for SG and adoptees, as funded by the post adoption fund and use their inhouse team of Psychologist and SW. However, I have also found similar courses via:

www.kimsgolding.co.uk as well as a DDPI endorsed Parenting Programme.

The KORU project also support this. See: www.the-koru-project.org.uk

Non Violent Resistance Training NVR- www.nvrpc.org.uk a group approach, that supports addressing your own self-care to reduce carer fatigue, choosing our battles and how to approach our family struggles in a non-judgemental and practical framework. An ongoing work in progress in our home!

I hope some of the above waffle will be of use, please do contact me if you have any suggestions for additions to either of these lists.

Warmest wishes,

Tess Tyler

Parent Trustee.