

*Welcome to the latest edition of the Tri-borough SEND Newsletter!  
We aim to publish these to you every 4-6 weeks.*



### **Institute of Health Visiting (iHV) Top Tips for Parents**

Professionals can signpost parents to iHV's **helpful factsheets** to find expert advice on key areas of looking after a new baby from when they are born to when they go to school.

Written by experts in the field, they cover topics such as **feeding, health, behaviour and development**, and are based on up-to-date research and the experience and knowledge of real-life health visitors working across the UK.

**Click on the link to view iHV's 'Autism in the Early Years Factographic'**

<https://ihv.org.uk/for-health-visitors/resources-for-members/resource/autism-in-the-early-years-factographic/>



### **Sleep – A Guide for Parents of Autistic Children**

Lots of people have problems with sleep at some point in their life. But for autistic adults and children, sleeping can be particularly difficult. If you're a parent or carer of an autistic child, it can be difficult to know how to help your child with this issue.

In this guide the National Autistic Society (NAS) look at the reasons why autistic children can have difficulty sleeping and suggest what you can do to help.

**Follow the link for more information [Parents and families \(autism.org.uk\)](https://www.autism.org.uk)**



### **'Down Syndrome UK' & 'Positive about Down Syndrome'**

'Down Syndrome UK' and 'Positive about Down Syndrome' offer a wealth of information, resources, and support via social groups from pregnancy through to toilet training for over 5yrs, and Post16+. 'Positive about Down Syndrome' is also in partnership with 'ERIC'

**Check out their websites here!**

[Online support groups - Down Syndrome UK](#) / [Home - ERIC](#)

[Positive About Down Syndrome – A website by parents for parents and parents-to-be](#)



## Autistic Parents UK

“Being an Autistic parent can raise unique challenges that historically have been poorly supported. Autistic Parents UK is an Autistic-led Charity (CIO) and is committed to supporting Autistic parents in a number of ways:

- Online peer support groups (larger and smaller groups)
- Monthly webinars and live Q&A sessions
- Local peer support groups
- Volunteer-led **one to one peer support** sessions
- Professional training

**Autistic Parents UK are committed to working reflectively and flexibly to improve our support offering and have many plans for future development.”**

**Please signpost parents to this website [Autistic Parents UK](https://www.autisticparentsuk.org/)**

**NICE** National Institute for Health and Care Excellence

## What Does NICE Say About SEND?

**The National Institute for Health Care and Excellence (NICE) offers guidance and recommendations for all disabled children and young people with severe complex needs.**

**The guidelines include recommendations on:**

- [principles for working with all disabled children and young people with severe complex needs and their families](#)
- [identifying needs and involving other services](#)
- education, health and care needs [assessments](#) and [plans](#)
- [improving access to social activities](#)
- [supporting parents and carers](#)
- [transition from children’s to adults’ services](#)
- [organising services, including working culture, training, and running joint services](#)

**Read more here!**

[Overview | Disabled children and young people up to 25 with severe complex needs: integrated service delivery and organisation across health, social care and education | Guidance | NICE](#)



## The Neurodiversity Umbrella Project

“The Neurodiversity Umbrella Project is an uplifting visual representation of all the different minds we have here in the UK. Thousands of colourful umbrellas are strung together over public spaces, in schools, and in company buildings around the nation. Each display is designed to represent the one in five of us who have a neurodevelopmental condition, such as **ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia or Tourette’s syndrome. These conditions fall under the umbrella term of neurodiversity.**”

**“Let’s celebrate all the many strengths that come from thinking differently!”**

[Home - ADHD Foundation : ADHD Foundation](https://www.adhdfoundation.org.uk/)



## Council of Disabled Children Training Module All Different, All Equal – Preventing and Responding to Appearance Targeted Bullying

This course will give you a good understanding of what appearance targeted bullying is, its impact and ways to prevent and respond to incidents of appearance-targeted bullying. It takes approximately 45 - 60 minutes to complete.

Once completed you will have a key understanding of;

- The impact of Appearance Targeted Bullying
- The groups of children more vulnerable to Appearance Targeted Bullying
- Strategies to prevent Appearance Targeted Bullying
- Creating an inclusive culture

.... and much more!

Follow the link to access the training Module

[Course 15: All Different, All Equal - Preventing and Responding to Appearance Targeted Bullying | Anti-Bullying Alliance](#)



### IASS (Information Advice Support Service)

IASS is a free, confidential and impartial service for children and young people that are aged between 0 – 25 years, with SEND, and their parents, living locally. IASS offers parents and young people supports around any concerns they might have around special educational needs and /or disability (SEND) and explains your options, rights and responsibilities.

Bromley - [Bromley IASS — Bromley Information, Advice and Support Service \(IASS\)](#)

Bexley - [Bexley SEND Information Advice and Support Service | Bexley IASS](#)

Greenwich - [Greenwich Sendiass :: Home](#)



### FLARE

Friendship, Learning, Achieve, Reach and Empower

FLARE is the Department for Education’s national young SEND advisory group.

FLARE, which stands for Friendship, Learning, Achieve, Reach and Empower, is a diverse group of young people up to the age of 25 with SEND from across England who work together to share their views and experiences with the Department for Education and other organisations, helping them understand how children and young people with SEND want to receive the support and services they need.

[FLARE \(councilfordisabledchildren.org.uk\)](http://councilfordisabledchildren.org.uk)

#### FLARE

Friendship, Learning, Achieve, Reach and Empower

##### WHO ARE FLARE?



FLARE are the Department for Education's national young special educational needs and disabilities advisory group

29 Young People have been involved in FLARE

Currently, FLARE has 19 Members

Age range 14–24 years old

FLARE is a national group based all over England

##### FLARE'S WORK

37 meetings and events

33 blogs and stories

6 years advising the Government

11 social media campaigns

to spread awareness about a vital important issue, such as the need for accessible transport, mental health problems of children and young people with SEND, and the importance of listening your rights

12 resources

to support children and young people's participation and co-production

Examples: Anti-bullying supporting children and young people to participate in their annual review meetings for their Education, Health and Care Plan

Government Teams

From the Department for Education such as the Education team, SEND Review team, the Health Education team and the Education Recovery team

External organisations

Office of the Children's Commissioner, UK Trustee Council of the Sen Education Forum and North England

3 different Children and Families Ministers

4 national conferences for children and young people with SEND

22 involved in the development of events for professionals

##### FLARE'S IMPACT

I feel really supported in the group in my environment. Everyone has been through a lot of the same experiences so are accepting, encouraging and supportive.

Before FLARE, I would never have imagined delivering training to professionals or co-chairing conferences but thanks to FLARE, I'm not only happy now to do these things but I'm also more confident in daily life

It is powerful knowing that you are making a difference to other young people's experiences.

There's no judgement in FLARE.

I can bring all of myself to FLARE



## Tri-borough Local Offers

The Local Offer is a document that provides information about what support services are available in your local area. Please be advised that the Local Offer is an inclusive 0-25 resource and not just for CYP with SEND



[About the Bromley Local Offer](#)



[Bexley Local Offer](#)



[About the Local Offer | Royal Borough of Greenwich \(royalgreenwich.gov.uk\)](#)



## Get to know your local Children and Family Centres

**Greenwich** [Children's centres | Royal Borough of Greenwich \(royalgreenwich.gov.uk\)](#)

**Bexley** [About the Children's Centres | London Borough of Bexley](#)

**Bromley** [Children and Family Centres - Bromley Children Project](#)

For more information contact the Health Visiting Tri-Borough SEND Specialists on [bromh.tri-boroughsendchampions@nhs.net](mailto:bromh.tri-boroughsendchampions@nhs.net)