

Tri-borough SEND Newsletter

Bromley Healthcare provides Special Educational Needs and Disabilities (SEND) support to people living in Bromley, Bexley and Greenwich, in partnership with other key professionals and networks.



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

In this edition we will be focusing on how parents and caregivers can support SEND children and young people over the festive period. This will include information and resources that can be used all year round.



Action for Children

The festive holidays can be a tricky time for neurodivergent children or children with SEND. This could be the case if your child has autism, ADHD or a sensory processing disorder. Or if your child experiences anxiety or anxious feelings.

They may find it hard to adjust to different light, colour, sound, smells, textures and tastes. It might be that their senses become overwhelmed. Changes in routine can also affect how they feel. Planning in advance can help you all adapt and enjoy the festive period.

[Link: [Does my child have a sensory sensitivity or need? - Action For Children](#)].

[Link: [How can I help my child with special educational needs cope over Christmas? - Action For Children](#)]



BBC's Tiny Happy People

With bright lights, crowds, unfamiliar noises, routine changes, and over-excited family members, the winter holidays can be an overwhelming experience for children and adults with sensory sensitivities.

But there are ways you can manage the disruption and keep the magic alive.

[Link: [Easing overstimulation during the Winter holidays - BBC Tiny Happy People](#)]



Be-Well Checklist

The Be-Well Checklist can help parents, carers and professionals to reduce challenging behaviour and improve the wellbeing of people with severe learning disability and complex needs.

[Link: [Be-Well Checklist - Cerebra](#)]



CAHMS

A collection of downloadable self-help guides that we really like and hope may be useful to you. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents.

[Link: [CAMHS Resources - camhs-resources.co.uk](#)]



Early Years SEND Partnership

Early Years SEND Partnership are delighted to announce that they are being funded by the Department for Education to continue their important work.

The Partnership is a group of six organisations who are passionate about **increasing access and inclusion for early years children with SEN and Disabilities.**

This takes the form of **freely available training and strategic support** for family hub practitioners, local area partners and parents/carers and families.

[Link: [Book here to secure your spot at our London regional event! - Eventbrite](#)]



HENRY

Henry Family Support Programmes support the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities. Available locally in Bexley, Lewisham and Croydon.

[Link: [Homepage - HENRY](#)]



Online Wellbeing Tips

NSPCC have partnered with Ambitious about Autism to bring online wellbeing tips, specifically for parents and carers of children with SEND.

[Link: [Online wellbeing for children with SEND - NSPCC](#)]



Play a Little, Learn a Lot

'Play a little, learn a lot' are a collection of play session videos aimed at children with SEN (special educational needs) but they can also be shared and enjoyed by preschool children of any age. As well as sharing the videos with your children they act as a guide to parents/carer's to give ideas for simple play sessions, using simple language, supported by simple signing and visuals (symbols) to help promote language and communication and shared play.

[Link: [Play a Little, learn a Lot - YouTube](#)]



Tri-borough Local Offers

The Local Offer is a document that provides information about what support services are available in your local area. This specifically for children and young people and their families with SEND.

Visit the websites below:

[Link: [Bromley Local Offer – London Borough of Bromley](#)]

[Link: [Bexley Local Offer – London Borough of Bexley](#)]

[Link: [Greenwich Local Offer - Royal Borough of Greenwich](#)]



Get to know your Children and Family Centres in the local areas

Greenwich:

[Link: [Children's Centres - Royal Borough of Greenwich](#)]

Bexley:

[Link: [Children's Centres - London Borough of Bexley](#)]

Bromley:

[Link: [What is early help for families - London Borough of Bromley](#)]

Should you require any further support or information, please contact the Health Visiting Tri-borough SEND Specialists at:

Contact

Email: bromh.tri-boroughsendchampions@nhs.net

Please also follow us at the following social media platforms:



@Bexley0to19

@Bromley0to19

@Greenwich0to4



Bexley 0 to 19

Bromley 0 to 19

Greenwich 0 to 4



@bexley_0to19

@bromley_0to19

@greenwich_0to4

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