

# 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.



## Parental Mental Health Day

Parental Mental Health Day, on 27 January 2024, is a chance for parents and carers to talk about the challenges they face and to celebrate the times they have connected well with each other and the entire family. The day aims to teach people new ways of connecting with each other, which can greatly benefit young people's mental health.

[Parent Mental Health Day - 27 January | stem4](#)



## Families Under Pressure

Using research from NHS mental health experts, Maudsley Charity has some simple tips and tricks, for managing challenging behaviour and difficult emotions. These tips, which are backed by science, have been proven to work with families.

[Parenting Tips and Tricks - Families Under Pressure | Maudsley Charity](#)



## Online Training: Council for Disabled Children

The Council for Disabled Children has created new online training course, called **Focus on Health Advice**. This training is aimed at adults working in the Education, Health and Care Plan (EHCP) system, in particular, people who give health advice.

The course should take between 30 to 45 minutes to complete. The training is free to complete online from any computer/tablet. You can complete it at your own pace.

[E-Learning | Council for Disabled Children](#)



### Swan UK

SWAN UK supports families affected by a syndrome without a name – a genetic condition so rare it often remains undiagnosed. They are the only dedicated support network for these families in the UK and are run by the charity Genetic Alliance UK.

[Home | Genetic Alliance UK](#)

### Useful resources



### Dental Care

British Society of Paediatric Dentistry (BSPD) has lined up a great team to help make toothbrushing fun for families. Including Dr Ranj, Hey Duggee, CBeebies and Brush DJ. Choose a video and be inspired to look after your teeth!

[British Society of Paediatric Dentistry \(BSPD\) | Kidsvids](#)



### Online Wellbeing Tips

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

[Online wellbeing for children with SEND | NSPCC](#)



### Tri-borough Local Offers

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

[SEND targeted health services | London Borough of Bromley](#)

[Home | Bexley Local Offer](#)

[About the Local Offer | Royal Borough of Greenwich](#)



### Get to Know Your Local Children and Family Centres

Royal Borough of Greenwich [Children's centres | Royal Borough of Greenwich](#)

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

Bromley [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:** [bromh.tri-boroughsendchampions@nhs.net](mailto:bromh.tri-boroughsendchampions@nhs.net)

**Please also follow us at the following social media platforms:**



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