

Special Guardian's Newsletter - June 2023



Hi Everyone

Well, the children are back in school for a few weeks at least, and for our year 11's its mid-exam season. We wish any of them who have exams in the next few weeks, or those who have just finished, all the very best and good luck!

Don't forget to have a look at the webpage on the Shropshire Council website regarding Special Guardianship. On there you can find information about our tiered support and also links to charities and policies.

[Special guardianship support | Shropshire Council](#)

Best wishes

Amy and Jane

In this newsletter you can find information on:

- Next dates for coffee mornings – face to face and on-line
- Healthy Starts
- Early help drop-in centre
- Sleep tight workshops
- Baby and Toddler Groups
- Understanding the teenage brain
- BEAM workshops for carers – children's emotional wellbeing
- Young carers
- Reminder for COVID-19 Booster offer
- All in short breaks
- Choosing schools, pupil premium plus and support from the virtual school for previously looked after children.
- Opportunity for a supported internship for young people with an EHCP
- Shropshire support finder – access to support services for adults.

Special Guardian's Coffee Mornings – Save the dates!



Wednesday 6th July 2023 10am -12:00 – at The Shrewsbury Room. Shirehall Shrewsbury. Only 10 places available due to room capacity issues so please contact SGO.duty@shropshire.gov.uk to book a place. Visitor parking spaces at Shirehall are limited. Short stay (one hour) on the right as you drive into Shirehall.

Long stay at the rear of the car park on the left (before you bear right into the main staff area of the car park at the back of the building).

Guest Speaker – Margi Holloway

Child Sexual Exploitation (CSE) Branch Project Worker

The Branch Project is a West Mercia Rape & Sexual Abuse support service for young people under 18 years, or under 24 years for those with additional needs, who are victims and/or at risk of Child Sexual Exploitation (CSE).

August 2023 – Date to be confirmed Special Guardian's walk at Haughmond Hill – bring the children and any other children in the family too! A chance to walk and talk



Wednesday 13th September 2023 – Virtual Coffee Morning 10:30 – 11:30

Guest Speaker – Alana Ahmed – Kooth

1 in 5 children and young people suffer from mental health illness in any given year. Kooth are commissioned by the NHS and Local Authorities to provide access to anonymous and personalised mental health support.

Join this online event to find out more. The Link to access this will be sent out nearer the time.

Planning for everyday

Healthy Start



Many Shropshire families are struggling with the cost-of-living crisis. It has never been more important for the most vulnerable families to access to financial support available to them.

Healthy start is an NHS Scheme that supports families on low income to buy fruit, vegetables and milk and access free vitamins.

At Shropshire Council we want to encourage eligible families to apply for Healthy Start. All professionals working with pregnant people and young families can play a key role by talking about Healthy Start and promoting the offer. The scheme is now digital, making the application process easier.

Everything you need to know about the Healthy Start Scheme is available on the [Healthy Start website](#).

For full details on the eligibility requirements and how to apply:

[How to apply – Get help to buy food and milk \(Healthy Start\)](#)

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Early Help Family Drop In

Free information, advice and support drop in sessions are now taking place at the Early help hubs in Market Drayton and Oswestry. The aim of these sessions is to make it easier for families to get the help and support they need.

There are a range of services attending the venues, including Early Help Family Workers, parenting team, housing, school nurses, Family Information Service and the SEND Local Offer. Although some services may differ week on week there will always be someone to help.

Drop ins take place at:-

- The Centre, Oak Street, Oswestry SY11 1LW every Monday morning from 9:30am – 12:30pm
 - Raven House, Cheshire Street, Market Drayton, TF9 3AH every Tuesday afternoon from 1pm – 4pm
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Sleep Tight Workshops - virtual group run by Shropshire Parenting Team

Next Group Dates: Friday 16 June 2023 from 9.30am to 11.30am

Workshop runs for 5 weeks from the start date excluding the School Holidays.

This 5 week workshop aims to support parents and carers to make positive changes to their child's sleep patterns. Life can be difficult when children have sleep issues. Our aim is to support families to get a better night's sleep by using a behavioural approach...



01743 250950

 [Email](#)  [Add to shortlist](#)

Please share with any parent or carer you think might benefit.

To book a place please call 01743 250950 or email parenting.team@shropshire.gov.uk



Updated info on carer and toddler groups
You can click [this link](#) and then filter by area or postcode

Understanding your brain for teenagers - free online course

Teenagers, do you want to find out what's happening in your brain! Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour.

The online course consists of 9 sessions, with interactive activities, quizzes, video clips, and downloadable information sheets.

It covers brain development, risk taking, friends, sleep and as well as emotions/behaviours that adolescence can bring.

This course is free to teenagers in Shropshire and pairs with the same short course for parents.

To access the course visit [Online Learning \(heiapply.com\)](https://www.heiapply.com)
And use the access code **DARWIN18** to access the course for free.

Family Information Service: **Telephone** 01743 254400

Email shropshireFIS@shropshire.gov.uk

Online Beam workshops for parent carers

The Children's Society

Beam is an emotional wellbeing service for children and young people under 25 years old who are registered with a GP in Shropshire or Telford & Wrekin. Beam can support with anything relating to emotional well-being. They are offering a number of virtual workshops for parent carers on the following topics:

- Understanding and Supporting Self Harm
- Wellbeing Planning
- Managing Anxiety
- Sleep Support

To find out more about each workshop and the link to join please visit the [Family Information Service Directory](#).

Beam also offer support for children and young people via:

- [Face to Face sessions at our Drop in service](#) (Wellington and Shrewsbury)
- [Virtual face to face](#) (via MS Teams) Pre booked appointments (limited availability)

Young Carers



The Young Carers Service (Shropshire) supports young people aged between five and 18 years old who are carers for a family member who is ill, disabled, suffers with mental health difficulties or has alcohol/drug related issues.

The service offers:

- Peer support
- Respite opportunities
- Fun activities such as arts, music, sports and trips
- 1:1 support from young carers in a similar situation
- A chance to make a difference to other young carers
- A chance to relax, have a break and have fun.

Groups are held monthly at various locations around Shropshire.

[Shropshire Young Carers Service | Shropshire Council](#)



UK Health Security Agency | **NHS**

Top up+ your immunity this spring

 If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

Adults 75 years and over	People aged 5-74 with a weakened immune system	Residents in care homes
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Please wait to be contacted
by the NHS if you're eligible

 

Planning for holiday periods



We will send out information about Shropshire's Holiday and Food Activities programme when the details are released nearer to the end of term.

All In Short Breaks

The [All In Programme](#) is part of our Early Help service for children aged up to the age of 18 who live in Shropshire and have a disability or additional need that prevents them accessing universal activities without additional support.

All In short breaks are available to families when universal activities aren't able to meet the needs of their disabled child and provide a range of opportunities. The application form can be completed [here](#).



Planning for the new school year

Schools play a major role in a child's life. They can help them deal with the difficulties they have faced and equip them with the skills and knowledge they need to thrive.

Research shows that children with early experiences of poor attachment or neglect are less likely to do well at school than their peers. The child's school should actively support their emotional wellbeing and help them overcome past experiences.

There are a number of things to be aware of, that parents/carers should consider when thinking about their child's school.

What does the term "Previously Looked after" mean?

The term is applied to children who have previously been looked after by the Local Authority in England and Wales.

The children need to have left care of the Local Authority through:

- An Adoption Order (AO)
- **Special Guardianship Order (SGO)**
- Child Arrangement Order (CAO)
- Have been adopted from 'state care' outside England and Wales

Parents/carers will read this term and hear it spoken by professionals/schools etc. This term is specifically used, in terms of eligibility, to access funding via Pupil Premium and advice/guidance from the Virtual School.

Choosing a school

Past loss, neglect or trauma can mean a child may be more likely to struggle to manage relationships with teachers and peers and/or find it more difficult to cope with transitions such as moving schools or class.

When choosing a school, it is useful for parents to ask:

- If staff are trained on the impact of early trauma, loss, and attachment?
- How are children supported during transitions i.e.: change of year group, teacher, when they move from primary to secondary school?
- How does the school help children build friendships?
- If there is a whole-school strategy to support children with attachment issues and is this built into the Schools Behaviour Policy?
- Enquire how they spend pupil premium.
- Ask about the facilities the school has and look for a nurture room and group, ask if one-to-one time is built into children's timetables and how friendship-building is supported.

Parents/carers should recognise that different schools may have different approaches to spending the pupil premium, but they may be equally effective.

Once a school is found, good communication with the child's school is vital. Parents/carers should take an active role in meeting their child's named teacher in person together with the Designated Teacher for Previously Looked After Children. This is to help ensure their child is getting the support they need. They should also encourage their child to talk about things that they are finding hard and where some extra help would be useful.

Schools and education settings have a statutory duty to support previously looked after children. The statutory duty applies to children from aged two, in a funded education place up to the end of Year 11, who are educated in a maintained school or academy.

Local Authorities provide lots of information to help you choose a school.

Compare schools in England - GOV.UK (www.gov.uk)

Shropshire Parent's guide to education | Shropshire Council

<https://www.shropshire.gov.uk/school-admissions/parents-guide-to-education/>

Planning for next steps

A new exciting, supported internship opportunity at the Royal Shrewsbury hospital.

Mode of study	Vocational Full-time
Duration	38 Weeks
Campus	Royal Shrewsbury Hospital
Start date	4 September 2023
Course code	FLR0PSI (2324)

Shrewsbury College is looking for 10 young people aged 18-24 years with an EHCP to take part in a new exciting, supported internship project based at the Shrewsbury Hospital.

The interns will be enrolled with Shrewsbury Colleges Group with all provision being delivered at the Royal Shrewsbury Hospital, facilitating a combination of classroom instruction from college tutors, whilst benefitting from total workplace immersion at the hospital site supported by a job coach. The aim is for interns to transition into paid employment within the health or other sectors. The placements will commence in September 2023, are for 5 days per week term time.

To enquire [please visit the Shrewsbury College website](#). Contact the admissions team on telephone 01743 342346, or email admissions@scg.ac.uk

Shropshire Choices Support Finder 2023 Adult Care and Support Services Helping you to make the right choices to remain independent and stay well

The Shropshire Support Finder is another way people can find information to help them get the support that's right for them.

This publication is full of support services, voluntary organisations and community-based activities that are available across Shropshire to help you or a loved one lead the lives you want, as well as maintain or regain independence.

It is designed to give you help and advice so that you can find your own way to meet any needs for support and care.

[Adult social care and support services finder | Shropshire Council](#)
