



Newsletter for Special Guardians

March 2023

Hi Everyone

We hope that everyone had a good half-term holiday and that the children quickly settle back into the few weeks of school before the Easter holidays are upon us!

As always there is a mixture of subjects covered in this newsletter covering Shropshire including Telford and Wrekin. However, we start with our forthcoming coffee mornings with our first ever guest speaker, George Davies. Please do come if you can.



...We hope to have our own Special Guardianship web page on the Shropshire Council website in the next few weeks. This will have all our newsletters and information leaflets available for access. We will let you know when it goes live!

Best wishes Amy and Jane

Contents:

1: Coffee mornings - 21st March in Oswestry and May 18th in Shrewsbury

2: SEND Local Offer is now on Instagram

3: Solihull Approach online parenting courses

4: Under 5's SEND Toddler Group – Telford

5: All the little things you do – helping children to learn

6: Challenging Perceptions Support Group

7: BeeU

8: New Asthma App for children

9: Importance of childhood vaccinations

10: Early Help Advice and Guidance for young people 'Not in Education, Employment or Training' (NEET)

11: Healthy Start

12: Helping children try new things – 10 by 10 – Residents of Telford & Wrekin only

13: Understanding the Teenage Brain – online courses for carers and teenagers

14: YSS Familial Imprisonment Support Service

15: Working on your relationship - Starts Wednesday 8th March for 4 weeks, 12.30-2.30pm in Shrewsbury.

16: Support for the bereaved by suicide

17: Autism West Midlands Update

18: Tilley's story – A young person with Autism

19: Beam drop in centres

20: Sleep tight workshops – online course starts March 2nd, 2023

Coffee Mornings for Special Guardians



Guest speaker - George Davies at both coffee mornings.

George works for TREES within Shropshire Children's Services (Together Reducing & Ending Exploitation) and will be providing an informal and interactive session on drugs, alcohol and exploitation; looking at ways of supporting young people who misuse substances.

Substance awareness, harm reduction, signs and indicators of substances, where to signpost, services and resources available will be covered.

These will be informal sessions with lots of opportunities to ask questions.

Tuesday 21st March 2023 - 10am – 12:00 – at The Council Chambers. Castle View, Oswestry. SY11 1JR. Pay and Display parking at Oak Street car park SY11 1LJ

Thursday 18th May 2023 - 10am – 12:00 – at Community Hall 2. The Lantern Meadow Farm Drive, Shrewsbury. SY1 4NG. Free parking on site and on the street.

It would be really helpful to know approximate numbers so please email: SGODUTY@shropshire.gov.uk and say which coffee morning you would like to attend, and we can make sure we have enough cups and jammy dodgers!

The Shropshire SEND Local Offer is now on Instagram

Your local [SEND Local Offer](#) is a single place for information on all things SEND in Shropshire. Alongside the website, a lot of useful information aimed at parent carers of children and young people with special educational needs and disabilities, is also shared through their social media channels, which up to now have included Facebook and Twitter.

They are excited to announce that they are now also on Instagram – but probably draw the line at TicTok!

[Follow them](#) for up-to-date information to support children, young people and families in Shropshire. You can also still follow them on [Facebook](#) and [Twitter](#)

Solihull Approach online courses NOW enhanced mobile experience



The Solihull Approach have been working on ensuring that parents who access parenting courses by mobile phone have the same quality experience as those who might use a laptop or PC.

The system, which is now live, automatically knows when someone accesses the courses by phone, it has the look and feel of an app and saves progress to all devices.

There are now TEN [courses for parents, carers, grandparents and teens](#), with others coming soon.

<https://inourplace.co.uk/>

Under 5's SEND Parent & Toddler Group

Come along to the **FREE** Under 5's SEND Parent and Toddler Group and meet other parents with SEND children whilst your child plays. Sensory toys and a sensory room are available. **The group meets fortnightly:**

When: Friday, 10am – 11.30am

Where: Park Lane Centre, Woodside, Telford

Pre-booking is required. Please email or phone to reserve your space:

Email: info@cptelford.co.uk

Phone: 01952 897 333

For more information, [click here](#).

All the little things you do together can help your children learn

My two favourite things. Building stuff, chatting with mum.

Chat, play and read together. It sets them up nicely for school. For more support, search **Start for Life**

NHS

Better Health Start for Life

This Start for Life campaign provides lots of ideas that can help boost a child's learning and help set them up nicely for when they begin their school years.

Parents lead very busy lives, but it's easier than you think to find time to engage meaningfully with their child. [Read more](#).

Challenging Perceptions support groups

Challenging Perceptions aim to empower young people to explore and address mental health issues and wellbeing. They offer a range of peer support groups, therapies, advocacy and drop-in sessions for 6 to 16 year olds, and 16+.

For more information, [click here](#).



How BeeU is helping children's mental health in Shropshire, Telford and Wrekin



The 6 February 2023 marked the start of Children's Mental Health Week. This year's theme was **'Let's Connect'** which was fitting as that is what BeeU has set out to achieve in Shropshire, Telford and Wrekin – connecting organisations so health and care is more joined up, as well as connecting people to the right care at the right time.

Liam Laughton, BeeU Service Manager said: *"Everyone who is referred to BeeU is carefully considered and signposted to the most appropriate service. Clinicians are committed to ensuring children and young people receive the best possible care, in the right service for them, in the most timely way"*. To find out more, [click here](#).

There is further information about BEAM drop in sessions at the end of this newsletter.

Local NHS launches new asthma app for children



Around 5000 children and young people are registered as asthmatic across Shropshire, Telford and Wrekin. NHS Shropshire Telford and Wrekin are proud to have launched a new app aimed at helping children and young people to better manage their asthma. [Read more](#)

The Shropshire, Telford and Wrekin school aged immunisation service and the importance of childhood vaccinations



Shropshire, Telford and Wrekin School Aged Immunisation service offers vaccinations to all children aged 4 (in reception year) to 16 and up to 18-year-olds in special educational needs schools. The service works with schools across the county to deliver its vaccination programmes.

Debbie Jones, Clinical Team Lead for School Aged Immunisation Service in Shropshire Telford and Wrekin explains why it's so important we ensure our children receive their vaccines. To read more, [click here](#).

Shropshire's Early Help Information, Advice and Guidance (IAG) Team

Since the raising of the participation (school) age, the Local Authority has a duty to ensure that all young people up to the age of 18 engage in education, training or employment. Employment should include an element of training.

Whilst they are in school, young people have access to impartial careers advice and guidance to support their progression to a post 16 opportunity. When a young person leaves school and becomes NEET, that role is carried out by our IAG NEETs team.

The IAG team consists of two professionally qualified Careers Guidance Practitioners, and three Transition Support Workers (TSW).

Young people who are NEET often have multiple barriers preventing them from moving into education or employment. It is the role of the Careers Guidance Practitioners to assess these barriers as well as discuss all local, post 16 options, and draw up a plan to support them into appropriate provision.

Sometimes the young person is able to move on with minimal support from the careers' practitioners. Other times, the TSW will need to provide additional support. For young people who require longer term mentoring and support, we may refer onto other services or providers.

Appointments can be over the phone, online, face-to-face in a community venue, or in a young person's home, depending on which is most appropriate. If you are aware of a NEET young person who:

- needs to boost their confidence,
- is interested in applying for an apprenticeship,
- is interested in exploring options for college/sixth form/training providers
- support with creating a CV and improving their interview skills
- needs a second chance to achieve their Maths and English

The Careers Guidance Practitioners will come up with a realistic plan to get things moving.

So, if you are supporting a young person who is not in education, training or employment, then please in the first instance, contact the IAG team on 01743 258850 to discuss a young person.

Referrals can be made over the phone or via email to the Careers Guidance Practitioners (clare.danby@shropshire.gov.uk for Shrewsbury and the South of Shropshire; gemma.evans@shropshire.gov.uk for the North of Shropshire).

Healthy Start

Healthy start is an NHS Scheme that supports families, pregnant women and those with children under the age of 4, on low income to buy fruit, vegetables and milk and access free vitamins.

In Shropshire, uptake of the NHS Healthy Start Voucher Scheme has fallen below 30%.

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.

The scheme is now digital, making the application process easier.

For further information please visit the Healthy Start website <https://www.healthystart.nhs.uk/>

Encouraging children to try new things, be active and learn more with 10 by 10



NOTE – Must live in Telford and Wrekin

Trying new and exciting things is an integral part of growing up. It's how a child can discover a talent or passion they did not know they had. For this reason, Telford & Wrekin Council has launched [10 by 10](#) to encourage children to try ten key extra-circular activities before age 10. For more information, [click here](#).

Understanding the teenage brain – for parents and teenagers

When it comes to brain development the teenage years are a big deal.

Is your teen:

- More emotional?
- Sensitive to rejection?
- Taking more risks?
- Communicating differently?
- Sleeping longer?

It could be down to what is happening in their brain. This FREE short course, which can be done on a mobile, will bring you up to speed with what is going on, so you can understand and support your teen better.

You can find the course here: <https://inourplace.heiapply.com/online-learning/course/35>

Use access code **DARWIN18** to get the course for free.

There is also a version of the course for your teenager <https://inourplace.heiapply.com/online-learning/course/43>

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Understanding your teenagers brain

“ You don't actually realise what's going on in your child's brain...
This course helped!
I wish I had done it sooner! ”

www.inourplace.co.uk

YSS Familial Imprisonment Support Service

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a family member going through the criminal justice system.

Our aim is that families across the West Mercia region feel supported and informed when dealing with the imprisonment of a family member.

The families we support come in all shapes and sizes

- Revolving door in and out of prison
- Mum in prison - kinship carers
- The shock and stigma of sexual offences
- The prison sentence is a relief – now the family is safe

Variety of support for parents

- Debt management
- Funding sourcing
- Liaising with other organisations
- Advocating on their behalf
- Anxiety management
- Providing a listening ear

What Families First can offer professionals working with families:

- Initial telephone call or Teams Meeting to discuss the family and their needs.
- Creation of a support plan for the family which the professional can use alongside their support plan.
- Ongoing professional advice and signposting to other charities and services if applicable.
- Resources to use with children affected by familial imprisonment
- Access to our [Families First handbook](#)

To find out more about what our service can do get in touch with us on familiesfirst@yss.org.uk

New workshop – Working on your relationship – for adult relationships

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance

Do you feel your relationship needs some attention?

Do you feel you are drifting a bit lately or things have been difficult?

Would you like to meet with other parents and carers?

Are you looking for a way forward?

Why not join us for an exciting new 4-week workshop with one 2 hours session each week. This workshop looks at relationships, their dynamics, impacts and how we can improve them.

Starts Wednesday 8th March for 4 weeks, 12.30-2.30pm in Shrewsbury

To book a place on the workshop or for further information, including the venue please contact the Parenting Team by emailing parenting.team@shropshire.gov.uk or call 01743 250950

Support Resources for those bereaved by suicide

Immediate Support Resources for those bereaved or affected by suicide and for professionals supporting them, can be found on a [webpage designed by Suicide Bereavement UK](#). It brings together a range of resources in one central location which can be used by someone bereaved by suicide There is also information on local support services on the [NHS Shropshire and Telford and Wrekin Suicide Bereavement page](#).

Autism West Midlands Update

Remember - No diagnosis is needed to access the AWM Shropshire service and there is no formal referral route – parents/carers can self-refer by booking an advice appointment or contacting us directly.

Details for both below...

Teams Together – Teens online meet up Wednesday 1st March 6pm-7pm. Further information is available [here](#).

Training - Learn more about autism

Autism and anxiety – Friday 17th March – FREE webinar, watch live or on catch-up. To register follow [this link](#).

WEEKLY Teams Advice slots – every Tuesday, Wednesday and Thursday

For those would like some online advice we are offering this virtually via video appointments. Teams works well on mobile phones. To book a 45 min advice appointment with a specialist autism advisor please [book via our shop](#). If the dates/timings of our online advice appointments are not convenient for you, please contact us to make alternative arrangements – scroll down for details

Virtual Support Group for Parents - Wednesday Mornings 10am-11am and Wednesday Evenings 8pm-9pm – 1st and 3rd Wednesday of each month (term time)

Our online support groups meet twice a month via Zoom. This is an opportunity to talk with other parents, share ideas, and offer support. We recommend that you have attended an online advice appointment with a member of the team before joining group sessions (link above). If you would like to join either of the support groups, please email the team here shropshire@autismwestmidlands.org.uk

Dad's Group – Monthly on a Thursday 7pm-8pm

This is an opportunity for dads to meet online, share ideas, celebrate their children's achievement's and offer support to each other with a member of Autism West Midlands present. More information and booking details are [here](#).

Advice and support

We also offer advice and support over the phone and via email. Parents/carers and professionals can contact our small team directly to arrange an appointment including face-to-face if preferable.

Shropshire office - 01952 454156

Weds, Thu, Fri - Emma Hegenbarth 07881109480

Tue, Wed, Thu - Dawn Lewis 07706309382

Thursday - Nicola King

Email shropshire@autismwestmidlands.org.uk

Helpline: 0121 450 7575

A young person's autism story



Meet Tilley. Tilley is a teenage girl who lives in Telford. She was diagnosed with Autism in March of last year and talks about how the last few months have been and how she enjoys the DUGOUT group.

Watch this short video to hear about [Tilley's Autism journey](#).

Service provided by

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Emotional wellbeing drop-in for children and young people under 25.

BEAM DROP-INS ARE HELD:

Current drop in - Thursdays @ 9 Market Square, Wellington, TF1 1BP. 10am-5pm (last entry 4,15pm)

COMING SOON!!!!!!!!!!

Mondays	The Lantern, Meadow Farm Drive, Shrewsbury SY1 4NG (Starting 7th March 2022)	Open: 12pm Close: 4pm
Tuesdays	9 Market Square, Wellington, Telford TF1 1BP (Starting 8th March 2022)	Open: 12pm Close: 6pm
Thursdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 10am Close: 6pm

PLEASE NOTE: no sessions will be started during the last hour of our drop-ins. This means we cannot accept anyone into the service after 5pm on Tuesday & Thursdays and 3pm on Mondays

Shropshirebeam@childrenssociety.org.uk

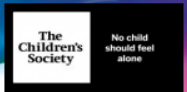


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SHROPSHIRE & TELFORD BEAM



WHO CAN USE BEAM?

Anyone under the age of 25 can get support from Beam.

Parent and carer support can be given in conjunction with a young person.

No referrals & no appointments: those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrenssociety.org.uk>

We are a **friendly team** made up of Practitioners, **Youth Workers** & **Wellbeing Volunteers**.

We **listen** & know this can make all the difference.

Our aim is to give **advice, signposting** and **support** with any concerns relating to **feelings** and **emotional wellbeing**.



WE WILL

Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

WE WON'T

Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

Shropshirebeam@childrenssociety.org.uk



- *Would you like to know more about why sleep is important for our health and emotional well-being?*
 - *Does your child struggle with their sleep?*
- *Would you like to access support to help improve sleep and bedtime routines?*
 - *Would you like to meet other parents/carers to share and discuss experiences?*

SLEEP TIGHT WORKSHOP

The workshop is delivered virtually via MS Teams
Our workshop runs for 5 weeks from the start date excluding the School Holidays

Starting on Thursday 2nd March 2023
From 12.30 to 14.30

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:

Emailing Parenting.team@shropshire.gov.uk

Or call us on 01743 250950

