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Hello!

Welcome to the latest edition of our newsletter for Children and Young People, it would be great if you could please share this with your children, young people and families. Happy reading!

Meet the Team...

We would like to introduce you to Hannah, who is an Information & Advice Officer, and our dedicated Children & Young People Support Worker at Sendias Bathnes.

"My name is Hannah, and I am an Information and Advice Officer with a special focus on supporting children and young people who use our service. Navigating the world of special educational needs and disabilities can sometimes feel overwhelming. That's where I come in!"



My role is to provide accurate information, advice, and support tailored to each child or young person's individual circumstances. You might have questions about your rights, need assistance with education related matters, or want to explore options for further education or training, I am here to help.

Advocacy is a key part of what I do. Working together with you, I can empower you to express your views, make informed choices, and ensure that your voice is heard in decisions that affect your education and wellbeing."

Youth Participation Group Update

We have a new name!

Following the poll in our last CYP Newsletter, we now have a new name for our group. We are now 'SEND Out'. Any future information about our group will now use this name.

We have completed some amazing work throughout our first year:

Website and Outreach

- We have reviewed Sendias Bathnes' website and found ways we can make it more accessible for Children and Young People.
- We have discussed the best ways to improve our outreach to young people.

A big focus has been the topic of travel:

- We designed and took a survey as a group to gather our thoughts.
- We found that there is real struggle for children and young people with SEND when accessing transport/travelling.
- Our findings were shared in an Advisory Group meeting of Sendias Bathnes. As a group we have decided we would like to develop resources to support young people with this issue.

We want to share resources with travel companies to increase their understanding and awareness of SEND. We hope that this will let them know how they can improve travel experiences for young people to make them happier and more positive.

Ofsted and Care Quality Commission Thematic review on Preparing for Adulthood

- As a group we considered and responded to the thematic review which took place in Bathnes in June.
- A report has been published following the visit and this has been looked at by the health and well being board. See more [HERE](#)

Watch this space for further updates about actions/progress following the review.

Have your Say

The Law Commission are holding a review of Disabled Children's Social Care.

Consultation is open until the 20th of January 2025, which means you still have time to share your views and join the conversation if you'd like to. All responses will be read and taken into consideration before any changes are made.

They are looking to make the law fairer, simpler and more up to date.

[Click here to find an easy read PDF explaining exactly how it works.](#)

You can attend a local in-person consultation on the 18th December 2024 in Bristol OR complete the form online.



Have your say

sendias bathnes

The Law Commission has published a consultation paper on disabled children's social care law and whether it meets the needs of disabled children and their families.

You can complete the online consultation and/or attend an in-person event in Bristol on 18 December 2024

SEND Out! in 2025


We would like to make an even bigger impact – please join us in 2025!

If you're aged up to 25 and have experiences of SEND that you might like to share, please feel welcome! We are a small, friendly group of young people! Once a term we meet to discuss a SEND topic. Fun, games and snacks are all included!

Meetings are usually held on a Tuesday near the end of each term, 5:30-7pm at the Time Out Youth Centre in Keynsham.

link and please tell us if you have any access needs or whether any adjustments are required that would help you to attend.

SAVE THE DATE



14th January 2025

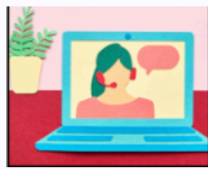
We will be making an informed contribution to the review of Disabled Children's Social Care that is currently ongoing until 20th January 2025. The Law Commission are keen to hear from anyone this review may impact, particularly children and young people.

We will be going through some of the Consultation questions and giving you an opportunity to share any thoughts and views.

WHEN: 14th January 2025, 5:30-7pm

WHERE: Microsoft Teams

Email us, using sendias@bathnes.gov.uk to let us know if you would like to attend.



[Click here to send an email to sendias@bathnes.gov.uk](mailto:sendias@bathnes.gov.uk)

What's it like to do work experience with us?

In July, we welcomed Erin to complete work experience with us. Here Erin reflects on her time with us:

"I am considering a career in educational psychology, and I wanted to gain insight on how the educational sector and the LA supports children in schooling.

I was interested in doing work experience with Sendias Bathnes to learn more about their line of work, how they provide advice and support to parents of children with additional needs.

After I was accepted, I met with Hannah and Jane to discuss what I would be doing – meeting with teams and taking on a project of my own.

I was excited to be able to chat directly with SEND professionals from different teams and a little nervous to be going into the office.

Hannah and Jane made me feel really welcome and I got a tour of the building. Jane did a presentation on SENDIAS so I could learn more about the team and what they do.

I was given a design project to create a social media information post on educational psychologists which I worked on throughout the week.

I completed a Basic SEND Awareness course and sat in on an advisory group meeting about the accessibility of transport for children and young people with SEND.

I met with Sue to learn about the line of enquiry process, with LiveWell BANES to learn how they help people in the local area, and a member of the council's SEND team as well.

Overall, I learned lots about the processes behind SEND support for children in education and more about SEND, including the law around it.

I have picked up important skills such as using design programmes like Canva; note-taking; summarising and simplifying information; and improved communication and interpersonal skills on a professional level.

I plan to use my experience to support my personal statement. When I apply to study psychology at university, I will be able to use this knowledge in both the psychology course and potential future careers. “

Topic of the term

Our topic throughout December is Social, Emotional Mental Health.

It's important that you know, looking after yourself is a priority. You may have stress or worries about a lot of different things but that's not unusual, and you are not alone.

It can feel hard to make time for looking after your mental health in all the busyness but doing something small every day that makes you smile and keeps your mind happy, can make a difference.

Below are some online resources you might like to explore:

- [Here 4 You – A short film discussing young people's mental health and some mindfulness techniques that might help.](#)
- [Young Minds – In their 'I am a Young Person' website section they have a lot of resources including blogs, and podcasts with advice.](#)
- [Room 627 project: The Cabinet of Compassion – This is a local wellbeing project that uses creativity to support children and young people, particularly those who are transitioning school years. They have a variety of small activities that might be useful.](#)

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Who are Boys in Mind?

Boys in Mind (Girls Mind Too) are a wonderful local, volunteer-led mental health, suicide prevention charity working with children and young people in B&NES to help them understand and better their mental health.

They work within local schools and organisations to get rid of the stigma that surrounds mental health and promote the benefits of taking the time to have conversations with people around us.

Our Children & Young People Ambassador Summer, met with Ele from Boys in Mind to learn more about the charity, and how they are working with young people to support their mental health. Find out we learnt in the clip below:

<https://youtu.be/wpKImSkBT0g?si=Ax8vVSsHx10-xTNN>

You can find more films by Boys in Mind on their website [HERE](#).

We appreciate that Christmas can be a tricky time for many. If you need someone to speak to urgently, or you feel you would benefit from support with your mental health, here are some organisations that are there for you:

- [Shout](#) – Free, confidential, 24/7 text service. Text 85258.
- [Mind](#) – Online information and support. You can find their urgent help section [HERE](#).
- [Campaign Against Living Miserably \(CALM\)](#) – You can contact their helpline via live chat, WhatsApp or by calling 0800 58 58 58
- [Samaritans](#) – You can find the available contact options [HERE](#).
- [The Mix](#) – Support for children and young people up to the age of 25. Online resources, tools and support for a range of topics.

Upcoming Christmas Activities & Events

Here are some events and activities coming up during the holidays that might interest you:

SASS Community Choir

For all young people with Autism and their families. Wednesdays, 4-5pm at Fosse Way School, Radstock.

Their Christmas event is happening on Wednesday the 18th of December 2024.

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SASS Community Choir
for all autistic young people and their families in B&NES



Led by Tim Parker
The SASS team are excited to be working with Tim and WEMA for our new community choir!





Dates
(Wednesdays)
December 18th
January 29th
March 12th
April 30th
June 11th
July 2nd



Venue
Fosse Way School
Longfellow Road
Radstock BA3 3AL
(Parking available)

Time
4pm - 5pm
All ages

Come for as much or as little of the session as you would like!

**The SASS team are starting a choir for autistic young people and their families including siblings, parents/carers and grandparents..
All are welcome!**

Music provides a unique way to connect with others with singing having many health and wellbeing benefits. Let's enjoy some singing together within a fun, friendly and supportive environment!

**Parents/carers will also have the opportunity to meet with members of the SASS team for general advice and support during the session.
A £1 voluntary donation per family is invited.**

For more information contact: sass@fossewayschool.com - 01761 412198 Ext 1

Christmas Craft Evening (Young Carers) - A free, in person craft event for Young Carers. Wednesday 18th December 2024, in Bath. Click on the link to find more info, and to sign up and register your interest.

Relaxed Christmas Cinema Screenings

There are lots of local cinemas and theatres holding relaxed screenings of a variety of Christmas films over the holidays. You might find one you would like to see near you using this [website](#)

Festive Christmas Crafts

For children aged 5-12. On Monday 23rd December in Bath. 10:00 – 11:30 AM.

Percy Community Centre

Christmas Crafts

Festive Playscheme

December 23rd 10:00 - 11:30 am
 £2 per child, ages 5-12 welcome.
 Children under 5 are also welcome
 but must be accompanied.
 For more information, and to
 book please email
 bernadette@percycentre.org.uk

Join us for festive crafts such as...

Pom-pom Christmas Fairies,
 Winter Snowglobes, Reindeer
 Food, Clay Tree Decorations
 and many, many more...

PERCY COMMUNITY CENTRE
 NEW KING STREET, BATH, BA1 2BN
 01225 423014 - www.percycentre.org.uk
 Charity no. 1127986 Company no. 6769345

Contacting us over Christmas

We are closed on bank holidays but remain open over Christmas. Please bear with us if it takes us longer to respond to you. We are offering a reduced service so that all staff can have a rest.

Call us: 01225 394382

Email us: sendias@bathnes.gov.uk

Text us: 07530263401

Via our website: <https://sendiasbathnes.org.uk/getintouch>

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From all the team at Sendias Bathnes



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