

Welcome to the latest edition of our newsletter for children and young people!

As the winter term comes to an end, we wanted to share a round up of all our latest news and updates, and some useful resources. Happy reading!



Meet the Team

Its no secret that pets and animals can work their magic in helping us smile and make us feel better. In light of our theme of the month ‘Social Emotional Mental Health (SEMH), we wanted to put a spin on our meet the team this month and introduce you to our pets!



Our youth participation group is all about giving young people the opportunity to share their views and have their voices heard

Here are our latest updates...

From the Law Commission

Previously, we held a session to discuss proposed changes to Disabled children’s social care law and shared feedback collected from the group at the session.

Following the national consultations, recommendations for changes have now officially been made!

Read more [HERE](#)

You can find an easy read version [HERE](#)



## Join us for our next session in January

Our next **SEND Out** session is happening on

**Tuesday 20<sup>th</sup> January – 5:30–7pm online**

You do not need to have joined us before to come along, you are always welcome at any time to join us. Whether you have SEND yourself, know someone who does, or have an interest in SEND – everyone is more than welcome!

**You can book a space at our next session below  
– we would love to see you there!**

[eventbrite.co.uk](https://eventbrite.co.uk)



## Where we've been

### Youth Connect South West Young People's Awards

At the end of October, we were kindly invited to attend Youth Connect Southwest Young People's Awards.

It was so wonderful to hear about all the incredible work the Youth Connect Southwest are doing to support Young People in BANES, and the amazing achievements of those who are being supported.



It was an honour for our service to join the celebrations!

### Preparing for Adulthood Fayre

In November, we had a stall at a local Preparing for Adulthood Fayre amongst a host of local services working to support those preparing for next steps towards adulthood sharing our information, advice and signposting families to our service for advice and support.

### SEND Information Evenings

We have also attended a variety of local SEND Information Evenings, sharing our information with children, young people and families in schools.



### Theme of the month

Our focus for December has been highlighting Social Emotional Mental Health.

Changes in weather, and routine can all have an impact. When you're not feeling quite yourself it's important that you remember to take care of yourself and understand where you can find support when you need it.

This might be taking some time for yourself or finding some fun with friends. It's important that however you choose to make space and time for looking after yourself works best for you.





## Useful links and resources to explore

★ MIND – [Christmas & Mental Health](#)

★ LiveWell BANES – [Mental Health \(SEND\)](#)

★ Sendias Bathnes – [Information Series: SEMH](#)

★ Young Minds – [Winter comforts: How small routines can bring big joy](#)

## Supporting your mental health

Last year we spoke to Boys in Mind, a local BANES based mental health charity that works to support children and young people.

Here we chat about CLANGERS for wellbeing, and all about top tips to support your mental health, particularly during Christmas time.

**Hear our conversation here:**

<https://youtu.be/wpKImSkBT0g>



## Support services available to you

If you feel you need support with your mental health, here are some of the services you can reach out to.....



### Shout

Free, 24/7 confidential text service.

<https://giveusashout.org/>



### The Mix

Support service for children and young people up to the age of 25 on a range of topics, including mental health.

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



### Samaritans

Listening support service. Available all year 24/7.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>



### Papyrus

HOPELINE 24/7 – Support helpline for under 35s

<https://www.papyrus-uk.org/papyrus-HOPELINE247/>

# Celebrating Care Leavers Month in BANES

We wanted to spotlight a recent project from BANES – a series of pledge videos developed by young people from the council’s in-care and care experienced groups, exploring a variety of topics – including, Education, Care Plans and Health & Wellbeing.

This initiative stands as a wonderful example of how young people’s voices are gathered and amplified within council projects and demonstrates the importance of involving children and young people in shaping and making a difference to the things that impact them.

[You can read the official press release here.](#)

[See the videos here.](#)



## Other service updates and reminders...

### Our New Postcards!



Navigating SEND and what that can look like for you as a child or young person, can be incredibly overwhelming, however our service is here to support you.

The team have recently developed a new resource to share exactly how we can be there to help and support you to make next steps that work for you.

We can empower you to express your views, make informed choices, and ensure your voice is heard in decisions that affect your education and wellbeing.

**If you feel we can support you, please remember you can contact us in whichever way is most comfortable for you at any time.**

## Bookable Appointments

Our Bookable Appointments are available to young people.

If you would like to book an appointment to have a chat to one of our team on the phone, we have times and dates available for you to book on our website.

We also run appointments in person at Keynsham Library on Wednesdays

These are 30 minute appointments available between 10:00 – 11:30AM. They can be in person, by phone or on Teams.

**Our bookable appointments reopen in January**, you can see what times and dates are available to book on our website now. [Click here.](#)

It may be that the times and dates available might not work for you. If that’s the case, please do let us know and we can find an alternative that works for you.



## Where will we see you in the New Year?

20th January 2026, 5:30–7:00pm

**SEND Out! – Our youth participation group**

**Microsoft Teams**

26th February

**Bath College Apprenticeship & Careers Event**

**Apex Hotel, Bath**



## Opening Times over Christmas and New Year

Our service opening times remain the same throughout December and January, except for bank holidays, when we are closed.

Please note that from Christmas Eve (24/12/2025) until 05/01/2026, it may take us a little longer to respond to enquiries. We have less cover so that all staff can have a rest. We appreciate your patience and understanding during this period.

We will have a short break from our library appointments over the festive period, but we are here to answer your telephone calls, emails and enquiries as usual.

**Thank you for your ongoing support throughout 2025.**

**We look forward to being here to support you and working with you in 2026!**

**Happy holidays from everyone at Sendias Bathnes.**



### Contact Us

Please contact us in the following ways:

Via our website: [sendiasbathnes.org.uk/getintouch](https://sendiasbathnes.org.uk/getintouch)

Call us: 01225 394382

Email us: [sendias@bathnes.gov.uk](mailto:sendias@bathnes.gov.uk)

Text us: 07530 263401



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