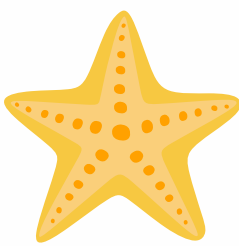




Welcome to the summer 2026 edition of our newsletter for children and young people.

As we head into the summer holidays, we wanted to share what we’ve been up to, share opportunities for you to have your say and remind you that our support and advice is here for you!

We hope that, however you spend it, the summer is enjoyable for you, and a chance for you to unwind and make the most of the sunshine!



Where we’ve been

It’s been a busy year, and we’ve loved meeting so many children and young people across Bath and North East Somerset. Most recently we have visited:

Local School Events & Coffee Mornings

We’ve visited schools across B&NES to meet families, answer questions and raise awareness of SENDIAS and the support we have available.

Better Connections 2026

We were delighted to attend Better Connections 2026, connecting with professionals and organisations working together to improve opportunities and support for children and young people across BANES.

Southside Family Hubs

We enjoyed meeting families and young people at more Southside Family Hub Groups, sharing information about our service and what we offer to families.

LUX Youth Project

It was great to spend time with young people at LUX Youth Project Youth Club, having conversations while getting involved with a variety of games and activities.

Thank you to everyone who has welcomed us to share more about the service and what we do, it has been wonderful to join you.



Participation group updates

This year’s SEND Out sessions have come to an end — a big thank you to everyone who came along, shared ideas, and helped us by letting people know about our group.

Now we’re planning for the next academic year, and we’d love to hear what would make the sessions more fun, useful and welcoming.

**Your views can help shape what we do next.
Please tell us what you think by answering the questions below.**

[CLICK HERE TO COMPLETE THE SURVEY](#)



Come along to our SEND Out sessions!

We would love to see you at a session next year – the sessions are open to any young people with a connection to SEND.

You might have SEND yourself, know or care for someone who does, or just be interested in making things better for young people with SEND. However you're connected, we'd love to hear from you.

The sessions are completely free.

We are more than happy to answer any questions you might have about the group, please do get in touch with us in a way that is comfortable for you if you would like to chat to us.



Have your say!

We are building a brand new section of the Sendias website, designed especially for children and young people – and we'd love your ideas!

We want the information we share to be given to you in a way that works for you.

We want to know:
What do you look for most on a website?
What would you like to see?

This could be information shared in a specific format, such as more easy read guides, short videos, or top tips style content or, perhaps there is a specific topic you would like us to share information about.

[**CLICK HERE TO SHARE YOUR THOUGHTS**](#)



Have your say!

Community Transport Association's Creating Connections Survey.

Is travel making it harder to get to school, college, work or see friends?

Funded by Motability Foundation, the Community Transport Association is gathering insights from disabled young people across the UK through this survey, to better understand the challenges and improve accessibility.

Share your experience and help shape more inclusive transport for the future:

[**COMPLETE THE SURVEY**](#)

Topic of the term: Transitions

As the academic year comes to an end, many young people will be experiencing some kind of transition. This could mean moving to a new school or college, starting an apprenticeship or job, preparing for university, leaving education, waiting for exam results, or adapting to changes in daily routines over the summer.

Everyone experiences transitions differently. **Even positive changes can feel exciting, overwhelming, or uncertain at the same time.**

Something that feels manageable for one person may feel challenging for someone else – and that's completely normal.

It's common to experience a mix of emotions, including excitement, nervousness, confidence, worry, sadness, or uncertainty about what's coming next.

A few things that might make a transition easier might be:

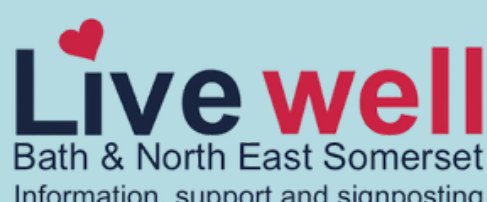
- Talking to someone you trust about how you're feeling.
- Finding out as much as you can about what is coming next so you can feel more prepared.
- Staying connected with friends, support networks and activities that are important to you.

Breaking big changes into smaller, manageable steps and focus on one thing at a time.

Remember that it's okay to ask for support if you're finding things difficult.

Transitions can take time, and it's normal for them to take a while to adjust to. With the right information, support and planning, you can feel more confident about taking your next steps.

**Resources**

**Live well**
Bath & North East Somerset
Information, support and signposting

**sendias**
bathnes

Here are some resources to that might be useful to explore for children and young people experiencing transitions and managing change.

[Preparing for Adulthood \(14-25\)](#)

[Young People Information & Support](#)

[Top tips for a successful school transition](#)

[Guidance for transitions for moving to secondary school](#)



A reminder as results day approaches...

For many young people, results day can bring excitement, nerves, or a mixture of both. **Whatever your results are, they do not define who you are or what you're capable of.**

You can feel reassured that there are lots of routes and options, and however it works out for you, **there will be a way forward.**

On the day, there may be lots of young people heading to the same place at the same time – **you might like to consider collecting your results at a quieter time** to reduce any overwhelm. You may feel that having someone with you (whether they wait outside or come in with you) will help you.

The anticipation that comes with waiting for results can feel difficult for some, but once you have them you will have the information you need to make your next steps.

Remember:

Everyone's journey is different.

There are lots of options available, even if things don't go exactly as planned.

It's okay to ask for support if you're feeling worried.

Your strengths, talents and achievements are much bigger than any set of exam results.

Take time to celebrate everything you've achieved this year.



Wellbeing & Support Services

Summer can be a wonderful time, but it can also bring changes in routine that feel overwhelming. If you feel you need support, these organisations offer free, confidential help whenever it's needed.

The Mix – Support for children and young people up to age 25. They offer online resources, practical tools and a range of support options covering mental health, relationships, money worries and more.

Shout – A free, confidential 24/7 text service for anyone who needs immediate support. You can text 85258 to start a conversation with a trained volunteer.

Campaign Against Living Miserably (CALM) – Provides support for anyone struggling or feeling overwhelmed. You can reach their helpline via live chat, WhatsApp, or by calling 0800 58 58 58.



Free Bus travel for under 16s throughout summer

WECA's Kids Go Free scheme is returning for 2026.

This means if you're under 16, you can travel on buses for FREE across the West of England for the whole seven weeks of the school holidays, between 16 July to the 6th September.



Check the [Weca website](#) searching 'KidsGoFree' for updates for more information.



Summer holiday activities

Looking for things to do over the summer? Here are some great local options that you might like to explore.

Youth Connect South West – Summer Activities

There's a full programme of summer sessions, trips, workshops and hangouts for young people.

[Explore their website here.](#)

Live Well BANES – Inclusive Activities

Live Well BANES has a big list of inclusive and SEND-friendly activities.

[Browse what's on offer here.](#)

Find a Park or Green Space

Perfect for picnics, walks, meeting friends or just enjoying the sunshine.

[See more here](#)

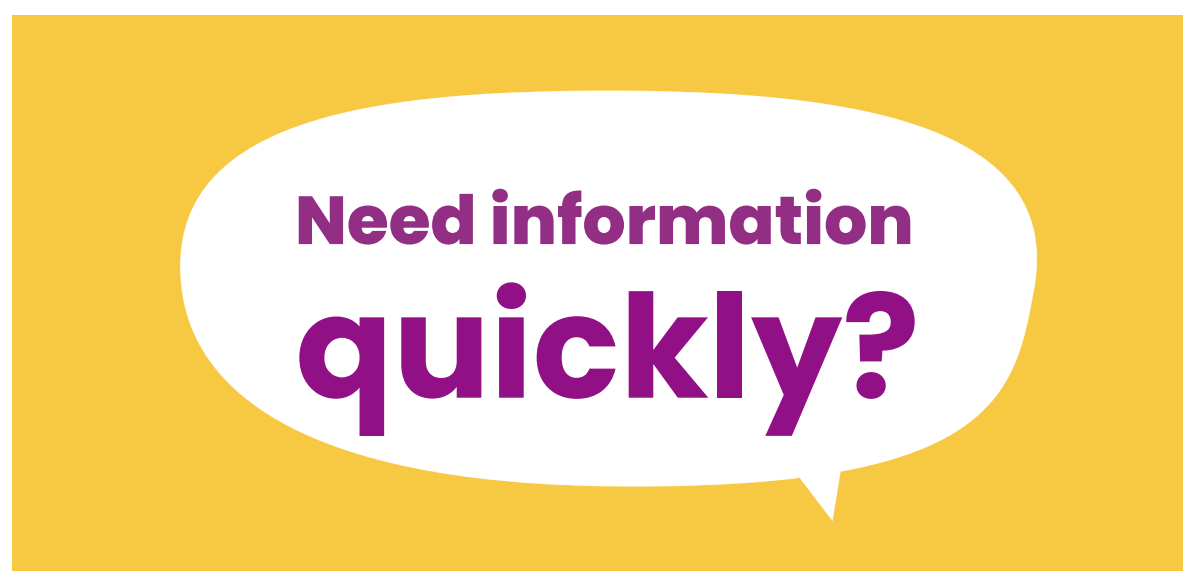
Relaxed Cinema Screenings

Lots of local cinemas offer Relaxed Screenings designed for young people with SEND. These usually have lower lighting, quieter sound and a more flexible atmosphere so you can enjoy the film comfortably.

[Find a screening near you.](#)



Getting in touch with us



You can request information from us directly to your inbox. We've set it up to cover a variety of topics including:

- Support schools should put in place for students with SEND
- Reasonable adjustments
- Information about annual reviews

[Click here for the full list of topics covered and to request information.](#)



Telephone Appointments

Our 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.

<https://sendiasbathnes.org.uk/events>



We have continued to share our new postcards with local organisations. 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.



We are still here to help over the summer!

Availability is reduced while staff have a rest, but our service will continue to be available throughout the holidays if you need support from us.

You can contact us in whichever way is most comfortable for you!



Thank you!

Thank you to everyone who has supported Sendias Bathnes throughout the year. We wish you a wonderful summer and look forward to working with you in the new academic year.

Happy Holidays from everyone at Sendias Bathnes!



Contact Us

Please contact us in the following ways:

Via our website: sendiasbathnes.org.uk/getintouch

Call us: 01225 394382

Email us: sendias@bathnes.gov.uk

Text us: 07401 404081



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