



St Leonard's SEND Newsletter

Autumn Term 2023



Our SEND [Special Educational Needs and Disability] Newsletter will be issued every half term and will include useful articles relating to SEND, links to a wide range of services and useful tips for parents/carers whose child has a special need.

What can I do if I think my child has SEND?

Mrs Claire Callaghan is the school SENDCo [Special Educational Needs & Disabilities Co-ordinator]. If you have any concerns regarding your child's special needs, and would like to speak to Mrs Callaghan, please do not hesitate to contact at ccallaghan@st-leonards-stafford.staffs.sch.uk or the school office.



Special educational needs, often referred to as 'SEN' or 'SEND' (Special educational needs and disabilities), is a term used to describe learning difficulties or disabilities that make it harder for a child to learn compared to children of the same age.

All children may experience challenges with their learning at some point and for most children, these difficulties overcome with support from teachers and home. However, children with SEND are likely to need extra or different help to be able to learn.

How do you know if a child has SEND?

A child or young person has SEN if:

- They have significantly greater difficulty in learning than the majority of other children and young people the same age
- They have a disability which prevents or hinders them from making use of facilities of a kind generally provided for others of the same age in mainstream schools or mainstream post-16 provisions

A child or young person has a disability if:

- They have a physical and mental impairment which has a substantial and long-term adverse effect on their ability to carry out day-to-day activities.

What types of difficulties are SEND?

Children may have difficulties in one or more of these areas:

Cognition and Learning - A child may find all learning difficult or have difficulties with specific activities such as reading or spelling. A child may have trouble understanding instructions and carrying out tasks. A child may have memory difficulties.

Communication and Interaction – A child may have difficulty in talking to others or understanding what others are saying to them. A child may have difficulty with interactions with others, such as not being able to take turns. A child who has speech and language needs will be classed as having communication and interaction needs.

Physical and Sensory – A child may have hearing or vision loss. A child may have difficulty with sensory processing, being under or over-sensitive. A child may have a medical condition which affects them physically.

Social, Emotional and Mental Health - A child may display behaviours such as having very low self-esteem or being very anxious. A child may display challenging, disruptive or distressing behaviours. A child may have underlying conditions which affect their mental health.

You can find further information about SEND on our school website

<https://www.stleonardsstafford.co.uk/page/?title=SEND&pid=37>

<https://www.stleonardsstafford.co.uk/page/?title=SEND+AND+INCLUSION&pid=22>

Don't forget to visit 'Staffordshire Connects' website: a one stop shop for children and young people who have SEND in Staffordshire.



STAFFORDSHIRE
CONNECTS

[https://www.staffordshireconnects.info/kb5/staffordshire/directory/
home_page](https://www.staffordshireconnects.info/kb5/staffordshire/directory/home_page)



For confidential impartial advice, regarding the law relating to special educational needs and disability, then please contact SENDIASS on:

Phone: 01785 356 921

Email: sfps@staffordshire.gov.uk



Health for Kids: Grownups website is specifically for parents and carers of primary school aged children, and has information to support you during a child's primary school years.

Health for Kids: Kids website is a fun and interactive resource for primary school aged children to learn about their health. Children can find information in an easy-to-understand format on the world of health, feelings, illness, getting help and games.

Use the link below to access the 'Health for Kids' website:

<https://www.healthforkids.co.uk/>



**Health
for Kids!**



Family Action Family Support & Outreach Service



Please find attached a list of contacts within the Stafford area which you may find useful

Many thanks, your Family Support Team

To contact us telephone:

Moorlands & Newcastle: 01782 228 963

Cannock & South Staffs: 01543 735 699

Stafford: 01785 558 172

Email: staffordshire@family-action.org.uk

Web: www.family-action.org.uk

FamilyLine is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, call: **0808 802 6666**, text: 07537 404282, email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk.

Stafford Contacts

If you are worried about anyone's immediate safety, please call **999**.

The Staffordshire Children's Advice and Support Service is a county-wide telephone enquiry service for people who have a serious concern about the safety of a child or young person. They can be reached by calling **0300 111 8007**

Staffordshire Connects: www.staffordshireconnects.info

Children

NCPCC – Child protection helpline Tel: 0800 800 500

NYAS National Youth Advocacy Service – Tel: 08088081001 Website <https://nyas.net>

Kidscape – for help with bullying and safeguarding. Parent advice line Tel: 07496 682 785 WhatsApp: 07496682785 Website: <https://kidscape.org.uk> Email: info@kidscape.org.uk

Family lives (formally parentline) – they offer family support services and offer tailored support around issues such as bullying, special educational needs, and support for specific communities. Website: <https://familylives.org.uk> Email: askus@familylives.org.uk Tel: 0808 800 2222

New life charity – New life the charity for disabled children, offer emotional and practical support for families and professionals of disabled and terminally ill children. Website: <https://newlifecharity.co.uk> Helpline Tel: 01543 462 777

Vision Inclusion Team - <https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=y-2Vqpr9Lgw>

Hearts and Hands Stafford - 07534 831455 admin@heartshands.uk <https://heartshands.uk/>

Silkmor Children's Centre – 01785 246802 | 07717 349553

Families first at faraday road - 01785 854700 <https://www.facebook.com/faradayroadstafford>

The Play Shed – 01785 258630 info@theplayshed-stafford.co.uk

Tiny Talk – baby singing and toddler talking class. 07561415144 stephoneill@tinytalk.co.uk

Domestic abuse and sexual violence

Pathway Project – 24hr confidential domestic abuse helpline: 01543 676 800

New Era – confidential domestic abuse helpline: 0300 303 3778

SARAC - Sexual Abuse and Rape Advice Centre: 01283 517 185

Staffordshire Woman's Aid – Survive Sexual Assault & Abuse Services: 0300 330 5959

Rape support – 0808 800 1144

Victim Gateway - 0330 0881 339

National domestic abuse helpline – 0808 200 0247

Men's advice line - 0808 801 0327

National LGBT+ Domestic Abuse Helpline - 0800 999 5428

The Survivors Trust (Rape and Sexual Violence Services): - 08088 010 818

EMERGE -Support service for victims and survivors of sexual abuse, their partners and families. **01785 225991** (Mon 7:30pm-10pm, Wed 7pm-10pm and Thurs 10am-5pm) <https://www.facebook.com/Thehurtingcanbeovercome/>

General Health

Char Health, a health and wellbeing advice text service – Monday to Friday 9am to 5pm

11–19-year-olds text 07520 615 721, parents/carers text 07520 615 721

Together Active - <https://togetheractive.org>

Active my way – <https://activemyway.org> 07800 619 681

Health For Kids - <https://www.healthforkids.co.uk/>

Everyone Health Physical Activity - <https://staffordshire.everyonehealth.co.uk/services/physical-activity/>

Everyone Health (quit smoking) - 0333 005 0095 or text QUIT to 60777

Walk Talk Action CIC – 07804 577783 | info@walktalkaction.co.uk | <https://walktalkaction.co.uk/>

Staffordshire Together for Carers: Advice and support for those who are caring for others across Staffordshire, including support to sustain your caring role and undertaking statutory Carers Assessments. 0300 303 0621 www.staffordshiretogetherforcarers.org.uk

The sleep charity helpline - If you'd like to talk about your sleep, you can call us on **03303530541** between 7pm and 9pm, Sunday to Tuesday and Thursday and our new morning opening – Wednesday, 9am – 11am.

Specialised Sexual Health Services – south Staffordshire 0300 124 5022 <https://openclinic.org.uk/>

Health for teens - <https://www.healthforteens.co.uk/staffordshireandstoke/>

Reading well - Understand and manage your health and wellbeing using books recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers. Available via Staffordshire libraries <https://reading-well.org.uk/>

Men's health forum - <https://www.menshealthforum.org.uk/male-health>

NHS 111

Mental Health

Frazzled Cafe - <https://www.frazzledcafe.org/>

Living life to the full free mental wellbeing course - https://littf.com/?section=page&page_seq=8

Get self-help CBT - <https://www.getselfhelp.co.uk/>

Digital mental health support for children and young people - <https://sandbox.getcerebral.co.uk/>

YESS (Your Emotional Support Service) - <https://yess.uk/>

Winston's Wish - 08088 020 021 Mon-Fri 9.00 am to 5.00 pm (Free from landline and mobile). Webchat options also available on website <https://www.winstonswish.org/>

Mind - 0300 123 3393 <https://www.mind.org.uk/>

Young minds - Crisis text messenger 85258 free 24/7 – <https://www.youngminds.org.uk>

Calm harm - Calm Harm App

Calm -Calm - The #1 App for Meditation and Sleep

Urgent mental health helpline- 0808 196 3002

Action for children – <https://www.actionforchildren.org.uk/>

Kooth - free anonymous counselling and support for young people www.kooth.com

Every mind matters - <https://www.nhs.uk/every-mind-matters/>

Hub of hope - <https://hubofhope.co.uk/>

Self-injury support - text chat support for women and girls 0808 800 8088 Text 07537 4324 44
<https://www.selfinjurysupport.org.uk/>

Five ways to wellbeing - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Staffordshire and Stoke-on-Trent wellbeing service - 0300 303 0925 <https://staffsandstokewellbeing.nhs.uk>

Staffordshire mental health helpline – 0808 800 2234 / 07860 022 821

Samaritans – 116 123

CAMHS – (South Staffs) 0808 156 2002

Staffordshire network for mental health (toolbox project) – 07591 924 728

Bipolar UK - <https://www.bipolaruk.org/>

Anxiety UK – 03444 775 774

Beat (eating disorders help) – 0808 801 0677.

First Steps ED - <https://firststepsed.co.uk/> 01332 367571

No panic – <https://nopanic.org.uk/>

OCD UK – <https://www.ocduk.org/>

OCD Action - <https://ocdaction.org.uk/>

PAPYRUS - <http://www.papyrus-uk.org/papyrus-hopelineuk/> 0800 068 4141

Rethink Mental illness – 0300 5000 927 **SANE** – 0300 304 7000 <https://www.sane.org.uk/>

SOBS - <https://uksobs.org/> Support Line – 0300 111 5065 Monday & Tuesday 9am – 5pm

SHOUT – Text 2SHOUT2 to 85258 or YM for under 19's

Childline – 0800 111

MENS MENTAL HEALTH SERVICES

Men Unite - <https://menunite.org/>

CALM (for men aged 15 – 35) – 0800 58 58 58.

Mental health foundation - <https://www.mentalhealth.org.uk/our-work/public-engagement/mens-mental-health>

Manup - <https://www.manup.how/>

Finances

Warm home discount scheme - <https://www.gov.uk/the-warm-home-discount-scheme>

Debt and finance helpline: 03444 111 444

British gas energy trust - <http://www.britishgasenergytrust.org.uk/>

E. On energy fund - <http://www.eonenergyfund.com/> Tel: 03303 80 10 90

EDF Energy trust - <http://www.edfenergytrust.org.uk/>

Christian against Poverty- dept and finance aid: 0800 328 0006

Mental health and money advise service - <https://www.mentalhealthandmoneyadvice.org/en/>

Debt support direct – 0161 549 9848

Telephone advice service , for help and support with; debt, housing and managing your money. 07736 929523 | 07736 929525 call-back@citizensadvicessw.org.uk

Period Power, helping eradicate period poverty – 07895 361202 <http://www.periodpower.co.uk/>

Food banks

House of bread (café 43) – 01785 243492 will@hobstafford.co.uk <https://hobstafford.co.uk/>

Rising brook foodbank and support services - 01785 214750 | church@risingbrook.org <https://risingbrook.org/>

Christian Foodbank Help - <https://www.saintaustins.org.uk/christian-foodbank.html> cfoodhelp25@aol.com

Eccleshall Cares - 07534 914629 admin@EccleshallCares.co.uk <https://www.eccleshallcares.co.uk/>

Stone community hub foodbank – 01785812417 <https://www.stonecommunityhub.org/>

Housing

Homes plus - <https://www.homesplus.co.uk/>

Stafford Housing - <https://www.staffordbc.gov.uk/housing>

Midland heart - <https://www.midlandheart.org.uk/>

At risk of homelessness - 01785 619000 (out of hours 01785 619170)

housingadvice@staffordbc.gov.uk

SPOTLIGHT ON - SENSORY PROCESSING NEEDS:

Children with sensory processing issues behave in ways that look confusing. They might react strongly to loud noises or bright lights, or complain that their clothes are uncomfortable. They may be clumsy or have trouble with fine motor skills like fastening buttons. Some children show extreme behaviours like screaming when their face gets wet, or melting down at an unexpected change.

These behaviours happen because the child is having trouble processing the information they receive from their senses. The senses include touch, hearing, taste, smell and sight. There are also two internal senses that give the child information about their movement and where their body is in space.

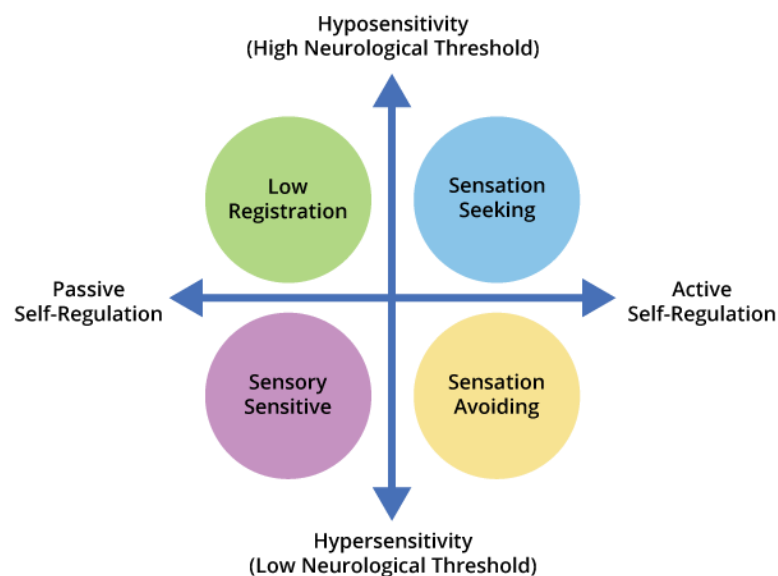
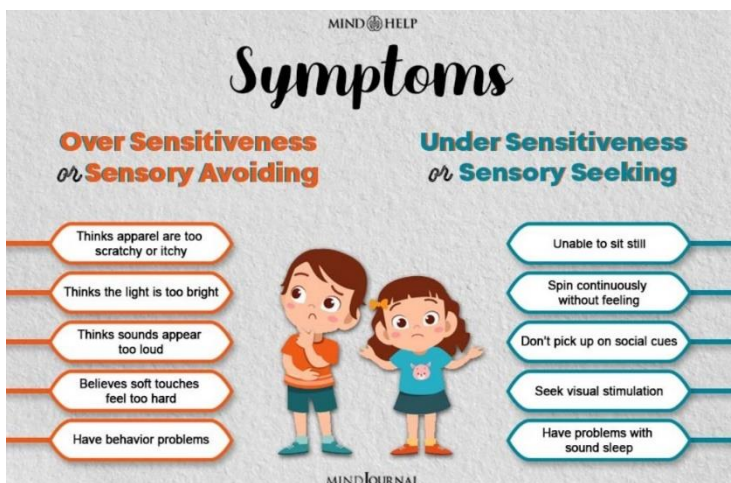
Children with sensory issues can be hyposensitive or hypersensitive. Hyposensitive children need more sensory stimulation. They often love to move around and crash into things. Hypersensitive children avoid strong sensory stimulation and get overwhelmed easily.

A change in environment can trigger a child's sensory difficulties. For example, a child who is calm sitting in a quiet car might get overwhelmed in a bright, crowded grocery store. They may have a tantrum or try to run away.

Many parents of children with sensory issues call their behaviours sensory processing disorder, or SPD. Sensory issues are considered a symptom of [autism](#) because many people on the autism spectrum experience them. But not everyone with sensory issues will have autism. Some have [ADHD](#), [OCD](#) or developmental delays. Or they may not have a diagnosis at all.

To access a checklist of sensory processing traits visit the web address below:

<https://www.sensorysmartparent.com/yourchildssensoryportrait>



If you or your child need any support please contact us at office@st-leonards-stafford.staffs.sch.uk, alternatively through your child's classteacher or Mrs Callaghan at ccallaghan@st-leonards-stafford.staffs.sch.uk