



# FAMILY NEWSLETTER

21st November 2022



## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



The weather may be starting to show more usual signs of Autumn with heavy showers and blustery winds, but that hasn't dampened our spirits across the Learn to Live Federation!

As always, there has been lots going on across our schools. The last few weeks Senior Leaders have been conducting learning walks around our sites, a busy but encouraging process. It has been wonderful to see how learning is tailored to individual needs and how creative our teachers are in ensuring pupils are motivated and engaged in their learning. These learning walks allow leaders to quality assure our provision.

Across the Federation, we are focussing on our learning environments and on communication, ensuring all pupils have a voice. We have all commented on how calm and purposeful classrooms are in general. It has been wonderful to see so many children and young people using a range of different communication strategies purposefully and to see that learning environments are continuing to develop and improve.

At the end of last week, we had a fun filled day supporting Children in Need. I love how our school communities really come together to support these charity events and Children in Need is always a great day. We had musical extravaganzas, discos, children and staff dressing up, cake sales ..... to name just a few of the ways that we have joined in to celebrate and support this fantastic charity.

And as we head towards Christmas, I look forward to joining in with some of the Christmas activities that are planned and being able to spend more time in classes celebrating the progress that children and young people have made this term.

Please look carefully at page 2 of this newsletter which gives all the dates of everything happening in the run-up to Christmas. We hope to see you in school sometime soon.

## SHORT OF TIME?

**Christmas Dates** - See page 2.

**Christmas Fayre on 8 December** - Details you need to know about are on page 3.

**Festive Event in School** - With no Christmas Performances this year, join your class for a Festive Craft Session on 13 December.

**Christmas Lunch** - Only the Christmas Lunch will be served on 14 December (no packed lunches, jacket pots etc).

**Communications Workshop** - We're looking at future workshops which might be of interest to families.

**Latest Makaton Signs** - see page 4.

**Next Wheelchair Clinic** - 24 January. Call Raegan Hunt if you'd like your child seen.

**Early Help Lead and Pupil & Family Support Lead** - Danielle Prowse and Ellie Coomber-Moore say "hullo" on page 5.

**The Way We Talk Training sessions for families** - see page 6.

**BB School Lottery** - sign up for tickets on page 6.

**Outward Bound Courses** - Will Young can help you complete the application form for your young person.

**Asda Green Tokens** - We're still voting!

## DATES 2022-2023

**We've got a few dates to tell you about, so we've put them on the next page!**

## BAG2SCHOOL collection

You will have received your Bags2School collection bag by now. Please fill and return this to Bidwell Brook by Monday 28 November latest. If you lose your blue bag or have too many items for one bag, please use a black bin liner. Thank you!



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## DATES

**THE DATES MARKED IN RED ARE FAMILY OPPORTUNITIES TO COME INTO SCHOOL**

**DATES MARKED IN BLACK ARE FOR YOUR INFO ONLY**

Monday 28 November ..... Deadline for filled Bags 2 School back to school

Thursday 1 December ..... Decorate the Christmas Tree in the Hall

**Thursday 8 December ..... Christmas Fayre:**

**10-11.30 am in the Hall, raffle draw at 12 noon in Reception**

Friday 9 December ..... Christmas Jumper Day

**Tuesday 13 December ..... Festive Craft Events:**

**Upper School from 10.45 am-12 noon**

**Lower School from 1.45 pm until the end of day**

Wednesday 14 December ..... Christmas Lunch in the Hall

Friday 16 December ..... Christmas presents in the morning, Disco in the afternoon

Tuesday 3 January 2023 ..... Staff Training Day

Wednesday 4 January 2023 ..... Pupils return to school

Tuesday 17 / Wednesday 18 January 2023 ..... Parents' Evenings (Wednesday will be in person)

**Thursday 19 January 2023 ..... Bidwell Brook PTFA AGM**

**w/c 13 February 2023 Half Term**

Holiday



**EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED**



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## CHRISTMAS FAYRE IN THE HALL - THURSDAY 8 DECEMBER

### Raffle Tickets

Our draw takes place at 12 noon on Thursday 8 December, after the Fayre. Please could you kindly return any monies/stubs/unused books back to school as soon as you can. If you'd like more tickets to purchase or pass on, just let us know! Thank you.



### Hamper Donations

Thank you if you have already sent in some hamper items - keep them coming! All donations gratefully received until the end of November.

### Christmas Gifts

On the day of the Fayre itself, classes will be selling lovely Christmas items that they've made. If you would like to make a purchase from any of the stalls, please could you bring some coins with you rather than bank notes?!! This would help us enormously with our cash floats! Thank you v much.

### Pupils at the Fayre



We encourage our pupils to take a look around the Fayre so if you would like your child or young person to accompany you for a while during the morning, please let the Office know and a call will be made to the class. If you are not able to make it into the Fayre that day, pupils can bring some change into school with them to spend, if they wish.

### Christmas Orders

As well as gifts to purchase on the day, families will also have the opportunity to purchase their class gift(s) via an Order Form. We'll be sending out the Order Form for your class soon. The preferred payment route is School-Gateway. Once orders have been placed and paid for, classes will organise for your class gifts to come home.

### PTFA Stalls

As well as selling last minute raffle tickets, the PTFA will also be running a Tombola and "Wine & Water" stall. If you could donate a bottle of wine, or provide an extra pair of hands for an hour to help sell raffle tickets, this would be very much appreciated. Call Christine on 01803 864120 if you can help.



**THANK YOU**

## FESTIVE CRAFT EVENT IN THE CLASSROOM

Instead of the Christmas performances, this year we are inviting families into the classroom on Tuesday 13 December. If your young person is in a Lower Seniors, Seniors or Sixth Form class, you are invited into school between 10.45 am and 12 noon to join your young person and share in some creative Christmas magic.

If your child is in Lower School (with a class name of an insect or a colour), you are invited in during the afternoon from 1.45 pm. If you would like to take your child home at the end of the day you are most welcome to do so - just inform Transport beforehand.

At both sessions, families will be helping to create some special Christmas crafts. Do you have any spare Christmas craft materials you might like to donate to school? Gold/silver card, sparkly fur, glitter pens, glitter, plain wooden tree decorations ... something which classes could use this festive season? If so, please think of us and send it in if you have spare at home. Thank you. See you on Tuesday 13 December.

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## CHRISTMAS LUNCH

Just a reminder that only our Christmas Lunch will be served on Wednesday 14 December. There are no other food options available that day ie packed lunches, jacket potatoes etc. If your child or young person would like anything other than a Christmas Lunch, please send food into school. Thank you.



## COMMUNICATION WORKSHOP

A couple of weeks ago, Kate Preece ran a Communication Workshop at Bidwell Brook for our families. Thank you if you attended the session. The feedback from both the Bidwell Brook and Ellen Tinkham sessions was very useful and as a result, we are hoping to run future workshops on other topics next term and in the summer.

If you have any queries regarding your child's or young person's communication or speech & language, please contact your Class Teacher. Thank you.



KATE PREECE

## MAKATON SIGNS

Here's the latest Makaton signs for House/Home, Bus and I/Me.

[Makaton signs for House and Home - YouTube](#)

[Makaton sign for Bus - Isabella Signs - YouTube](#)

[makaton sign for I and Me - Isabella Signs - YouTube](#)



## WHEELCHAIR CLINIC

We have the Exeter Mobility Wheelchair Clinic taking place on Tuesday 24th January 2023 in school.

If you have any issues that need addressing and would like your child or young person to be seen at the Clinic, please contact Raegan Hunt in the Therapy Dept.



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## EARLY HELP LEAD AND PUPIL & FAMILY SUPPORT SERVICES LEAD

Two appointments this term have been Danielle Prowse as Early Help Lead and Ellie Coomber-Moore as the new Pupil & Family Support Services Lead. Here's both introducing themselves and their role:



Hello, I'm Danielle Prowse and have been working at Bidwell Brook for nearly 5 years. Bidwell Brook has a wonderful supportive atmosphere up every corridor and I feel privileged to be a small part of it. I have been working in education all of my adult life and qualified as a teacher over 10 years ago. Since then, I have had various roles, most recently Early Help Officer at Bidwell Brook. I love working with families and students supporting them to achieve. My job is varied and can range from passing over a relevant telephone number for an organisation, to running Team Around the Family (TAF) meetings when professional support is needed, as well as everything in between. I have two young boys aged 3 and 5 so work part time; Monday, Tuesday and Wednesday. Please give me a call if you are feeling stuck, need signposting or want to talk something through. I won't always know the answer but I will endeavour to work with you to support you the best I can. I've been fortunate to meet a lot of our new starter's families over the last few weeks and look forward to getting to know even more of you as the year progresses.



Hi, my name is Ellie Coomber-Moore. I am the new Pupil & Family Support Services Lead at Bidwell Brook. I'm a recent graduate from the University of Salford and I am thrilled to be a part of the Bidwell Brook team. The main part of my role is managing and facilitating the annual reviews (PCR's) and making sure everything is recorded and documented. I look forward to meeting more of the pupils and families this year and be of help in any way I can.



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## THE WAY WE TALK

Devon Children & Families Partnership is currently advertising "The Way We Talk" training programmes. These programmes are helping to break the link between speech, language and communication needs and disadvantage, exacerbated by Covid-19, to improve relationships, resilience, social, emotional, mental health and life chances.

The programmes give parents, carers and professionals the opportunity to upskill in this area and close the gap left by the pandemic. Training is being delivered by various partner organisations in Devon and is an important part of Devon County Council's ambitions to become a [Child Friendly Devon](#) so that children and young people can look forward to their future with excitement, optimism and ambition.

Find out how Devon County Council is [looking to achieve the best outcomes for children in Devon](#).

Please follow this link to find out the courses running across Devon but please check details with each individual provider for the most up to date details.

[The Way We Talk - Devon Children and Families Partnership \(dcfp.org.uk\)](#)



## BIDWELL BROOK SCHOOL LOTTERY

**WIN A PS5  
BUNDLE**  
WORTH OVER £1000!



Did you know Bidwell Brook has a School Lottery?! Scan the QR code below or visit

[www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)

and search for **Bidwell Brook** to purchase tickets



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## OUTWARD BOUND COURSES

The Sir Francis Chichester Trust is once again offering **FREE places on Outward Bound courses** to young people who live in Devon and who are aged 16-22 (at the time of the course, which will be July/August 2023).

## THE SIR FRANCIS CHICHESTER TRUST

The courses are designed to help participants make an effective transition into Sixth Form, Further Education or work and is a chance to have a life-shaping adventure with people from all over the world, to know what they are truly capable of achieving. The courses are held at the Outward Bound centres in the Lake District, Wales and Scotland.

The aim of these courses is to allow young people to challenge themselves, demonstrate progress focused on personal development, work outside of their normal friendship group and leave with a breadth of experience that will enrich personal statements and set them aside from other young people. The main benefits for the young people are seen in greatly improved self-confidence and team working abilities, together with raised aspirations.

The Trust looks for candidates that wouldn't normally have a chance to undertake anything of this nature and will be able to enjoy and benefit from the experience. The Sir Francis Chichester Trust will meet the full course fee (up to £1950/person) for successful applicants and ask that they are responsible for their own transport to/from the Outward Bound centre of their choice. However, if transport costs are prohibitive then we will look at additional support if possible.

**The closing date for applications is Tuesday 24 January 2023** with interviews for those shortlisted being held 2 and 3 March 2023 in Exeter and young people applying must be available on one or other of these dates. An [application form can be downloaded from the Trust Website](#) and [further details](#) / video clip about the course is also available. You can also download the [Trust's Newsletter](#) from the website and this has some feedback from young people who attended a course in 2022 and were supported by The Sir Francis Chichester Trust.

Here's a [short video](#) to give you a taster of what an Outward Bound course is all about! Read about [how learning and adventure in the wild improves wellbeing in young people!](#)

Will Young, our Federation Outdoor Education Lead is very happy to support families with the application process if your young person is considering applying. Please email him via [wyoung@bidwellbrook.devon.sch.uk](mailto:wyoung@bidwellbrook.devon.sch.uk) Will is very well known to students across Bidwell Brook and Ellen Tinkham and will be only too happy to help.



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## ASDA GREEN TOKEN SCHEME

### PLEASE HELP US!!!

Bidwell Brook has been chosen as one of three organisations that could receive **£500** which we'll put towards our playground!

We just need to have accumulated the highest number of Green Tokens votes online than the other two organisations we are up against. Anyone can make a Green Token vote **EVERY 7 DAYS**, so please click the link below to register your first Green Token and keep voting once a week until the end of December.

**Our store is Newton Abbot.** Click here to make a difference today  [asda.com/green-tokens](https://asda.com/green-tokens) 

**WE'RE CURRENTLY IN THE LEAD - LET'S STAY THERE! THANK YOU.**

## GREEN TOKEN GIVING

## HOW TO VOTE ONLINE



### SELECT A STORE

Search for your local store.



### MAKE A VOTE

From the stores page, click to vote on your selected good cause.

**ASDA.COM/GREEN-TOKENS**



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0808 800 5000

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National  
Online  
Safety**

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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@nationalonlinesafety



# What Parents & Carers Need to Know about

# AMIGO

Amigo is a social platform which purports to connect strangers from around the world – and, with built-in translation software, it reduces the expected language barriers. Focusing heavily on one-to-one chat, video calls and live streams, Amigo encourages its users to build up online relationships and unlock exclusive features such as private video and audio calls: essentially, the more that people chat, the more functions become available to them. This is an app designed with mature users very much in mind and is therefore definitely not recommended for children.

## WHAT ARE THE RISKS?

### ONE-TO-ONE COMMUNICATION

While online chats and livestreaming are a great way to communicate with people that children can trust (such as friends and family), Amigo encourages users to connect with complete strangers and develop a friendship through private chats, calls and videos. This will be a clear red flag for most parents, due to the possibility of a child encountering inappropriate content or an online predator.

### INAPPROPRIATE CONTACT

Within minutes of signing up for our trial of Amigo (and without using a profile photo), users of the opposite sex were messaging with suggestive statements such as "You're just my type" and "Let's have fun". While the app's stated intent is to help people build friendships, some users obviously seek to take those relationships in a more mature and amorous direction.

### MEMBERSHIP COSTS

Like many apps that are free to download, Amigo's business model is centred on in-app purchases. Users are encouraged to pay for VIP membership – enabling them to send more messages each day and boosting their profile's visibility. People can also buy coins (again, for real money) which allow them to send virtual gifts and further increase the number of messages they can send daily.

### LACK OF AGE VERIFICATION

Amigo makes no secret of the fact that it's for people aged 18 or above. There's no age verification, however, so a young person could simply sign up under a false date of birth. The app's algorithm claims to match users of similar ages (making them more compatible), but either the algorithm isn't very reliable, or most users have entered a fake age which doesn't correspond with their profile pic.

### REWARDS FOR REPEATED USE

Amigo gifts virtual coins to users if they reply to messages within 10 seconds, while there are also daily rewards for posting comments, sharing a video, getting likes or simply opening the app. It also encourages increasing 'Intimacy Levels' with other users to unlock extra features: once someone's online 'friendship' reaches Intimacy Level 3, they can hold one-to-one video calls with each other.

## Advice for Parents & Carers

### MONITOR DOWNLOADS

As well as frequent catch-ups with your child about what they've enjoyed doing online, you could consider taking the additional step of physically checking their phone every so often to see which apps they've installed. The safest option could be to enable 'ask to buy' (Apple) or 'purchase approvals' (Android) on their device, meaning your authorisation is needed to download any apps.

### RESPECT AGE RESTRICTIONS

Apps have age restrictions for a reason, and Amigo is very definitely a mature content platform. Given that many of Amigo's users apparently use a bogus date of birth, you might want to remind your child about the implications of setting up a fake profile – such as being exposed to messages and videos that make them feel uncomfortable or feeling pressured into chatting with strangers.

### BLOCK, REPORT, DISCUSS

Many children already know that connecting with strangers online is dangerous, but it never hurts to refresh their memory. Whatever communication apps your child uses, make sure they're fully aware that if anything online makes them feel uncomfortable, scared or upset, then they can block the user responsible, report the content, take a screenshot as evidence and come to tell you straight away.

### ACTIVE LISTENING

If your child does approach you with a concern, make time to stop what you're doing and actively listen. Let them talk without interrupting or showing any judgement, then discuss their options and the possible solutions: this empowers them and reassures them that you're there to be supportive. If the issue is one that has put your child at risk, however, you may wish to contact the police.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://apps.apple.com/us/app/amigo-chat-rooms-real-friends/id1555401554>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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#WakeUpWednesday





**New  
members  
welcome**

# Devon Inclusive Folk Ensemble

**For young people 13 - 25 with special educational needs or disability**

**Fortnightly sessions for young people with their families and carers to make music together**

- **Sing together**
- **Play instruments**
- **Meet new friends**

**Saturdays 2pm - 5pm**

**£5, £10 or £15 per family (pay what you can)**

**2022: 15 Oct, 5 Nov, 19 Nov, 3 Dec**

**2023: 7 Jan, 21 Jan, 4 Feb, 4 Mar, 11 Mar, 18 Mar**

**Main Hall, InFocus, Topsham Road, Exeter EX2 6HA**

**Led by professional folk musicians  
Jenny Read and Sarah Owen**

**No previous musical experience is necessary  
Instruments provided or bring your own**

**Register your interest by email or phone  
[info@wrenmusic.co.uk](mailto:info@wrenmusic.co.uk) or 01837 53754**



Devon and  
Torbay Music  
Education  
Hubs

[wrenmusic.co.uk](http://wrenmusic.co.uk)



Wren Music is a registered charity number 1128790

# ELIGIBILITY CRITERIA

## Who is eligible to apply?

To be eligible, you must meet the following criteria:

- You must have a child aged 4-18 years old.
- Your child(ren) must have a chronic illness or disability.

## Charitable Funding Eligibility:

- You can apply to Caudwell Children for 80% of the cost towards two workshops each year.
- To receive funding support toward the cost of workshops, your household income must be less than £45,000 per year.
- If you are eligible for charitable funding, you will be asked to contribute £33.40 (20%) towards the full workshop cost.

For more information on eligibility criteria, please visit [www.caudwellchildren.com/workshops](http://www.caudwellchildren.com/workshops)

# HOW DO I APPLY?

To see how we can support you and your family today, contact us to arrange to speak to a member of the Family Workshops Team.



☎ 0345 300 1348

✉ [workshops@caudwellchildren.com](mailto:workshops@caudwellchildren.com)

[www.caudwellchildren.com](http://www.caudwellchildren.com)

# OUR SERVICES



**Family Support:** Providing families caring for a disabled child or young person with vital support, signposting and information over the phone, email, or via live chat.



**Equipment:** Supporting families with mobility, sports and sensory equipment to help children and young adults with their development, mobility and independence.



**Treatment:** Providing support with life-changing treatment for children with disabilities or chronic illnesses.



**Therapy:** Supporting families to access funding enabling them to receive therapeutic intervention programmes for children with cerebral palsy, brain injuries and other associated conditions.



**Short Breaks:** Hosting activities for children and young people with Special Educational Needs and Disabilities. These sessions enable children to have fun, spend time with friends and build upon their confidence and skills, in a safe, inspiring and welcome environment. We also provide family opportunities.



**Autism Services:** Providing diagnostic assessments, practical and emotional support for autistic children and their families.



**Sensory Packs:** Supporting families to access a range of portable sensory support packs.



**Workshops:** Providing families with a range of workshops that focus on many of the common differences associated with raising a child with a disability or an autistic child.



# FAMILY WORKSHOPS



# INTRODUCTION

Caudwell Children deliver a range of practical and accessible workshops. These workshops focus on some of the key difficulties families may experience when raising a child with a disability and/ or is autistic.

These workshops can be accessed in person at our International Children's Centre in Keele or online.

Listening to experts by experience is at the heart of everything we do at Caudwell Children. These workshops have been developed in direct consultation with autistic people, parents and beneficiaries.



# ABOUT OUR WORKSHOPS

## Meeting Sensory Needs Workshop

This provides an introduction to sensory processing and explores how this may impact your child and family. We will also provide you with strategies and tips that you can use in your day-to-day life.

## Language and Communication Workshop

This looks at all kinds of communication. We help you and your family to understand your child's preferred method and level of communication and how this can be supported to better understand a young person's wants and needs.

## Forming Relationships Workshop

This will help you and your family to understand the importance of play and determine how play can impact learning for your child.

## Supporting Positive Behaviour Workshop

This will help you and your family to understand the functions of behaviour and recognise why certain behaviours may be repetitive.

## Autism and Wellbeing

This workshop will help you to develop knowledge of common mental health issues and concerns for wellbeing in autistic children and young people.



Workshops recommended for you and your child.

Child-friendly Workshop

## Change and Transition

This workshop will provide you and your family with advice about strategies and support that can help during key life transitions.

## Eating

This workshop will help you and your family to understand the developmental stages of eating and drinking. We will support you to recognise how stages of development may affect your child's eating and drinking skills.

## Sleep

This workshop will aim to provide you with some useful strategies and tips to support your family in understanding sleep patterns and identifying habits and recognise how these may impact your child and family.

## Daily Living Skills

This workshop will support you and your family to explore a range of strategies to support your child's independence at home, school and in the community.

## Making Sense of Autism Day 1

This online workshop is for parents and carers. It will help you and the rest of your family to gain an understanding of strengths and differences your child may have following their diagnosis.

## Making Sense of Autism Day 2

For parents/ carers and young people who have a diagnosis of autism. This will allow you and your family to explore with your child how they understand themselves and how they understand their emotions.

This workshop is available for young people aged 4-7 years old or 8-11 years old.