

West Berkshire SEND Local Offer Newsletter Summer 2023



ASD Family Help

We have after school family sessions at Riverside Community Centre, Clay Hill, Rosemoor Gardens, Newbury RG14 2FG which are running through the Summer holidays once a month currently the next one is 21st July at 5.15pm to 6.15pm. Then 4th August, 1st September, 6th October onwards. This is a great way for parents/carers to get together, have a cuppa and support each other.

We also have Parent Carer Support Sessions at the Pineapple Cafe, 20 rowan Drive, RG14 1LY for 10.00am to 11.30am. These are drop ins and give people the opportunity to chat in a relaxed environment. Please contact amanda@asdfamilyhelp.org for up to date details.

We also hold workshops which are free and offer relevant help and advice.

Parents and carers can find out what's available on our web site www.asdfamilyhelp.org



ASD Family Help
JUNE/JULY 2023
Full Course delivered over 2 days.

BEING A PARENT CARER MATTERS

This course is for anybody in an unpaid caring role (for an adult or your own child with SEND)

Gain a better understanding of the recognition you deserve as a carer & learn what support, rights & benefits you are entitled to

For more information email Jayne@asdfamilyhelp.org

To book visit: ASDFHCarers.eventbrite.co.uk

Both dates to be attended:

In person
28th Jun: 10 - 2.30pm

Online
4th Jul: 10 - 12pm

Optional Follow ups
14th Jul: 10 - 11.30 (in person)

Venue:
Thatcham Baptist Centre
Thatcham,
RG19 4YF

Mini Maestros SEND Music Class for 1 – 5 year olds



A fun music session aimed at families with young children who have additional needs. The atmosphere is exploratory and

play-based so children can relax and follow their interests and try a range of interesting percussion instruments.

Everyone is encouraged to participate and develop at their own pace and the class is small so that the noise levels remain comfortable. This session is for 1 – 5 years old at:

Berkshire Maestros Reading Music Centre,
Stoneham Court 100 Cockney Hill,
Reading RG30 4EZ.

The sessions run weekly in term time on Thursdays at 10.15am – 10.50am and your first term is FREE! Come along for a free taster session, for more information email:

emilyfreeman@berkshiremaestros.org.uk

ASD Family Help

Registered Charity No. 1135718

We are a 'User Led' independent and voluntary group created by parents/carers in 2005.

We offer support, advice and activities for autistic individuals and/or those with other learning disabilities or difficulties.

(Plus their parents/carers, siblings or professionals within Wokingham, West Berkshire & Pembrokeshire).

Our services/events are open to all—no diagnosis required.

Connecting

- Parent/Carer Support Group, Family Sessions, Adult Social Groups

Being Active

- Multi Sports, Teen Club (12+), Days out, Weekends Away & Special Events

Supporting Each Other

- Help with form filling (DLA/PIP), signposting to other services

Learning

- Workshops for parents/carers, Teen Life Skills

Staff, Volunteers & Adult Support Manager

Email: jayne@asdfamilyhelp.org or **Call:** 07733 601755

 Jayne.asdfamily

Children & Families Activities Project Manager

Email: rachael@asdfamilyhelp.org

 Rachael.asdfamily

Project Manager – Pembrokeshire

Email: melissa@asdfamilyhelp.org or **Call:** 07384 733658

 Melissa.asdfamily



Wokingham:
ASDFamily



West Berks:
ASDFamilyWestBerks



Pembrokeshire:
ASDFamilyPembs



@ASD_Family_Help



www.asdfamilyhelp.org



asdfamilyhelp

Private online support group: www.facebook.com/groups/asdfh



WOKINGHAM
BOROUGH COUNCIL



MOVEMENT THERAPY

GLEE

SHOWCASE

Chance to Dance

CAMP

DANCE

<https://www.surveymonkey.co.uk/r/2RLBHQ5>

www.sendanceclub.co.uk

Dance Classes Specifically For Disabled Children
From 3 Years Old to Adult

CLASSES ARE HELD IN:

READING

MARTIN'S HERON BRACKNELL

<https://www.surveymonkey.co.uk/r/2RLBHQ5>

Victoria Andrews

07736343570

sendanceclub@hotmail.com

www.chance-to-dance.class4kids.co.uk

50 Things To Do Before You're 5 gives you 50 activities for parents and carers to try out and repeat with their children. We've made sure that children with special education needs are included and that each of the 50 Things means something across our culturally diverse community.

50

things to do

before you're

five



All the activities are low-cost or no cost experiences and include indoor, outdoor, seasonal, home-based and out-and-about activities, that are fun and will get your little one off to a flying start with learning and language development.

Each experience has been suggested by parents, carers and professionals; developed by early years experts and language specialists, to create a fabulous resource for every child under five and the grown-ups in their life!

Scan me!



You can download the app using this QR code

Newbury Corn Exchange - Events

Theatre Shows

I Believe In Unicorns | Corn Exchange Auditorium

Saturday 15 July | 11am & 2.30pm

Award-winning storyteller Danyah Miller brings Michael Morpurgo's enchanting story to life in an 'utterly magical show' (The Stage).

This intimate show is set in a library full of books that hold more than stories within their pages. It is a tale of the power of books, and the bravery of a young boy called Tomas. Tomas hates reading and school, but his world is turned upside down the day he meets the Unicorn Lady in his local library...

Suitable for families with children aged 6 plus and anyone who loves stories and books. To encourage the sharing of stories, the company will also be running a book swap after the show, so please bring a pre-loved, age appropriate book to swap if you would like to join in.

<https://cornexchangenew.com/event/i-believe-in-unicorns>

I Believe In Unicorns Pre-show workshop | Corn Exchange Balcony Bar

Saturday 15 July | 10am & 1.30pm

A pre-show workshop will also be happening where ages 6+ can make a magical bookmark to take home!

<https://cornexchangenew.com/event/i-believe-in-unicorns-pre-show-workshop>



Relaxed Cinema Screenings | Corn Exchange Cinema

In our cinema we show relaxed screenings and performances which are designed for those on the autism spectrum or anyone who would benefit from a relaxed environment.

At a relaxed screening, the soundtrack volume is reduced and low lights are left on. It's fine to make noise, move around or leave the cinema.

Relaxed Performances are performances that specifically welcome people with particular needs and disabilities, and people with dementia may also prefer this type of performance. They aim to create a friendly atmosphere staffed by people who are aware of audience members with additional needs.

We welcome everyone to our relaxed performances, which are slightly amended and designed for audiences including people with autistic spectrum disorder, learning disabilities and photosensitivity in mind. Stay tuned for our summer film season which will include relaxed performances of Elemental (PG) and Teenage Mutant Ninja Turtles: Mutant Mayhem. <https://cornexchangenew.com/season/relaxed-screenings-and-performances>

Workshops and Activities

Summer Holiday Activity at the Corn Exchange Newbury | Learning Centre

Week 1: Monday 31 July – Friday 4 August, 10am – 4pm

Week 2: Tuesday 29 August - Friday 1 September, 10am – 4pm

Get creative this summer and explore arts and crafts, drama and more with a host of friendly, professional practitioners. We'll have different themes over the two separate weeks, providing plenty of opportunity to have fun and make new friends.

[Create and Make \(Early Summer\)](#)

[Create and Make \(Late Summer\)](#)

Junior Theatre School (Ages 11 – 13) |Corn Exchange Auditorium

Tuesday 8 August – Friday 11 August
10am – 4pm

Join us for some theatrical fun learn drama games, make new friends and perform play at the end of the week for your friends and family. Led by Youth Theatre leader Lottie Crowder.

<https://cornexchangenew.com/learning/info/summer-theatre-school-junior-11-13-years-old>

Autumn for children, young people, and families

Little Artists After School Club | The Base

Thursdays, 21 Sep - 19 Oct & 2 Nov - 30 Nov

Join us for this fun, creative after school club for children aged 7-11. Each week we will focus on a different theme or creation, using a range of arts and crafts techniques. At the end of the session participants can take their masterpiece home to share with their grown-ups.

<https://thebasegreenham.co.uk/event/little-artists-after-school-club-autumn-2023?e=147350?&c=148707>

Messy Stories | Learning Centre

Fridays, 1pm – 2pm
22 September – 1 December

Join artist Gemma Kirby for these fun messy story sessions that are based around popular children's books. After reading together, you little one will get to explore materials, shapes, and colours through messy arts and crafts play.

<https://cornexchangenew.com/learning/info/messy-stories>

Creative Writing For Teens | Learning Centre

Mondays, 4.30 – 5.30

Ages 11 – 14 course: 18 September – 16 Oct
Ages 15 – 18 course: 30 October – 27 Nov

Sharpen your quill and explore your creativity with writer and poet Rebecca L. Fearnley. Particularly suited to young people interested in theatre, film, TV or writing for the page, these sessions will help you harness your imagination and develop a good story, all while playing with ideas and language.

<https://cornexchangenew.com/learning/info/creative-writing-age-11-14-autumn-2023>

Teen Yoga | Learning Centre

Wednesdays, 5pm - 6pm
20 September – 29 November

Led by Ellen Clinch from Yoga Deb, these sessions are a great way to build a toolkit of techniques to boost pre-exam calm, and help regulate mood. You will learn exercises to help de stress and build strength and flexibility while focussing on breadth and mindfulness.

<https://cornexchangenew.com/event/teen-yoga-autumn-2023>

Young Creatives (Careers in the Arts programme) |Corn Exchange Balcony Bar

Thursdays | 4.30 – 6pm
14 Sep – 19 Oct & 2 Nov – 30 Nov

Young Creatives is a weekly drop in session where young people can meet socialise and learn more about working in the arts. Held in the balcony bar these sessions are art of our Careers in the Arts programme. Meet and network with staff and artists from the Corn Exchange and explore hands on how theatre works from the inside!

<https://cornexchangenew.com/event/young-creatives?x-craft-preview=bnYK2G4EEp&token=iOxPiqalWhhrOU8c5k23oJpET456JR01>

Brake's Educational projects 2023-2024

Dates for your diaries: September 2023 - August 2024

To help West Berkshire educators plan for the new academic year, we wanted to give you a heads up of Brake's educational projects for 2023-2024. Please pass this information on to your schools, pre-schools and nurseries so they have the opportunity to add these to their calendars and start advance planning.

Road Safety Week 2023 19 - 25 November 2023

This year's Road Safety Week will take place from Sunday 19 November (World Day of Remembrance for Road Traffic Victims) until Saturday 25 November.

There will be lots of teaching resources for children of all ages available in our online action pack. Sign up now to be the first to access the pack and take part in our biggest road safety campaign of the year!

This year's theme will be about speed, with more information announced very soon.

[Road Safety Week 2023](#)

Beep Beep! Day 2024 Wednesday 24 April 2024

After the huge success of Beep Beep! Day 2023 for EYFS and Key Stage 1, we're delighted to announce that the 2024 event will take place on Wednesday 24 April.

Beep Beep! Day is aimed at children aged 2-7 with lots of great resources available to engage younger kids in road safety.

Sign up now to take part in Beep Beep! Day!

[Beep Beep! Day 2024](#)

Brake's Kids Walk 2024 Wednesday 19 June 2024

Aimed at primary school-aged children, Brake's Kids Walk encourages children to shout out for their rights to safe spaces to walk and offers lots of fun and engaging action pack resources to share important road safety messages.

[Brake's Kids Walk 2024](#)



SHAW HOUSE

SHAW HOUSE

SUMMER FAIR

SUNDAY 16 JULY 11AM-4PM

Adults £2, Children £1 (Under 3 yrs free)

Local Craft Stalls, Music
Artisan Food and Drink
Mr Muddle the Magician
Children's Rides, Exhibitions
Dog Show, Outdoor Trail
Ugly Duckling Crafts
Meet Shetland Ponies



www.westberkshireheritage.org/whats-on

Shaw House, Church Road, Newbury RG14 2DR E: shawhouse@westberks.gov.uk

Taking place at



Sunday 16th July

National Animal Welfare Trust



Summer Dog Show

Best in show to be announced at 2:40pm



Rosettes kindly donated by



12:00pm

Most Tremendous Trick

12:20pm

Happiest Hound

12:40pm

Golden Oldie (7+ Years)

1:00pm

Perfect Puppy (Under 1 year)

1:20pm

Radiant Rescue

1:40pm

Lovely Lady

2:00pm

Fabulous Fella

2:20pm

Most Impressive Junior Handler (11 years and under)

2:40pm

Best in Show

Entry is £2 per dog per class



Please keep dogs on a lead at all times and clear up after them

All class winners and runner ups will be automatically entered for Best in Show

All children under 12 years of age must be supervised by an adult

FUN, ACCESSIBLE, HIGHLY ENTERTAINING... THIS IS SHAKESPEARE FOR ALL!

Immersion
THEATRE

William Shakespeare's
**TWELFTH
NIGHT**



SHAW HOUSE

SHAW HOUSE

SATURDAY 22 JULY | Gates 6pm | PERFORMANCE 7pm

Box Office: www.westberkshireheritage.org/whats-on

Church Road, Newbury, RG14 2DR | 01635 279279

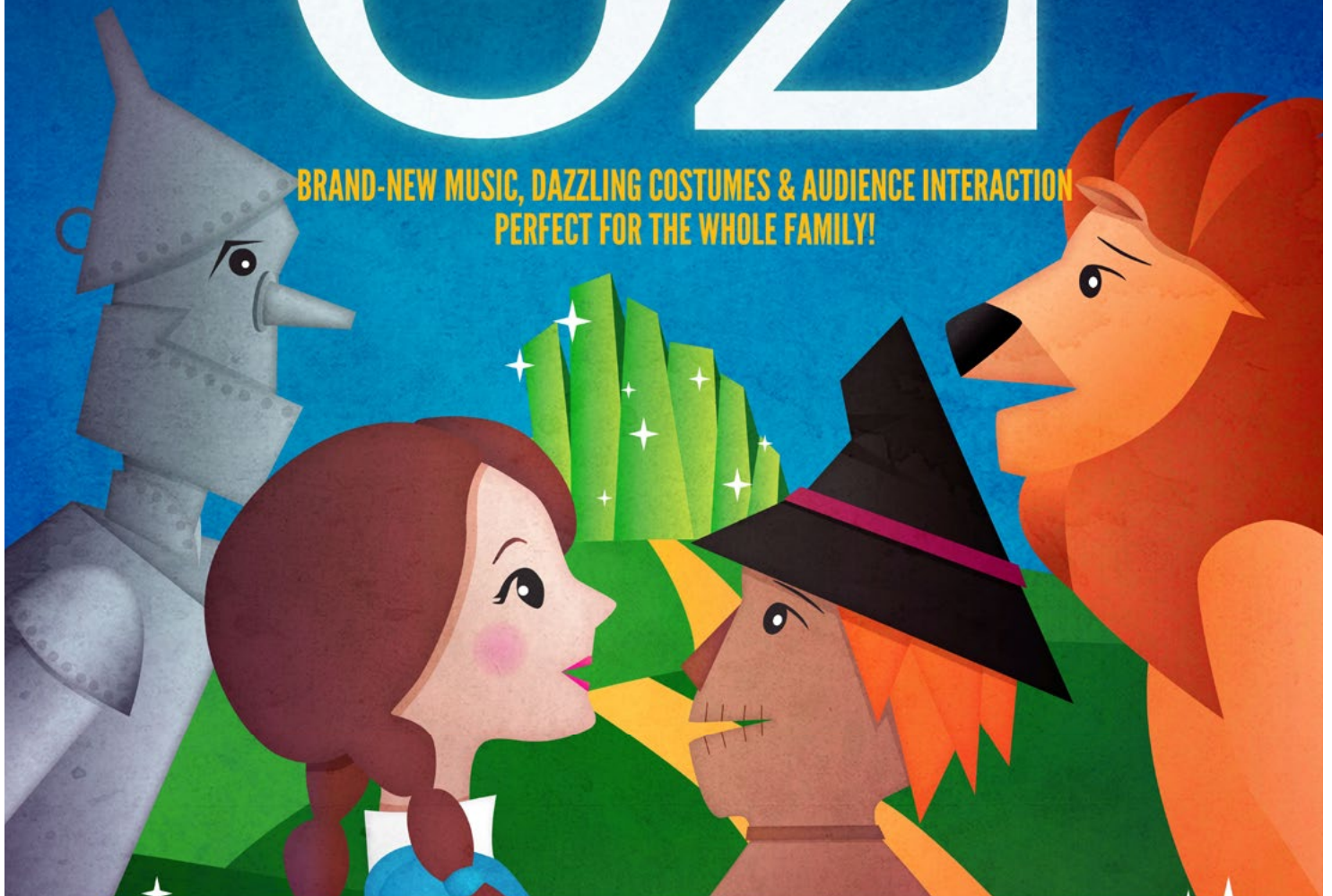
A MAGICAL ORIGINAL MUSICAL GUARANTEED TO HAVE YOU IN STITCHES!

Immersion
THEATRE

THE WIZARD OF OZ


SHAW HOUSE

**BRAND-NEW MUSIC, DAZZLING COSTUMES & AUDIENCE INTERACTION
PERFECT FOR THE WHOLE FAMILY!**



SHAW HOUSE

MONDAY 14TH AUGUST | Gates 5pm | PERFORMANCE 6pm

Box Office: www.westberkshireheritage.org/whats-on

Shaw House, Church Road, Newbury, RG14 2DR

A brand-new musical with original script and score based on the novel by L Frank Baum



SHAW HOUSE

Summer Activity Days

These activities are themed around the places that spices were found in Elizabethan times. There will also be a free Elizabethan spice trail!

Wed 26 July

Make and decorate your own Central American-themed rain stick.

Wed 2 Aug

Decorate a fan with designs inspired by Indonesian patterns and prints.

Wed 9 Aug

The national bird of India is a peacock so we'll be using paint pens to draw a colourful feather on a pebble.

Wed 16 Aug

This Mexican and Central American craft will see us making a Mayan-inspired mask using a flocked face mask and other craft materials.

Wed 23 Aug

This Indonesian-inspired craft is to make a dragon puppet from card and drinking straws and to decorate with marker pens.

Wed 30 Aug

Make your own flag from a dowel, piece of calico and fabric crayons, inspired by the designs of some African flags.

10am - 3pm

Shaw House

£2.50 per child

No need to book, just drop -in

For 4-11 year olds but younger and older children are welcome.

Children under 16 must be accompanied by an adult.

www.westberkshireheritage.org/whats-on



Minis Sessions for Under 5's

Minis sessions at Swings & Smiles are an opportunity for families to attend a toddler group specifically for children with SEN and/or Disabilities, with activities planned to help with development and socialising. As well as lots of games and toys, we have a fantastic accessible garden for everyone to enjoy.

The group meets Term Time every Wednesday & every other Friday and costs £2.50 per family to attend.

Siblings are also welcome to come along. While the group is for children with special needs, no formal diagnosis is required to attend.

Over the Summer Holidays we are running a Minis Family Play Session on Tuesday Mornings 9.30-11am and costs £5 per family.

Family Play

Our Family Play sessions throughout the summer holidays are for families who have a disabled child. These sessions are a chance for families to come and play together within our facilities which include an accessible garden and sensory room.

Please see our timetable for the date of sessions. Family play is £5 per family.

Parent coffee morning

We are going to be holding a parent coffee morning at Thatcham Lakes on Friday 14th July 10 – 11.30. This session will be a chance to talk to Swings & Smiles staff and other parents over a cup of tea or coffee. This session is free to attend and can be booked via our website.

Sensory Circuits at Cold Ash Park

We will be running a sensory circuit at Cold Ash Park on Saturday 29th July from 1- 3. This session will give families a chance to experience sensory circuits with the support of staff. Spaces are £5 and can be booked via our website.

Thatcham Lakes

On Monday 28th August 10- 1pm, we will be running a family session in the community at Thatcham Lakes. This session will be run by the team and will involve a range of activities such as scavenger hunts and biscuit decorating. Please visit the website for more information.

Abingdon Outreach

We are going to be running an outreach session in Abingdon on Tuesday 29th August. The session will involve lots of sensory activities and play. Please visit our website for more information.

Join the Ready, Set, Read! Team at your local library this summer

West Berkshire Libraries are challenging primary age children to read up to six library books between **1 July and 15 September** and collect **FREE** incentives for their achievements as they read – with medals and certificates for everyone who completes the challenge!

Children 4-11 years are invited to visit a library and sign up for the annual **Summer Reading Challenge**. Developed by The Reading Agency in partnership with Youth Sport Trust, the theme of this year's challenge is 'Ready, Set, Read!', which aims to keep children's minds and bodies active over the summer break. Children will be able to join a superstar team and their marvellous mascots as they navigate a fictional summer obstacle course.

There is a mini-challenge for pre-school children and other non-readers, plus something for older children and adults too!

For more details, competitions and suggestions for reading visit summerreadingchallenge.org.uk

For details of all the events and activities taking place in libraries over the school summer holidays and into the autumn, please visit https://booking.westberks.gov.uk/library_events.html



West Berkshire Mencap

Advance notice that from September there will be a NEW Parent/Carer's SEND café starting up, to provide a friendly and welcoming space for parents and carers of children with any type of SEND, to connect with one another in person. This is being hosted by Leila Cox of West Berks PDA Support Group (& formerly WBPCF) in partnership with West Berkshire Mencap, and will take place at West Berkshire Mencap, biweekly on Fridays from 15th Sept, 11am-12.30pm. Look out for more details over the summer and next term."



www.mencap.org.uk/

What are PANS and PANDAS?

PANS – Paediatric Acute-onset Neuropsychiatric Syndrome

PANDAS – Paediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infections

PANS and PANDAS are conditions that usually appear suddenly and affect the

physical and mental health of children and young adults. They can be triggered by common infections (for example strep A in PANDAS cases) chickenpox, Covid 19 or influenza. These conditions mainly affect children, and onset usually happens between 3 and 13 years.

Children with PANS and PANDAS can quickly change from thriving in school to developing a broad range of symptoms affecting many different areas of their functioning. Children can also unexpectedly develop Special Educational Needs (SEN).

Symptoms include extreme obsessive-compulsive behaviours, motor and vocal tics, severe separation anxiety and behavioural regression (such as 'baby-talk'). Rage, restricted food intake, sleep disturbance and urinary problems are also frequently observed. Children with these conditions also often suffer with sensory sensitivities, hallucinations, self-harm, and suicidal thoughts.

Help and treatment is available to support children and their families.

For more information about these conditions please go to – www.panspandasuk.org

Education resources including a link to register for free teacher training is available www.panspandasuk.org/education

More information around PANS/PANDAS and education is available to listen to here- <https://podcasts.apple.com/gb/podcast/send-in-the-experts-with-georgina-durrant/id1598292028>

Did you know your child may be suitable for a FREE Early Years Powered Wheelchair called Wizzybug?

Bath based charity Designability offer a free loan scheme for families across the UK. Wizzybug was designed especially for young children who have reduced mobility due to a variety of conditions including Cerebral Palsy, developmental delay and rare genetic disorders. It is suitable for children from 14 months until approx age 5 (max weight 20kg). Children keep Wizzybug for as long as it is suitable for them (usually when they outgrow it) when it comes back to the charity to be refurbished and sent out to another family to enjoy. It has a range of joysticks as well as a carer control and is suitable for outdoor/indoor and off-road use for short periods of supervised driving. It enables young disabled children to experience the world in a way not otherwise possible for them which in turn unlocks their potential for child development. Families can apply direct by completing the application form on our website [here](#).

How Wizzybug makes a difference

Freya, 3, developmental delay

Has had her Wizzybug since August 2022



“Even if Freya doesn't need a wheelchair in the future, Wizzybug has given Freya the experience of independence and freedom that she will want to hold onto and strive for. She is a strong-willed little girl and this opportunity has let her express who she is outside of our home.”

Freya, 3, was born prematurely which resulted in some developmental delays, including not yet being able to walk. She was desperate to have some independent movement and to not be stuck in a buggy.

Her mum heard about Wizzybugs through a friend:

“I was amazed by it and knew my own daughter, Freya, would love it. I instantly sent in a message asking for more information.

“My husband was worried it would limit our daughter's progress with learning to walk but after research and discussions with Freya's physio we

agreed it was something to pursue. I was confident she would master the skill of driving it and hoped it would give her some freedom.

“My favourite memory so far has been going out trick or treating with the Wizzybug. We decorated Freya and the Wizzybug with lights and she loved it! She was so excited to go up to the houses by herself and to be independent. She still talks about it now and asks when it will be Halloween again so she can go out in the Wizzybug in the dark.

“We are not 100% sure what Freya's mobility will be like in the future, but if she does continue to need a wheelchair then having had this amazing opportunity to use a Wizzybug has given her the skills she needs.

“We are very thankful to Designability.”

Welcome to Stable Futures

Building Stable Futures

With Amegreen Children's Services

Equine, Outdoor facilitated Learning and Training programmes for children who can't access mainstream education for a variety of reasons.

We provide a safe and therapeutic space for Children to recover from difficult, and often traumatic life experiences.

A space where they can process emotions, rebuild their view of the world and make connections to others.

We have Equine Facilitated Learning, Outdoor Learning and bespoke packages which accommodate individual needs according to the young person

The Equine Assisted Learning approach is experiential and can be short or long term. Participants learn about themselves and others by participating in activities with the horses and then processing feelings, behaviours, and recurring patterns.

It offers us a powerful and effective therapeutic approach to use with children who may be resistant to verbal therapies. There are particularly positive impacts on trauma-generated emotional and behavioural issues.

As we grow our team and offers at Stable Futures, we are excited to be welcoming more young people to our provision based at Simms Farm.



Please see below for a snapshot summary to the work our young people can undertake:

- Working on the Horse Yard supporting our 12 Horses
 - Caring for the Goats and sheep
 - Animal care/ Grooming/ mucking out stables.
 - Preparing hay nets and animal feeds
 - Getting out in the fields of our 32-acre farm, 'Poo picking' the horse's fields!
 - Learning from the professionals visiting the horses, i.e., the Farrier, chiropractor, Vet and Equine Dentist!
 - AQA's available for all learners' interests, including a dedicated Equine learning Group.
 - Bespoke learning with the Horses via the Yard Manager as well as our EFL (Equine facilitated Learning) tutor. Includes arena work with the horses.
 - Career / aspiration sessions to develop interests and progression.
 - Cooking – Healthy Eating/ Menu Planning/ cooking and serving for other peers.
 - Horticultural – growing veg and plants.
 - Vast open spaces to explore and work in
 - Play area/ trampoline.
 - New indoor space created for younger and older children.
 - Outdoor barn area and converted wagon for additional space to use.
- Sensory Wall
 - Arts and Crafts room – The 'Shetland' Room
 - New Forest Provision- The Paddock'. Exploring our new forest site, zip wire/ balancing beams/ swings/ Archery/ plus a sawdust toilet!
 - Wildlife ponds coming soon!
 - External trips as and when arranged, such as Crazy Golf, Museums, trampolining.
 - Celebration events- we had a wonderful Coronation event last term!

Our goal:

To provide a non-clinical, accessible, safe, and reparative space where children feel held and understood.

Once trust is built, our goal is to help children explore, learn, grow, and ultimately thrive emotionally.

To rebuild sense of self and build a stable future for themselves and their relationships.

We currently are open for new referrals for the September 2023 intake.

To make a referral, please follow the link below.

www.stablefutures.co.uk/contact-us

Emily Clayton
Centre Manager

