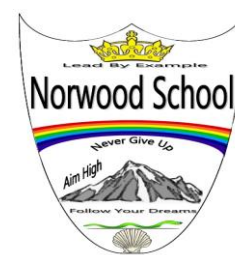


Norwood Primary School

SEND NEWSLETTER

Autumn- 2023

SENCo — Mrs J Cockerill



I am pleased to share with you some new support materials released in Peterborough to support parents and carers with children with additional needs.

Family Voice in conjunction with other Peterborough services have created a booklet with a wealth of information to support parents/carers of children with neurodiverse conditions such as ADHD, Autism, Dyspraxia, OCD, Tourette's and literacy and numeracy difficulties.

The booklet is titled '**Supporting Your Neurodiverse Child.**' The document is huge and has been written by parents of children with these types of need. As many of you know, it is often the people who have already been through some of situations that you find yourselves in, that have the best advice. To support with navigating your way through the booklet, please see some key page links on the right to direct you through the information.

In addition to this, Peterborough City Council have released a guide to support available in Peterborough for families. There is a link to the electronic guide on the second page of this newsletter.

If you'd prefer a paper copy, please help yourself to a copy from the foyer in the main School Office.

Thank you all for supporting the staff at Norwood to support your child. It makes such a difference when we all work together and we appreciate all that you do.

**Wishing you all a
Merry Christmas and a
Happy New Year.**

Jane Cockerill

YOUNGMINDS

Tips, advice and where to get support for you and your child. <https://youngminds.org.uk/>

KeepYourHead

Keep Your Head - Information on children's mental health and wellbeing in Peterborough.

<https://keep-your-head.com/>

Supporting Your Neurodiverse Child

family voice
together improving services

Cambridgeshire & Peterborough
Integrated Care System

written by parents, for parents.

With funding support from our local health services, plus input from parents/carers and forums, this booklet can answer all your questions. Please click on the link <https://ow.ly/XxcM50Pi6HA>

Headings and selection of sub headings with page numbers

What is Neurodiversity? Page 5

- What is Autism?
- What is ADHD?

Early Intervention and Diagnosis Process. Page 39

- Pre diagnosis – first steps.
- Autism diagnosis
- ADHD diagnosis
- Dyspraxia

Education and School. Page 57

- Support in Early Years
- Educational Support 4 – 16
- Transition from primary to secondary.

Day to Day life with a Neurodiverse Child. Page 97

- Mealtimes, Sleep

Communication

Page 126

Sensory Needs.

Page 134

Emotional Regulation.

Page 145

- Managing Emotions and Anxiety

Health and Wellbeing.

Page 161

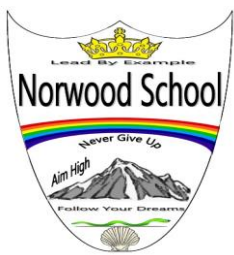
Growing Up. Page 177

Useful information

Page 193

- Links and Books

Information Hub (which used to be called the Local Offer) is a rich source of information for parent carers and children and young people with SEND. It has information on a wide range of useful topics. www.peterborough.gov.uk/localoffer

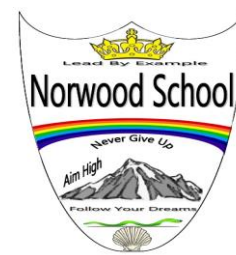


Norwood Primary School

SEND NEWSLETTER

Autumn- 2023

SENCo — Mrs J Cockerill



Tel: 01223 207770

Email: hello@myfamilyourneeds.co.uk

Website

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

My Family, Our Needs

My Family, Our Needs is an online resource providing impartial information for parents, carers and practitioners supporting children from birth to 25 years with additional needs. As well as guidance, policy and signposting, there is a lifestyle section for parents covering topics such as health and wellbeing, work, family and relationships.



Tel: 01733 685510

Email: office@familyvoice.org

Website: www.familyvoice.org

Family Voice are a local registered charity who are actively seeking to improve services in all areas of the lives of children and young people with disabilities or additional needs. All the events and booking links can be accessed on the Family Voice Peterborough website events page as well as the social media pages.

Click on the events calendar link below to see what is on [Events Calendar](#)

Peterborough Guide

for Parent Carers of Children and Young People with Special Educational Needs and Disabilities (SEND) from birth to 25 years

Input from Family Voice and My Family, Our Needs
This publication covers many areas including

- Targeted Support
- Early Years
- Early Years SEN Support
- Schools and Learning
- Schools SEN Support
- Supporting parent carers
- Useful contacts

Please click on the link to access the guide

<https://www.myfamilyourneeds.co.uk/publications/>

There are a few paper copies in the school office foyer. Please pop in and pick one up.



Spectrum is a multi-award winning, parent-led charity providing events and support for families of children with Autism, additional needs, learning difficulties and disabilities.

Email: hello@spectrum.org.uk

Website: <https://spectrum.org.uk/>

Telephone 01223 955404

Contact details:

Mrs Jane Cockerill, SEND Co-ordinator (SENCo),

Email: senadmin@norwoodschool.co.uk

Phone: 01733 574717 to leave a message



The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am.

Helpline number: **03303 530 541**.

More information can be found on the link:

<https://thesleepcharity.org.uk/national-sleep-helpline/>

Last day of Term - Wednesday 20th December 2023



Spring Term starts for pupils on

Monday 8th January 2024