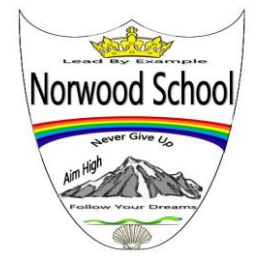


Norwood Primary School

SEND NEWSLETTER

Spring - 2026

SENCo — Mrs J Cockerill



Welcome to the Spring Newsletter.

This term's newsletter aims to support parents/carers in gaining support for themselves and their child when access to professionals is limited.

As waiting lists for assessments across providers continue to be long, you may be interested in the 'Waiting Well' support offered by The Owl Centre. The aim of this website is to support parents/carers whilst waiting for an assessment for Autism or ADHD. There is a wealth of information on the website that might help during the long wait for assessment.

The Togetherness website is particularly useful for parents/carers that want to understand more about how to help their child. For Year 6 parents/carers, it may be worth a look at the module regarding moving up to secondary school - a great support if your child is particularly anxious with change. Whilst waiting times continue to be an issue, I hope that you can find something within these links that support your child with their current and longer-term needs.

Often understanding your child's needs is the door to solving so much more.

Jane Cockerill



TOGETHERNESS

Togetherness is an online learning environment developed by psychologists and health practitioners providing accessible learning about emotional health and wellbeing, proven to positively impact mental health, behaviour and relationships.

<https://togetherness.co.uk/>

Emotional health learning

Big feelings, how the brain works, and relationship ideas for happier lives. Togetherness pathways for parents, carers, grandparents, and young people.

The Family Hubs project fund sponsorship to make invaluable NHS learning and content free for local parents. Togetherness is the NHS emotional health digital learning hub funded in your area. Your family has free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children.

A selection of sections with bite size stages.

- *Understanding your child with additional needs
- *Understanding your child: from toddler to teenager
- *Understanding your child's feelings
- *Understanding your child's mental health and wellbeing
- *Moving up to secondary school for children with additional needs or those who struggle to cope with change.

A prepaid partnership includes the Peterborough area funded by Cambridgeshire and Peterborough Family Hubs.

Click on the Free Access Checker link below to unlock free online learning and create an account.

<https://learn.togetherness.co.uk/online-learning/free-access-checker>



Family Hubs are a partnership of local services for children and families all working together to make sure that every child is Safe, Confident, Resilient and Ready to learn. A Family Hub is a designated welcoming, safe and secure space, open for every family to receive the support they need, when they need it. Click the link below for more information.

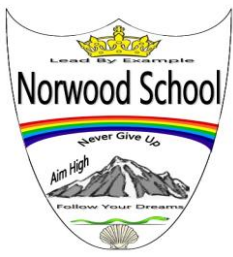
[Peterborough family-hubs](https://www.peterborough.gov.uk/family-hubs)

Information Hub



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

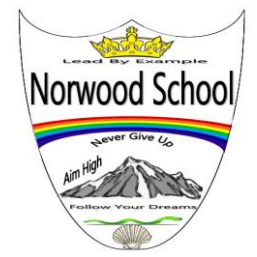


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WaitingWell is an online, holistic initiative designed to support individuals on neurodiversity waiting lists across the UK. <https://waitingwell.co.uk/>
WaitingWell seeks to support people, both young and old, by offering practical information, evidence-based strategies and meaningful support both before and after a diagnosis.

- Understanding the Process – click [here](#)
- Supporting children with processing differences - click [here](#)
- Sleep Support - click [here](#)

Support Strategies - Here you will find practical, evidence-based approaches tailored to neurodivergent minds, focusing on strengths while addressing areas of difficulty.

<https://waitingwell.co.uk/support/>

Lots of useful downloads covering a wide range of topics, including videos to support, Creating a safe environment and Anxiety click [here](#)

<https://waitingwell.co.uk/faqs/>

Links you may find useful

ADHD Information

<https://adhdfoundation.org.uk/>

National Autistic Society <https://www.autism.org.uk/>

Autism - Behaviour Support

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour>

Autism - In-depth advice and guidance about autism and the challenges autistic people and their families face.

<https://www.autism.org.uk/advice-and-guidance>

British Dyslexia Association

www.bdadyslexia.org.uk

Dyspraxia Foundation

www.dyspraxiafoundation.org.uk

Family Voice - For children and young people with additional needs. Tel: 01733 685510

www.familyvoice.org

Keep Your Head – Keep your head signposts you to important online information and local services on mental health and wellbeing for children and young people.

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

Little Miracles - Supports families of children with additional needs, disabilities and life-limiting conditions.

<https://www.littlemiraclescharity.org.uk/>

Young Mind - Young Minds website contains a wealth of support for a range of mental health conditions

<https://www.youngminds.org.uk/>



Creating opportunities with young people and families

Romsey Mill's Aspire

delivers youth clubs and support for autistic children and young people. Their clubs aim to reduce social isolation and improve the mental well-being of those who attend.

Further information can be found by clicking the link <https://www.romseymill.org/aspire>.

To access Romsey Mill's Aspire a child needs to:

- * Have a formal autism diagnosis;
- * Be in mainstream school in Year 5 or above,
- * Live in Peterborough or Cambridgeshire.

If you would like more information or are looking to refer an autistic child or young person to these services, please contact the Romsey Mill Aspire team.

Email admin@romseymill.org

Phone 01223 213162.

Contact details:

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

Email: senadmin@norwoodschool.co.uk

Phone: 01733 574717 to leave a message

Last day of Spring Term is Friday 27th March.



Summer Term starts Monday 13th April