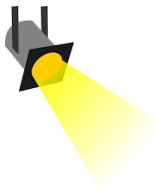


Northumberland Information, Advice and Support Service (IASS) Information Newsletter March 2023 - Issue 10

Welcome to our newsletter sharing information with you on local events, services and news in Northumberland and the North East for children and young people with SEND (special educational needs and/or disabilities) and their families.



SPOTLIGHT ON:

Northumberland Parent Carer Forum (NPCF)

Northumberland Parent Carer Forum is the Department for Education's recognised parent carer forum in Northumberland. We work in partnership with the Local Authority, Health and Social Care services to improve outcomes for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

We listen to experiences of families. Working in co-production we ensure your views are heard at every stage of planning and decision making. We need to hear about your experiences to ensure we can bring the parent carer voice to the Local Authority to ensure you are fully represented and are able to develop the quality, range and accessibility of SEND provision.

Sign up on our website: <https://npcf.co.uk/sign-up/>

The steering group is made up of a voluntary group of Northumberland parents and carers of children and young people (0 – 25) who have special educational needs and/or disabilities. Please visit our website to find out how you can be a part of our community.

Find out more or contact us via:

Email: enquiries@npcf.co.uk

Facebook: <https://www.facebook.com/northumberlandpcf/>

Website: <https://npcf.co.uk/>

Twitter: @nlandpcf

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Organisation

Ability2Play - Northumberland County Council



Ability 2 Play is an inclusive leisure programme aimed at young people and adults with a variety of Special Educational Needs and/or disabilities. Using sport and leisure activities as a catalyst, Ability2Play focuses on providing opportunities, expanding social circles, encouraging independence, increasing confidence/self-esteem and improving mental health for its service users. This is achieved by creating a fun, safe environment where everyone is encouraged to be themselves without fear of discrimination.

Email: ronnie.scheu@northumberland.gov.uk

Facebook: <https://www.facebook.com/Ability2Play>

Information/Events

The programme provides a wide range of both community after-school clubs, full-day holiday activities and daytime sessions.

Blyth Sports Centre

Girls Football - Monday 6pm - 7pm

Football - ages 8 to adult 5pm - 6pm

Dance - Thursday 5pm - 6pm

Youth Clubs Ashington YMCA

Tuesday age 18+ 5pm - 7pm

Wednesday ages 13 years - 17 years 5pm—7pm

Concordia Leisure Centre

Ten Pin Bowling - Thursday ages 8 - adult 4:30pm - 6pm

Please visit [Ability2Play Facebook page](#) for further details regarding all activities.

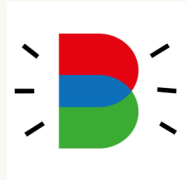
Seb & Olivia's Den

Northburn Sports & Community Centre, Cramlington

Email: sebandoliviasden@gmail.com

Seb & Olivia's Den is a sensory room and provides a stimulating and safe sensory space, equipped with tactile, auditory and visual stimuli for children, young people and adults with additional needs.

Organisation



Beacon Films is based in Byker, Newcastle and supports young people and adults with learning disabilities, autism and additional needs to make films. These films are screened all over the world, challenging audiences and receiving praise from across the creative sectors.

Email: info@beaconfilms.org.uk

Website: www.beaconfilms.org.uk

Facebook: www.facebook.com/BeaconFilmsUK

Information/Events

For further information contact: michelle@beaconfilms.org.uk / 0191 580 7000.

Stuff to do online

Click on this link for ideas for free activities to do online [Stuff to do online](#)

Please visit website or Facebook for further details regarding all activities.

Organisation



Blyth Valley Disabled Forum provides home care within the community and runs the young people's project, which enables children and adults to access various activities, i.e swimming and a youth club environment to socialise.

Email: nicolalaidlaw@bvdfhomecare.co.uk

Website: www.bvdfhomecare.co.uk

Facebook: www.facebook.com/BVDFHomecare

Telephone: 01670 360927

Information/Events

Monday (except Bank Holiday): Pickups from 5.00pm / 6.15pm - 7.00pm - pool time

Aqua Fun - Blyth Sports Centre

Tuesday: 4.00pm - 9.00pm

After School Club - fun, leisure, craft and art sessions.

Ages 8 - 13 years

Mini play schemes are also organised during school holidays

Wednesday: 4.00pm - 9.00pm

Activity group catering for adults with learning disabilities - socialise, play pool, wii, pin bowling and more

Thursday: 4.00pm - 9.00pm

16+ years group for young adults with special needs - socialise, play pool wii pin bowling and more

Saturday: 9.00am - 2.00pm

Sports sessions - football, basketball, horse riding, ten pin bowling, snowboarding, canoeing, swimming and more

Under 19 years

Please contact Blyth Valley Disabled Forum for up-to-date information.

Organisation



Border Links Ltd is a community enterprise based in Berwick, covering north Northumberland/Scottish Borders, and also based in Amble. They develop new and exciting opportunities to support social and economic inclusion for people with learning disabilities - enabling them to play a part, gain in confidence and get the most out of life in their own community.

Email: Borderlinks@btconnect.com

Website: www.borderlinks.co.uk

Facebook: www.facebook.com/borderlinkscommunity

Information/Events

All activities are via Zoom invitation

Monthly disco - 1st Wednesday each month

Please visit website or Facebook for further details regarding all activities.

Organisation



Calmer Therapy is based at Stobhill Community Centre, Morpeth and supports children, young people and adults who have additional needs, disabilities and mental health needs. The centre has a sensory room, gaming room, activity hall and sports hall. They offer support, training, advice and activities. Diagnosis isn't required. They also offer support to the whole family. Siblings and friends/ family members are welcome to all their sessions.

Email: hello@calmertherapy.org

Telephone: 01670 516015

Facebook: www.facebook.com/calmertherapy

WhatsApp: 07368 417778

Information/Events

Monday

Exclusive session at Airbox bounce, Cramlington, for all the family: 4.30pm - 5.30pm

Tuesday

Baby and Toddler session: 10.00am - 11.45am

Parent/Carer support group: 1pm - 2.30pm (Monthly)

Family Pilates, for all ages and abilities (Grandparents too!): 5.30pm - 6.30pm

Calmer Chefs ages 4 plus: 4pm—5pm

Disability Youth Forum - age 11-25 years: 7.00pm - 8.30pm (monthly last Tuesday in the month)

Thursday

Football club - age 8-18 years: 4.30pm - 6pm

Calmer Chefs ages 4 plus: 6pm—7pm

Friday

Youth group - age 9-13 years: 4.30pm - 6.00pm

Teen Youth group - age 13+ years: 6.30pm - 8.00pm

Sunday

Thrive and Play - ages 4 plus: 9:30 am - 10:15am

Calmer Kids - age 0 - 8 years: 11.00am - 12:30am

Junior Football - age 18mths - 7 years: 1pm - 1:45pm

Please visit Facebook, email or send a WhatsApp message for further details regarding all activities.

Organisation



Evergreen Teens (North East) Limited is a youth organisation who works exclusively with young people and adults with additional needs.

Email: Toniglynne.dunn@gmail.com

Facebook: www.facebook.com/evergreenteen

Information/Events

Please visit website or Facebook for further details regarding all activities.

Organisation



Happy Faces Prudhoe is a small charity providing social activities for children with additional needs. They also provide support for parents and carers through interaction with others going through similar experiences.

Everyone is welcome but for more information, contact them and one of the trustees will respond. Or use Facebook to send a message.

Email: info@happyfaces-prudhoe.co.uk

Website: www.happyfaces-prudhoe.co.uk

Facebook: www.facebook.com/happyfacesprudhoe

Information/Events

Monday - term time

Weekly Youth club: 5.00pm - 6.00pm, Prudhoe Methodist church

To join email info@happyfaces-prudhoe.co.uk.

Wednesday: 5.15pm - 6.45pm

Soft play @The Castle

Training Courses

These will take place via zoom and information is shared via the Facebook page.

Please visit website or Facebook for further details regarding all activities.

Organisation



Headway Arts is an award-winning arts organisation based in Blyth. They passionately believe that making art and being creative makes us feel better about ourselves and improves our mental health and wellbeing.

Email: Hello@headwayarts.co.uk

Website: www.headwayarts.co.uk

Facebook: www.facebook.com/HeadwayArts

Information/Events

Stars creative workshops for young learning disabled adults

Monday - 1.00pm - 2.00pm

Movement and yoga - Zoom

Tuesday - 1.00pm - 2.00pm

Visual arts, making and mindfulness - Zoom

Wednesday - 1.00pm - 2.00pm

Inclusive dance - Zoom

Thursday - 1.00pm - 2.00pm

Theatre, expressive arts, circus skills - Zoom

Please visit website or Facebook for further details regarding all activities.

Organisation



Hextol Foundation positively supports people with learning disabilities and mental health needs by providing volunteering opportunities which build up employability skills and work experience. The Hextol Foundation is based in Hexham where they run a vegetarian/vegan café and operate gardening teams (in both Hexham and Newcastle), warehousing, packing and distribution and catering services.

Email: contact@hextol.org.uk

Website: www.hextol.org.uk

Facebook: www.facebook.com/THEHEXTOLFOUNDATION

Information/Events

Hextol Foundation can offer supported placements to those aged 15 and above with no upper age limit.

Anyone interested in their services can contact them direct – no referral is necessary. All posts are voluntary vacancies.

To find out more contact Jo Elliott

Email: jo.elliott@hextol.org.uk

Telephone: 01434 605253 / 07826620361

Tans Café opening hours:

Please visit website or Facebook for further details regarding all activities.

Organisation



Journey Enterprises is a local charity which was started in 1983 by parents of young people with a learning disability. The Charity has been chosen by the House of Lords as one of 15 organisations in the UK providing excellence in their sector. Journey provides Day Services for adults age 18 plus with a learning disability, to develop life and work skills, and to lead active, inclusive and fulfilling lives. They support conditions such as Down's, Williams, Prader-Willi, Sotos and Fragile X Syndromes, cerebral palsy and also autism. Their Hubs are at Blyth, Hexham, Newcastle and Bishop Auckland, and the charity will be developing further site and services in 2023 including support for PMLD.

Email: info@journeyenterprises.co.uk

Facebook: <https://www.facebook.com/JourneyNorthEast>

Website: www.journeyenterprises.co.uk

Or contact:

Adam Bird, Senior Hub Manager (Blyth and Newcastle) on 07739 686 073

adam.bird@journeyenterprises.co.uk

Erica Carter, Hub Manager (Acomb) on 07419 740 871

erica.carter@journeyenterprises.co.uk

Information/Events

The Charity works in a Positive Behaviour Support, person-centred delivery with Safeguarding at the heart of their work. Clients take part in activities at the Day Centres (Hubs) and in the local community where they are supported by specialist Life Skills Coaches. They run a programme of activities designed around each person's Care Support, or Education Health & Care Plan. Whatever Clients' aspirations, skills and interests, they will develop a programme where Clients can thrive, enjoy the transition to adult life, and to be visible and valued as members of their local community.

Three types of service:

Standard - £36.38 per day

1:1 - £15.00 per hour

Specialist Support - £56.50 per day

Referrals can be made directly in to service or via Adult Social Care or the NHS.

Clients can purchase healthy options café meals and refreshments served from the charity's community kitchens, one of the charity's many enterprises.

Journey minibus transport to/from Hubs is available on a number of routes and collection points, so Clients travel to the Hubs independently or using shared taxi transportation agreed with Care Managers.

Please view website or social media for further details.

Organisation



Mortal Fools is a theatre, drama and creative learning company based in Prudhoe, Northumberland. They create compelling, dynamic and high-quality theatre by professional artists working as co-creators with young people and communities; helping people connect, have fun, learn and grow together.

Email: info@mortalfools.org.uk

Website: www.mortalfools.org.uk/

Facebook: www.facebook.com/mortalfoolsUK/

Information/Events

Theatre and drama sessions

Young people 7 - 19 years (school years 3+).

These sessions are currently taking place over Zoom.

Groups work with a professional theatre practitioner and film maker to create their very own short film.

No previous drama experience required.

New members can register via: www.mortalfools.org.uk/register-with-mfyt. New members will either be invited to join for a taster session or, if the groups are full, they will be added to a waiting list and will be informed when a space becomes available.

Weekly Groups:

Stage 3 (school years 6 - 9): Tuesday 6.00 pm - 8.00 pm (term-time only)

Stage 2 (school years 3 - 6): Thursday 5.00 pm - 6:30 pm (term-time only)

Organisation



North Northumberland Branch of the National Autistic Society meets at Chatton village hall, or via Zoom.

Email: NASNorthNorthumberlandBranch@nas.org.uk

Website: www.autism.org.uk / [www.North Northumberland Branch of the National Autistic Society](http://www.NorthNorthumberlandBranchoftheNationalAutisticSociety.org.uk)

Facebook: www.facebook.com/NationalAutisticSociety

Information/Events

Monthly support group for parents/carers of family members with autism spectrum disorder (ASD)

2nd Wednesday each month, with a speaker at Chatton Village Hall PE66 5PX : 9.30am - 11.30am

May 10th , June 14th, July 12th

Craft Group for adults and children

1st and 3rd Thursday each month at Chatton Village Hall PE66 5PX : 1.30pm - 3.00pm

April 6th and 20th

May 4th and 18th

June 1st and 15th

July 6th and 20th

Girls/Women and Autism - zoom (Term time)

Last Tuesday each month: 9.30am - 11.00am

March 28th and June 27th

Workshop with Lynne Moxon Wednesday 24th May 10am-12noon plus lunch - Helping Young Autistic People Interpret Relationships and Behaviours. Puberty and adolescence will be discussed.

Please visit email NASNorthNorthumberlandBranch@nas.org.uk for further details regarding all activities.



Northern Lights Northumberland is a community group for families who care for a child, or adult, with additional needs or a disability. The group is open to families from Northumberland and neighbouring counties. They connect families with each other online, in their secure Facebook group, inform members about potential opportunities and organise meet-ups for families. Their support group has its own Speech and Language Therapist, who volunteers her time to offer advice and guidance to parents. They have members of the Northumberland Parent Carer Forum and Maternity Voices Partnership available in the group. The most important aspect of Northern Lights is the vital peer support on offer from the local parent carer community.

Facebook: <https://www.facebook.com/NorthernLightsNorthumberland/>

Online group: https://www.facebook.com/groups/569150484302899/?ref=share_group_link

Twitter: @NorthLandLights

Instagram: @northernlightsnorthumberland

Information/Events

Monthly meeting

A monthly meet at Soft to Play, a local soft play, in central Northumberland.

Alongside the regular monthly meeting, Northern Lights Northumberland run holiday dance and cookery sessions for their children. They are open to any suggestions and operate on a needs basis, with whatever parents feel is required.

If you are a family that cares for a child or adult with additional needs, or a disability, and you feel you would benefit from connecting with other families in the local area join their Facebook page and follow the link to join their **online support group**. You will be made very welcome by their community!

Lyla and Lilley's Stars

Northern Lights Northumberland is linked with another charity, Lyla and Lilley's Stars. Lyla's offers free holidays to Northern Lights Northumberland members at their caravan at Ocean Edge Holiday Resort.

Please visit [Facebook](#), [Twitter](#) or [Instagram](#) for further details regarding all activities.

Organisation



Northumberland Parent Carer Forum is the Department for Education's recognised parent carer forum in Northumberland. The forum works in partnership with the Local Authority, and Health and Social Care services to improve outcomes for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

Email: enquiries@npcf.co.uk

Website: npcf.co.uk/

Facebook: www.facebook.com/northumberlandpcf

Information/Events

The Northumberland Parent Carer Forum are parents and carers of children and young people (0 – 25) who have special educational needs and/or disabilities. They work in partnership with service commissioners and providers, sharing knowledge and experience, with the aim of supporting and enabling families within our community to access the services and give them a voice in developing the quality, range, and accessibility of this provision.

You can sign up to join the parent carer forum at npcf.co.uk/

Please visit website or Facebook for further details.

Organisation



SEND to Learn is a fully inclusive nursery in Blyth for children from 9 months old to 5 years and specialises in education and care for children with both special educational needs and complex medical care.

Email: info@sendtolearn.co.uk

Website: www.sendtolearn.co.uk

Facebook: www.facebook.com/SENDtoLearn

Information/Events

Nursery Education

Monday to Friday: 9.00am - 3.30pm during school term time.

Hand in Hand

A parent support group which is open to any parent or family member. Support is offered throughout the year and monthly sessions are held every third Tuesday of the month which covers a range of topics. A free crèche can be provided if required but this must be booked in advance.

CPD

CPD sessions are organised throughout the year covering a range of topics including Makaton, Communication, 1st Aid, Sensory Processing and Behaviour. These sessions are either free or involve a small charge. The 1st Aid sessions are costed separately.

All activities are available to everyone but booking is required.

Please contact SEND to Learn for up-to-date information.

Organisation



SMILE Through Sport is a disability charity providing a wide range of sport and physical activity sessions across the North East for disabled children, young people and their families. Smile activity sessions and events are fun, friendly and delivered in a relaxed welcoming environment. Activities are for all ages and disabilities, and adapted for everyone.

Email: info@smilethroughsport.com

Website: www.smilethroughsport.com

Facebook: www.facebook.com/SmileThroughSport/

Telephone: 01670 457757

Information/Events

Cost: All sessions are FREE, with an option of a donation should you wish.

Every Monday

3:45pm - 5.00pm - Term time Percy Hedley Boccia Club, Percy Hedley School Centre, West Lane, Forest Hall, Newcastle, NE 12 7BH

Every Wednesday

12-25 year old sessions: 5.30pm - 6.30pm - SEND Sports and Activities Club, Nelson Village Community Centre 53-55 Nelson Village, Cramlington, NE23 1HG

Every Thursday

12 - 25 year old sessions: 6.00pm - 7.00pm - SEND Sports and Activities, The Brockwell Centre, Craghead Road, Pelton Fell DH2 2NH

To book, visit: www.smilethroughsport.com/sessions-and-events-calendar.

For more information about the sessions and the types of sports and activities, contact and speak to one of the team.

SMILE Together Facebook Group

Join the private facebook group for families in Northumberland, to hear about up and coming sessions and events, sharing ideas of activities and some fun challenges to take part in as a family. Click the link to join [SMILE Together](#).

Organisation



Splinter Group and 'Waffling On' is based at the Dovecote Centre, Amble, NE65 0DX and is run by young adults with learning differences. The group organises social activities and events, learning opportunities, residential, conferences, projects and campaigns for better services.

Telephone: 07775 817544

Email: splintergroupnorth@gmail.com

Website: www.splintergroup.uk www.wafflingon.uk

Facebook: www.facebook.com/SplinterGroupNorth

Information/Events

Please visit website or Facebook for further details regarding all activities.

Organisation



Tanga Hexham (Tanga Club) is based at the TORCH Centre, Corbridge Road, Hexham, NE46 1QS and is a fully inclusive group supporting whole families who have children with additional needs. Areas of support include activities and events, groups, parent and carer support, advocacy, specialist toy library, reference library, help and advice on education, finance, healthcare etc, assistance with forms, appeals and tribunals.

Email: northumberlandinclusive@gmail.com

Facebook: www.facebook.com/Tangaclubhexham/

Information/Events

Youth / social club - The youth club is for children with additional needs ranging from severe and profoundly disabled to mild learning difficulties. Activities are also provided for siblings and friends who may not have any additional needs. There is a thriving sibling group at the club.

To be involved in activities offered at the club and kept up to date with all plans, join the members private Facebook page - Tanga@TORCH.

Activity groups are fully inclusive for children up to age 18 and their families. All levels of ability are catered for.

Term time Friday Club and supports - Facebook or email to find out more.

Please visit Facebook for further details regarding all activities.

Organisation



The Toby Henderson Trust is based in Bedlington and provides a range of very practical services for autistic children, young people and their families who have Autism.

Their flagship service has been providing specialist autism family support for over 20 years, delivered by an experienced and knowledgeable team of practitioners, supported by clinical staff. You do not need to have a confirmed diagnosis of autism to access a service. Along with private assessment and diagnostic services for children and adults, they offer INTEGRATE which is a sensory profiling, recommendations and strategies resource.

The Toby Henderson Trust offer a rolling programme of free targeted webinars for families and a range of social groups across the ages from 5 - 20+ which are "MATES" Groups (Meet At Toby's And Engage Socially). They also offer monthly Siblings Superstars sessions. General support, advice and information is offered on a daily basis to all those needing help.

Email: support@ttht.co.uk

Telephone: 0300 3653055

Website: www.ttht.co.uk

Facebook: www.facebook.com/TheTobyHendersonTrust

Instagram, Twitter and LinkedIn - links via the website

Information/Events

Webinars

To register for a webinar please email a member or staff or support@ttht.co.uk outlining which webinar you would like to attend, and include the following information:

1. Your Postcode
2. Age of child
3. Does your child attend mainstream or specialist provision
4. One question for submission

Or register online: <https://www.ttht.co.uk/training-workshops-and-events/webinars/>

Please see below for our latest webinars:

19th April - Using Visual Aids across the ages

12th May - Autism and Transitions in Education settings

23rd May - Understanding the Avoidant profile

7th June - Social Stories

Support Groups

Families of Autistic Girls Support Group - monthly: Thursdays 10.00am - 11.30am

Grandparents Support Group - monthly: Wednesday 10.00am - 11.00am

Dates and full details for webinars and support groups can be viewed online <https://www.ttht.co.uk/training-workshops-and-events/webinars/>

Organisation



Useful Vision is based at Newburn, Newcastle upon Tyne and is a charity that supports children and young people who are vision impaired. They provide a range of free, accessible activities to reduce social isolation and to build confidence.

Email: office@usefulvision.org.uk

Website: www.usefulvision.org.uk

Facebook: www.facebook.com/UsefulVision

Telephone: 0191 447 2600

New address: The Lemington Centre, Tyne View, Lemington, Newcastle upon Tyne, NE15 8RZ

Information/Events

All activities are suitable for visually impaired children, young people, and their families. Once a child has been registered on the Useful Vision website, they can attend as many activities as they like, until their 19th birthday.

We have the following activity on in December for visually impaired children and their families. Families must register with us prior to attending activities:

Please visit website or Facebook for further event information.

Organisation



Wecan (We Enable Children, Young people, and Adults with Additional Needs) is based in Hexham and provides social activities and respite care within the community, which enables children, young people, and adults to access various activities - dance, film sessions, sensory sessions, art and crafts, bus journeys, walks in the local community, and activities at Wentworth Leisure Centre, Hexham.

Wecan helps parents/carers to enjoy a short break/respite time whilst their team of skilled and experienced Support Workers look after their children on a 1:1 or group basis (dependent on their assessed need).

Tel: 014340214001

Email: info@wecanenable.co.uk

Website: www.wecanenable.co.uk

Facebook: [@wecanenable](https://www.facebook.com/wecanenable)

Twitter: [@wecanswnorth](https://twitter.com/wecanswnorth)

Information/Events

Wecan Explore 0-6 years

Monday : Hexham

Wednesday : Haltwhistle

Thursday: Prudhoe

These sessions are aimed at children under 6 years of age and their parents/carers, working alongside the Family Hubs. Within these sessions parents must stay with their child.

Children Service 6 - 19 years

Saturday Club(Term time only): start times: 11.00am - 2.00pm

During the Easter holidays we deliver activity sessions for our children and young people one day each week from 9.30 am - 3.30pm.

During the long summer holiday period we deliver activity sessions during the first five weeks, either two or three days each week from 9.30am to 3.30pm.

During each of the half term school holidays (February, May and October) we deliver activity sessions for our children and young people one day each week from 9.30am to 3.30pm.

Adult Service (18+)

Saturday Club (Term time only): 2.30pm– 5:30pm or 3.00pm - 6.00pm

Easter, Summer and Half-Term Holidays (various dates) These sessions are led on various dates which are communicated with parents/carers.

Easter, Summer and half-term holidays

Information available on website.

Please visit website or Facebook for further information.

‘Help for Households’ Campaign

In response to increasing prices and the pressures around the cost of living, the government has launched 'Help for Households' - a campaign to raise awareness of the support available amongst those that need it most. It gives clear information about the exceptional payments, energy support and existing support schemes available, so the public know what is available and where they can find help. The homepage gov.uk/helpforhouseholds brings together over 40 support schemes that the public may be able to access depending on eligibility. Additionally, a range of online tools will help citizens quickly and efficiently check the support they might be eligible for and how to access it.

Housing options for 16+

Northumberland’s Adolescent Service has produced a guide to help young people aged 16+ and their parents or carers find appropriate accommodation for them as they prepare to leave home and move into adulthood. The guide has been designed with young people in mind, encouraging them to get involved in the process of deciding what type of accommodation suits them best.

[Housing Options for 16+](#)

<https://www.northumberland.gov.uk/Children/Young/Accommodation-Team.aspx>

Carers Northumberland

The Young Carers Service supports all carers under the age of 18 across Northumberland. This service ensures that children and young people have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve their full potential.

[Young Carers Northumberland](#)

[Young Carers Project](#)

MIND YOUR WORDS - Children and Young People’s Mental Health

FREE e-learning for parents and practitioners

This e-learning from the Royal College of Speech and Language Therapists aims to improve understanding of children and young people who have both mental health needs (or social emotional and mental health needs - SEMH) and speech, language, and communication needs (SLCN).

<https://www.rcslt.org/learning/mind-your-words/>

Special Making it REAL

Special Making it REAL was delivered across the North West, as part of the [Early Years SEND partnership](#) led by the Council for Disabled Children, during 2020/21.

Free activities and vodcasts for parents carers are available below:

<https://www.ncb.org.uk/what-we-do/improving-practice/focusing-early-years/early-childhood-unit/our-programmes/special>

The Community Hub at Cramlington

The community hub is a space where locals can meet others, take part in activities, visit the library or enjoy a coffee with friends in the Learning Café.

Manor Walks Shopping Centre, Cramlington, NE23 6YB

Tel: 01670 620394

Email: mylibrary@northumberland.gov.uk

<https://nland.uk/HubAtCramlington>

Contact (for families with disabled children)

Including: Contact supports families, bring families together and help families take action for others.

Listening ear helpline service. [Family workshops and events](#)

It also provides information and advice on benefits and tax credits.

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

IPSEA

Including: Covid and SEN provision.

Independent Provider of Special Education Advice (IPSEA) offers free and independent legally based [information, advice and support](#) to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also provide [training](#) on the SEND legal framework to parents and carers, professionals and other organisations.

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

Northumberland County Council

Northumberland SEND Local Offer

The SEND Local Offer supports children and young people with Special Educational Needs and Disabilities (SEND) aged 0 - 25

Information is available on the Northumberland County Council website:

<https://www.northumberland.gov.uk/Children/Northumberland-Local-Offer-SEND-0-to-25-years.aspx>

Be You

The aim of Be You Northumberland is to ensure that all children, young people and the adults who support them, have easy access to a range of information and support services for emotional wellbeing and mental health support.

<https://www.beyounorthumberland.nhs.uk/>

Kooth

Kooth is a safe, free and anonymous online mental health platform available to all 11-25 year olds in Northumberland

<https://www.kooth.com/>

Stormbreak

Take a step to better mental and physical health. Stormbreak aims to improve children's mental health through movement, equipping them with sustainable, transferrable skills and coping strategies to thrive during the complex demands of growth into adult life.

Stormbreak.org.uk

Northumberland Youth Service - Virtual LGBTQ+ group

Online virtual group for young people age 13 - 19 years

For more information contact natalie.richards@northumberland.gov.uk / Mobile: 07989 169201

Useful Website Links

Action for Children

Parenting advice. Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

parents.actionforchildren.org.uk/

Bridge Northumberland

Bridge Northumberland helps people overcome barriers to training, education and work.

If you are: · not in work, education or training, · aged 16 up to retirement age, · live in Northumberland.

It is FREE, entirely voluntary and doesn't affect your benefits.

www.bridgenorthumberland.org.uk

Boccia England

Virtually Boccia has now started. Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls. It is a target ball sport which tests both muscle control and accuracy.

[Boccia England](https://www.bocciaengland.org.uk)

Para Dance UK

Fun-filled dance videos for wheelchair users and the wider disability community. Whether you have never danced before or have been enjoying dance for years, the sessions are inclusive for everyone.

[Para Dance UK](https://www.paradanceuk.com)

Hungry Little Minds

Simple fun activities for newborn to five years

hungrylittleminds.campaign.gov.uk/

NSPCC - Look, Say, Sing, Play

Fun and easy tips to help you bring even more **Look, Say, Sing and Play** into your daily routine with your baby.

nspcc.org.uk/look-say-sing-play/

BBC Tiny Happy People

Explore simple activities and play ideas to help you develop your child's communication skills.

[BBC Tiny Happy People](https://www.bbc.com/parenting/tinyhappy)

I CAN

Supporting children and young people's speech, language and communication needs (SLCN) to ensure they get the help they need.

[ican.org.uk/](https://www.ican.org.uk/)

National Literacy Trust - Bilingual quick tips

A series of bilingual quick tips, in 19 different languages, for parents and early years practitioners to help children develop good talking and listening skills.

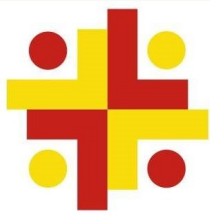
[literacytrust.org.uk/early-years/bilingual-quick-tips/](https://www.literacytrust.org.uk/early-years/bilingual-quick-tips/)

BBC Bitesize Support

Bitesize Support is a hub with advice, tips and resources for children and young people around school and mental health.

[BBC Bitesize Support](https://www.bbc.com/parenting/bitesize-support)

Northumberland Information, Advice and Support Service



Northumberland Information, Advice and Support Service has its own website and Facebook page, which shares with parents/carers and young people information, advice and support for children and young people (0 - 25 years) with SEND (special educational needs or disabilities).

northumberlandiass.org.uk

www.facebook.com/NorthumberlandIASS

A link to our website can also be found on the Northumberland County Council website.

Just a reminder that the support the service can offer includes:

- Providing a listening ear and practical advice and support with understanding the SEND 'system'.
- Information on a range of SEND topics.
- Support with preparing for meetings.
- Help with exploring the options for a child/young person's SEND provision.
- Signposting to other services and groups, including parents group, youth forums and national helplines.
- Support for individual children, young people and their parents that empowers them to express their views and wishes and helps them to understand and exercise their rights in matters including SEN processes, exclusion, complaints and SEND appeals.
- Training for parents, children and young people, and professionals to increase their knowledge of SEND law, guidance, local policy, issues and participation.

If you would like to be added to the distribution list to receive a copy of the Newsletter, please submit your request via this link <https://forms.office.com/r/Mk13rkQs42>.

If you would like your details removed from the list, please email iass@northumberland.gov.uk.

Disclaimer:

Please note that we have done our best to ensure that the contents were correct at the time of printing. Contact iass@northumberland.gov.uk to let us know about any inaccuracies/information that needs to be added. Please note that inclusion of services in the bulletin is not an endorsement or guarantee of that provision.