



Northumberland Information, Advice and Support Service (IASS) Information Bulletin January 2021 - Issue 3

Welcome to our bulletin 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.

Coronavirus/Covid19

We are continuing to provide a service during Covid-19. If you have any queries, please contact the service at iass@northumberland.gov.uk or 01670 623555 / 01670 620350.



SPOTLIGHT ON:

Northumberland Young Carers

A young carer is somebody who is aged under 18 and looks after a parent, sibling or any other family member who may have a disability, serious illness, problems with their mental health, or with alcohol or drugs.

Young carers can access:

- 1-1 support
- Information and advice
- Young Carers Needs Assessment
- Active Northumberland card
- Short breaks grant
- Regular newsletter

At times, caring for someone can be really hard and mean that there is less time for hobbies, interests, friends, or school work. You may be taking on extra household chores, sorting out medications, helping someone to wash, or comforting someone, to name but a few tasks.

If you care for someone, you may feel you would like to talk to someone or ask for help if you need it. Northumberland County Council has a service run by a specialist worker that can support you and give advice, and get you access to activities to enjoy in your spare time.

You can refer via the Northumberland County Council website [Northumberland County Council - Young carers](https://www.northumberland.gov.uk/young-carers) and completing the young carers referral form. <https://forms.office.com/Pages/ResponsePage.aspx?id=3qkTu5CC8EKpgNw73-cPQAAno35G4oZHj-kKvylFkQVUQ0JLUVU2MU9RS0pHTVBaTVIGOTBFR1UyTC4u>

For more information contact Anne-Marie Johnstone, Young Carers Worker.

Email annemariejohnstone@carersnorthumberland.org.uk or telephone on 01670 320 026 / 07500 886 319

Contact (for families with disabled children)

Including: latest Covid information and listening ear helpline service.

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

<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

[Coronavirus - latest information](#)

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

BBC Bitesize

Learning from home.

Lessons full of videos, quizzes and practice activities to help you with home learning. Primary, secondary and post-16. Practical advice for parents.

[BBC Bitesize](#)

BBC Bitesize Support

Bitesize Support is a hub with advice, tips and resources for children and young people around school and mental health, that may be helpful to refer to. Recent articles include 'nine nifty ways to study remotely' and 'five ways to tackle loneliness when you're social distancing'.

[BBC Bitesize Support](#)

BBC Bitesize have also released videos for parents with advice and tips from adolescent psychologists on supporting the mental health of secondary school children during the lockdown period which may be useful to signpost to. There are episodes on coping with uncertainty, handling lockdown emotions, limiting screen time, sleep and more.

[BBC Bitesize videos for parents](#)

[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.

[Para Dance UK](#) - Each week in January, four fun-filled dance videos for wheelchair users and the wider disability community will be released. Whether you have never danced before or have been enjoying dance for years, the sessions are inclusive for everyone.

Organisation

Active Northumberland - Ability 2 Play is a leisure inclusive programme and adapts sessions to include everyone regardless of ability. Users range from people with mild learning difficulties to Autism and ADHD, as well as people with anxiety disorders and physical disabilities.

Email: rscheu@activenorthumberland.org.uk

Website: www.activenorthumberland.org.uk

Facebook: [Active Northumberland - Ability2Play](#)

Information/Events

YouTube: [Active Northumberland](#)

Facebook: [Active Northumberland School Games](#)

ACTIVE SCHOOLS AT HOME!

For all home schoolers - we hope this will help you tick PE off the list! 3 brilliant, 30 minute classes to play whenever you like. Brought to you by Andrew and Molly. Enjoy (and join in if you like!)

Fitness Fun for 8 - 12's with Andrew - <https://youtu.be/wGF-ahJ11oA>

Dance Fitness for all ages with Molly - <https://youtu.be/iughJ-e4k9Y>

Total Body Workout for 13 - 16's with Andrew - <https://youtu.be/btEjeYDRz3E>

Northumberland County Council - [#ActiveSchoolsAtHome](#) [#PEatHome](#) [#ActiveKids](#)

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

Organisation

Beacon Films is based in West Jesmond, 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

The Big Event! - Monday 25 January - Saturday 3 April 2021

Monday, Friday and Saturday

Sessions are online and FREE.

With support from Beacon Films make films, animations and music all about your 'big event'.

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: trishfleming@bvdfhomecare.co.uk

Website: www.bvdfhomecare.co.uk

Facebook: www.facebook.com/BVDFHomecare

Information/Events

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

Wednesday 27 January 2021 - 2.00 pm

Smile Through Sport

Every Tuesday - 10.45 am

Catchup with friends - Zoom invitation

Every Tuesday - 7.00 pm

Bingo and Quiz - Zoom invitation

Every Thursday - 10.30 am

Singing, songwriting and joke telling - Zoom invitation

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

Organisation

Calmer Therapy is based in Guidepost and supports children, young people and adults who have additional needs, disabilities and mental health needs. 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: calmertherapy@mail.com

Facebook: www.facebook.com/calmertherapy

Information/Events

Whole Family

Weekly zoom activities.

Parents and carers

Weekly zoom meetings.

Northumberland Disability Youth Forum

Weekly zoom meetings.

Calmer Therapy is still delivering food parcels to group members.

Please visit Facebook 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: Toniglynnedunn@gmail.com

Website: www.evergreenteens.co.uk

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 evening - term time - 5.30 pm

Weekly Youth zoom

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

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 - 1.00 pm - 2.00 pm

Movement and yoga - Zoom

Tuesday - 1.00 pm - 2.00 pm

Visual arts, making and mindfulness - Zoom

Wednesday - 1.00 pm - 2.00 pm

Inclusive dance - Zoom

Thursday - 1.00 pm - 2.00 pm

Theatre, expressive arts, circus skills - Zoom

You can view some recent online work on their website or Facebook page.

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

Organisation

Hextol Foundation provides working opportunities to people with learning disabilities and mental health needs. They believe work is good for people and that the groups they work with deserve the same opportunities as others. Hextol Foundation is based in Hexham where they run a vegetarian/vegan café, and operate gardening teams (in both Hexham and Newcastle), handyperson service, a post and pack operation, catering and admin.

Email: contact@hextol.org.uk

Website: www.hextol.org.uk

Facebook: www.facebook.com/THEHEXTOLFOUNDATION

Information/Events

Hextol Foundation cater for people over the age of 16 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 Cherie Sutherland

Email: cherie.sutherland@hextol.org.uk

Tel: 01434 605253

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

Organisation

Hippotherapy Northumberland is a community club, operating from Townfoot Stables, Shilbottle and Kirkley Hall Equestrian College, Ponteland. It is a registered charity which provides an opportunity of Therapeutic Sport for children and young people with disabilities, who will experience an active physical workout through a horse. There is interaction in and with 'normal' environments and young people (volunteers) therefore succeeding, achieving, engaging in and with physical activity, sport and games.

Email: hipponorthumberland@gmail.com

Facebook: www.facebook.com/Hippotherapy-Northumberland

Information/Events

Please contact Hippotherapy Northumberland for up-to-date information.

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.

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)

The current term has already begun and runs up to 18 March 2021, with plans for a filming weekend on 20 and 21 March 2021.

New members can register via their website: 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.

Organisation

National Autistic Society North Northumberland is based in Belford and holds a monthly support group for parents/carers of family members with autism spectrum disorder (ASD) on the 2nd Wednesday of the month 9.30 am -11.30 am. The society occasionally involves outside speakers.

Email: NASNorthNorthumberlandBranch@nas.org.uk

Website: www.autism.org.uk

Facebook: www.facebook.com/NationalAutisticSociety

Information/Events

Thursday 28 January 2021 - 1.30 pm - 3.00 pm

Craft Group get together - bring your own craft and chat

Wednesday 10 February 2021 - 9.30 am - 11.30 am

Support Group

Guest: Sam Barron Head of SEND Strategy, Northumberland County Council
& Designated Clinical Officer, Northumberland Clinical Commissioning Group

Wednesday 10 March 2021 - 9.30 am - 11.30 am

Support Group

All monthly support sessions are currently via zoom.

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

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 - 9.00 am to 3.30 pm during school term time.

Holiday Programme

Age: 9 months - 8 years old.

February half term, May half term, October half term and the first two weeks of the summer holidays.

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 organisation providing a wide range of sport and activity sessions across the North East for individuals with a disability and their families.

Activity sessions and events are fun, friendly and delivered in a relaxed welcoming environment. Activities are for all ages and all disabilities.

Email: jenni@smilethroughsport.com / rachel@smilethroughsport.com

Website: www.smilethroughsport.com

Facebook: www.facebook.com/SmileThroughSport/

Information/Events

For families living in Northumberland:

SMILE Together Online Physical Activity Sessions

This **free** online physical activity session is fun, interactive and social. Aimed at the whole family, it is suitable for all ages and for anyone who wants to participate in exercise at home. Each session lasts 45 minutes and features cardio, conditioning and stretching activities, set to a themed story and music. Themes include pirate adventure, jungle journey and animal encounter. It is suitable for beginners of any ability.

When: Every Saturday

Time: 9.30 am - 10.30 am

When: Every Wednesday

Time: 3.30 pm - 4.30 pm

To book visit: www.bookwhen.com/smilethroughsport05

SMILE Together Facebook Group

Join our 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](#).

For more information contact jenni@smilethroughsport.com / Tel: 07710891741

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

Organisation

SpLinter Group is based in Amble and is run by young adults with learning differences. The group organises social activities and events, learning opportunities, residentials, conferences, projects and campaigns for better services.

Telephone: 01670 542872 / 07775 817544

Email: splintergroupnorth@gmail.com

Website: www.splintergroup.uk www.wafflington.uk

Facebook: www.facebook.com/SplinterGroupNorth

Information/Events

'Waffling On' - SpLinter Group has set up a catering enterprise selling waffles at markets, festivals and employer events around Northumberland, to raise awareness about learning difference and disability and to promote the group. They are developing ways of supporting employers to get the best from their employees with learning differences.

SpLinter Sisters project is run for female SpLinter members with which helps members explore relationships and staying safe and true to yourself.

Monday (weekly) - 1.00 pm

'Art in a Box' simple art sessions - Zoom

First Monday of the month - 7.00 pm - 8.30 pm

Support session - Zoom

Gaming project – They are designing their own game and running autism friendly gaming events and conventions to help make gaming more social.

Friday (weekly) 4.00 pm

Design team - Zoom

Sunday (weekly) - 6.30 pm

Games night – all welcome - Zoom

Support - They meet 1-to-1 with young people who might need help to take part in the SpLinter Group's meetings, and offer advice and support on housing, benefits, living independently, and looking for work.

Safe Places scheme - www.safeplaces.org.uk

In Northumberland the Safe Places scheme (part of a wider National project) is run by SpLinter Group. Safe Places is a network of cafes, transport exchanges, leisure and community centres, and other venues (with a mixture of daytime and evening openings) that have been approved by SpLinter Group and can be used by people in distress who need a refuge for a short time. People who are anxious, lost or vulnerable can use them to calm down and get help when they are out and about.

Venues are located close to a town centre across Northumberland, and SpLinter Group welcomes applications from any suitable sites.

Training sessions with venues

They run training for staff in cafes, shops and community venues, to offer a safe haven.

Tuesdays - 11.00 am - 1.00 pm - Zoom

Support sessions for new members of the team at other times by arrangement.

Please note that due to covid restrictions and lockdown, venues may be closed or unable to provide a safe place.

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

Organisation

Tanga Hexham (Tanga Club) is based at the TORCH Centre in Hexham 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: Thetangahub@gmail.com

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

Information/Events

TORCH Centre, Corbridge Road, Hexham, NE46 1QS

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.

During full lockdown they are running virtual support groups and online activities. Times and dates are subject to change so check with Facebook page Tanga Hexham for the latest information.

When in "tiered" restrictions, their face to face groups and free activity pack deliveries will resume, so please check with their website or Facebook for the latest information. Their activity groups are fully inclusive for children up to age 18 and their families. All levels of ability are catered for.

Please visit Facebook for further details regarding all activities.

Organisation

The Toby Henderson Trust is based in Bedlington and offers a range of services for young people and their families who are affected by ASC (Autism Spectrum Conditions). They run a social group called MATES and a social group for Sibling Superstars. There are Social Communication Groups for children in mainstream education. They also run various family events and workshops. They specialise in early intervention and their flagship Intensive Interaction Service has now been running for over 15 years. In a uniquely designed environment which is totally distraction free, where children are approached completely as an individual with their own specific needs. Advice, information and signposting are an inherent part of their role. They also offer support and guidance, and are always there to listen. They have a depth of a personal and professional experience to offer, which has grown over many years.

Email: support@ttht.co.uk

Website: www.ttht.co.uk

Facebook: www.facebook.com/TheTobyHendersonTrust

Information/Events

Workshops

Various workshops are organised for parents who have children with autism/going through a diagnosis of autism. Upcoming workshops: sleep issues, challenging behaviour/managing meltdowns, toilet issues, sensory issues, using visual aids, social stories and comic strip conversations. Keep up to date with the workshops by liking the Facebook page or checking the website. Professionals are also welcome to attend workshops. You do not need to be a registered family to attend, however if you are registered with the trust, workshops are half price. Booking is essential.

Email: support@ttht.co.uk to register to access services, such as social groups and early intervention.

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

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

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.

Monday 15 February 2021 – 2.00 pm - 3.00 pm (all ages)

DanceAbility with North East Dance

Tuesday 16 February 2021 - 10.30 am - 11.30 am (8+ years)

Games Development with Animate to Educate

Wednesday 17 February 2021 - 2.00 pm - 3.30 pm (all ages)

Virtual Ceramic 'Trio of Hanging Decorations' workshop with The Crafty Hen

Friday 19 February 2021

Yoga with Kalma Life UK

- Session 1: 3.00 pm - 3.45 pm (Age 5 – 8)
- Session 2: 4.00 pm - 4.45 pm (Age 9 – 12)

Saturday 6 March 2021 - 10.30 am - 11.30 am (8+ years)

Digital Artist Workshop with Animate to Educate

Sunday 21 March 2021 - 2.00 pm - 3.30 pm

Virtual Ceramic 'Windowsill Garden' Painting workshop with The Crafty Hen

Thursday 1 April 2021 - 5.00 pm - 6.00 pm

A demonstration of phones and tablets for people with sight loss from Synapptic (aimed at parents but children welcome to attend with them)

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

Northumberland Information, Advice and Support Service - Website

Northumberland Information, Advice and Support Service is pleased to announce that we now have our 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 new 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.

Coronavirus/Covid19

We are continuing to provide a service during Covid-19. If you have any queries, please contact the service at iass@northumberland.gov.uk or 01670 623555 / 01670 620350.

If you would like to be added to the distribution list to receive a copy of the Bulletin, or if you would like your details removed from the list, please email julia.mccormack@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 julia.mccormack@northumberland.gov.uk to let us know about any inaccuracies/information that needs to be added. Please noted that inclusion of services in the bulletin is not an endorsement or guarantee of that provision.