



## Northumberland Information, Advice and Support Service (IASS) Information Bulletin March 2021 - Issue 4

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](mailto:iass@northumberland.gov.uk) or 01670 623555 / 01670 620350.



### SPOTLIGHT ON:

#### Northumberland Parent Carer Forum (NPCF)

The Forum is the Department For Education's recognised parent carer forum in Northumberland. We work 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.

Communication is key to what we do. We listen to the experiences, knowledge and views 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 so that we can bring the parent carer voice to the Local Authority and ensure you are fully represented at the table and are able to develop the quality, range and accessibility of SEND provision.

Our 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.

#### Wednesday 28 April 2021 - Virtual Coffee Evening - 7.30 pm - 8.30 pm

We are holding a virtual Coffee Evening for interested individuals and members of organisations to find out about what the Forum does, and meet the steering group. We would like to reach out to families with as broad a range of SEND as possible and, in particular to parents and carers in the west of the county, who are currently somewhat under-represented in our organisation. We look forward to meeting you.

Find out more or contact us via:

Email: [enquiries@npcf.co.uk](mailto:enquiries@npcf.co.uk)

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

Website: <https://npcf.co.uk/> (not live yet, but will be shortly)

Twitter: @nlandpcf

Tel: 0191 284 0480

### Autism

A number of organisations within this bulletin provide support to children and young people with autism, and their families.

#### **World Autism Day - Friday 2 April 2021**

This is the fourteenth annual World Autism Awareness Day .

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on 2 April, Autism Awareness Day, to [Light It Up Blue](#) in recognition of people with autism and those who love and support them.

### Northumberland Youth Service - Virtual LGBTQ+ Group

Northumberland Youth Service offers an online virtual LGBTQ group for young people age 13 - 19 years. This group is open to young people who identify as lesbian, gay, bisexual, transgender, young people who may be questioning their sexuality, young people who do not conform to normal gender stereotypes, and other young people who support LGBT and would like to attend to support their friends.

Activities - peer led drop-in style sessions, The Key, information sessions, group discussions, peer support, and more.

For more information contact [natalie.richards@northumberland.gov.uk](mailto:natalie.richards@northumberland.gov.uk) / Mobile: 07989 169201

### **Contact (for families with disabled children)**

Including: latest Covid information and listening ear helpline service. [Family workshops and events](#)

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](http://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](#)

## Useful Links

### **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/>

### **Just Say app**

The Just Say app is available to 16-25 year olds, helping young people of Northumberland to find their way to be happy, healthy, safe and independent.

It is available to download on the [App store](#) and [Google Play](#)

<https://www.northumbria.nhs.uk/justsay/>

### **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/>

### **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](#)

### **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](#)

## 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](mailto:rscheu@activenorthumberland.org.uk)

Website: [www.activenorthumberland.org.uk](http://www.activenorthumberland.org.uk)

Facebook: [Active Northumberland - Ability2Play](#)

## Information/Events

Facebook: [Active Northumberland School Games](#)

### ACTIVE AT HOME!

Active Northumberland Youtube channel has lots of videos that are accessible and adaptable for all including dance, personal challenges, fitness and PE lessons .

YouTube: [Active Northumberland](#)

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](mailto:info@beaconfilms.org.uk)

Website: [www.beaconfilms.org.uk](http://www.beaconfilms.org.uk)

Facebook: [www.facebook.com/BeaconFilmsUK](https://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](mailto: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](mailto:trishfleming@bvdfhomecare.co.uk)

Website: [www.bvdfhomecare.co.uk](http://www.bvdfhomecare.co.uk)

Facebook: [www.facebook.com/BVDFHomecare](http://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](mailto:Borderlinks@btconnect.com)

Website: [www.borderlinks.co.uk](http://www.borderlinks.co.uk)

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

## Information/Events

### **Every Tuesday - 10.45 am**

Catchup with friends - Zoom invitation

### **Every Tuesday - 7.00 pm**

Bingo and Quiz - Zoom invitation

### **Wednesday 24 March 2021 - 2.00 pm**

Smile Through Sport - Zoom invitation

### **Thursday 25 March 2021 - 10.30 am**

Music with Carole - 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](mailto:calmertherapy@mail.com)

Facebook: [www.facebook.com/calmertherapy](http://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](mailto:Toniglynnedunn@gmail.com)

Website: [www.evergreenteens.co.uk](http://www.evergreenteens.co.uk)

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

## Information/Events

### Monday nights

Youth club - Zoom

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](mailto:info@happyfaces-prudhoe.co.uk)

Website: [www.happyfaces-prudhoe.co.uk](http://www.happyfaces-prudhoe.co.uk)

Facebook: [www.facebook.com/happyfacesprudhoe](http://www.facebook.com/happyfacesprudhoe)

## Information/Events

**Monday evening - term time - 5.30 pm**

Weekly Youth zoom

To join email [info@happyfaces-prudhoe.co.uk](mailto: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](mailto:Hello@headwayarts.co.uk)

Website: [www.headwayarts.co.uk](http://www.headwayarts.co.uk)

Facebook: [www.facebook.com/HeadwayArts](http://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](mailto:contact@hextol.org.uk)

Website: [www.hextol.org.uk](http://www.hextol.org.uk)

Facebook: [www.facebook.com/THEHEXTOLFOUNDATION](https://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](mailto: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](mailto:hipponorthumberland@gmail.com)

Facebook: [www.facebook.com/Hippotherapy-Northumberland](https://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](mailto:info@mortalfools.org.uk)

Website: [www.mortalfools.org.uk/](http://www.mortalfools.org.uk/)

Facebook: [www.facebook.com/mortalfoolsUK/](https://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](http://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](mailto:NASNorthNorthumberlandBranch@nas.org.uk)

Website: [www.autism.org.uk](http://www.autism.org.uk)

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

## Information/Events

**Wednesday 14 April 2021 - 9.30 am - 11.30 am**

Support Group

**Wednesday 12 May 2021 - 9.30 am - 11.30 am**

Support Group

**Wednesday 9 June 2021 - 9.30 am - 11.30 am**

Support Group

**Wednesday 14 July 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](mailto:info@sendtolearn.co.uk)

Website: [www.sendtolearn.co.uk](http://www.sendtolearn.co.uk)

Facebook: [www.facebook.com/SENDtoLearn](https://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](mailto:jenni@smilethroughsport.com) / [rachel@smilethroughsport.com](mailto:rachel@smilethroughsport.com)

Website: [www.smilethroughsport.com](http://www.smilethroughsport.com)

Facebook: [www.facebook.com/SmileThroughSport/](http://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](http://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](mailto: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](mailto:splintergroupnorth@gmail.com)

Website: [www.splintergroup.uk](http://www.splintergroup.uk) [www.wafflington.uk](http://www.wafflington.uk)

Facebook: [www.facebook.com/SplinterGroupNorth](https://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](http://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](mailto: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.

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

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.

**Please visit Facebook for further details regarding all activities.**

## Organisation

### The Jack Ward Inclusion Initiative

Email: [thejackwardii@gmail.com](mailto:thejackwardii@gmail.com)

Website: <https://thejackwardii.co.uk/services/>

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

Twitter: @thejackwardii

## Information/Events

The Jack Ward Inclusion Initiative has been working throughout lockdown, offering support to families where there is a child 0 - 25 years with additional needs.

They offer the following services:

1:1 Peer Support - book online via <https://calendly.com/stephanieward/one-to-one-peer-support-meeting>

Online support group - [facebook.com/groups/andpsblyth](https://www.facebook.com/groups/andpsblyth)

Three times weekly zoom support calls for members. To become a member, join the Facebook group and complete the online registration form.

### Surgical Hip Support Community

A new project, the Surgical Hip Support Community ([facebook.com/groups/surgicalhipsupport](https://www.facebook.com/groups/surgicalhipsupport)) for adults and children, carers and health professionals, who have, support or work with people who have surgical hip conditions. The Chair and Chief Executive Stephanie was diagnosed with hip dysplasia and has subsequently had surgical treatment, and has identified a need for additional support in this area. The group is in its infancy, but has orthopaedic surgeons, physiotherapists and mental health professionals lined up to offer advice and support to group members.

**Please visit website or Facebook for further information.**

## 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 - currently via zoom.

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. Virtual support is currently being offered via zoom.

Email: [support@ttht.co.uk](mailto:support@ttht.co.uk)

Website: [www.ttht.co.uk](http://www.ttht.co.uk)

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

## Information/Events

### **Monday 12 April 2021 - PECS & Using Visual Aids Support Group - 9.30 am - 10.30 am**

Monthly Picture Exchange Communication System (PECS) and using visual aids support group via Zoom.

A free support group for families who have a child or young person with autism (or suspected autism).

Whether you are well established or just starting your journey with PECS or the use of visual aids, experienced staff members are on hand to provide practical support and advice.

If you are interested in joining, please book a place by emailing [support@ttht.co.uk](mailto:support@ttht.co.uk) clearly outlining that you would like to attend this support group.

### **Webinars**

#### **Wednesday 14 April 2021 - 12.30 pm - 2.30 pm**

Sensory issues webinar via zoom - Presented by Rachel McManus, Occupational Therapist

A free webinar for families covering topics associated with sensory dysfunction and sensory issues.

#### **Wednesday 14 April 2021 - 6.00 pm - 8.00 pm**

Managing meltdowns webinar via zoom - Presented by Julie Curtis, Specialist ASD Nurse Practitioner

A free webinar for families to explore what contributes to children and young people with autism experiencing meltdowns and how parents can best support them in these challenging times.

#### **Wednesday 5 May 2021 - 6.00 pm - 8.00 pm**

Sleep Problems webinar via zoom - Presented by Julie Curtis, Specialist ASD Nurse Practitioner

A free webinar for families to better understand issues and discuss recommendations.

**To register for any of the above webinars email [support@ttht.co.uk](mailto:support@ttht.co.uk) with the following information:**

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

**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](mailto:office@usefulvision.org.uk)

Website: [www.usefulvision.org.uk](http://www.usefulvision.org.uk)

Facebook: [www.facebook.com/UsefulVision](https://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.

### **Thursday 1 April 2021 - 10.00 am - 11.00 am**

Easter Ceramic Painting - Designing and painting Easter themed ceramic crafts

All ages

### **Thursday 1 April 2021 - 5.00 pm - 6.00 pm**

A demonstration of phones and tablets for people with sight loss from Synaptic

(aimed at parents and carers of children with visual impairment but children welcome to attend with them)

### **Saturday 3 April 2021 - 2.00 pm - 3.00 pm**

Easter Crackers - Design and make an Easter cracker

All ages

### **Tuesday 6 April 2021 - 1.00 pm - 1.45 pm**

Storytelling and Musical Theatre (The Greatest Showman) - Storytelling, games, singing and dancing

Age: 8 - 12 years

### **Tuesday 6 April 2021 - 2.30 pm - 3.15 pm**

Musical Theatre workshop - Storytelling, games, singing and dancing to the theme of Mary Poppins

Age: 12 - 18 years

### **Wednesday 7 April 2021 - 10.00 am - 11.00 am**

T-shirt customisation - Customise a white t-shirt to your own taste and create something you can wear over and over again

All ages

### **Saturday 10 April 2021 - 2.00 pm - 3.00 pm**

Slime workshop - Gloopty, gooey, glorious slime making

Age: 4+

### **Sunday 11 April 2021 - 10.00 am - 10.45 am**

Zog workshop - Dancing, storytelling, games and crafts

Age: 3 - 7 years

### **Saturday 17 April 2021 - 10.30 am - 12.00 pm**

Pizza Making

All ages

**All activities will take place via zoom.**

## 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](mailto:office@usefulvision.org.uk)

Website: [www.usefulvision.org.uk](http://www.usefulvision.org.uk)

Facebook: [www.facebook.com/UsefulVision](https://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.

**Saturday 24 April and Saturday 22 May 2021 - 9.30 am - 10.30 am**

Monthly Choir Group

All ages

**Saturday 24 April 2021 - 2.00 pm - 3.00 pm**

Make a colourful musical rain Stick and explore the sound of rain

Age: 4+

**Saturday 1, 15, 29 May, 12, 26 June and 10 July 2021 - 9.00 am - 10.00 am**

Fortnightly Drama group (6 sessions)

All ages

**Saturday 1 May 2021 - 2.00 pm - 3.00 pm**

Photo Frame Decoration - Design your own photo frame

All ages

**Sunday 9 May 2021 - 10.00 am - 10.40 am**

Texture and Sculpture workshop - Design and create a sculpture using salt dough

Age: 5 - 11 years

**Sunday 9 May 2021 - 11.00 am - 11.40 am**

Texture and Sculpture workshop - Design and create a sculpture using salt dough

Age: 12 - 18 years

**Sunday 23 May 2021 - 2.00 pm - 3.00 pm**

Comedy Club workshop - Learn to be a stand-up comedian

Age: 6 + years

**Sunday 30 May 2021 - 10.00 am - 11.30 am**

Thumbprint Cookies - Make shortbread biscuits with a jam centre

All ages

**All activities will take place via zoom.**



## 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](http://northumberlandiass.org.uk)

[www.facebook.com/NorthumberlandIASS](https://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.

### 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](mailto: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](mailto: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](mailto:julia.mccormack@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.