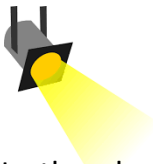


Northumberland Information, Advice and Support Service (IASS) Information Newsletter July 2022 - Issue 8

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 Family Hubs

Northumberland's Sure Start Children's Centres will relaunch as **Family Hubs** in Autumn 2022. The centres currently provide a wide range of support services for children aged 0-5 and their families. The centres are based in the North (Berwick, Wooler, Alnwick, Hadston, Amble, Rothbury), Central (Ashington, Bedlington, Morpeth), South East (Blyth, Cramlington, Seaton Valley), West (Hexham, Prudhoe, Ponteland, Haltwhistle, Bellingham).

<https://www.northumberland.gov.uk/Children/Family/Childcare/Sure-Start-children-s-centres-in-Northumberland.aspx>

As Family Hubs, this support will be rolled out to all young people which will extend the age range to 0-19 and to 25 for anyone with additional needs, making a difference to children, young people and their families.

These Hubs will be in the heart of the community, with midwives, health visitors, early years and mental health professionals, youth workers, and a host of other services - including relationship, parenting, and financial advice – being brought together into a vibrant one-stop-shop that meets the needs of family life for young people of all ages. This new model will ensure families receive the right support, in the right place, at the right time for them.

Family Hubs will build on lessons learned during the pandemic and will offer online and virtual services too, so that support can be as accessible in the right way, and the right place, at the right time for children and families.

We are at the early stages of this process and need your help and knowledge to shape the services we provide. We would love to hear from you, completing a short consultation through this link <https://forms.office.com/r/3dsWf0pVL1>. You may also be asked for your views from other services involved in the development of the Northumberland Family Hub Network.

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Organisation



Ability 2 Play (Northumberland County Council) is an inclusive leisure programme aimed at both juniors and adults with a variety of Special Educational Needs and/or Disabilities (SEND). Using sport and leisure as a catalyst the programme focuses on providing opportunities, expanding social circles, increasing confidence and promoting independence.

Email: rscheu@activenorthumberland.org.uk

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

Information/Events

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

Alan Shearer Centre



Alan Shearer Centre is based in Newcastle, and is a FREE recreational, sensory, and social facility for disabled children and adults, their families, schools and groups.

Their sensory rooms, hydrotherapy pool, music room, beautiful gardens and grounds and Browne's café, are the perfect day out. For more information, visit their website.

Telephone: 0191 267 8118

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

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

Information/Events

They have lots of amazing summer events - follow their Facebook page to find out more!
<https://www.facebook.com/AlanShearerCentre>

All activities are fully accessible and fun for all.

Places are limited so please call to book your slot.

Opening times are subject to change, so please check before arranging your visit.

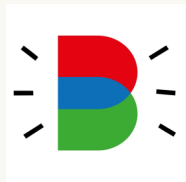
Monday - Saturday 9am - 5pm.

(July to September, late opening Thursday, and Saturday 9am - 6pm)

Closed Sunday

Please visit Facebook page or website 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

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: jeffwatson@bvdhomecare.co.uk

Website: www.bvdhomecare.co.uk

Facebook: www.facebook.com/BVDFHomecare

Telephone: 01670 360927

Information/Events

Monday (except Bank Holiday): Pickups from 4.00pm / 6.00pm - 7.00pm

Aqua Fun - Blyth Sports Centre or Waves, Whitley Bay

Cost: £10.00 per person (includes collection and drop off at the client's address or preferred pick up point).

Thursday: 6.00pm - 8.00pm

Adults social group

Cost: £10.00 per person (includes collection and drop off at the client's address or preferred pick up point).

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 (no zoom sessions over the summer)

Monthly disco - 1st Wednesday each month

Cost: £4.00 per person

Wednesday 6 July

Wednesday 3 August

Wednesday 7 September

Wednesday 5 October

Wednesday 2 November

Wednesday 7 December

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: 12.30pm - 2.30pm

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

Disability Youth Forum - age 11-25 years: 7.00pm - 9.00pm

Wednesday

Sensory room play

Thursday

Football club - age 2-18 years: 4.30pm - 5.30pm

Friday

Youth group - age 11-13 years: 4.30pm - 6.00pm

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

Saturday

Family Zumba, for all ages and abilities (Grandparents too!): 10.00am - 10.45am

Sunday Calmer Kids - age 0 - 10 years: 10.00am - 11.45am

Siblings and Young Carers session

A monthly session for children who are young carers or have a sibling with additional needs. The children will have access to the sensory room and gaming room.

First session - Saturday 16 July: 3.00pm - 5.00pm

Age: age 9+ years

Cost: £3.

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: Monday-Friday: 10.00am - 3.30pm. Sunday: Closed

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. They work across the north east region and run Day Services for people 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, autism, and acquired brain injury. Their Hubs are at Blyth, Hexham, Newcastle and Bishop Auckland, and the charity will be developing further site provision in the region during 2022.

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

Sarah Smith, Hub Manager (Acomb) on 07419 740 871

sarah.smith@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 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, and is charged at £0.45 per mile with a generous reduction for clients attending for three or more days/week.

Please view website or Facebook for further details.

Organisation



Mortal Fools is a theatre, drama and creative learning company based in Prudhoe and Ashington, working across Northumberland. They specialise in co-creating high quality theatre, film and creative projects with young people, communities and professional artists. They help young people connect, have fun, learn, grow together and make sense of the contemporary world around them.

Email: info@mortalfools.org.uk

Website: www.mortalfools.org.uk

Facebook: www.facebook.com/mortalfoolsUK

Twitter: @mortalfoolsuk

Instagram: @mortalfoolsuk

YouTube: www.youtube.com/channel/UC5oSgd5M3SZE29NWzIbHG4A

Information/Events

Youth Theatre

Mortal Fools have weekly drama groups in the Tyne Valley, Ashington, in Northumberland schools, online and also have a young leader's group, for young people interested in developing their leadership skills. These groups are open to young people 7 - 19 years (school years 3+).

In Mortal Fools Youth Theatre sessions, young people work with professional artists to develop their theatre-making and performance skills, and create their own original theatre shows, films and short animations for public performances or sharings. What they create is always fun, original, and stems from contemporary topics and issues, with young people's ideas at the heart.

Mortal Fools' Youth Theatre groups are open to anybody, appropriate for young people with intersectional needs and run both online and in-person. There is no previous theatre or drama experience required – just a willingness to have a go. It's completely free to join and 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. Mortal Fools often run taster sessions, one off days, performances, screenings, workshops and more – you can sign up to their mailing list via: www.mortalfools.org.uk.

MELVA

MELVA is a fun and accessible creative intervention, supporting children (aged 7-11) and the adults in their lives to talk openly about – and better understand – their mental health, emotions and wellbeing. Focusing on early intervention, Melva's programme scaffolds the development of resilience pathways, positive emotional responses and a shared understanding of how to look after oneself and others. By purchasing Melva, you gain access to an online portal, an episodic film, lesson plans, an interactive activity booklet, toolbox of resources, a choose your own adventure digital game and a user guide. Melva is a meaningful and revolutionary way to invest into mental health education and aligns with the curriculum.

Developed in consultation with children, teachers, mental health professionals and Psychologists, Melva is a high impact, revolutionary way to invest into practical mental health education in your school and aligns with the curriculum.

Are you ready to meet boisterous and mischievous Melva Mapletree? She can't wait to meet you! Melva is available to schools, community groups and home educators: <https://melva.org.uk/>.

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

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: 9.30am - 11.30am

Support Group with John Gibson, Matron - CYPS

Wednesday 13 July: 9.30am - 11.30am

Chatton Village Hall

Craft Group

1st and 3rd Thursday each month - 7 and 21 July, 4 and 18 August: 1.30pm - 3.00pm

Chatton Village Hall

Girls and Autism - zoom (Term time only - next session September)

Last Tuesday each month: 9.30am - 11.00am

Movement, Dance and Creativity Day

Friday 12 August: Either 10.30am - 12.00pm or 1.00pm - 2.30pm

Howick Cricket Pitch, Howick Hall Gardens, NE66 3LB

Autism Friendly Forest School at Clarty Commandos

Tuesday 16 and Tuesday 30 August: 12.00pm - 3.00pm

Howick Hall Gardens, NE66 3LB

Fundraiser Tea and Tombola

Sunday 21 August: 1.00pm - 5.00pm

Bamburgh Pavilion, Bamburgh, NE69 7DB

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

Organisation



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.

Every Tuesday

5-10 year old sessions: 4.00pm - 5.00pm - Vertu Motors Arena, Scotswood Road, Newcastle, NE4 7AF

10-19 year old sessions: 5.00pm - 6.00pm - Vertu Motors Arena, Scotswood Road, Newcastle, NE4 7AF

Every Thursday

10-19 year old sessions: 6.30pm - 7.30pm - The Louise Centre, Front Street, Stanley, DH9 0TE

Family session (minimum age 5 years)

1st Sunday of the month: 11.00am - 12.30pm - Sporting Club, Cramlington Learning Village, Highburn, Cramlington, NE23 6BN

2nd Saturday of the month: 1.30pm - 3.00pm - Blyth Sports Centre, Bolam Park, Blyth, NE24 5BT

3rd Sunday of the month: 2.00pm - 3.30pm - Prudhoe Community High School, Prudhoe, NE42 5LJ

4th Saturday of the month: 1.30pm - 3.00pm - Jarrow Focus, Cambrian Street, Jarrow, NE32 3QN

Summer programme

Free sessions happening in Northumberland, Tyne and Wear and Durham.

Details will be promoted on www.SmileThroughSport.com week commencing the 11th July.

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

For more information about the sessions and the types of sports and activities, email or 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

Summer Olympics

A one-day a week gaming day for young people through the summer holidays. Includes refreshments and some easy physical activity.

Further information available on Facebook: www.facebook.com/SplinterGroupNorth

E-zine

SpLinter group has launched an e-zine where members can find out about skills, interest and achievements of local SEND young people.

You can see the first edition at <https://www.wafflingon.uk/blog>.

Gaming and chat

Weekly gaming and chat takes place each Sunday, 6.30pm - 8.00pm via Zoom. All welcome.

SpLinter Sisters

SpLinter Sisters meet monthly for lunch in Ridley Park, and for other activities.

Please email, or 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 Jack Ward Inclusion Initiative

Email: thejackwardii@gmail.com

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

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 provides a range of very practical services for autistic children, young people and their families who are affected by ASC (Autism Spectrum Conditions).

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 - via Zoom

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/>

Sensory Issues

Tuesday 19 July: 9.30am - 11.30am

Presented by our Specialist Occupational Therapist - Rachel McManus

An Introduction to Non-Violent Resistance (NVR)

Monday 12 September: 5.30pm - 7.30pm

Presented by NVR Practitioner and Child and Adolescent Psychotherapist - Carolyn Morgan

Using Visual Aids Across the Ages

Friday 30 September: 9.30am - 11.30am

Presented by our Autism Service Manager - Lynda Richardson and Autism Family Support Specialist - Alice Urwin

Understanding the Avoidant Profile

Tuesday 11 October: 9.30am - 11.30am

Presented by our Specialist Occupational Therapist - Rachel McManus

Preparing for Christmas with your Autistic Child

Monday 7 November: 9.30am - 11.00am

Presented by our Autism Service Manager - Lynda Richardson and Autism Family Support Specialist - Alice Urwin

Autism Family Support Group - monthly: Wednesdays 10.00am - 11.00am

Families of Autistic Girls Support Group - monthly: Thursdays 10.00am - 11.00am

Grandparents Support Group

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.

Sunday 17 July: 4.00pm - 6.00pm

Outdoor swimming party

Haltwhistle Leisure Centre, Haltwhistle, NE49 9DP

Saturday 23 July: 10.00am - 3.00pm

Activity day

The Calvert Trust, Kielder, NE48 1BS

Wednesday 27 July: 10.00am - 12.30pm

Multi-sports activities

The Lemington Centre, Tyne View, Newcastle-upon-Tyne, NE15 8RZ

Friday 29 July: 11.00am - 3.00pm

Create-a-Plate: Design & Dine with Nourish Food school

Heaton Baptist Church Hall, Heaton Rd, Newcastle upon Tyne, NE6 5HN

Wednesday 3 August: 11.00am - 4.30pm

Bushcraft Adventure

Moor House Adventure Centre, Rainton Gate, Houghton le Spring DH4 6QY

Friday 12 August: 11.00am - 5.00pm

AchieVing Success: Exclusive Live Event with Visually Impaired Stars

For Visually Impaired teenagers aged 12 – 18

The Biscuit Factory, 16 Stoddart St, Shieldfield, Newcastle upon Tyne, NE2 1AN

Wednesday 31 August: 10.30am - 12.30pm

Goalball and Meet a Paralympian!

The Lemington Centre, Tyne View, Newcastle, NE15 8RZ

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, walks in the local community, and sports activities with local organisations and leisure centres.

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).

Email: info@wecanenable.co.uk

Website: www.wecanenable.co.uk

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

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

Instagram: [Wecancharityfun](https://www.instagram.com/wecancharityfun)

Information/Events

Saturday Club Children Service

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

Saturday Club Adult Service

(Term time only): 3.00pm - 6.00pm

Easter, Summer and half-term holidays

Information available on website.

Please visit website or Facebook for further information.

If you are interested in finding out more information about how to access our service please contact Hayley Armstrong (Manager) via info@wecanenable.co.uk.

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)

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

Their support includes a listening ear helpline service. [Family workshops and events](#)

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

IPSEA

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.org)

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/tvhappy)

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.

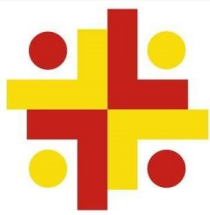
[literacytrust.org.uk/early-years/bilingual-quick-tips/](https://www.literacytrust.org.uk/early-years/bilingual-quick-tips/)

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/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.