

Welcome to Autumn term SENCo Coffee morning!



What is out there to support
you and your family?

New Beginnings

A course for parents and carers of children aged 5 or under, who have autism or social communication needs

This course is run a minimum of twice yearly in each across Essex. It is free for parents/carers to attend and is held face to face. They must attend at least 8/10 sessions.

Course content covers

Session	Title of Session
1	An introduction to the course
2	Understanding Social Communication
3	Stages of Communication
4	Sensory Processing
5	Play
6	Communicating Behaviours
7	Eating, Sleeping and Toileting
8	Science and Anxiety
9	Peer Educator Programme
10	Moving On

How can you access the course?

Parents should Google Search Essex Good Beginnings and choose the first result to be directed to an [expression of interest form](#).

- <https://send.essex.gov.uk/search-support-groups-and-activities/good-beginnings-course>
- Parents will be contacted when a course is running in their area and ask to confirm whether they would like to attend.
- The autumn 2023 course is already underway. Parents can sign up for 2024.

Autism Central for parents and carers

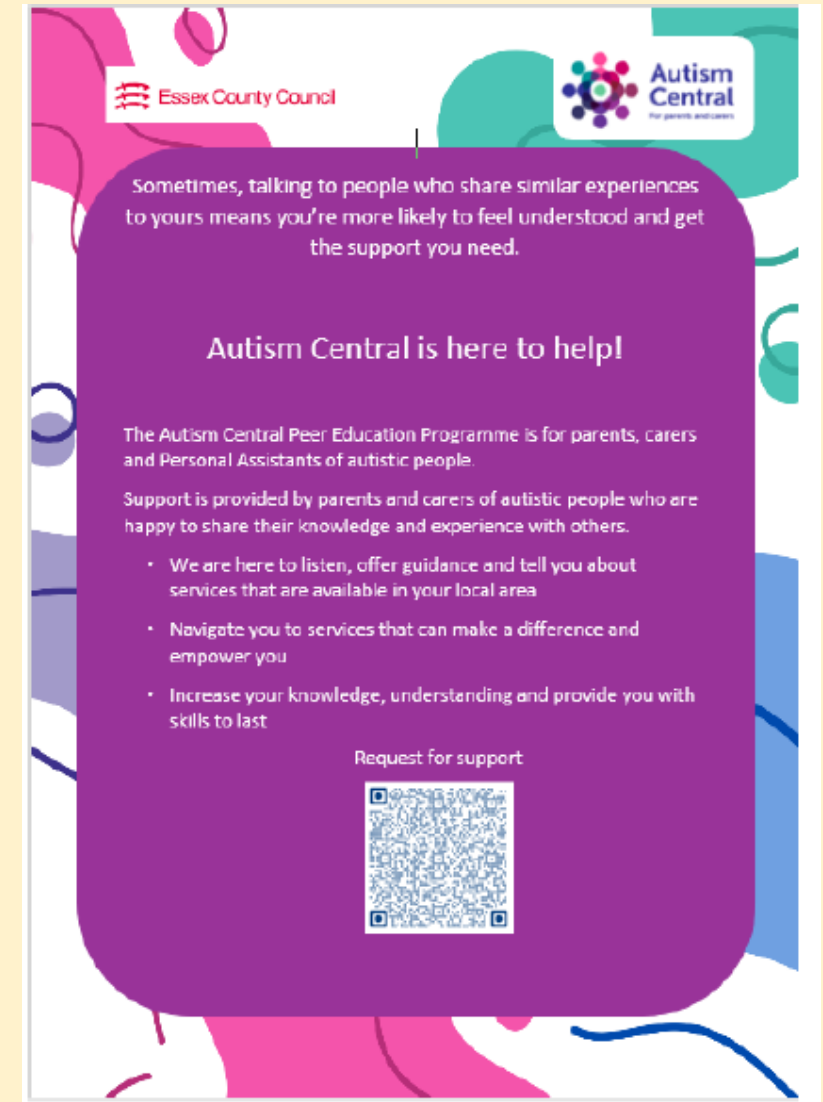
This is a free service to receive direct support.

The Autism Central Peer Education programme is for parents, carers and Personal Assistants of autistic people.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others

Autism Central: <https://www.autismcentral.org.uk/find-help>

Request support form: [Request for support](#)



The flyer is for the Autism Central Peer Education Programme. It features a purple background with white text. At the top left is the Essex County Council logo, and at the top right is the Autism Central logo. The text on the flyer includes:

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

Autism Central is here to help!

The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Navigate you to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

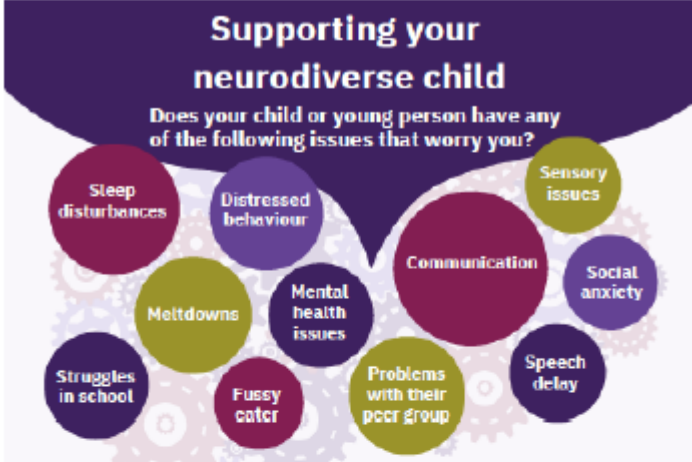
Request for support



Supporting your neurodiverse child

Can download the pack at

<https://essexfamilyforum.org/resources/nd-pack>



The poster features a central purple banner with the title 'Supporting your neurodiverse child' and a question 'Does your child or young person have any of the following issues that worry you?'. Below the banner are ten colorful circles, each containing a common neurodiversity-related issue: Sleep disturbances, Distressed behaviour, Sensory issues, Social anxiety, Speech delay, Problems with their peer group, Fussy eater, Meltdowns, Mental health issues, and Communication. The circles are arranged in a circular pattern around a central point.

Supporting your neurodiverse child resource pack.

Written by Essex Family Forum, MyOTAS and SEND the Right Message, this information pack is to help families navigate the support that is available and includes practical interventions, resources, hints and tips based on the lived experiences of local families. Available both online and in hard copy, simply scan the QR codes opposite, or visit the Essex Family Forum website.

View a digital copy here

About Essex Family Forum

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org to find out more about what we do, to access the resource pack and to share your experiences and feedback via our virtual graffiti wall.

Order your free hard copy here

Support for children and young people with SEND

The Local Offer gives children and young people with SEND, and their families, information about what support services are available in their local area. You can access the Essex Local Offer at www.essexlocaloffer.org.uk

Share feedback via our graffiti wall here

Logos: Essex Family Forum, MyOTAS, SEND the Right Message, NHS, Essex County Council

Top Tip from Mrs White

Upcoming dates

Wednesday 31st January 2024

SENCo Coffee morning with 2 special guests!

Kirsty Roberts

SEND Resource Van

Alison Crumpton



Services they offer, peer educators who share lived experiences.