



Making Changes Together XXVI

Conference Report

Ramside Hall Hotel & Golf Club,
Carville, Durham

25th November 2021



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Contents	Page
Welcome and introductions	3
SENDASS	3
Short Breaks	9
Durham Works	12
Durham Enable	13
Designated Clinical Officer	18
Team Training	21
Neurodevelopmental Pathway	25
SEND Strategy	31
Relax Kids - Live Well North East	37
Closing Remarks	39
Appendix one – Conference Evaluation Comments	40

Welcome and Introductions

Marsha from Making Changes Together (MCT) parent carer forum hosted the conference, with Amy (MCT) providing technical support. Marsha introduced MCT and welcomed guests to the event.

This conference is the first major face-to-face event since the beginning of the current pandemic. Marsha gave an overview of the history of MCT, her personal involvement and the focus on the future for families of children with disabilities or special educational needs.

SENDIASS

Manager Lisa Kirton and newly appointed Officer Heidi Donkin delivered an update on the work of the SENDIASS Team (presentation attached below). Lisa pointed out how nice it was to see everyone ‘in the flesh’ again! She talked about the growing team and introduced Heidi. Heidi is a new member of the team, with a Caseload but also with responsibility for the newly developed ‘Autism Hub’ within the SENDIASS Base at Lee House, Easington.

Lisa described huge increases noted in children and young people with social communication difficulties (now 79% of service referrals) See statistics in the presentation notes.

‘Autism Champions’ have been trained by Heidi in each of the family centres across County Durham, who are able to cascade their knowledge to colleagues and to families. She is currently aiming to develop a virtual hub alongside the hub at Lee House.

A dad’s support group will also be launched on 7th December 2021 in partnership with Live Well North East. Information on various group sessions is available from SENDIASS; contact information can be found in the presentation slides.



Service Update for the MCT Conference XXVI



Who's Who?

Lisa Kirton Ann Connor
SENDASS Coordinator



Catherine Winn
IASS Officer (SEND)

SENDASS Support Officer



Angela McGinlay
IASS Officer (SEND)

Ruth Pope
Short Break Solutions Officer



Heidi Donkin
IASS (Autism & Social Communication)



Review of SENDIASS Data so far in 2021



- So far in 2021 SENDIASS have received over 4500 enquires from parents, carers and professionals.
- 84% of enquiries were made directly by parents or a supporting family member.
- 96% of families have a child attending a mainstream provision.
- 63% of enquiries were in relation to a lack confidence or understanding of their child's SEND provision.
- 79% of enquiries were from families who have children with Communication and Interaction difficulties with 33% of those who have associated SEMH needs including anxiety, emotional well-being and mental health.
- 44% of enquiries related to parental requests for statutory assessment for an EHC.P.
- 103 families received impartial guidance and support with the SENDIST Appeal process.

New Role for families

- In April 2020 we welcomed Heidi Donkin to our team. Heidi's post is to service to support families who have children or young people with Autism or Social Communication Difficulties with or without a diagnosis. The aim of the role is to empower families to build their own skills, knowledge, and resilience to be able to make their own choices to understand and support their child.
- She has also been working closely with colleagues regarding the launch of the Neurodevelopment Pathway
- She has been closely involved with the development of Parent/Carers Autism Workshops that have been piloted with Adult Learning & Skills. A second round of workshops is currently underway. Please see information on your tables if you would like to find out more about this.
- Heidi has plans to develop a virtual Autism Information Hub that will be integrated within the SENDIASS website
- She has also been delivering a Autism Champions Programme to colleagues within One Point and the Family Centre teams. This training is to support and upskill Early Help Workers so that they are able to empower families where Autism is a part of their lives. Each Early Help team within County Durham now has an Autism champion, these people will be continually supported and have access to up to date information, training and knowledge to help them within their roles.



The new Durham Autism Hub



DURHAM AUTISM Hub

DURHAM SENIOR iASS

HUB DROP IN SESSIONS
First Wednesday of each month
SESSION RUNS 10.00am—12.00pm
08.11.21
06.12.21
03.01.22

Durham Autism Hub is available to anyone with an interest in Autism including parents, carers, family and friends as well as Autistic individuals themselves. Sessions offer:

- Signposting and guidance to support in the area that is available as well as national support and charities that can help.
- Access to a selection of books, information and resources including the option to use our tablets to research and print information when needed.
- A relaxed, warm and inviting atmosphere where people will come to share stories and experiences with each other.

D.A.D.S GROUP
(DURHAM AUTISM DADS SUPPORT GROUP)

TUESDAY 7TH DECEMBER
6.30PM-7.30PM
LIVE WELL CENTRE, SACRISTON

Live Well North East
DURHAM SENIOR iASS
RUN BY DURHAM SENIOR iASS IN PARTNERSHIP WITH LIVE WELL NORTH EAST CIC.
A PARENT CARER SUPPORT GROUP FOR AUTISTIC CHILDREN IN DURHAM

New Dad's
Group
starting
December 7th



Heidi is also offering families a daytime support group and a virtual support Group

Heidi's contact details

Email:
heidi.Donkin@durham.gov.uk

Tel: 03000 264484

What have we been up to so far in 2021

- Families have responded well to the telephone appointment system which has reduced the number of failed telephone call backs. When families contact the service their initial referral information is taken by Ann who arranges a dedicated telephone appointed with one of the team.
- NEW SENDIASS Facebook page. Please share the new page on your information to families. **Durham SEND Information, Advice, Support Service**
- Ruth Pope the Short Breaks Solutions Officer is now well established in the role following her appointment in January 2021. Ruth's role is to be a central point of contact for services and families regarding the short break provision for children/YP with SEND.
- We have been working closely with the launch of the Neurodevelopment Pathway. 3000 letters were sent to families as a keeping in touch while their child/YP is awaiting assessment with SENDIASS details on as a point of contact for support which in turn has had a significant impact upon service capacity.



Other Service Developments

- Lisa delivered 16 SEND related daytime & evening workshops during October to November with MCT
- Lisa has offered some evening appointments for parent/carers who are unable to have contact during the day.
- Lisa has also delivered webinars about the role of SENDIASS to other services within the Local Authority, Health and the Voluntary Community Sector. Also attended the SENDCO Network meeting to promote the role of the service.
- The service has a newly formed SENDIASS Steering Group which takes representation from parent carers, a mainstream primary and secondary school SENDCO, a special School Headteacher, a One Point Operations Manager, the DCO, and the VCS Coordinator. Vacancy for Post 16/College representation. The group will be a 'critical friend' of SENDIASS and inform developments and a strategic vision for the service to meet the needs of families. If you would like to be involved please contact lisa.kirton@durham.gov.uk



Our Contact Details

Telephone: 0191 5873541 or 03000 267004 including 24 hours answer machine (please leave a message if they can't get through first time).

Email: sendiass@durham.gov.uk

Website: <https://durhamsendiass.info/>

Facebook Messenger

Short Breaks

Children's Commissioning Officer Lyndsey Dunn and Short Breaks Officer Ruth Pope spoke to the conference about Durham's Short Breaks Offer. Lyndsey described families need for a short break and how they have approached supporting families throughout the pandemic. This included delivering activity packs and virtual sessions then, when able, moving back to face-to-face activities.

Ruth's role is to work with families to understand the barriers to enable their children to access short breaks. To help with those access needs and to ensure they are able to access a variety of suitable short breaks.

The Gaps; Ruth and Lyndsey are currently looking at where there are gaps in provision. Assessing how they can be plugged and what activities are needed so that every child and family who need it, can access a suitable short break. Ruth is the first point of contact regarding short breaks and is the link to commissioners and providers in developing what is needed.

Lindsey requested that parent carers please register with the Children's Network as this, along with the County Durham Carers registration is the key mechanism for parents to identify their child and family needs. Lyndsey emphasised that they really need to know what will work for your child to enable them to develop and deliver those special disability sessions. She described to the conference the individual, targeted and specialist short breaks offer, highlighting the massive increase in the need for high level support.

Ruth's contact details can be found within the presentation attached below;

Short Breaks in County Durham

Working together to help keep the people of County Durham happy, healthy and at home



We want :

Opportunities to exist for children and young people with disabilities which allow parent/ carers short breaks from caring when needed.

Working together to help keep the people of County Durham happy, healthy and at home



We will



- Work with families to understand their needs
- Research what exists across County Durham
- Understand barriers to access
- Help to enable access where we can
- Identify gaps in meeting needs of some families
- Work jointly with families to develop solutions and commission an offer to meet their needs without an assessment.
- Continue to review what we are doing

For those families who require specialist support we will work with social work teams and commission support in line with statutory assessments.

Working together to help keep the people of County Durham happy, healthy and at home



We will do this by



- Short Breaks Solutions Officer
- Children and Young Peoples Network (Disability Register)
- Durham County Carers Register
- Making Changes Together
- Investing in Children
- VCS Alliance
- Enabling Inclusive Communities Officer (new role)
- Commissioned short break offer
 - An offer to support access to mainstream where possible (without an assessment)
 - An menu of activities for those unable to access mainstream (without an assessment)
 - Specialist support for those with complex needs following statutory assessment
 -

Working together to help keep the people of County Durham happy, healthy and at home



Short Breaks Solutions contact information

If you feel you know a family are in need of a short break from their caring role but unsure how to get one – please contact Short Breaks Solutions by phoning the telephone or email address below.

Telephone: 03000 260 270



Email: shortbreakssolutions@durham.gov.uk



We can work together to co-ordinate a creative response for families.

Working together to help keep the people of County Durham happy, healthy and at home



Durham Works

Mark apologised for Durham Works personnel being unable to attend as the planned speaker was currently unwell. However, their presentation is attached below and includes the contact details;

Your future is created by what you do **today!**

Are you?

- 16-24 years old
- A County Durham resident
- Not in education, employment or training

If so, see how DurhamWorks can work for you!

“
A lot of people who finish a degree are not sure what job they want to do or what opportunities are available. DurhamWorks can help you find those opportunities.
-Kayleigh **”**

I had just finished my degree in design and was unemployed for a few months as I didn't have the experience people wanted.
So I did a course with DurhamWorks and from there managed to secure a full time job.
Text 'Works' to 60777

Your future is created by what you do **today!**

Are you?

- 16-24 years old
- A County Durham resident
- Not in education, employment or training

If so, see how DurhamWorks can work for you!

“
Without DurhamWorks I wouldn't be where I am today and that's a good feeling.
Katie **”**

I was in the process of going into the Navy but I couldn't get to the next step of interviews due to transport issues. DurhamWorks helped me overcome these and I am now on my way to a career in the Navy.
Text 'Works' to 60777

DurhamWorks
To improve your future

European Union European Social Fund
Supported by the Youth Employment Initiative

DurhamWorks
To improve your future

European Union European Social Fund
Supported by the Youth Employment Initiative

Durham Enable

Service Manager Mark Callaghan described Durham Enable as a supported employment service that provides opportunities for people with disabilities to obtain in-depth support from dedicated job coaches and intensive 1:1 support with a longer-term aim of enabling the person receiving the support to get into the world of work.

The service has been operational since February 2021 and they are in the process of developing a network of employers who understand the reasonable adjustments required (mostly simple measures) to adapt the work environment to meet the needs of disabled employees.

The service has dealt with 120 referrals to date from March to November 2021 with 20+ young people supported into work. The service is now growing rapidly and they will employ further job coaches as the need arises.

Job coaches work through concerns over for example, the possible loss of benefits which is a very complex field. They have had some excellent success stories so far, an example being Paul; aged 26 who has never been in paid employment, but through his job coach has successfully secured employment he enjoys.

The presentation slides can be seen below;



A Supported Employment Service for County Durham residents

Mark Callaghan - Durham County Council

Altogether better



Quick Overview

- County Durham has an historically low employment rate for adults with Learning Disabilities and Autism.
- As a response, a Supported Employment Service has been commissioned adopting a multi -agency.
- Strategic focus from DCC is to reinvigorate the discussion on inclusive employment across the county .

Altogether better



What is Supported Employment?

- Personalised model for supporting people with significant disabilities to secure and retain paid employment. Ongoing, intensive support is the key difference to this offer.
- Customers will work 1:1 with a job coach on the staged approach.
- All work is geared towards paid outcomes.

Altogether better



What is Supported Employment?



- Initial Engagement & Service registration.
- Vocational Profiling – including assessment, parent/carer and multi agency engagement, community based interventions, preparing for work.
- Employer Engagement – CV building, job searching, work trials, job applications.
- Job Matching – securing job offers, engaging with employer and preparing for work.
- In Work Support – Individualised support to be faded out.

Altogether better



Target Group

- The **target group** is those aged 18+ and a Durham resident not in employment or full time education:
- Learning Disability and/or Autism.
- Disability – physical/sensory.
- Those with Mental Health difficulties (receiving support from primary care/early help/community partners).
- “Right to live and work in UK” (ESF).
- You do not need to have an assessed care need/EHCP.

Altogether better



Referrals to date Update

- 140 referrals received to date.
- 69 people supported.

25% of our referrals are from AC team members.

30% DurhamWorks referrals.

20% JCP.

Altogether better



Job Offers

- 21 accessed employment with the following employers:

- Bridge Creative
- B&M
- Card Factory
- Countrystyle Foods
- Disability Sport Durham
- DCC
- DurhamEnable
- Gala Theatre
- Gateway NorthEast
- Gestamp
- Inclusion North
- JD Sports
- KR Salvage
- NHS Newcastle Hospitals Trust
- Park View Academy of Sport
- PPG
- Ridge Tech
- Stanley Town Council
- The Shaw Trust
- Tesco
- Zizzi

Altogether better



7



Customer Overview

- Referred From: Bridge Creative.
- Diagnosis: Autistic Spectrum Disorder.
- Age: 26.
- Never had paid employment or volunteering work in the past.
- Paul suffered with isolation during lockdown.
- Paul's dream job is to work in the film or theatre industries.

Interventions

- Paul's Job Coach worked with him to build his confidence following his isolation during lockdown.
- Paul was not receiving and benefits prior to engaging with DurhamEnable. He was supported to complete his Universal Credit application to access the benefits he was entitled to.

Altogether better



Job Offer

- Employer: DCC – Gala Theatre.
- Hospitality Assistant: Initially employed on a seasonal zero hours contract which suited Paul's transition into paid employment.

Job Focused Interventions

- Vocational profiling.
- Travel training.
- Social interaction skills and exposure to sensory environments.
- Accessing volunteering opportunities in retail and catering to prepare for paid employment.
- Assistance with completing applications and interview preparation.

Altogether better



Designated Clinical Officer (DCO)

DCO Laura Coulthard described her role as ensuring that all services across Health and Education are doing what they should be doing in relation to providing support to families of children and young people with SEND. Laura's presentation describes some of the work that she and the CCG's (clinical commissioning groups within Health) are undertaking (see attached).

Laura brings together people from as wide a range of services as possible and who have some influence within the commissioning of children's services. Building respectful relationships, raising and resolving issues promptly and always making links; she has a key role in communication and making small steps in the right direction. Supporting the creation of EHCP 'buddies' within all relevant services.

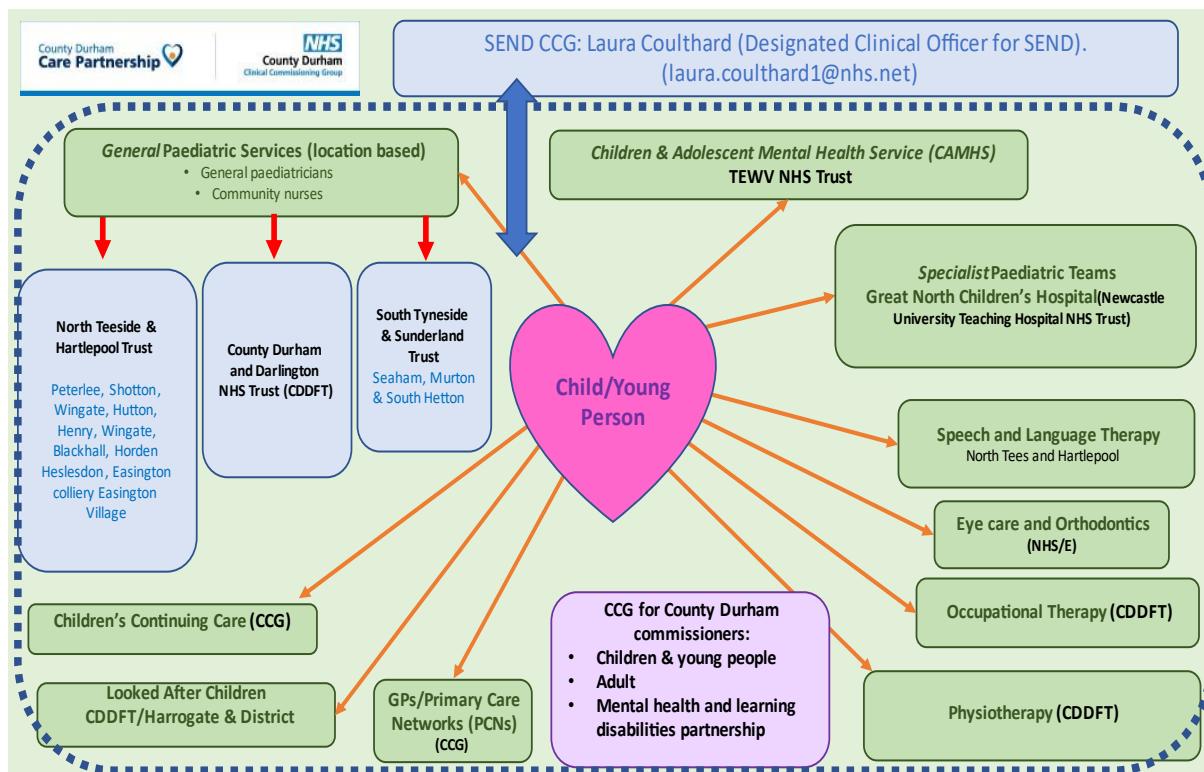
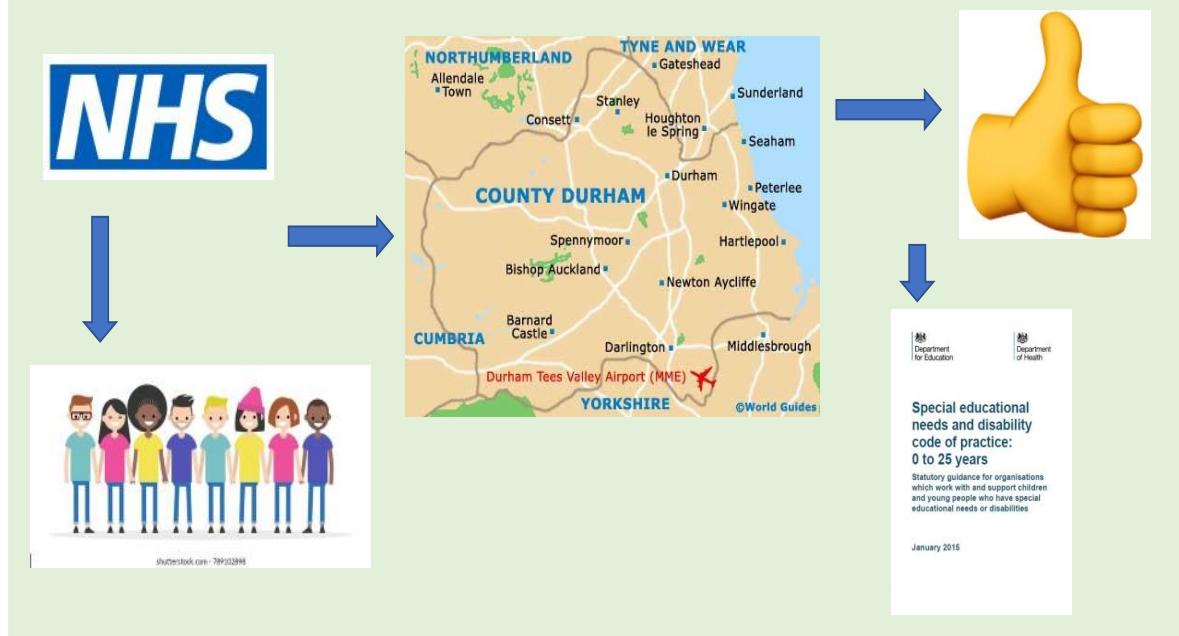
Laura talked about her passion for supporting autism and what she has done so far. She has worked with the young people's Xtreme Group to develop a survey. 573 people took part across various forums to ascertain which term was preferred to describe autism. Everyone preferred the term AUTISTIC. Particularly, autistic people themselves wanted to be referred to as autistic. They most disliked being referred to as ASD. The point of Laura's work with the Xtreme Group was to highlight that we should LISTEN to people. There was generally a huge objection to the use of the word 'disorder'.

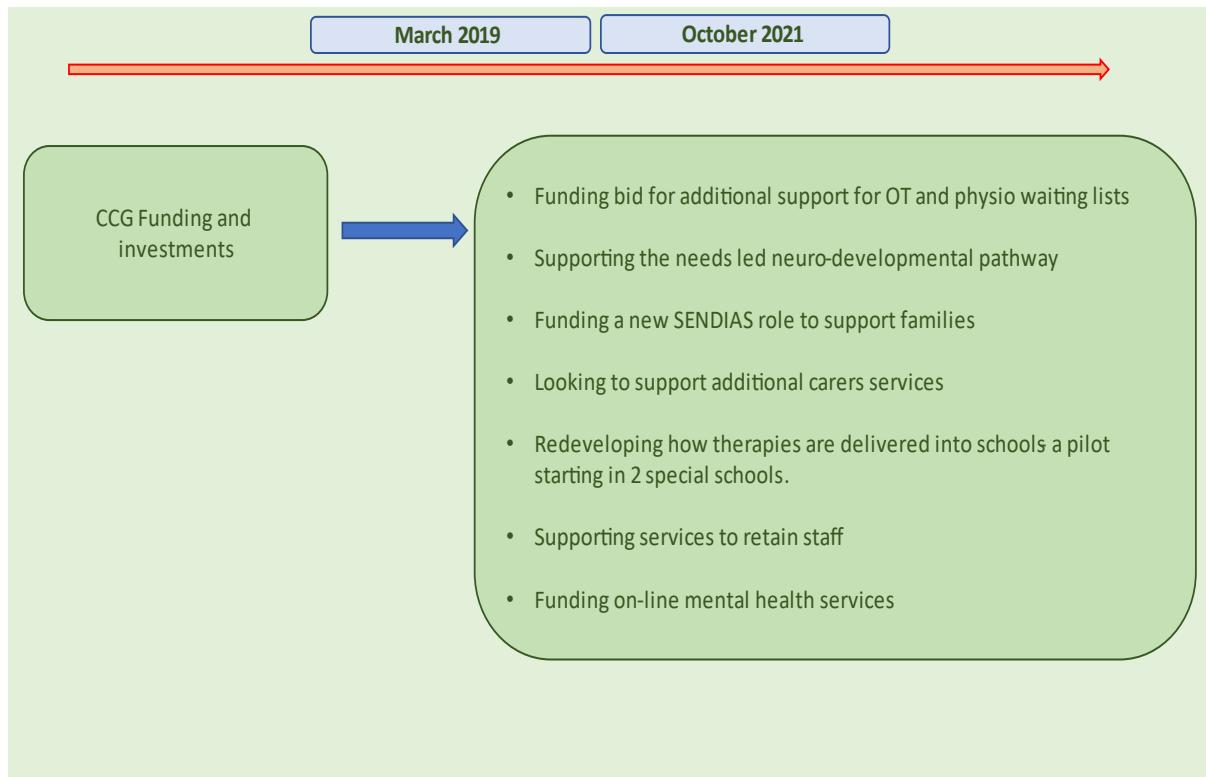
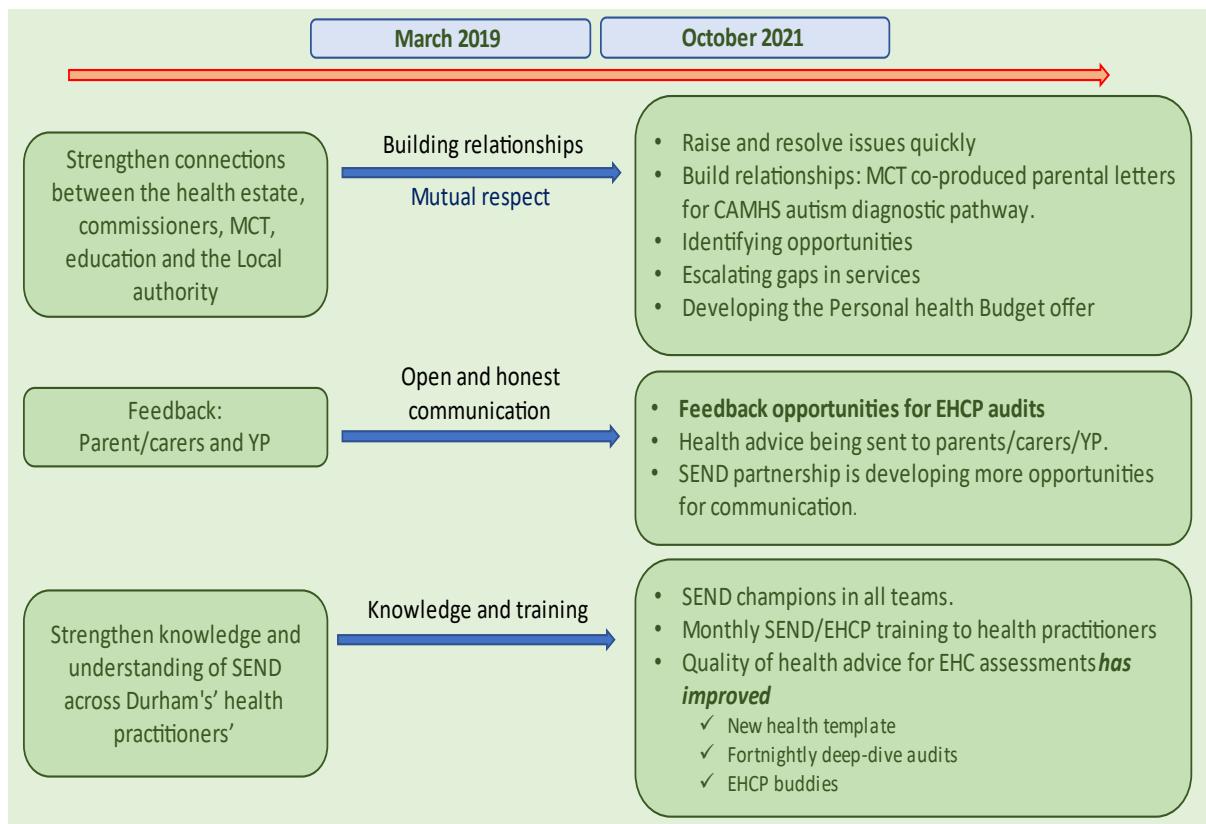
Laura Coulthard

Designated Clinical officer for SEND

(CCG Clinical Lead in for C/YP with SEND)

Supporting County Durham CCG commissioned health services in upholding their responsibilities identified in the SEND Code of Practice





Current issues

- Increase in assessment waiting lists across health services
 - Increase in referrals (mental health)
 - Impact of COVID
 - Staff retention
 - Staff recruitment
- Significant (nationwide) increase in placement breakdowns for C/YP and a lack of suitable placement options.

Team Training

Following an initial Zoom ‘get together’ between the MCT parent carer forum, the Rollercoaster group, Durham County Carers Support and CAMHS, a decision was made to develop ‘Team Training’. This would be an online resource to identify what is available to add to the Team Training catalogue. The presentation to the conference is attached below and described the list of courses delivered so far.

A rolling programme will continue throughout 2022 and details will be widely shared on social media platforms.



**Parent Carer (of children and young people aged 0-25yrs)
TRAINING & information Sessions**

Sessions offered so far:

- Supporting Anxious Children
- Emotional Wellbeing
- Positive Behaviour Support
- Supporting Siblings of children with additional needs
- Sibling Rivalry
- SEND law and the code of practice
- Quality First Teaching
- Statutory Assessments and EHC plans
- SEND appeal and tribunal
- Access to the Creative Education Online Resources



What parents said :

Presentation was excellent but also extremely useful to hear other parent's experiences.

I liked it online. I get very anxious before real life sessions. I was able to participate in this a lot easier.

Lots of useful tips!

New approaches to tackle anxiety, how to think about it, how to help my child and where to go to get help

Just listening to advice and guidance and to know our children aren't alone and each child is different

I will be implementing a lot of the ideas that were brought up by the facilitators and the other participants that were writing down ideas in the chat. I found it very useful and can use the ideas in my parenting from now on, and just in general be more positive and make time for myself and my children to talk through any worries they may have and deal with it together.



Sessions coming up:

The rolling programme of Supporting Anxious Children & Emotional Wellbeing Sessions will continue.

Continued access the Creative Education Online Resources

Making Sense of Caring online session in December
Sleep Workshop coming early in the new year.

So, look out for Team Training Publicity on our social media platforms. It will look like this....



Supporting Children Who Are Anxious

Tuesday 28th September 9.30-11.15am & Wednesday 10th November 9.30-11.15am (both sessions will be the same)

The session will help you to understand what anxiety is and why we experience it. Enable you to recognise the signs your child is becoming anxious, and develop understanding of how to respond to your child's anxiety. You will also learn strategies to help your child manage their anxiety.

Emotional Wellbeing

Wednesday 13th October 9.30am-11.15am & Tuesday 14th December 9.30-11.15am (both sessions will be the same)

This session will focus on emotional wellbeing, what it is and how we can improve it for ourselves and our children.

The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS

To book places please email TEWV.countydurhamcamhstraining@nhs.net

Please state which session/s you would like to attend and give your name, email address and contact number.

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust



Please let us know if you have any ideas for future sessions. You can contact any of the organisations through our social media platforms or website.



support@rollercoasterfs.co.uk
Tel: 07377213952

County Durham and Darlington Needs Led Neurodevelopmental Pathway

Team Manager Rachael Allen and Service Manager Jill Raeburn talked to the conference about their new service, transformed from several previous services. It covers Durham and Darlington and supports life-long difficulties, social communication etc.

The overhaul was necessary because there was a general confusion over what services and support was previously available. The new service is a 'needs led' offer of public support to minimise the gaps identified. There is an emphasis on support and advice being available WITHOUT a diagnosis. The service sits within the NHS, under TEWV (Tees, Esk and Wear Valley).

Neurodevelopmental support used to have two pathways; these have now merged into one, investing funding to expand the single team from 29 to 58 staff. A significant increase in capacity.

Historically, staff spend a lot of time signposting families to support, especially while waiting for assessment.

So, what does the change mean for families? There is a new referral form for the parent/carer to complete including the child or young people's views and a professional who knows the child. It then goes to a panel to help decide (within two weeks) what support can be offered. See presentation slides on the next page to show the support needed and help available, as well as website addresses, referral form and other useful information.

The managers are constantly looking at ways of improving the team's communication with families, as improving communication is always at the top of the list of what families ask for. A short Q&A session then took place, as Jill and Rachel were keen to hear parent/carer views;

1. A question was asked about how staff communicate with schools as schools often say they can't help until the child has a diagnosis

2. A question was asked about waiting lists being so long. Jill explained that the new increase in staffing is expected to close the gap as they will be able to see far more children
3. A comment was made about two children already diagnosed where parent had tried to re-refer for extreme anxiety but felt discriminated against as they were refused any input. Rachael explained that CAMHS offer interventions relating to anxiety. CAMHS are not, however, commissioned to work with children with autism. Going forward, they are looking at useful interventions and support that will work with those children and young people.

DCO Laura Coulthard agreed that the system needs to improve. There are lots of things still to iron out and services are working towards it. Parents pointed out how frustrating the current system is.

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust



County Durham and Darlington Needs Led Neurodevelopmental Pathway

Jill Raeburn, Service Manager

Rachael Allen, Team Manager

County Durham & Darlington CAMHS



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What do we mean by Neurodevelopmental?



- Lifelong
- Difficulties including:
Cognition, language, motor development, attention,
emotional regulation, social communication
- Evidence that neurodevelopmental conditions co -occur
- Two of the most common Neurodevelopmental conditions
are ADHD and Autism

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Why “Needs led?”

- Parents highlighted the importance of needs being met,
regardless of diagnosis
- Confusion over what services were available without
diagnosis
- Importance of a culture change across the system
away from diagnosis

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Needs Led Offer/Bubble of Support

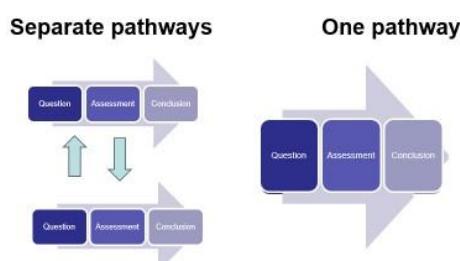
- Information brought together for the local area
- Additional funding available to minimise 'gaps' identified eg Contact service in Darlington
- Emphasis on support and advice being available regardless of diagnosis



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Neurodevelopmental Assessment Team

- TEWV service
- Brings together previous Autism and ADHD assessment pathways



- CCG investment to increase capacity to meet increased demand/reduce waiting lists

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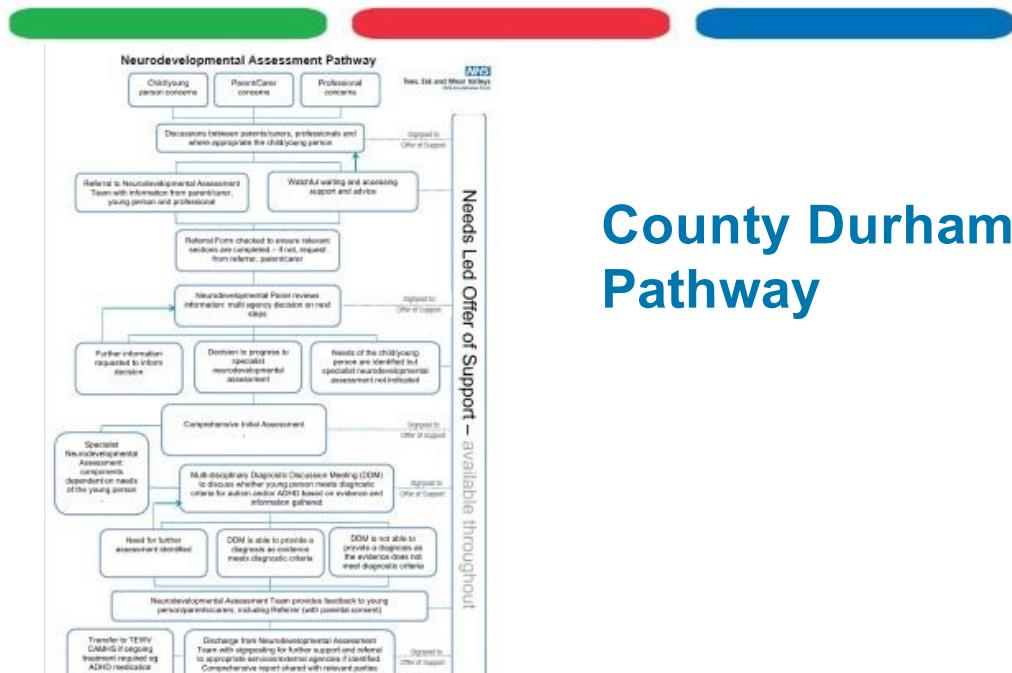
Referral Process

- The form has three sections: for professional who knows the child/young person well, family/carers and young person
- Professional submits the completed form which is reviewed by multi-agency panel
- Based on information available, feedback to referrer and family on whether neurodevelopmental assessment indicated
- Local support offer available before, during and after assessment

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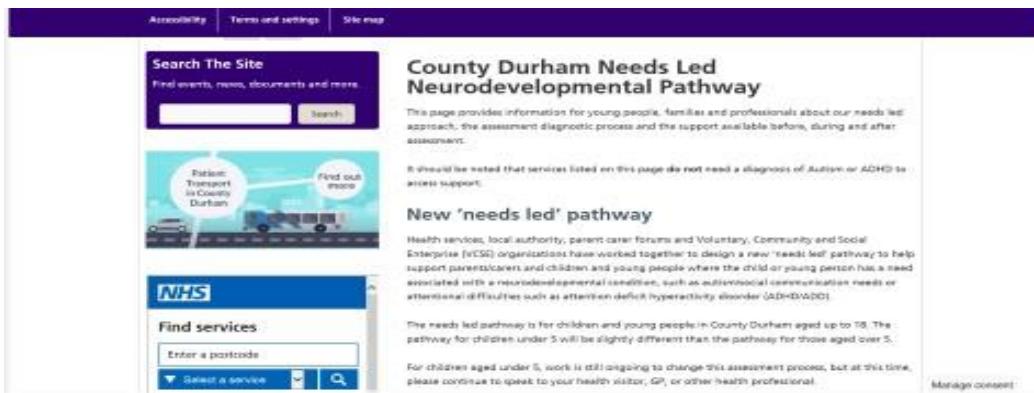
together

County Durham Pathway

CCG hosted websites

<https://countydurhamccg.nhs.uk/our-work/needs-led-neurodevelopmental-pathway/>

<https://teesvalleyccg.nhs.uk/our-work/darlington-needs-led-neurodevelopmental-pathway/>



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Changes that Families/Carers will see

- Go Live dates: Darlington April 2021 Co Durham October 2021
- Availability of local website
- Improved access to advice and information on what support is available, regardless of diagnosis
- Introduction of Referral Form
- Early feedback on whether this will progress to further clinical assessment – replacing previous time within a CAMHS mental health team
- Single assessment process for Autism and ADHD
- Improved communication – TEWV are working with service user and carer groups to improve this, and are contacting families regularly with suggestions of support that is available

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Further information / queries?



jill.raeburn@nhs.net

rachael.allen13@nhs.net

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SEND Strategy

Strategic Manager for SEND and Inclusion Paul Shadforth provided an update on the SEND strategy.

Paul talked about how people have had to adapt to digital working and some wins have been to be able to offer parents to retain the option of holding meetings online.

Paul described the scope of his management role and how since taking on the role he has tried to engage and involved all people and services in the field of SEND. The SEND Strategy is an important element to ensure that there is a developmental framework to follow

Overview of vision and aims;

There are 4000 Education, Health and Care Plans in County Durham 2000+ aged 5-16, some in Early Years and approx. 1300 in post 16.

There are 10,000+ pupils with SEN support plans in school.

So far 14-15,000 children and young people in County Durham have supported SEND

The national figures are similar to Durham

See attached presentation for figures relating to where children and young people are educated. There is work to be done to raise parental confidence in mainstream schools being fully able to meet SEN needs.

The last SEND Strategy was dated 2015-2021 and the new strategy is under development.

The attached presentation describes the vision, aims for inclusion and key areas for improvement;

SEND Strategy Update



Making Changes Together Autumn Conference 25/1/21

Paul Shadforth Strategic Manager SEND and Inclusion



What I Will be Covering

- Background and Context
- An Overview of the Vision and Aims
- The Action we are Taking to Make it Happen



Durham SEND Background and Context

Nov 21

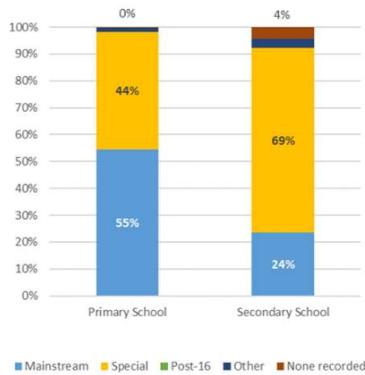
- 3,921 children and young people in County Durham aged 0-25 with an Education Health and Care Plan (EHCP) (Oct 21)
- Of these children and young people, 2,512 (64%) are school age pupils
- 10,137 pupils attending County Durham schools are supported through a Special Educational Needs (SEN) Support Plan (Oct 21)
- These numbers have increased each year since the introduction of the SEND Reforms (2014)



Durham SEND Background and Context - Nov 21

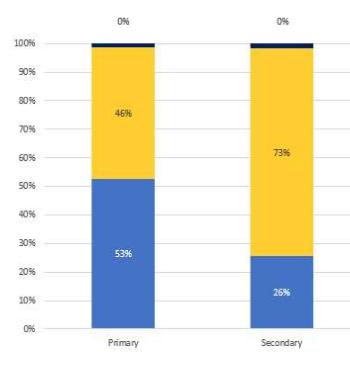
Placement of school age children with an active EHCP

(Jan 2021)



Placement of school age children with an active EHCP

(Oct 2021)



A slightly lower percentage of children with EHCPs in primary are now having their needs met in their local mainstream school.

A slightly higher percentage of children with EHCPs in secondary are now having their needs met in their local mainstream school.

Most secondary age pupils with EHCPs are attending special schools.



Strategy Development Background

Our local strategy for children, young people with Special Educational Needs and Disabilities (SEND) It will enable us to understand what we need to do together to make sure that children and young people with SEND are fully included in our communities, that we work together to achieve this vision, and what we can each contribute. This Strategy will:

- Inform and support what we do
- Enable us to understand when we are making progress
- Help to identify what else we need to do
- Promote inclusion in supportive communities at every step

It is also important that this new SEND Strategy makes sense for all stakeholders and has their support which is why each stage has been developed in collaboration with all those who are involved including:

Young People with SEND, Parents and Carers of Young People with SEND, School leaders and SENCOs and key Local Authority and Health Provider Trusts



Strategy Development Background

Driving the Need for a New Strategy

- Our current Strategy has ended
- Post Ofsted and CQC (Jan 2020) visit we have been managing SEND transformation and responding to COVID

The work that we done so far to develop the strategy

- Methodology – initial information, strategic aspirations, and Theory of Change modelling
- Stakeholder Engagement



SEND Strategy - Vision

Our Vision for children and young people with special educational needs and disabilities is the same as it is for all children and young people in County Durham: That they are safe and part of their community, have the best start in life, have good physical and mental health, and gain the education, skills and experiences to prepare them for adulthood

This strategy should be built on a foundation of strong relationships and clear and positive communication between children and young people with SEND and those who support them.



SEND Strategy - Aims

- Where possible, for all children and young people to attend their local school and education setting which understands them and is able to meet their needs
- To work closely with families to develop resilience and feel confident that needs are understood and met, and will continue to be met through all transitions
- To listen to what children and young people are telling us when supporting them and to support positive inclusion and develop their resilience and independence
- To identify needs in a timely way and have the right support available to meet needs at the right time
- For all education settings and their workforce to be confident in identifying and meeting needs, and to promote good health and wellbeing and inclusion
- To have a joined up offer of support available, which is appropriate to assessed needs



SEND Strategy – Focussing on Inclusion

- Being **present** in their education setting
- **Participating** fully in their educational community
- **Achieving** and making progress at a pace that is right for them
- Feeling that they **belong** in their community
- Working towards being as **independent** as possible



Next Steps

- The intention is for this strategy to inform the SEND provision and necessary transformation of this provision in all schools and other learning providers , local authority and health/care services
- To do this action planning through each part of the SEND Strategic Partnership is currently underway
- The SEND Strategy will be reported to both full Council at DCC and the CCG Boards in January 2022



Relax Kids – Live Well North East

Deborah and Emma provided an interactive workshop to the conference, on de-stressing techniques.

They started their presentation by explaining the tools and techniques used to calm people down and moving on to de-stressing hints and tips for parents, such as hand and shoulder rolls, full body stretching and arm stretching.

There was lots of engagement with delegates and tips for helping their children to alleviate stress. They included massage techniques to release the stress inducing hormone Cortisol. They also covered breathing techniques, explaining the benefits of deep breathing.

It was an excellent workshop and very well received.

The Live Well Centre is based at Sacriston, led by the community and centre users. It is funded by Children in Need and is based around 'five ways to well-being'. Staff visit County Durham schools delivering workshops and run a resilience boot-camp led by the children attending. A key aim is to enable children and young people to understand anxiety and worry. They have secured

Lottery Funding for three years for all sorts of sessions for adults. Some sessions are run in tandem with play sessions enabling young parents to attend an exercise class while their child is attending a play session. They also run a boxing club.

Information is attached below and contact details are included.





Find us on Facebook!

@LiveWellNE @RelaxKidsDurham
@GoForthFW

LWNE support children, young people and adults to live healthy and enriched lives through empowering health and wellbeing activities.

The Live Well Centre
Sacriston Enterprise Workshops
Plawsworth Road
Sacriston
DH7 6HH

Debs 07842528007
Emma 07530361626

livewellneoffice@gmail.com




Raffle

The end of conference raffle was held and delegates won a range of prizes.

Closing Remarks

Marsha thanked the speakers and delegates and requested evaluations were completed to help shape future events and the work of the MCT parent carer forum going forward.

Appendix 1 - Conference XXVI Evaluation Comments

Head - Something learnt from today

- The existence of Durham Enable, this will be very useful to my daughter.
- The Neurodevelopmental Pathway - new referral process.
- Register Children and Young Peoples Network for communication to parents.
- Durham Enable exists.
- How much support is around.
- Durham Enable.
- More services out there than I knew about.
- I found this very beneficial.
- A lot of new information I havent been told about.
- People are still committed to getting best possible provision/outcomes for children and young people with SEND.
- How services are trying to connect together and with service providers to make things work better.
- About the offer of Short Breaks Services/Respite.
- Found out more about Live Well North East.
- Update on SEND Strategy.
- Lots of useful information and also how Autistic people feel about terms for their diagnosis.
- The service that provides 18+ and does not stop until 25.
- That people are listening, we are Autistic, we don't have Autism.
- New referral process.
- Techniques to calm.
- Durham Enable Service - very valuable.
- Durham Enable.
- Durham Enable.
- Adult Live Well Sessions.
- That I am not registered fir my child on Disability Register!
- New Brook Services.
- Information from DADLG.
- Information about Durham Enable.
- Durham Enable.
- Team Training.
- SENDIASS Steering Group.
- That the breathing technique worked!
- Neurodevelopmental Pathway launched in October.
- Durham Enable, supported employment service for over 18s.
- About how I might be able to get help from Short Breaks and SENDIASS.
- How Relax Kids might be able to help my child.

Heart - Something I've felt/experienced today

- I felt supported and courage that people are trying to make a difference.
- How many services still need to do plenty of work to help across the board.
- Durham Enable Support.
- Utter joy! I love working together!
- Supported.
- How many lovely professionals they are.
- That I am not alone.
- Hope.
- Nice for everyone to come together and listen to other's experiences.
- Great to be back to a face to face conference.
- I am not alone in my frustrations and battles.
- That there are many other people in the same boat as me so to speak and by talking to other people you get ideas about how to move forward supporting our young people.
- Good to speak to other parents of children with SEND.
- Overwhelmed by mic volume.
- Confidence to ask for help.
- Relaxed.
- Relax Kids
- Well fed.
- Enjoyed Live Well, enjoyed it a lot.
- Commitment and passion of all present to make things better for children, young people and families.
- Nice to be face to face.
- Pauls story of getting a job at Gala Theatre was extremely moving.
- The story from the adult from Durham Enable.
- It's been lovely to see people in person to chat, share and learn.
- The food was lovely, especially the lemon meringue pie.
- I am not alone; we all have to fight for our SEN children.
- Support and understanding.
- I've felt I have some ability to contribute and raise awareness of concerns.

Carrier bag - Something I'll take away from today

- Things will improve.
- Team Training - to book onto relevant session.
- Going to do the Neurodevelopmental Pathway, referral with school.
- Lots of resources and information.
- Support from other parents.
- C&YP Register.
- Durham Enable.
- Groups I can join.
- Leads to chase up.
- Recommendations and other people's experiences.
- A lot of advice.
- Leaflets.
- CYPN.
- We are all in this together and there is support available.
- 5 steps to relaxation.
- To keep on trying, find, use, and support what is out there.
- To keep fighting for our young people, there is a light at the end of the tunnel and the services out there are trying their best to offer the correct support for us.
- Think more about terms (Autistic, ASD etc)
- Techniques.
- Information about the SEND Strategy and new Neurodevelopmental Pathway, although a lot of information to take in, still have many questions.
- There are some things I can get involved in.
- The needs led pathway (professional)
- Signing up for CYP Network.
- Freebies.
- Relax Kids techniques and sessions.
- Relax Kids session - useful techniques.
- Networking with other agencies.
- New members for one group (fingers crossed).
- New information and reassurance that there is support out there.
- Everything from Durham Enable.
- SENDIASS information update.
- The Durham Enable video made me cry.
- Lots of valuable information.
- A feeling of positivity that there is a network of support and services.

Dustbin – Something that was not so good about today

- Empty seats.
- The noise from other tables having conversations while speakers are on.
- The slide shows were too small to read along with.
- Found everything relevant and useful.
- Nothing it was great!
- N/A.
- Heating brrr.
- Lots of focus on Autism, not applicable to my child and family.
- Too cold.
- Room was very cold.
- Lack of people not turning up.
- Shame more couldn't attend.
- Difficult to see slides and some information on handouts is very small print.
Hope to see more detail when slides are emailed to me.
- Sensory overload.
- N/A.
- People talking.
- Tech been tech.
- People not turning up.
- When presenters spoke, there were frustratingly a lot of people talking amongst themselves which was disrespectful and irritating (out of your control I understand).
- I just wish other people wouldn't talk while key speakers are giving their presentations. It is very rude and off putting.
- People chatting while speakers were on.
- People not turning up and letting MCT know.
- The amount of people who had booked a place and didn't turn up, waste of MCT's money.
- The lunch food, but the deserts were great.
- Big thank you for today.