

Event Hosting

Parent Carer Forum

family voice
peterborough



together improving services

for children and young people with disabilities and additional needs

Community Centre

Activities & Fun



WHO ARE FAMILY VOICE?

- ❑ Family Voice are the Department of Education designated Parent Carer Forum (PCF) for the City of Peterborough
- ❑ Family Voice is a local registered charity who actively seeks to improve services in all areas of the lives of children and young people with Special Educational Needs and Disabilities (SEND)
- ❑ Family Voice work together with parents to ensure that services meet the needs of their children, ensuring they are at the centre, helping them to be heard
- ❑ Trustees, Staff, Parent Representatives and Volunteers are either themselves Parent Carers or people who desire to help Parent Carers and their children and young people.



WHAT WE DO

- ❑ Help parents engage with professionals across Health, Education and Social Care.
- ❑ Facilitate participation in service delivery.
- ❑ Provide a voice for parents at strategic level meetings.
- ❑ Hold informative events.
- ❑ Help parents and carers have access to the information about SEND services
- ❑ Signpost parents and carers to other agencies/ organisations for direct support.
- ❑ Provide access to family-based activities

A guide for Parent Carers of Children and Young People with SEND

What it is about:

You can find out about a range of things, including:

- Targeted Support
- Early years
- Schools and learning (including mainstream schools, Special Schools and Home Education)
- Post 16 education
- Preparing for adulthood
- Social care
- Money, benefits and finances

If you are a parent carer of a child/young person with SEND, then this guide is for you!

2023/24

Peterborough Guide

for Parent Carers of Children and Young People with Special Educational Needs and Disabilities (SEND) from birth to 25 years

PETERBOROUGH CITY COUNCIL

Published by **my family our needs**

family voice
together improving services

www.myfamilyourneeds.co.uk

www.peterborough.gov.uk/localoffer

Where to find it:

- The booklet can be found at <https://www.myfamilyourneeds.co.uk/publication/peterborough-send-guide/>
- The booklet can also be accessed by using th



What parent carers have to say:

"Very informative about the EHCP process, like to see the Access, plan, do, review explained as it is mentioned in a lot of ehcp meetings but rarely expanded upon. Also nice to see the financial and legal information will prove invaluable to a lot of families."

Supporting Your Neurodiverse Child

What it is about:

- What is Neurodiversity?
- How to find out about Early Intervention and Diagnosis Process?
- What happens when my child goes to pre-school/school/college? Will; they be able to get some help accessing the National Curriculum?
- How you can help your child to cope with day-to-day life, including communication, emotional regulation and sensory needs?

Written for parents, by parents



If you would like to find the answers to some of these questions and more about how you can support your child/young person, feel free to download this helpful guide!

Where to find it:

- The booklet can be found at <https://familyvoice.org/neurodiversity-booklet/>
- The booklet can also be accessed by using the QR code below



What parent carers have to say:

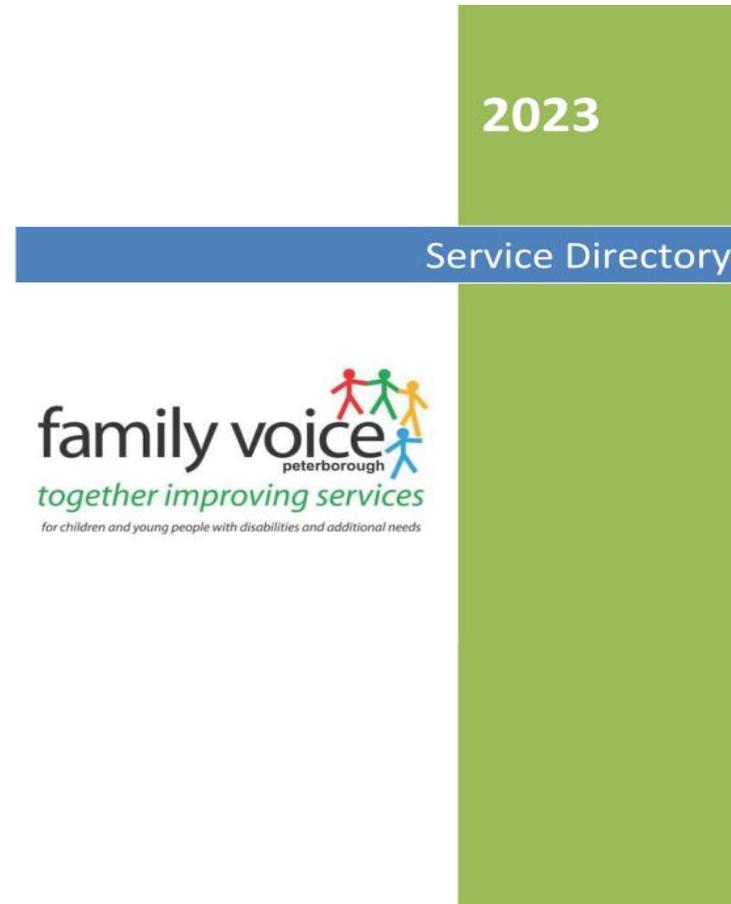
Overall I found 'Supporting your Neurodiverse Child' fantastic reading and it gives really good tips on how to support all conditions under Neurodiversity so it was a real insight into other conditions that I wouldn't of had experience with...I have actually taken some notes myself to use on my next SENCO meeting with the School because you can never have enough Questions and knowing what you are entitled to is so valuable also to be able to have the confidence to ask.

FVP Service Directory

What it is about:

At FVP we understand that sometimes it is difficult to find out what is available for your child/young person with send and many of you spend a lot of time searching around. So, we have developed our own service directory, where you can find out about:

- Charitable organisations who help families who have children with SEND
- Peterborough specific services, such as Respite, Wheelchair etc.
- Leisure and sports activities
- National organisations who provide more specific support for a range of SEND
- And More!



Have a little browse and if you have any questions, just give us a call/email and we will be there to help!

Where to find it:

- The booklet can be found at <https://familyvoice.org/wp-content/uploads/files/Service%20Directory%20FVP%20Update%202023.pdf>
- The booklet can also be accessed by using the QR code below



What parent carers have to say:

"This is a great directory, i never knew how many services and charities there were in peterborough and local area that provided this amount of support, its great that parent carers can now look for support without having to go to multiple places, there is something for everyone"

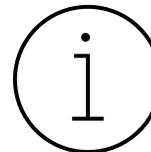
Resources – Further Information

Parent carers often tell us they feel isolated, don't know where to go to find help or support and feel as if they are not being heard.

- We would like to let you know, there is a lot of information out there and many sources of support to help you on your SEND journey, if you know where to look.
- You also have the right to be heard and included as does your child/ young person because your voices count.

Peterborough SEND Information Hub (Local Offer):

If you are seeking further information or support for you and your child/ young person then check out Peterborough's SEND Information Hub (Local Offer)
[SEND Information Hub \(Local Offer\)](#)



Family Voice Peterborough:

105 Paynels, Peterborough,
PE2 5QP
01733 685510



Office@familyvoice.org



www.familyvoice.org



<https://twitter.com/familyvoice1>



Supporting Children and Young People with Positive Mental Health

for Parents/Carers in Cambridgeshire and Peterborough



Nessie is funded by Cambridgeshire & Peterborough County Council to support families of children and young people with emotional and mental health needs.

What we offer:

- **Free online and face-to-face workshops**
- **Parent Support line:**
Tel: 07932 651319
- **Private moderated Facebook support groups:**
 - Cambridge support group for parents of children/young people who self-harm
OR
 - NESSie Parent/Carer Support Group
For other emotional and mental health support
- **1-1 support and advice sessions**
- **Peer support groups:** a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit nessieined.com or Scan the QR code



@nessieined



07932 651319



@nessieined



@nessieinedcic



@NESSieinED



<https://nessieined.com/>

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406

1:1 Support and Advice

You can access up to 4 sessions of solution-focused mental health support from a therapist to help you support your child, or receive advice and signposting from a Specialist Family Support Worker.



Live Webinars

Our webinars cover a range of topics including anxiety, school avoidance, and self-harming behaviours. There is always an opportunity to ask questions in a non-judgmental space.

Parent/Carers

Supporting Children and Young People's Mental Health



Peer Support

We run peer support groups for 8 weeks and we have informal monthly drop-ins. These provide an opportunity to connect and share experiences with other parents/carers.



nessieined.com



Helpline

Our parent helpline is answered by a Specialist Family Support Worker who can provide advice and signposting. The number is: 07932 651319



Facebook Group

Nessie has a moderated Facebook group for parents/carers to contribute ideas and share their experiences to inform Nessie's services. Scan the QR code to join!



NESSIE'S SERVICES

WE SUPPORT THE POSITIVE MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE, 0 - 25 YEARS



CHILDREN AND YOUNG PEOPLE

We provide creative arts therapies and counselling for 0-25 year olds.



PARENTS AND CARERS

We offer funded, live webinars, peer support groups, 1:1 advice and support sessions for parents/carers in Hertfordshire, Cambridgeshire and Peterborough.



PROFESSIONALS

We provide training and supervision for professionals, including the DfE quality-assured Senior Mental Health Leads Training.



@nessieined



info@nessieined.com



@nessieined



@nessieinedcic



@NESSieinED



https://nessieined.com/



nessieined.com



We would like your support and feedback about this website; is it still bringing you up-to-date information around mental health challenges and resource that is local to you, and also is the site user friendly? To do this we need your help! We are running online and face-to-face workshops throughout October and November where you can have your say and would love for you to come along. If this sounds like something you'd be interested in, you can [sign up to a workshop here.](#)

Welcome to Keep Your Head

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people, adults, professionals, and schools across Cambridgeshire & Peterborough.



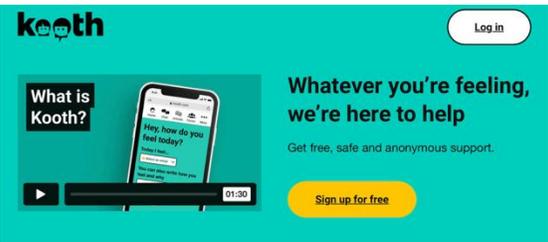
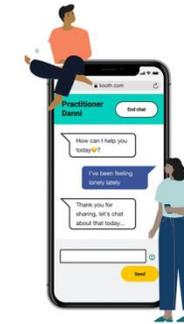
What's on your mind? Chat with our friendly team

"I feel safe talking about things with the Kooth counsellors. Being anonymous helps me to feel comfortable and it's harder for me to open up to someone in person."



Anonymous user

[Find out more about 1:1 support](#)



Mini-activities to boost your wellbeing

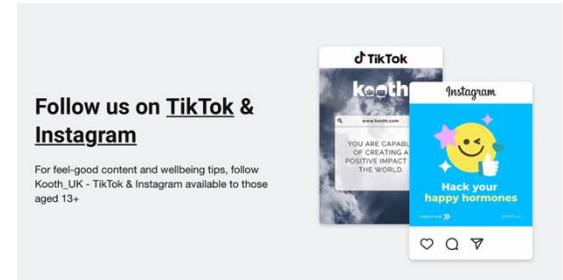
Loads more to try on Kooth, [sign up for free](#) to check them out.

- Manage emotions**
 Make your own coping box
[Try activity →](#)
- Manage emotions**
 Create a 'good mood' playlist
[Try activity →](#)
- Helpful habits**
 Practice being present
[Try activity →](#)



Check out the Kooth podcast

Amazing conversations to explore - available wherever you listen to podcasts.





ROMSEY MILL
Creating opportunities with young people and families



AUTISM YOUTH CLUBS IN PETERBOROUGH

For young people with an autism diagnosis in mainstream schools. Helping to reduce social isolation and improve the mental well-being of those who attend.



Activities Include:

- Video Games
- Board Games
- Arts & Crafts

WE ARE NOW TAKING REFERRALS!

We are currently taking referrals for children/young people living in the Peterborough area, who have a formal diagnosis of autism and are on roll in a mainstream school in years 5, 6, 7, 8 or 9 (year 4's can join the waiting list ahead of the next academic year).

We are happy to hear from anyone whose child is in year 10 or above, as we are looking to extend the age range of our youth club provision in the coming months.

Email: admin@romseymill.org

FOR MORE INFO VISIT:
WWW.ROMSEYMILL.ORG/ASPIRE

SEND Hubs support children and young people who can follow a mainstream curriculum but require the supportive environment of a Hub within a mainstream school. All of our SEND Hubs are a Centre of Expertise for their designated need.

Find out more

If your child or young person has an Education, Health and Care Plan and you would like to find out more about the SEND Hubs in Peterborough, talk to your early years setting or school SENCO and scan the QR code below, which will take you to the SEND Hubs page on the Peterborough City Council website.

Peterborough SEND Hubs



peterborough.
gov.uk





What are SEND Hubs?

Peterborough has a network of Special Educational Needs and Disabilities Hubs, known as SEND Hubs. Each Hub is commissioned by Peterborough City Council and is hosted by a Peterborough education setting. There are

Each Hub has a specific SEND focus area:

- Autism
- Deafness
- Physical Disability
- Social, Emotional and Mental Health

There are a limited number of places in the Hubs for children and young people to be directly supported by the school and Hub. These places are allocated by the SEND Panel as part of the Education, Health and Care (EHC) specialist placement process.



Activity World!



**Exclusive SEND
Session**
Tuesday 27th May
6.15pm to 8.15pm

**Book ASAP
as spaces are
limited**

**Only £3 for
adults and £2
for children**

Book your space here:

