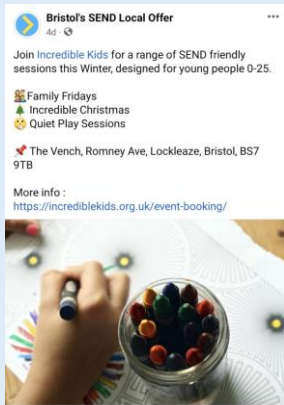


SEND | Termly Newsletter | Term 1 24-25

Bristol's Local Offer: <https://www.bristol.gov.uk/bristol-local-offer> - this website will tell you everything you need to know about supporting a child with additional needs in Bristol with specific sections all about EHCPs, choosing schools, autism support and more. Follow them on Facebook for more up to date information about events and groups such as:



Note: If you live in South Glos, look up 'Local offer' and you will find their equivalent website with slightly different systems in place.

Who is the SENDCo at Minerva Primary Academy?

My name is Ella Gibson the Special Educational Needs and Disabilities Coordinator which means I support children who need anything additional to or different from the majority of children across the school, from Pre-School to Year 6. Please feel free to speak to me on the gate if you have any concerns or queries.



For brothers and sisters of disabled children and adults

Having a sibling with SEND can be both rewarding and challenging. Often we see the impact of living with a child with additional needs on a sibling and you may see this too. Sibs has a range of resources for parents e.g. 'Coping with Festivities' and helpful tips for coping with the changes that different times of year like Christmas can bring.



Befriending Time 2 Share

WECIL: The Befriending service is a well-established provision which links Disabled children and young people with a volunteer 'buddy'. They currently offer support to Disabled children and young people aged 5-18 in Bristol. Befrienders offer up to 2 hours of support per week, and are recruited in line with local authority safer recruitment guidance, which includes enhanced DBS checks, training and references.

<https://wecil.org.uk/children-young-people/out-about-bristol/c-yp-befriending/>

Bristol Parent Carer Forum: <https://www.bristolparentcarers.org.uk/events/>

This website is great for showing parents a day-by-day calendar of events for parents in the local area – this includes learning sessions for parents, inclusive sports groups and activities, coffee mornings and trips/ visits with other parents and specific support groups e.g. farms, soft play, go karting etc.

Tuesday, 29 October	
09:30	Mindful Parenting & Community Project Mindfulness Course for Bristol Parents of SEND Children 10 weeks Online Booking required
09:30	👉👉👉 Rainbows: Stay and play group for pre-school children with additional needs and their families Avonmouth Children's Centre BS11 9LG
10:30	👉👉👉 Disability Family Swim Session Longwell Green Active Lifestyle Centre BS15 9LA
11:00	👉👉👉 SENDsenses Orchard Club Nature based club for children with SEND Ages 8-16 Portbury BS20 7TR
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12:00	👉👉👉 Incredible Kids Incredible U12s @ Filton Filton Children's Centre, Conygre Road, Filton, Bristol, BS34 7DD Booking required www.bristolsendsupport.co.uk/IK
13:30	👉👉👉 everyFAMILY SEND Stay and Play BS10 6RG No Booking Required
15:30	👉👉👉 SENDsenses Nature Based After School Club for SEND The Orchard BS20 7TR
15:30	👉👉👉 SENDsenses Nature Based After School Club for SEND The Orchard BS20 7TR
18:00	👉👉👉 Boccia Club Yate Active Lifestyle Centre BS37 4DQ All ages and abilities welcome
17:00	👉👉👉 Robins Foundation YOUTH VISUAL IMPAIRMENT FOOTBALL Imperial Sports Ground BS14 9EA (Outside)
18:00	👉👉👉 Club ADAPT (SEND Ages 8-18) Hartcliffe club for young people BS13 9AJ No need to Book! (R)
18:00	👉👉👉 Robins Foundation YOUTH PAN DISABILITY FOOTBALL Imperial Sports Ground BS14 9EA (Outside) Ages 5-16 (R)
18:00	👉👉👉 Adaptive martial Arts Interactive beginner martial arts (age 8+) Online (zoom) Booking required
19:00	👉👉👉 Robins Foundation ADULTS PAN DISABILITY FOOTBALL Imperial Sports Ground BS14 9EA (Outside) Ages 18+ (R)



MURMURATION COMMUNITY THERAPY



New SEND Parent Carer Nurture Groups

Starting January 2024: 8 sessions to build emotional wellbeing and friendship amongst a small group of SEND parents.

Brislington - Tuesdays - 1-2:30pm,
Broomhill Children's Centre, Fermaine Ave, Brislington, BS4 4UY

Upper Horfield - Wednesdays 10.30am - 12noon
Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

Eastville - Wednesdays 8 - 9.30pm
Nissen Hut, Eastville Park, Fishponds Rd, Eastville, BS5 6XA

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM

MURMURATIONCOMMUNITYTHERAPY



Bristol's SEND Local Offer

6d

St Werburghs Community Centre are holding Yoga Classes for Parents and Carers of children ... See more



St Werburghs
Community Centre



Yoga Class for Parents & Carers (SEND)

A relaxing, healing class for parents and carers of children with special educational needs or disabilities

Mondays, 10:00am - 11:00am

St Werburghs Community Centre
Horley Road, Bristol, BS2 9TJ
(No classes during school holidays)



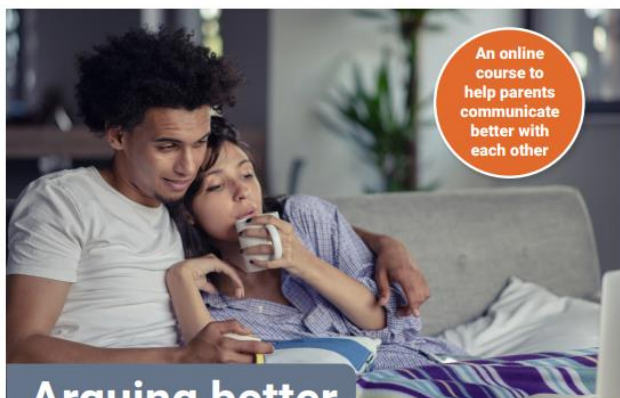
Learn simple stretches, breathing and meditation exercises to help relax your mind and body. Suitable for all levels, including those who are new to yoga and who may be less flexible or mobile.

We ask for a £5 donation. FREE spaces are available for those who cannot donate. This class is FREE for parents who are refugees or asylum seekers.

If you have any questions or to book please contact:
office@stwerburghs.org.uk or 0117 955 1351

Please bring a yoga mat if you have one.

Another example from the Bristol Local Offer Facebook group. Give them a follow to find out more!



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. How you deal with disagreements can make a big difference to you, your partner, and your children.

This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



Create your free account at www.oneplusone.org.uk/parents or scan the QR code
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.

oneplusone

the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am