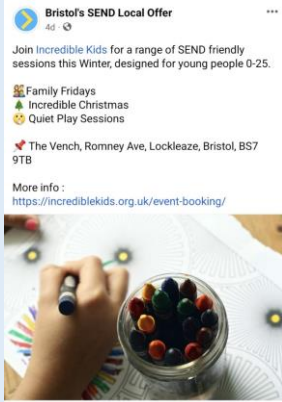


# SEND | Termly Newsletter | Term 2 24-25

**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:



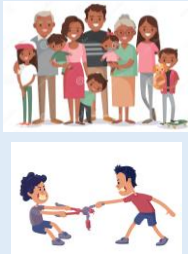
Note: If you live in South Glos, look up 'Local offer' and you will find their equivalent website with slightly different systems in place.

**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.

## Sibs <sup>22</sup> 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

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/>

## Autism friendly swim sessions

The website below has lots of useful information including pictures, sounds of alarms and information about ratios.

KINGSWOOD ACTIVE LIFESTYLE CENTRE
FIRST SATURDAY OF THE MONTH
5PM - 5.45PM
MAIN POOL
SMALL POOL
BOOK YOUR PLACE IN ADVANCE
CALL 0300 333 0300

<https://activecentres.org/autism-friendly-sessions/>

## Who is the SENDCo at Minerva Primary Academy?

My name is Ella Gibson and I am the Assistant Principal at MPA. One of my roles is 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.



# SEND COFFEE MORNING

WITH BRISTOL PARENT CARERS

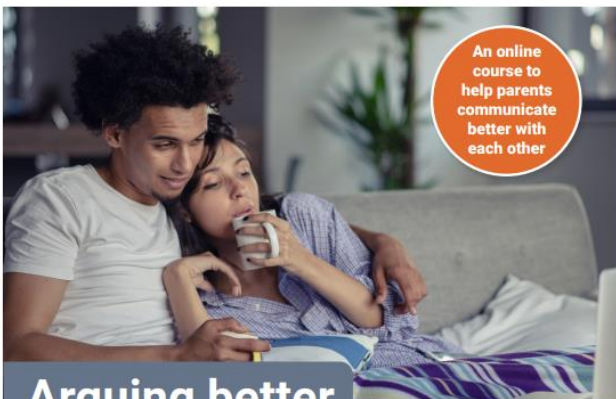
**Thursday 23rd Jan  
@ 9-10.30am**

Come along to chat with Bristol Parent Carers & school staff to find out about services available locally to support your family and children



Come along to our SEND Coffee morning hosted in partnership with Bristol Parent Carer Forum where you can find out more information on what support is available locally for your child with special educational needs and disabilities. It doesn't matter if you don't have a diagnosis, we are here to support every family in Bristol and we are parents ourselves so we get it!

There is no need to book, but if you would like to register your interest then click the link here.



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](http://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.



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