

Newsletter

Happy New Year everyone! In this first newsletter of the year we look at Realistic Resolutions, some feedback received from our workshops and the dates of our next few events.

Resolutions are a great opportunity to bring some energy and hope for positive change, but they can also become unattainable and ultimately disappointing. Try setting realistic expectations, while recognizing that you are doing the best given the circumstances.

Realistic New Years Resolutions

- Connect with other parents of children with SEND (e.g. come to a coffee morning!)
- Practice self care with your children
- Try out 'special time' for siblings of your SEND Child

Embrace the reality that perfection is unattainable. Celebrate small victories and progress.

As winter celebrations come to an end, we wanted to take a moment to recognise that January often brings a lowered mood, sometimes called Seasonal Affective Disorder (SAD).

Tips for combatting SAD:

- Self Care
- Delegation of tasks
- Maintain a routine for yourself and your children
- Set Realistic Expectations
- Utilize Respite Services

Remember that combating SAD and managing stress is an ongoing process. Taking care of yourself enables you to better support your child and navigate the challenges that may arise.

“ Your feedback ”

Your feedback is the best way for us to keep improving as a service. Here is some lovely feedback we have received from parents. Thank you!



I felt like noone had my back but now that I've met you I feel that it's going to be okay.



Once again, thank you and your colleagues for all your support and we look forward to seeing you in the future.



Our Feedback Form!



Our Referral Form!



1 Minute of Mindfulness



Hold up one hand open in front of you. Place your index finger of your opposite hand at the bottom of the thumb. Now slide your index finger to the top of the thumb and breathe in while doing this. Now, slide your index finger down while breathing out. Continue tracing all the fingers of your hand breathing in when moving your finger up and breathing out when moving it down. This is called “Finger Breathing”.



Some of our Parents of SEND Children report that doing this in front of/with their children can really help encourage emotional regulation.

Workshops and Meetings

Every month we will be providing a range of meetings and workshops to suit the needs of the community here. We would love to welcome you along to our first three events of the year.

Encouraging Positive Behaviour Workshop:
17/01/2024
10-11.30am

DLA Workshops:
(Weekly)
Tuesdays 12-2
Fridays 10-12

Mindfulness Coffee Morning:
21/02/2024
10am-12pm

To book a workshop please purchase a free ticket on Eventbrite [here](#) or email us at SENDinMind@bwwmind.org.uk

Activities for SEND Children

Danceability

Interactive dance movement session through sensory play and exploration.
Every Sunday at The George Shearing Centre, SW11 2TF. £5 per session. ([Link Here](#))
10am – 10:45am, a smaller class for young people aged 5 – 18 years with SLD.
11am – 11:45am for young people aged 5 – 16 years with MLD and PD.

February Half-term Multisports Camp

Tuesday 13th – Thursday 15th February, 1pm – 3pm at Battersea Sports Centre, SW11 2DA.
With sensory movement and music exploration with our danceabilities instructors on Tuesday, and exciting multisport activities tbc Wednesday and Thursday. For 8-18. £3 per session. ([Link Here](#))

Other Useful Links

Wandsworth Local Offer

The SEND Local Offer supports children and young people and their families in Wandsworth.

This includes the WAND Card which offers discounts and concessions at participating local activities, leisure centres and parking.

020 8871 8907

Email: dcr-wand@wandsworth.gov.uk



Wandsworth Information, Advice and Support Service (WAISS)

020 8871 8065

Email: waiiss@wandsworth.gov.uk

Family Information Service

020 8871 7899

Email: fis@wandsworth.gov.uk

Thank you for reading!