

South Cumbria Childrens Learning Disability & Behaviour Support Service

Newsletter July 2020

Currently we have a virtual Confident Parenting running throughout July and August, we are also delivering Sleep workshops in July, and have two fully booked virtual 'What Now?' courses booked for August / September.

We are working to deliver E-PAtS virtually from September. In the Autumn term we are hoping to work with schools to provide information sessions about preparing for adulthood. Please contact the service if you would like to find out more about our programmes and workshops or request to attend future ones we are delivering.

List of programmes;



Early - Positive Approaches to Support (E-PAtS)



The programme is for families of pre-school age children where learning disability / developmental delay is suggested.



Sleep workshop

The workshop is for families of children aged 2-11 years old who may have autism or going through the autistic diagnosis process. Or children aged 2-17 if evidence of a learning disabilities or global developmental delay, autism.



What now?



The programme is for families of school age children with a diagnosis of autism.



The programme is for families of school age children with *Learning Disabilities* or *Global Development Delay*.



The programme is for families of pre-school age (up to age of 5) children with a diagnosis of autism.

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Programmes cont.



Sensory workshop

For families of children aged 2-11 years old who may have autism or going through the autistic diagnosis process. Or children aged 2-17 if evidence of learning disabilities or global developmental delay.

Contact details for Children's Learning Disability & Behaviour Support Service.

Tel: **01229 404 693**

Email: CumbriaChildrensLD@lancashirecare.nhs.uk

Annual Health Check for 14 year olds and over with a Learning Disability

'An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they're feeling well.

If you're worried about seeing a doctor, or there's anything they can do to make your visit better, let the doctor or nurse know. They'll help make sure it goes well for you.'

NHS website. Page last reviewed: 6 July 2018
Next review due: 6 July 2021

<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>

For more information visit the NHS website or contact your own GP.

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Laminated **Mask exemption cards**, if you would like one, then please email your name and address to CumbriaChildrensLD@lancashirecare.nhs.uk
Please state which card / s you need.



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New service from Action for Children at Kendal West, Kendal

Talk offers free and confidential live chat with our parenting coaches.

Parents can chat online with us or request a call back when it's convenient for them. Our expert practitioners can give information and advice relating to children aged 0-19, on topics including behaviour, healthy eating, sleeping, and child development. We can also help with questions about finances, work, relationships, and how they are feeling. Parents accessing the service don't necessarily have to have a question ready to ask, we're just here to listen and support them and they can speak to us as regularly as they like.

<https://talk.actionforchildren.org.uk/>

Action for Children, Kendal West Children's Centre, Kendal Green, Kendal, Cumbria, LA9 5PP Tel - 01539 734456

We're open 12:00-19:30 Monday & Thursday, 09:30-16:30 Tuesday & Wednesday, and 09:30-16:00 Friday. At other times you can leave us a message.



If any parent / carer would like to become a representative and be part of a working group to improve services for individuals with disabilities in Cumbria then please click on the link below.

<https://wearepeoplefirst.co.uk/uncategorised/cumbria-send-improvement-looks-for-new-representatives/>



People First is an independent customer-led organisation that has worked in Cumbria for over 25 years. We have a deep understanding of the area, our communities and the unique challenges.

People First are also looking for parents/carers to be involved in creating some case studies. This is a chance to help support the SEND Improvement Programme by sharing the story of you and your child's experiences of SEND services.

If you would like to provide a case study please contact Matthew Tognarelli at People First.

+ matthew@wearepeoplefirst.co.uk