

March 2023



MK Milton Keynes
City Council

SEND newsletter

Special Educational Needs
and Disability

Welcome from Amanda Bousaki - Designated Clinical Officer (DCO) for special educational needs and disability



I would like to introduce myself to you as Amanda Bousaki, the Designated Clinical Officer for special educational needs and disability – the DCO for short.

The [Milton Keynes SEND Local Offer](#) provides further information about the role of the [DCO](#).

We have had a busy few months in Health:

Many health services attended the **SEND Information Day** in February with staff available to talk through their service offer and answer any questions that people had. This popular annual event is a great opportunity to learn about what services are available in MK - it's like a live Local Offer (LO)! Speaking of the [Local Offer](#), we have been working hard with the team at the Local Authority and a group of parents to redesign the look and content of our new website to make sure information is more accessible and visually easier on the eye. More info about that below.

We have various projects that are being co-produced; one of them being our BLMK wide **Autism and ADHD pathways** and support. This is the result of your feedback to us about what we can be doing better. We want to make sure that children, young people and parents get the support they need, when they need it. There is also a group of parents and professionals involved in making this happen in MK.

CAMHS have launched their **Young Persons forum** in the past couple of weeks – get involved in helping them make services better for you!

Parents have also been asking for support to understand the needs of their child with ADHD – staff are currently being trained to provide a **parent programme** on this.

You told us that you were worried and anxious about your young person transitioning to adult services. We now have a **Transitions Nurse** post in CAMHS and another for those young people who have complex health needs.

Our **hospital in-patient** service now has a complex needs pathway Nurse who is dedicated to supporting young people and parents during their stay in hospital and ensuring a smooth discharge home with services in place.

Health's Occupational Therapy Professional Lead delivered a really informative 1.5 hr presentation on **Sensory Needs** as part of CNWL's Year of the Child. This is available on the [Local Offer](#). It really gives a great insight into sensory needs and how these affect anxiety levels.

Your feedback is always welcome and I can be contacting on the following e-mail:

Amanda.bousaki@nhs.net

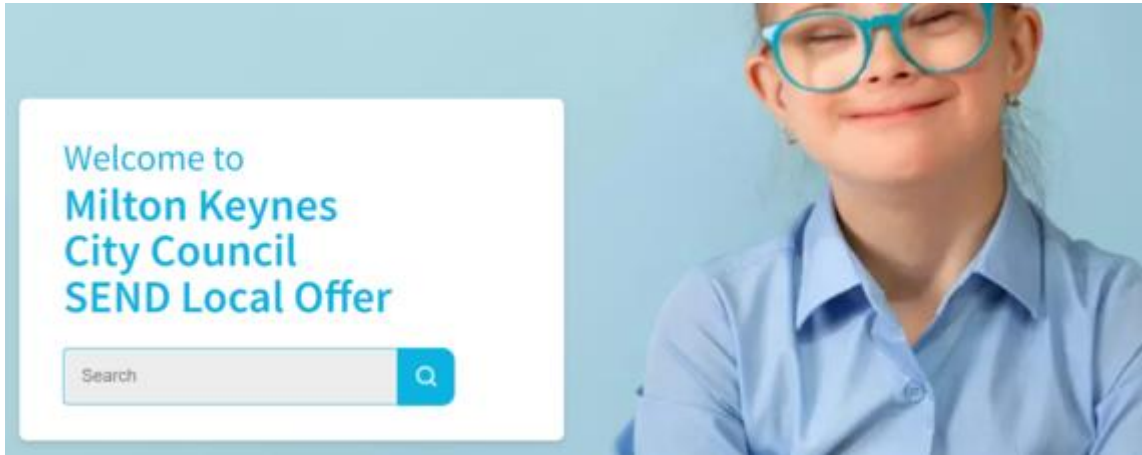
Local Offer update

The Local Offer Team have been working hard following feedback from our parents, carers and professionals to improve the [Milton Keynes SEND Local Offer](#) and after February half term we were able to launch our new and improved site.

We are committed to spreading the word about the Local Offer to ensure our families in Milton Keynes can take advantage of what we have to support our children, young people and their families:

- New headings to help with navigating the SEND Local Offer
- More images and resources
- We now have a calendar of events as requested by our families in Milton Keynes, sharing the SEND events and activities available in Milton Keynes and the surrounding areas
- Information from our health colleagues has been updated and we are especially proud of our wellbeing hub!
- And lots more to explore on our website

We would love to hear your feedback on the new site, so we can continue to develop and improve our offer, [please complete our survey](#).



Calendar of SEND Events

As requested by our families in Milton Keynes, we are excited to present our calendar of SEND specific events. We will be sharing a variety of SEND activities and events in a central place to make it easier for families to access. We will also continue to promote these on our Facebook page.

How to use the calendar

You can find the calendar of events at the bottom of our home page, please click on the event of interest, you will find a short summary of information and will be redirected to a link or contact details for further information and booking.

If you would like to share any activities with us, please [email](#) us. We would love to hear your feedback so we can share additional information with our children, young people and families.

March 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	01 SEND Drop In Session 1.00pm - 2.30pm Rapidly Anna's SEND Music Session 11.15am - 12.00pm	02	03 Deaf Coffee Club 11.00am - 2.00pm Rapidly Anna's SEND Music session 11.00am - 12.00pm MIL SEND Evenings 6.30pm - 8.30pm	04 SEND Family Swimming 4.30pm - 5.30pm	05 MK Gallery Relaxed screenings, Epic Tales 11.00am - 12.45pm Climb Quest SEND Session 9.00am - 12.30pm
06	07 Spectrum Deskchase 7.00pm - 9.30pm	08 Rapidly Anna's SEND Music session 11.00am - 12.00pm	09 MK SENDS Annual Review of an EHCP Workshop 10.00am - 11.30am Visual Impairment WIS school course 9.30am - 11.00am Spectrum Youth Cafe 11+ 4.00pm - 5.00pm	10 Rapidly Anna's SEND Music session 11.15am - 12.00pm	11 MK Gallery SEND Exhibition Tour 11.30am - 12.30pm	12
13 SEND Evening at Safari 4.00pm - 7.00pm Safari MK SEND Evening 4.00pm - 7.00pm	14 Spectrum Youth Cafe 11+ 5.15pm - 6.15pm	15 Rapidly Anna's SEND Music session 11.00am - 12.00pm	16 Spectrum Youth Club 11+ 4.00pm - 5.00pm	17 Deaf Coffee Club 11.00am - 2.00pm SEND Provider Training 9.30am - 11.00am	18	19 MK Gallery Relaxed Exhibition 10.00am - 12.00pm
20	21	22 Visual Impairment pre-school course 9.03am - 11.00am	23 Spectrum Youth Club 11+ 4.00pm - 5.00pm	24	25	26
27	28 Spectrum Youth Cafe 11+ 5.15pm - 6.15pm	29	30 Spectrum Youth Club 11+ 4.00pm - 5.00pm	31	01 SEND Family Swimming 4.30pm - 5.30pm	02 Climb Quest SEND Session 9.00am - 12.30pm

• February • March • April

SEND Information Day 2023

The annual Milton Keynes SEND information day took place on Saturday 4th February at The Ridgeway Centre.



This annual event is coproduced by PACA MK and MK SENDIAS. It was great to meet so many of you face to face again for our first full event since the pandemic.

Approximately 300 parents, children, young people and professionals attended and we would like to thank everyone who helped to make the event such a successful day.

There were 30 information stands representing health, education and the voluntary sector. Information about all the organisations that attended can still be accessed via our [website](#).

The event was opened by the Mayor of Milton Keynes Cllr Amanda Marlow followed by an introduction from Mac Heath, Director of Children's Services. Our keynote speaker was Jon Ralphs, from [NDTi](#) who shared his Top Tips from a dads' journey through SEND. This was followed by a very moving performance by What's the Drama.

The opening ceremony was followed by workshops for parents, children and young people.

We have received some great feedback and suggestions for next year, thank you to everyone who sent in their feedback forms. We are still collating all the results and will provide a summary in the next SEND newsletter.

"Fantastic to speak face to face and everyone in one place."

"Good to hear other parents' experiences and top tips."

If you have ideas for future events, or if you are interested in getting more involved by volunteering or joining our planning group, please [email](#), we look forward to hearing from you!

<https://www.mkseinfoday.co.uk/>



Holiday Activities and Food Programme 2023 (HAF)

Help for Free School Meals families during the Spring holidays

We are pleased to announce that our Spring Activities and Food programme will be taking place Monday 03 – Thursday 06 April 2023

The programme is live from **13 March** via the new [online booking system here](#). More information can be found via the [HAF webpage](#)

What is the Spring Activities and Food programme?

A range of **7,000** free activities and food sessions for children, young people and their families who are in **receipt of benefit related Free School Meals**.

All activities will take place **03 – 06 April** at locations across MK. From football to film making, multi sports clubs and even ninja clubs, we hope there is something for everyone.

What SEN specific sessions are available?

All sessions are all inclusive and we have an additional 330 places offering a range of fun activities with specific SEN support for those eligible for benefit related free school meals.

There is a choice of providers and locations offering HAF SEN sessions across MK, from exciting trips and cooking with PACA, Safari Health Hub, Caldecotte Xperience, APF Multi Activity camp and MK Dons Set Brooklands can all be view through our [online booking system here](#)

If you have any questions, not answered on our webpage, then please do contact the [HAF team](#)



Short Breaks

We are currently in the process of updating our Short Break Voucher brochure to ensure we have the most up to date information for our families. Keep an eye out for further updates!

Meet the team - Fola Ikuyinminu – Senior Inclusion Practitioner (SEND Support line)



Hello, I am Fola, I have been working in education since 1996. I started out teaching in a secondary school, moved on to primary education where I stayed until December 2021. During my early days in teaching, I developed an interest in Special Education Needs. I went on to complete my SENCO training, a master's in Psychology and a diploma in assessing learners with literacy difficulties.

I worked in the role of SENCO for a few years. I joined Milton Keynes City Council in June 2022. The support line serves as the single point of contact with the SEND team for parents, carers, professionals and schools. In my role, I work with my colleagues to manage a broad range of enquiries and requests. Through the support line, we offer advice, provide strategies and signpost to supportive resources.

Outside of work, I enjoy reading, taking long walks, travelling, cooking and entertaining.

SEND Drop In Day

SEND Drop-In Session at the Moorlands Family Centre



Need help with the special educational needs processes relating to education, health and social care? Find out what support there is for children with additional needs and how our services can support you.

Thursday 27 April 2023	12:00 – 1:30 pm	Hedgerows Family Centre Playzone, Langland Road, Netherfield, MK6 4NP
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A statutory service offering confidential and impartial information, advice and support. The service supports children, young people (0-25) with special educational needs and/or disabilities as well as their parents/carers.

T: 01908-254518 | E: Contact@mksendias.org.uk



Parent Forum - An independent and voluntary group of parents and carers of children and young people with disabilities or additional needs.

T: 01908-257828, 07852526057 | E: pacamk@gmail.com



Carers MK are dedicated to supporting the wellbeing of unpaid family carers in Milton Keynes.

T: 01908-231703 | E: mail@carersmiltonkeynes.org



An opportunity to find out more about the 'SEND Local Offer' and the SEND Team offer of support.

The SEND Team includes Educational Psychology Service; EHCP Specialist Teaching Team; EHCP Review Team; Inclusion Specialist Teaching Team; EHCP Assessment Team; Sensory Team; Children with Disabilities (CWD)

T: 01908-657825 | E: SENDSupport@milton-keynes.gov.uk

Parent programmes:

Autism in the Early Years

Parent training sessions for parents/carers who have a child aged 2-5 years with Autism/social communication needs. Sessions are held remotely using Microsoft Teams- join one, or all:

- Wednesday 03 May 10.00- 11:00: what is Autism?
- Wednesday 10 May 10.00- 11.00: Supporting communication
- Wednesday 17 May 10.00- 11.00: Developing play and learning
- Wednesday 24 May 10.00- 11.00: Understanding and supporting behaviour

Autism in the Primary Years

Parent programme for parents and carers who have a child aged 5-11 years with Autism or social communication needs.

Sessions are held remotely using Microsoft Teams to share experiences with other parents and gain advice from professionals:

- Thursday 4 May: 13.30 - 14.30: Occupational Therapist and Specialist Teacher (What is Autism and sensory issues?)
- Thursday 11 May: 13.30 - 14.00: Speech and language service and Specialist Nurse (Communication, toileting and sleep)
- Thursday 18 May: 13.30 - 14.00: Specialist Teachers (Anxiety and behaviours that challenge)
- Thursday 25 May: 13.30 - 14.00: Support services: PACA, SENDIAS and MKCarers

Autism in Teens

Autism In Teenagers Parent and carer programme with Specialist Teachers and Educational Psychologists

- Tuesday 18th April 2023 10:00am – 11:00am Understanding Autism in Teenagers
- Tuesday 25 April 2023 10:00am – 11:00am Transitions and Autistic Teenagers
- Tuesday 02 May 2023 10:00am – 11:00am Relationships and Autistic Teenagers
- Tuesday 09 May 2023 10:00am – 11:00am: Independence and Autistic Teenagers
- Tuesday 16 May 2023 10:00am – 11:00am: Puberty and Autistic Teenagers
- Tuesday 23 May 2023 10:00am – 11:00am: In person get together
- To be held at Tickford Meadow Children's Centre, Thames Drive, Newport Pagnell MK16 9DS

EBSA – Emotional Based School Avoidance parent and carer workshop

This workshop will focus on supporting parents and carers of children and young people of school-age living in Milton Keynes:

- learn more about what can contribute to a child or young person experiencing high levels of worry and anxiety about attending school and how this can lead to school avoidance
- learn about strategies which can support a return to school
- learn about current Milton Keynes Council guidance and local services for further support
- explore the importance of self-care when supporting a child or young person experiencing EBSA

Tuesday 9 May 13:15 – 14:30

We would love to hear your feedback if you have attended any of our parent and carer workshops or programmes. Please let us know your thoughts by [emailing us](#).



SEND IAS Parent Workshops

SEND IAS are delivering virtual [information workshops](#) for parents and carers including Education, Health and Care Plan process, SEN support in schools, EHCP Annual Review and Exclusions. With more topics to follow.

Upcoming workshop:

These workshops are for families living in Milton Keynes.

- [SEND Support](#) - Tue 02 May 2023, 10am - 11:30am
- [Education Health Care Plan](#) - Tue 06 June 2023, 10am - 11:30am

If you have suggestions for other topics, please get in touch contact@mksendias.org.uk

Workshops by MK SENDIAS

For parents and carers of children and young people with a special educational needs or disability.

Sessions will be delivered via Microsoft Teams

Workshop	Date	Booking link
1 SEN Support	Tue, 09 May	https://www.eventbrite.co.uk/e/529365896647
2 School Exclusion	Thu, 25 May	https://www.eventbrite.co.uk/e/596863905007
3 EHCP	Tue, 06 Jun	https://www.eventbrite.co.uk/e/529370520477
4 Annual Review of EHCP	Thu, 15 Jun	https://www.eventbrite.co.uk/e/596853523957

Facilitated by the MK SEND Information Advice and Support Service for families living in **Milton Keynes**.

Places must be pre-booked. You do not need to have downloaded Microsoft Teams to be able to join. We recommend joining the session via laptop, iPad or desktop.

Please book your place via Eventbrite.

If you have further questions, please email on Contact@mksendias.org.uk

For more information visit <https://mksendias.org.uk/events>



Update on mental health and wellbeing advice for children and young people in Milton Keynes

Shout service - text Reflect

Please find an update regarding the launch of the new Shout [Reflect text messaging service](#) for young people in Bedford Borough, Central Bedfordshire, Luton and Milton Keynes

- A new text messaging service has been launched:
- Young people can text **reflect to 85258** if they need advice or help. Reflect is free and does not show up on phone bills
- The service is confidential and available 24/7

The Shout Reflect service is specifically for young people across Bedfordshire, Luton and Milton Keynes. The service is delivered in partnership with Shout.

It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or

not quite themselves. It is part of the wider network of Shout services across the UK.

[Reflect poster](#)

[Frequently asked questions for Reflect](#)

How you feel Matters

A range of services and support is available for supporting children and young people in Milton Keynes with their emotional health and wellbeing.

A local working group has co-produced a document which sets out clearly how children and young people can access support in Milton Keynes.

Please find more information on [How you feel Matters](#) on our Milton Keynes SEND Local Offer!

Milton Keynes City Council
NHS Central and North West London NHS Foundation Trust

How you feel matters: Getting support in Milton Keynes

Do you need advice?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Talk to a teacher or school mentor
- Talk to a School Nurse or Health Visitor 01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Visit a Children and Family CentreMK
- YIS 01908 604700
- The Mix 0808 808 4994
- Service Six- 01933 277520
- Harrys rainbow (bereavement support) 01908 061676

Are you worried or sad?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Your School Mental Health Lead or counsellor
- Talk to a School Nurse or Health Visitor – 01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Childline or 0800 1111
- MK YIS 01908 604700
- Arthur Ellis
- Service Six- 01933 277520
- Harrys rainbow 01908 061676
- Samaritans-116 123

Do you feel unsafe? Need help now?

- Local mental health crisis line 0800 0234 650
- Dial 111 and in an 'emergency' - Dial 999
- 24/7 Children's Mental Health Crisis Service located in Children's Emergency Department at Milton Keynes Hospital

Are you very unhappy and need help?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- Children and Young Peoples Mental Health Service 01908 724228
- MK Council drug and alcohol service 01908 253011
- Children and Family Services 01908 253169 or 01908 253170
- Samaritans-116 123

Easter Holiday Activities

SEND Swimming

First Saturday of the month 3pm- 4pm at Middleton Pool, Newport Pagnell

Emily's Star Easter Egg Hunt 2023 7 April 10:00 am– 2:00pm

Emily's Star Annual Easter Egg Hunt is back. Hunt around the Secret Garden looking for letters to guess the hidden word. All children will receive a prize of either an Easter Egg or non-chocolate alternative. Tickets are priced at £4.50 (+BF) for children - adults are FREE and do not need a ticket.

SEND Exhibition Tour – Trickster Figures at MK Gallery

Sat 8 April 2023 11:30 am

Take a journey on our award winning sensory tour and experience Trickster Figures like never before. A unique sensory exploration designed especially for individuals of all ages with additional and complex support needs, and their families. Makaton signing used throughout.

Supporting Xtra Special Families Easter Event 12 April 1:30pm -3:30pm at Broughton Fields School

MK Art Gallery are doing a special arts workshop as well as the inflatable slide, bouncy castle and trikes and bikes to play on outside.

[To book your place click here.](#)

Spring Holiday, Activities and Food Programme

Please find additional information on our calendar of events.



By sharing this information, we are not endorsing or quality checking any events or activities, and parent/carer/families remain responsible for their own research. We recommend contacting providers directly.



Sign up!

We produce this newsletter half termly. If you are not receiving this directly and would like to, [please follow this link to sign up.](#)

We welcome your views on the newsletter and any ideas you have for future editions, please share your views via [email.](#)