

Central Bedfordshire Family Events and SEND Support Summer 2023

CHUMS WORKSHOPS

Parent Sleep Workshop (Children aged 12 and under) - Tuesday 6th June; 17:00-19:00pm

The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

Teenage Sleep Workshop (Children aged 13+) - Tuesday 20th June; 16:00-18:00pm

The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

Parent Self-esteem workshop (Children aged 12 and under) - Tuesday 4th July; 17:00-19:00pm

The workshop equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

Teenage self-esteem (Parents and young people 13+) - Monday 12th June; 16:00-18:00pm

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

0-5 Resiliency Workshop (Parents of children aged 0-5) - Wednesday 19th July; 17:00pm-19:00pm

The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

Primary Resiliency Workshop - (Parents of children aged 6-12) – Wednesday 24th May; 09:30-11:30am

The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

Secondary Resiliency Workshop (Children aged 13+) – Monday 27th June; 16:00-18:00pm

Tuesday 9th May; 17:00-19:00pm

The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

Anxiety Workshop (Parents of children under the age of 12) - Wednesday 10th May; 17:00-19:00pm

The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

Transition Workshops – Lower-Middle transitions (parent only) – Wednesday 9th August 17:00pm-19:00pm Primary-Secondary/Middle-Upper transitions (Parent and young person) – Friday 18th August 9:30am-11:30am

One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:

Exam Stress Workshop Tuesday 9th May; 17:00-19:00pm

Teenage workshop for young people aged 12+ and their parent/carers - One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

Families must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton to be accepted onto a workshop.

If families wish to attend any workshop, [click here to complete registration form](#) and email it to fwteam@chums.uk.com. Please note, families must sign up at least a week before the workshop they wish to attend and places are allocated on a first-come, first served basis.





Dan Gaze Support Service

WORKING WITH YOUNG PEOPLE TO MAKE A DIFFERENCE

2A Commerce Way, Flitwick, Bedfordshire, MK45 5BP

Email: dgssltd@outlook.com

Company's House no: 14235066

**Use your feet and get off
the street!**

Free Football Club

Clifton Park – every Wednesday

6pm – 7pm

(Starts Wednesday 03.05.2023 – 24.05.2023)

Ages 14 and above

No registration required.

Just turn up at venue

Use your feet & get off the street !



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Young Carer Support

Who are young carers?

We recognise a young carer to be a child or young person aged 5-17 who looks after someone in their family who has an illness, disability, mental health, or substance misuse problem, who takes on practical and/or emotional caring responsibilities which are normally expected of an adult.

Young carers may:

- Carry out practical tasks such as cooking, shopping, washing, or cleaning
- Help with money
- Look after their brothers and sisters
- Offer other practical and emotional support.
- Collecting and giving medications

What do we offer?

We have some fantastic events and support you might like to know about!

- Regular groups to meet other young carers and join in activities
- Access to wellbeing support
- Chatterbooks book clubs held at libraries across Central Bedfordshire
- Fun activities and events such as magic shows, fetes, bowling, laser tag, zoo trips and more!
- Young carers Voice groups – providing a chance for you to have your say on what we offer
- And much more!

Get involved

Are you a child or young person who cares for your brother, sister, parent, or family member?

If you have answered yes to the above question, or this sounds like something you do, contact us find out how we can support you and register you as a young carer.

You, or your parent or carer, can call us on:  0300 300 8585

Just tell us you are calling to register as a young carer, and give your (or your child's) name, date of birth, address, and contact details.

To find out more about what we offer and how we can support you, please get in touch.

"Young Carers has changed my life as I can have a break away from caring... Some people don't understand that, but you get to play with people that do... You can talk to people that understand what you're feeling."

Young carer

"This group has boosted our children's confidence and our children can't wait to go every month. Life at home with a disabled Mum in a lot of pain can be hard, but knowing they can have a couple of hours to be kids and have loads of fun is so important to us."

Parent

Workshop for parents:

Understanding Emotions and Behaviour of Children that are Neurodiverse (Special Educational Needs and/or Disabilities)

Please book via the Houghton Regis children centre to attend the workshop

Children centres provide a friendly service to families with children ages 0-12 years

The workshop is suitable for parents of children aged 0-12 with emerging needs, on the pathway to assessment, have a diagnosed condition and/or identified special educational need.

The workshop will cover:

Brain development

Understanding anger

Self-regulation and co-regulation

Children with specific needs

Strategies to support behaviours that challenge

The workshop will be run by the Early Years SEND Advisory Team and children Centre staff



Face to face workshop at Houghton Regis children centre, Monday 22nd May 2023, 10.00 am to 12.30 noon (unfortunately no children can attend)

Online via Microsoft teams, Wednesday 22nd May 2023, 4.00 pm- 6.00 pm



Houghton Regis Children's Centre
0300 300 8115, 0300 300 8129 or via the Houghton Regis Facebook page

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



Zoom Parent/ Carer Workshop


Autism & Mental Health

Thursday 29th June | 10am - 1pm
£15 AB Members / £20 Non-AB Members

This workshop provides you with the opportunity to explore and understand:

- an overview of co-existing mental health conditions commonly experienced by autistic people and how they effect their individual needs
 - resources and strategies for supporting individuals
 - how to proactively adapt environments and practices to prevent needs escalating
- LIMITED NUMBER OF SPACES AVAILABLE

To book:

 01234 214871

 enquiries@autismbeds.org



The training will be online, using Zoom. Once booked on, we will provide you with the details to join.



Zoom Parent/ Carer Workshop


Autism and Behaviour

Thursday 12th October 2023 | 10am - 1pm
£15 AB Members / £20 Non-AB Members

This workshop provides you with the opportunity to explore and understand:

- The difficulties autism may cause in regulating behaviours
 - How to adapt environments & practices to meet the needs of autistic individuals
 - Strategies for managing difficult situations
- LIMITED NUMBER OF SPACES AVAILABLE

To book:

 01234 214871

 enquiries@autismbeds.org



The training will be online, using Zoom. Once booked on, we will provide you with the details to join.



CHILDREN'S SERVICES

EXCLUSIVE SOFT PLAY SESSION MAY HALF TERM

John Bunyan Sports & Fitness Centre
Mile Road, Bedford, MK42 9TS

Date: Friday 2nd June 2023

Time: 1.30pm - 3.00pm

Cost: £4.00 per child (AB members)
£5.00 per child (non AB members)
Under 1's go free, siblings welcome

Children must be
supervised at all times
by Parents/Carers

For ages
0-12 years



Autism
BEDFORDSHIRE

Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)



CHILDREN'S SERVICES

EXCLUSIVE SWIM SESSIONS MAY HALF TERM

Lea Manor Recreation Centre
Northwell Drive, Luton, Bedfordshire, LU3 3TL

Date: Thursday, 1st June 2023

Timeslots: 12.30pm-1.30pm
2.00pm-3.00pm

Cost: £3 per person

Additional Information

- Please arrive 15 minutes before your session to change;
- You will be responsible for your child/ren at all times;
- Parents/ carers must be in the pool with their child/ren.

For ages
0-12 years



Autism
BEDFORDSHIRE

Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)



CHILDREN'S SERVICES

EXCLUSIVE GYM PLAY SESSION MAY HALF TERM

MK Springers Gymnastics Centre
16 Carters Lane, Kiln Farm, Milton Keynes, MK11 3ES

Date: Tuesday 30th May 2023

Time: 12.30pm - 2.00pm

Cost: £3.50 per child (AB members)
£4.50 per child (non AB members)
Siblings welcome

Children must be supervised at all
times by Parents/Carers.

For ages
3-12 years



Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)

CHILDREN'S SERVICES

EXCLUSIVE GYM PLAY SESSION MAY HALF TERM

Salto Gymnastics Centre
98 Camford Way, Luton, LU3 3AN

Date: Wednesday 31st May 2023

Time: 12.30pm - 2.00pm

Cost: £3.50 per child (AB members)
£4.50 per child (non AB members)
Siblings welcome.

IMPORTANT INFORMATION:

- Children must be supervised 1:1 at all times. Additional adults must attend if you have 2+ children to ensure 1:1 ration.
- Only 1 trampoline is available and the others are off limits for safety as they do not have inflatable sides. An Autism Beds staff member will oversee this with a visual timer.
- Other activities available include giant inflatable slide, foam pit, balance beams, spring boards, soft play apparatus and more!

For ages
5-12 years



Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)



Talking Elephants- Bereavement Support

Talking Elephants is our growing network of free monthly bereavement support groups, open to anyone who has suffered loss, who would appreciate a friendly face, some support, and a chance to engage with people going through something similar, over a cup of coffee. Having worked with bereaved families for many years, we understand that meeting other people who understand how you feel can be hugely beneficial. We set up Talking Elephants to provide a relaxed, comfortable space for our communities to meet and talk as little or as much as they would like.

Our groups are held on the following dates* and at these locations ...

Hitchin. Holy Saviour Church Hall, Holy Saviour Church. Radcliffe Road, Hitchin, SG5 1QG.

Held every fourth Thursday of each month. 1pm-3pm.

Shefford. Shefford Methodist Church, Ampthill Road, Shefford, SG17 5BE.

Held every fourth Friday of each month. 12:30pm-2:30pm.

Held every fourth Tuesday of each month. 1:30pm-3:30pm.

*excluding Bank Holidays

If you, or anyone you know, would benefit from attending one of our groups or courses, please contact the team on 01582 499680 or at

<https://www.nevillefuneralservice.com/support-groups-update/>

Need support?

in partnership with
shout

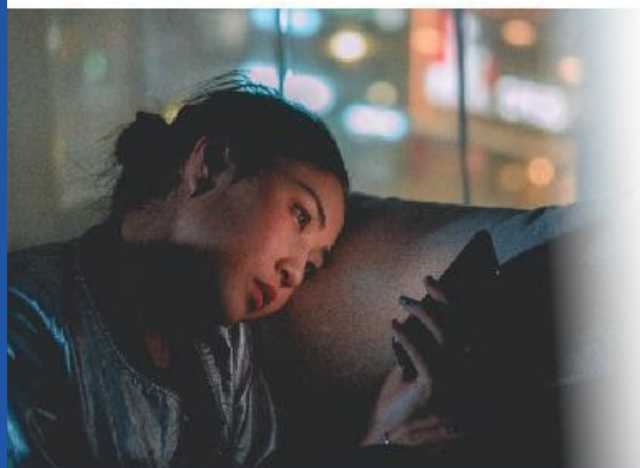
Text REFLECT to 85258 to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- Anxiety
- Stress
- Depression
- Suicidal thoughts
- Self-harm
- Abuse
- Relationship problems
- Bullying
- Panic attacks
- Loneliness

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

For support while we connect you, visit:
giveusashout.org/get-help/resources.

If your life is at risk, please call 999 for immediate help.



“ The conversation
we had made me feel
so much better ”

Text REFLECT to 85258
for free and confidential support 24/7

Young Person's Sanctuary

Supporting young people with mental health across Bedford

there is always
someone there
who will listen

**OPENING
TIMES**

See below

A safe, non-
judgemental,
and relaxed space

14-17yrs



Location:

CAMHS, 5-7 Rush Court, Bedford MK40 3JT

Monday - Friday (5.00pm - 10.00pm)

Saturday & Sunday (4.00pm - 10.00pm)



Bedford



To find out more:

☎ **0300 330 0648**

✉ yps@mind-blmk.org.uk

 **mind BLMK**

www.mind-blmk.org.uk

Charity No. 1068724

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



YOUNG
PERSON'S
SANCTUARY



NHS
East London
NHS Foundation Trust

Young Person's Sanctuary

Our Young Person's Sanctuaries are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

Who are the Young Person's Sanctuaries for?

- Young people (14-17yrs) who are experiencing severe mental distress or crisis. Young people are welcome to bring anyone from their support system.
- Young people do not need to be known to mental health services to attend.

What can you expect?

- A safe, non-judgemental, and relaxed space
- A confidential one-to-one session with a trained mental health worker

- Support to identify coping mechanisms and building emotional resilience
- A step-by-step tailored guide on how to access support and keep safe

Do you need an appointment?

Each Young Person Sanctuary is now operating a drop-in service and an appointment is not required.

Find your nearest YPS and opening times by scanning the above QR code.

For more information please contact:

e: YPS@mind-blmk.org.uk

t: 0300 330 0648

 **mind BLMK**

www.mind-blmk.org.uk

Charity No. 1068724

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Introduction to ! Health & Wellbeing ●



Every Wednesday @ 10am
Betty Dodd Court - Leagrave, Luton

**Basic IT Skills with NOAH- 19th
April - 8 weeks**

**Sound Baths - 21st June 11:30 -
12:30 pm - 6 weeks**

**Percussion Drumming - 21st June
from 10:00 - 11:30 am - 6 weeks**

**Lost Stories - 2nd August - 4
weeks.**



SCAN ME !



For further information: email
elft.recoverycollege@nhs.net
or telephone 01234 263 621

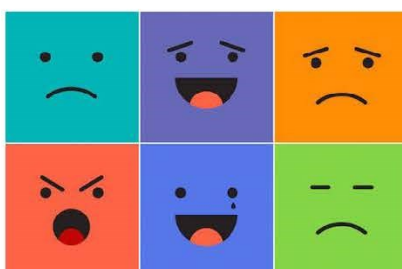
[www.mindrecoverynet.org.uk/prov
iders_profile/bedfordshire-and-
luton-recovery-college/](http://www.mindrecoverynet.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/)



Luton

Parent & Professional Insight

**Opportunity to ask questions, gain information, advice,
and guidance on Exploring Healthy Boundaries**



Guest Speakers

**Rebecca Gooch and Gemma Byass – CBC Emotional
Wellbeing Practitioner's**

Parent & Professional session

Tuesday 6th June

11am-1.30pm

Free to attend via Microsoft Teams

Register for you place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/522470392007>

Resources will be sent out after each session

Organised by the CBC Early Help Teams:

For more information, please contact

North Early Help northeearlyhelp@centralbedfordshire.gov.uk

South Early Help southearlyhelp@centralbedfordshire.gov.uk

**Opportunity to ask questions, gain information, advice,
and guidance on accessing the HAF Programme**



Guest Speaker

Michelle Hart HAF Co Ordinator

Parent session Tuesday 4th July 2023

16.30-17.30pm

Free to attend via Microsoft Teams

Register for you place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/522595275537>

Resources will be sent out after each session

Organised by the CBC Early Help Teams:

For more information, please contact

North Early Help northeearlyhelp@centralbedfordshire.gov.uk

South Early Help southeearlyhelp@centralbedfordshire.gov.uk

ARE YOU A PARENT/CARER/FAMILY MEMBER OF A CHILD WHO HAS ADDITIONAL NEEDS?

Do you ever feel:

- Isolated
- Exhausted
- Overwhelmed
- Frustrated
- Judged
- Angry
- Depressed
- Misunderstood?



You are not the only one. Come along to...

CONNECT

- A support group in Stotfold open to parents, carers and family members of children who have additional needs
- The group has been set up by two mums to offer encouragement and support, and information about organisations to help you & your child
- There is no agenda - just time and space to rest, recharge, chat, share stories and refreshments!

WHEN?	1 ST TUESDAY OF EACH MONTH (DURING TERM TIME)
WHAT TIME?	9.00 - 10.30 A.M.
WHERE?	KINGS BAPTIST CHURCH, STOTFOLD
HOW MUCH?	£1 (inc.tea/coffee/biscuits/cake)

Come along & 'Connect'! You will receive a warm welcome.

Find us on Facebook!  'Connect' Support Group Central Bedfordshire & UK GB

I'm so angry with my dad for taking his own life and leaving me. is this normal?

My stepsister died but I don't want to cancel our trip... is that normal?

my mum died 3 weeks ago and I still haven't cried is that normal?

I haven't been able to get back in a car since my friend died. is this normal?

is this normal?

My dad died when I was 9, I'm 13 now and miss him more than ever... is that normal?

is this normal?

I can't stop thinking about how my brother died... is this normal?

is that normal?

ABSOLUTELY.

THERE'S NO RIGHT OR WRONG WAY TO FEEL WHEN YOU'RE GRIEVING.

WE'RE HERE TO LISTEN.



winstonswish.org (3-8pm)



ask@winstonswish.org



08088 020 021

**WINSTON'S
WISH WW**

Giving hope to grieving children

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Supported Pathway for 16-25 year olds

YouTurn

Restore, Reform & Reintegrate

YouTurn Futures supported pathway service is here to help young people move away from the potential risks of exploitation, violence, knife crime, gangs and organised criminality. Our focus is to support them to improve their life choices and aspirations.

Central
Bedfordshire



We are able to provide intensive one to one sessions, offering advice and guidance, getting young people to reflect on their current circumstances and lifestyles and explore opportunities for change.

We offer a non-judgemental, flexible and person-centred approach

Our aim is to empower individuals to access resources that will make a positive impact on their future

Our dedicated service aims to meet the needs of young people who don't meet the threshold for more intensive support services

Our service aims to:

- Improve and encourage engagement with other services
- Support the transition from young persons to adult services
- Encourage young people to consider their lifestyle choices, understand risk and explore opportunities for their future
- Assist statutory services with the support they are already offering
- Assess and identify a young person's pathway needs
- Offer intensive one to one sessions at a suitable venue
- Signpost and refer on to additional support services



If you would like to make a referral to our service please contact one of the team to discuss: Emma 07714 794087

Email: admin@youturnfutures.com



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



BE HAPPY BE HEALTHY HUB

WOULD YOU LIKE
SOME SUPPORT?

Are you feeling
stressed?

Do you have low
self esteem?

Are you struggling
to manage your
anger?

Are you
experiencing
low moods?

Do you feel
people don't
understand you?



Get in touch with us and get an
invite to come along to your local
Be Happy, Be Healthy Hub



WhatsApp /text
07736 132870



DM us
@GWEYouth



Send us an email
youthreferrals
@groundwork.org.uk



Call us on
07736 132870

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

New!

L G B T Q + YOUTH GROUP

OPENING NOVEMBER 2022

Do you identify as part of the
LGBTQ+ community?

Would you like a
safe, non
judgemental place to
go?

Are you aged 12 to
18 years old?

Come and join us at your new local
youth club opening in November

To find out more, contact Karla Ruggles

Call / Text : 07809201099

Email: karla.ruggles@groundwork.org.uk



Central
Bedfordshire

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

CAMHS PRIMARY CARE ACCESS SERVICE (PCAS)

**A NEW COMMUNITY TEAM WITHIN
BEDFORDSHIRE CAMHS**

WHO CAN ACCESS

**CHILDREN & YOUNG PEOPLE UP
TO AGE OF 18**

**ATTEND A GP APPOINTMENT
AT YOUR BEDFORDSHIRE GP
AND THEY WILL MAKE THE
REFERRAL**

HOW TO ACCESS

WHAT SUPPORT IS OFFERED

- **4 - 6 INDIVIDUAL SESSIONS**
 - **LOW INTENSITY CBT**
 - **GROUP WORK**
- BASED IN YOUR GP SURGERY**

KIRSTY - TEAM LEAD

NYARAI - SENIOR CLINICIAN

HANNAH - SENIOR CLINICIAN

**WENDY - LOW INTENSITY CBT
CLINICIAN**


MEET THE TEAM



**East London
NHS Foundation Trust**

Cheaper internet is available to customers on benefits

Social tariffs are cheaper broadband packages for people claiming Universal Credit, Pension Credit, and some other benefits. They're reliable, fast enough for most customers and easy to switch to. Tariffs start from £15 a month.

	Availability	Monthly price	Speed	
BT	UK wide	£15	36 Mb	
		£20	67 Mb	
Sky	UK wide	£20	36 Mb	
NOW Broadband	UK wide	£20	36 Mb	
Virgin Media	Most of UK	£15	15 Mb	
Hyperoptic	Selected towns and cities	£15	50 Mb	
		£25	150 Mb	
Air Broadband	Selected towns and cities	£20	100 Mb	

Regional offers

London: [G.Network](#) £15 a month for 50 Mb.

Hull area: [KCom](#) £14.99 a month for 30 Mb.

Wales: [CountryConnect](#) £15 a month for 50 Mb.

Mobile internet

[VOXI by Vodafone](#) offers unlimited data, calls and texts for £10 per month on a sim-only deal.

For more details on the offers, follow the links provided or search for "Ofcom social tariffs".



BIGGLESWADE ADDITIONAL NEEDS YOUTH CLUB



**MONDAY NIGHTS 5:30PM - 7:30PM
AGE 12YO - 25YO**

137 MEAD END, BIGGLESWADE SG18 8JU



**FOR MORE INFO CONTACT
EMILY WRIGHT ON 07736132291**



Strengthening Families 10-14 Programme

SF10-14 is designed to strengthen families, improve communication within families and enables families to work together to support their young people to achieve their goals, make positive choices and resist peer pressure.

Strengthening Families 10-14 (SF 10-14) is a 7-week programme for parents and young people where there is potential for relationship breakdown.

This consists of separate group-based sessions with young people and parents/carers, followed by joint activity sessions.

This programme is only for families with children between the ages of 10-14.

The SF10-14 programme is run by trained, friendly experienced practitioners.

It will give families the opportunity to explore and learn new tools and techniques and ways of building a strong relationship.

Topics covered are.

- **How to identify what your family values are and what changes you might want to make**
- **Understanding the changes in children of this age and understanding your child's point of view**
- **How to really listen to your child's feelings**
- **Strategies for communicating with you child more effectively**
- **How to agree on house rules using family meetings**
- **How to encourage positive behaviour using rewards and consequences**
- **How to use compliments and positive reinforcement to strengthen your relationship with your child**

Organised by the CBC North and South Localities Early Help Teams:

For more information, please contact Mrs Eavis at feavis@henlowacademy.org.uk

Bedfordshire Employment and Skills Service

Central
Bedfordshire

BESS Employability Workshops

Book a free on-line employability workshop for the following –

Introduction to Digital Job Searching

- Using Social Networking sites to search for job vacancies
- Improving your online profile and promoting your 'Brand'
- Understanding how to stay safe online, especially related to job seeking

Tailoring your CV

- Reviewing the basics of a CV
- Knowing how to tailor your CV to different job roles
- Understanding the structure and content of a covering letter

Interview Skills

- Knowing about the different types of interviews
- Understanding what an employer is looking for from interviewing candidates
- Knowing how to effectively prepare for an interview

Get started with a Career Change

- Identifying motivations, barriers and priorities when changing careers
- Learning about transferable skills, recognising and believing in skills and qualities
- Using a range of tools to consider possible career options

Contact us to book or to speak to a Career Advisor:



<https://tinyurl.com/NCScontactus>



NCS@centralbedfordshire.gov.uk



0300 300 6190



Central Bedfordshire Council
and Bedford Borough Council
working together



Education & Skills
Funding Agency



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Understanding Behaviour That Challenges



All Dimension

Challenging behaviour can be complicated and there are many reasons as to why individuals react in different ways. Unless you understand the function of that behaviour, you will be unable to put support and strategies in place for that individual. Would you like to know more?
Come and be a behaviour detective with us today

GAIN A NCFE LEVEL 2
QUALIFICATION THROUGH
INTERACTIVE WEBINARS

Suitable for
professionals,
parents and
carers

CONTACT US TODAY
FOR MORE INFORMATION
INFO NEW@ALLDIMENSION.CO.UK
020 830 80280

Courses are **FREE*** for **Central Bedfordshire** and
Bedford borough residents
*subject to eligibility



Central Bedfordshire Council
and Bedford Borough Council
working together



Education & Skills
Funding Agency



European Union
European Regional
Development Fund



Apprenticeships

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

UNDERSTANDING AUTISM

Could you make a difference if you had a better understanding of autism?

This course will give you an in depth knowledge as well as practical tools that work and are easy to use at school, home, work and out in the community.

GAIN A NCFE CACHE LEVEL 2 QUALIFICATION
THROUGH INTERACTIVE WEBINARS
ONLINE

Suitable for professionals,
parents and work places
that would like to be more
inclusive

“

*As a parent of a child with autism
and a professional working with
SEN children I found this course
extremely useful! I feel stronger
and have more tools to deal with
day to day life.*

”

Courses are FREE* for Central Bedfordshire
and Bedford borough residents

*subject to eligibility



Contact
us for
more
information

infonew@alldimension.co.uk

020 8308

0280



Central Bedfordshire Council
and Bedford Borough Council
working together



Education & Skills
Funding Agency



European Union
Regional Development
Fund



Apprenticeships

Understanding Children and Young People's Mental Health



All Dimension

1 IN 3 CHILDREN IN EVERY CLASSROOM
HAS A MENTAL HEALTH CONDITION.
ON TOP OF THIS, WE HAVE HAD A WORLD PANDEMIC
WHERE CHILDREN AND YOUNG PEOPLE HAVE HAD
THEIR LIVES TURNED UPSIDE DOWN.
RETURNING TO THE NEW NORMAL MAY NOT BE
EASY. LEARN MORE ON HOW
YOU CAN IDENTIFY THE SIGNS AND SUPPORT
CHILDREN AND YOUNG
PEOPLE WITH MENTAL HEALTH.

Suitable for
professionals,
parents that
would like
to gain more
knowledge.

GAIN A NCFE CACHE LEVEL 2
QUALIFICATION THROUGH
INTERACTIVE WEBINARS ONLINE

Contact us today
for more information
infonew@alldimension.co.uk
020 8308 0280

Courses are FREE* for Central Bedfordshire and Bedford borough residents
*subject to eligibility



Central Bedfordshire Council
and Bedford Borough Council
working together



Education & Skills
Funding Agency



Apprenticeships

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



My child has received a neurodiversity diagnosis (e.g. Autism or ADHD)

Where can I find help and information?

The **DIAGNOSIS SUPPORT PACK** is an online '*one-stop shop*' for information, resources and signposting for families.

- Introduction
- Positives of Neuro-diversities
- Holistic Approach
- What to expect at your appointment
- Sleep
- Medication
- Talking about a diagnosis

- Sensory Processing Needs
- Mental Health
- Supporting Social Communication Development
- Best Practice Guide for Professionals
- Contact Information and Resources
- Jargon Buster
- Printable resources and links



www.cambscommunityservices.nhs.uk/dsp



This pack has been co-produced with the help of parents, young people, local Parent Carer Forums, CAMHS, Education Psychology and other key partners.



Bedfordshire
Community
Health Services

Luton
Children & Adults
Community Health Services

Children's Community Health HUB

Your one stop
contact point

0300 555 0606

ccs.bedsandlutonchildrenshealthhub@nhs.net

Open 9am-5pm
every weekday
(excluding BH)

New contact number and email
address for the Beds and Luton
0-19 services, including:

- Health Visiting
- School Nursing

New contact number for:

- Luton Community Paediatric
services (Edwin Lobo Centre)
- Beds and Luton Looked after
Children's services

Health HUB - a single contact point,
making it easier for you to
get in touch with us.



Bedfordshire
Community
Health Services



Support young people to



A webinar series exploring all that our new resource has to offer to support young people with disordered eating and body image



Building a positive relationship with
food and your body

www.bebodypositive.org.uk

Come along to this FREE webinar to hear from the team who helped to create www.bebodypositive.org.uk

With eating disorder referrals on the rise among young people in the UK, it is crucial we provide early support to those who have concerns with eating and their bodies.

In this session we will cover:

- the importance of early intervention and spotting signs of disordered eating
- how Be Body Positive can be used as a resource by parents and carers
- Q&A for any queries about how and why we created this new resource

Speakers:

Sabrina Iqbal, Be Body Positive Ambassador and Parent

What is Be Body Positive

Be Body Positive offers psychoeducational and self-guided resources on normal eating, body image and disordered eating vs eating disorders to young people, parents, carers and health professionals.

Created in partnership with [ELFT](#), [NELFT](#), [Barnardo's](#) and [ELBA](#) and co-produced with young people, parents, carers and clinicians.

[Click here to sign up](#)

WHITSUN
HALF-TERM

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PREMIER CAMPS NEAR YOU

**HENLOW CE ACADEMY,
SG16 6AN**

Ages 5 - 12

FULL DAY 8:00am - 4:00pm,
£30.76 a day

WHOLE WEEK* = £92.00

Tuesday 30th May - Friday 2nd June (4 days)

Additional information: *Save more when you book the full week this Whitsun holiday. Note that this is an offline promotion, to make this booking, please contact us at 01296 620097 or email office-11@premier-education.com

PLEASE BRING

A packed lunch
Plenty of water
Suitable clothing
Loads of energy!

Smash it out of the park during the school holidays with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before – from archery to fencing, dodgeball to cricket.

Book now for a half-term full of fun!

Booking for ages 5 - 8>>

Booking for ages 8 - 12>>



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EARLYWHITSUN10**

*Ts&Cs apply, Code expires 17th May.



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Central Bedfordshire Family Information Directory

What's on in Bedfordshire

[https://cbc.cloud.servelec-synergy.com/
synergyfis/Activities.aspx](https://cbc.cloud.servelec-synergy.com/synergyfis/Activities.aspx)