

Central Bedfordshire Family Events and SEND Support Summer 2 2023

Central Bedfordshire Local SEND Offer

If you have a child or young person with Special Educational Needs and/or Disabilities (SEND), then think of the Local Offer as all of the services and support available to them and you as a parent or carer. Our Local Offer website contains information about education, health and care services, voluntary agencies, leisure activities and support groups.

<https://localoffer.centralbedfordshire.gov.uk>



FACES

FACES (Family and Children's Early-help Services) is a well established local independent charity offering practical and emotional support to families under stress.

FACES supports local children and families faced with difficult issues such as mental and physical health, domestic abuse, poverty, child sexual exploitation and behavioural issues via a range of quality-tested services and family support groups, many led by the team of dedicated volunteers. We do this by recruiting and training volunteers who work alongside our family support practitioners to deliver a unique menu of tailored services directly to a family, in their own home.



Spectrum support is for parents who have children with ASD / ADHD

Your child does not need a diagnosis for you to attend our groups.

We are welcoming, non judgmental and go with the needs of those who attend each group.

We are confidential, what is said the room stays in the room

Be around other parents in similar situations facing similar challenges, share the highs as well as the lows... or just listen, whatever you feel comfortable is absolutely fine.

We know lots of parents feel anxious about attending support groups, we try to do everything we can to help you feel comfortable & relaxed

Come & join us for a tea/ coffee, biscuits/ cake, a chat, moan, hopefully a chuckle or 2

We look forward to seeing you

If you would like more information please email Stacey on: stacey@facesbedford.org

www.facesbedford.org



Sensory Magic at Biggleswade Youth Centre Mead End, SG18 8JU

**Sensory Magic is a multi-sensory session aimed specifically for
children with SEND needs**



Wednesday 16th August 2023

Session 1 for 0-5 years – 10.30am-11.30am

Session 2 for 6–12 years – 2pm-3pm

**£6 per child, payable in advance.
Must be accompanied by a parent/carer**

**Booking is essential –
please call 0300 300 8814 / 0300 300 8134**



**Central
Bedfordshire
Council**
Working in partnership



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Central
Bedfordshire

Free holiday activities for children in Central Bedfordshire!

great
prospects



If your children are eligible for benefit related free school meals* then they could enjoy free activities during the Easter, Summer and Christmas school holidays.

Our Holiday Activities and Food (HAF) programme is for children and young people in Reception through to Year 11 who are in receipt of benefit related free school meals.

There's always a range of activities on offer, including multi-activity clubs, sports and games sessions, craft and creative activities and fun days out and experiences. Our sessions are inclusive so are suitable for children with special educational needs and disabilities (SEND).

Every child who attends a face-to-face session will be provided with a free lunch and healthy snacks.

* not to be confused with universal infant free school meals for children in Reception, year 1 and 2



A great place to live and work.

For more information visit:  www.centralbedfordshire.gov.uk/holiday-activities

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



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 !



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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



LOOKING AFTER YOUR MENTAL HEALTH & WELLBEING IN BIGGLESWADE



This is a free event open to anyone accessing or interested in Mental Health Services in **BIGGLESWADE**.
Pre-booking is advised to secure your place.

Participate in conversations to help shape the future of services

Come and hear about wellbeing activities like the local gardening and walking groups

Talk to different organisations & explore the wide variety of support on offer

Buffet lunch is provided – let us know of any dietary requirements when booking

Mental Health Services are changing
Join us to get involved and have your say

Tuesday 18th July 2023
10 am - 3 pm
St Andrew's Church Hall
45 Shortmead St,
Biggleswade
SG18 0AT



To register click the link here or scan QR code

<https://www.eventbrite.co.uk/e/650263283987>
For any questions please contact Patrick or Sheila on Patrick.moore1@nhs.net or s.menzies@nhs.net



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.



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CHILDREN'S SERVICES



EXCLUSIVE SOFT PLAY SESSION SUMMER HOLIDAYS



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



Wednesday 23rd August 2023



1.30pm - 3.00pm

£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.

Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)

For ages
0-12 years



CHILDREN'S SERVICES



FARM DAY SUMMER HOLIDAYS



Animal Edge Farm
Fordfield Road, Millbrook, MK45 2HZ



Monday 21st August 2023



10.30am - 12.30pm
1.30pm - 3.30pm

£10 per family (under 3's go free)

WHAT TO EXPECT:
Arts and crafts
Sensory area
Sports area
and More



Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



CHILDREN'S SERVICES



EXCLUSIVE GYM PLAY SESSION SUMMER HOLIDAYS

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



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



Wednesday 30th August 2023



12.00pm - 1.30pm

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



Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)

For ages
3-12 years

MK Springers



CHILDREN'S SERVICES



EXCLUSIVE GYM PLAY SESSION SUMMER HOLIDAYS



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!



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



Tuesday 22nd August 2023



12:00pm - 1:30pm

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



Book Now



enquiries@autismbeds.org



01234 214871 (general enquiries)

For ages
10-17 years

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Explore & Play

in your own way

It's free to attend. No need to book. A safe play outdoor environment for your child.

Have the freedom to explore outside with support from the children's centre team. **Outdoor play** for children with SEND, no formal diagnosis needed



2nd and 4th Monday of each month

10-11.30am

Henlow Playing Fields
Groveside Henlow SG16 6AW

A place to play, talk to other parents and carers. Also, professionals from the Early Years team and family workers will be here for advice and information.

All ages welcome to come along and play



Shefford and Stotfold Children's Centre
0300 300 8112



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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

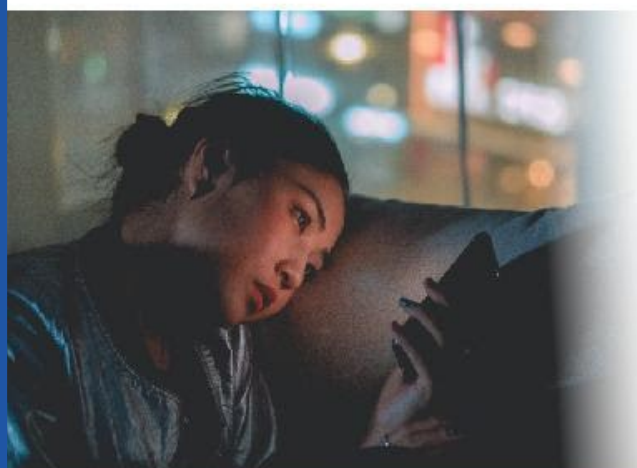
Text REFLECT to 85258 to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- 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



Central Bedfordshire Young Person's Wellbeing Navigator Service

Our new service offers wellbeing and mental health support to young people aged 16-25 living in Central Bedfordshire.

The service offers up to 8 sessions of 1-2-1 support with a Mind BLMK Young Person's Wellbeing Navigator.

Sessions are tailored to explore barriers or challenges impacting the young person and work proactively with them to address problem areas that are detrimental to their mental wellbeing. Our Young Person's Wellbeing Navigators can provide support, information and guidance alongside community linkage and signposting.

The service promotes independence and resilience and works alongside the young person to enable and equip them with the tools, skills and knowledge needed to navigate challenges and positively manage their own mental wellbeing. Support can be provided across Central Bedfordshire within the community.

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: hq@mind-blmk.org.uk
t: 0300 330 0648



Central Bedfordshire Council
Working in partnership

NHS
Bedfordshire, Luton
and Milton Keynes
Integrated Care Board



mind BLMK

www.mind-blmk.org.uk

Charity No. 1068724

This service has been funded by the BLMK Integrated Care Board

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Young Person's Sanctuary

Supporting young people with mental health across Bedford

there is always
someone there
who will listen

**OPENING
TIMES**

See below

14-17yrs

A safe, non-
judgemental,
and relaxed space

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

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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



Do You Have An Autistic Child?

Being a Parent of an Autistic Child is a free course for local parents and carers of children with autism (they do not have to have received a diagnosis).

This interactive and informal course is delivered online via Zoom. It is run over ten weeks by trained parent group facilitators who have first-hand experience of the joys and challenges of having a child with ASD.

In the course, we will explore:

- The experience of being a parent of an autistic child
- Understanding your autistic child
- Help with communication, interaction and playing with your autistic child

- Everyday strategies and routines to assist your autistic child
- Understanding your autistic child's behaviour so you can meet their needs
- Understanding 'overwhelm/meltdowns' to prevent and helpfully manage recovery.

By the end of the course, you will have:

- Increased confidence in your parenting
- Positive parenting skills to improve the quality of the interactions you have with your child.

Course Dates

Tuesday 19th September - 28th November from 10 - 11.30 am or evenings from 8 - 9.30 pm.

Talk to us today to find out more and book your place on this free course.

Call: 01582 660061

Email: office@home-startcentralbeds.org.uk

Visit: www.home-startcentralbeds.org.uk

Home-Start Central Bedfordshire,
The Annexe, Downside Neighbourhood Centre,
Dunstable,
Bedfordshire, LU5 4AS.



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

**HOME
START**



Charity Registration no. 1109262

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

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?	1ST 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



**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



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



Apprenticeships

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](#)

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

SUMMER
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PREMIER CAMPS NEAR YOU...

HENLOW COFE ACADEMY, SG16 6AN

Monday 24th July - Friday 1st September
Ages 5 - 12

FULL DAY

8:00am - 4:00pm

£30.76 a day

Additional info: We accept childcare vouchers / tax free childcare at this venue. Select this option when booking online and a colleague will follow with further info.

PLEASE BRING

- Plenty of water
- Suitable clothing
- Loads of energy!

Bounce into Summer 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 - from archery to fencing, dodgeball to cricket.

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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)