



# NEWCASTLE PARENT CARER FORUM

## NEWSLETTER

### Autumn 2024



Welcome to the Autumn Newcastle Parent Carer Forum newsletter.

We always welcome feedback on our newsletters, and for this edition we have been asked to cover a few areas that families feel are difficult to find information about or how to get the correct support for their family.

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Please let us know if this newsletter has helped, what other information and regular updates would be helpful.

E-Mail us at

**[contact@newcastlepcf.co.uk](mailto:contact@newcastlepcf.co.uk)**



# The Local Offer



Did you know?

The Local Offer has had some changes based on feedback from parent carers and professionals. Please have a look at the new layout and have a go at searching for information

Use the 'Have your say' button or email [localoffer@newcastle.gov.uk](mailto:localoffer@newcastle.gov.uk) to tell us what you think. Tell us what you like about the site, what you don't like and what is missing from our Local Offer and we'll try and improve it.



Also, don't forget that there is a listen and translate button if information is needed in a different language or format. There is also a Recite Me feature to ensure web accessibility and this reads text out loud. Please give it a try!

Just to let you know the Local Authority will be involved in a survey across the city to see how inclusive venues and activities are for young people, then a badge system will be used so that parents and young people can see the places that are welcoming. This should encourage places to make some changes to ensure accessibility for everyone. We will keep you up to date.

# Newcastle Educational Psychology Service



The [Newcastle EPS Resource Library \(padlet.com\)](https://www.newcastlesupportdirectory.org.uk/parent-feedback) offers a wealth of resources produced by the EPS, including links to other subject specific padlets. Please take a look!

There are videos and information about a range of subjects, including social, emotional and mental health issues. It includes information for schools and also explains what schools can offer.



## Preparing for Adulthood

Preparing for Adulthood (Transition) – Next Steps

The guide is now on the Local Offer and can be found using the feedback link below.

The Local Authority will continue to review the guide and would welcome feedback from parents via the Local Offer to let them know how easy it is to use and how useful the information provided has been on

<https://www.newcastlesupportdirectory.org.uk/parent-feedback>

Have you heard about the **Newcastle Advisory Group**?

For people 18 plus and family carers, this group is made up of people with a learning disability, autistic people, family carers and a representative from Newcastle City Council.

The group works with the council to make services better for people with a learning disability and autistic people.



# NEWCASTLE ADVISORY GROUP



The advisory group is made up of people with a learning disability, autistic people, family carers and a representative from Newcastle City Council.

The group works with the Council to make services better for people with a learning disability and autistic people.

CAN YOU  
SPEAK UP FOR  
YOURSELF AND  
OTHERS?

ARE YOU A PERSON  
WITH A LEARNING  
DISABILITY OR  
AUTISTIC PERSON?

ARE YOU  
A FAMILY  
CARER?

DO YOU WANT TO HELP  
THINK  
OF OPPORTUNITIES  
FOR PEOPLE WITH  
A LEARNING DISABILITY  
AND AUTISTIC PEOPLE?

**Come along and join the group!**

We meet on the second Wednesday of the month  
Skills for People, 4 Glendale Terrace, Byker, Newcastle, NE6 1PB



**10am-11.30am**

November  
**13**

**13th November**

December  
**11**

**11th December**

January  
**8**

**8th January 2025**



For more information, please contact:

Sam or Andrea at Skills for People: 0191 281 8737

[www.skillsforpeople.org.uk](http://www.skillsforpeople.org.uk)  
Skills for People Registered Charity: 1069993

# Sexual health and relationships



Lots of parents have asked about support for their young person around sex and relationships. At Skills for People there is a Love Life Course for anyone who has a learning disability and autistic people. The young person should be 16 plus and staff are always happy to chat with parents if advice or signposting is needed.

Please see the posters below for further information.

**New Croft Sexual Health** now has a learning disability/sexual health specialist nurse who can provide sexual health education, support and advice for people with a leaning disability within Newcastle. This can be provided on a one-to-one basis either at the centre or in the person's own home

<https://sexualhealthservices4newcastle.co.uk/>

**Love Life Support**

- one to one sessions
- group sessions in the form of a short course
- monthly drop in sessions with learning disability sexual health nurses.

**Contact Us**

**Address**  
Skills for People  
4 Glendale Terrace  
Byker  
Newcastle upon Tyne  
NE6 1PB

**Telephone**  
0191 281 8737

**Email**  
information@skillsforpeople.org.uk

**Web**  
www.skillsforpeople.org.uk

Skills for People is an independent organisation, a registered charity no. 1068993 and a company limited by guarantee registered in England under no. 3487635

**Support for adults with a learning disability and autistic adults to learn about relationships, sex and sexual health.**

**Safe Spaces for Everyone**

**"When I first came to Love Life...**  
I was very nervous about talking about the topic, now i feel more confident talking about my relationships

**Our support, and advice covers**

- Healthy relationships
- Different kinds of relationships
- Rights and the law information about Safe sex and interactions
- Testicular and breast health. Condoms, contraceptive implants, STI self-testing, and pregnancy tests are available through a partnership with sexual health services

**The Love Life team helped me...**  
They helped me with more than just my sexual health! It was great.

**Love Life...**  
Love Life have been supporting my family member to live a happier independent life which means a lot to him and our family.

**Want to find out more?**  
Get in touch and ask to talk to someone about Love Life.

**Love Life Team**

Emily  
07792 032 969

Erin  
07821 645 447



# Annual Health Checks

Did you know – if your child is aged 14 plus you can ask for an Annual Health Check at your GP's.

You can ask for a health action plan which is about how to keep healthy and how they will get the support they need with their health.

It is important for the young person to get to know their GP, as they will be taking over their health care once they reach 18, unless they require specialist care.

You can ask for reasonable adjustments when visiting the GP with your young person such as a longer appointment, or an appointment at the end or beginning of surgery when it is quieter.

See this helpful guide for further information.

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/annual-health-checks-frequently-asked-questionsand-answers/>



## **SEND Assessment and Review Team (SAR) Restructure and Caseworker Roles**

The SEND Caseworkers in Newcastle come from a range of backgrounds, such as education, social care, therapies, careers guidance and children's advocacy. The team have a range of professional experience and many of them are from SEND families or are a parent of a child who has SEND. The SEND Caseworkers follow the statutory processes around the EHC assessments and reviews and focus directly on producing and reviewing EHCPs, and securing school placements.

Following a restructure to improve efficiency and capacity levels from Monday 7th October, there will be separate teams and caseworkers in those teams will deal with specific issues:

The Assessment Team will: co-ordinate Education, Health & Care needs assessments and produce Education, Health, and Care Plans; identify and secure appropriate educational placements for children and young people; manage funding allocations for children receiving their first EHCP; help with enquiries relating to the assessment pathway; allocated caseworker will keep family and placement updated.

The Annual Review Team will: manage the annual reviews of children from Year 2 to Year 8; manage annual reviews of those who are educated other than at school (EOTAS) in Year 2 to 8; manage requests for a change of placement and funding requests following annual review; a caseworker will be allocated to your school as the point of contact within the SEND Support Assessment and Review (SAR) Team.

The Annual Review and the Age Phase Review Team oversee and manage the annual review of EHCPs. In liaison with educational settings, they will track individual progress in relation to agreed outcomes. They will consider whether the EHCP needs to be maintained, amended, or ceased. They will work with schools and settings to consider what additional support can be provided, and they will help identify and secure the next educational placement for children and young people transitioning to their next phase of education (such as moving from primary to secondary school).

### **The SEND Caseworkers can:**



- Process and co-ordinate your EHC needs assessment requests.
- Collate professional reports and present to the LA Inclusion panel for consideration.
- Be your main point of contact during assessment and review.
  - Provide advice around the assessment and review process.
  - Consult with educational placements.
  - Check annual review paperwork.
- Organise alternative provision and annual reviews for children who are NOT on a school roll.
  - Attend complex reviews such as when there is a breakdown of placement or a significant change in the child's or young person's needs.
- Work closely with internal and external contacts and stakeholders to ensure all required information is shared appropriately.
  - Sign post sources of advice and information.

### **Our SEND Caseworkers do not:**



- Make decisions to conduct an assessment, issue an EHCP or allocate funding – These decisions are made by a multi-agency EHCP panel.
- Make recommendations or advise on specific educational placements
- SEND Caseworkers do not recommend individual schools. The type of placement is made by a multi-agency EHCP panel.
- Deal with complaints about schools. The school complaints policy published on the school's website will advise what to do regarding this.
- Control the response times of other professional services. However, there is an agreed escalation process for health and social care advice.
- Organise or monitor SEND Transport, taxis or personal travel budgets.
  - Train staff to complete SEND paperwork .
- Deal with crises or incidents in school – If you are a parent or carer please contact the school in the first instance. If you have a safeguarding concern, please contact the Safeguarding lead at the nursery/ school/ college.

Information relating to our processes and useful guidance can be found on: [www.newcastlesupportdirectory.org.uk/getting-started-newcastle-local-offer](http://www.newcastlesupportdirectory.org.uk/getting-started-newcastle-local-offer)

# PINS

Partnerships for Inclusion of Neurodiversity in Schools (PINS) will bring health and education specialists and expert parent carers into mainstream primary settings to:

- Help shape whole school SEND provision.
- Provide early interventions at a whole school level.
- Upskill school staff.
- Support strengthening of partnerships between schools and parent carers.

In Newcastle the local PINS project team includes members of:

- Newcastle and Gateshead ICB
- Newcastle Local Authority
- Newcastle Parent Carer Forum

The project will focus on strengthening knowledge, skills and improving environments in schools. This will better meet the needs of neurodiverse children and provide a supportive learning environment.

This is a great opportunity for mainstream schools to improve the outcomes for this group of children and provide better information and communication between school and parent carers. The offer to participating schools includes five days worth of flexibly delivered specialist support.



# Newcastle Specialist Continence Service

Newcastle Continence Service provides a home delivery service and a specialist nurse service for people with continence issues. Contact the nursing line for diagnosis and assessment and then the continence service for help and support and delivery arrangements.

Please be aware delivery has changed from a 12 week to 20 week cycle. If this causes any issues, parents / carers can contact the service and request a 12 week delivery.

Please note if there are products left after a change in need these can be returned to a local health centre or to the child's school.

If there are any issues with products please contact the service and speak to the team who will be very happy to support.

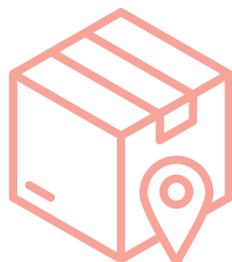
The phone in service is closed on a Tuesday.

The phone lines are open Monday, Wednesday, Thursday and Friday 10.00-3.00pm.

Telephone: 0191 2826333

Email: [nuth.NewcastleSpecialistContinenceService@nhs.net](mailto:nuth.NewcastleSpecialistContinenceService@nhs.net)

There is an answerphone outside of these times or if the line is busy you can leave a message and the clerk will get back in touch.



Parents / carers -  
don't forget to  
look after  
yourselves too!

# Support for carers

Here are some organisations that can help:

**Newcastle Carers** - have a Carers Information Line: 0191 2755060

For carers in Newcastle, they provide confidential and non-judgemental information, advice and support, providing you with a chance to talk to someone who understands about caring.

They provide information and advice to carers on a range of subjects, including:

- Looking after your health as a carer
- The services available to you and the person you care for
- Financial support, including applying for grants
- Planning for the future and emergencies
- Connecting with other carers and taking part in activities (see What's On at Newcastle Carers)
- Your rights as a carer, including in the workplace
- Expressing your views and concerns.

You can find out more from their website:

<https://www.newcastlecarers.org.uk/adult-carers-information-advice-and-support/>

**MOBILISE** – offer online support to carers:

<https://www.mobiliseonline.co.uk/carers>. They have lots of useful resources on their website that carers can access in their own time.

**CONTACT** – offer both a helpline: 0808 808 3555 and a 'Listening Ear' service, which can be booked on their website <https://contact.org.uk/>

Their Listening Ear service offers 1-1 telephone appointments for parent carers looking for emotional support. The helpline provides information and advice and the Listening Ear service offers hour long 1-1 telephone appointments with a family support adviser. The parent advisers are all parents of children and young people with disabilities and also have a huge wealth of professional experience.