



Mansfield SEND

Spring Term '25

January 2025

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NAME CHANGE!
Here at Schools and Families Specialist Services, we have changed our name - we are now **SEND Inclusion Services**

Happy New Year!

Welcome to



Mansfield SEND!
Your newsletter for parents and carers of children and young people with Send.

Happy New Year, we would like to wish you and our young people all the best for 2025. In this term's newsletter we are going to be looking at self care and wellbeing. January and February are always difficult months, and so we thought we would take the opportunity to think about how we can best care for ourselves and our young people's mental health and wellbeing.

Our focus article is about self care for parents and carers. It is very easy to put everyone else and their needs before your own, but it is important for everyone to have time to unwind and relax. Along side this, we also have some top tips for parents and carers.

We are also having a look at the spoon theory this half term. This is really useful to look at for yourselves as carers, and also for your young people. Sometimes, for our children and young people with SEND seemingly simple, everyday things can require a tremendous amount of energy. The spoon theory is a great way of explaining this.

Finally on the back page are some events for parents and carers. There is our drop in for parents and carers of autistic children on 3rd February. It would be lovely to meet some of you there. Also, we have webinars about supporting transition to secondary school, dyslexia and using iPads and apps to support children.

We don't talk often enough about the strengths and the perks of neurodivergency. Even when we do, we tend to think of strengths for society, rather than the individual. So here are have some glimmers, a little bit of everyday magic for neurodivergent people. Glimmers are the opposite of triggers. They are a holistic, full body, emotional, physical and mental experience. They provide a dopamine boost, if not a rush. The pictures are from the ND OT, and show some examples of her glimmers. (link below)
[Facebook](#)

Autistic Glimmers—Little hints of magic by the neurodivergent OT





TOP TIPS FOR CARERS...



Connecting with other parents or carers in similar situations can be incredibly valuable. Look for support groups or other parent/carer catch ups. These could be in person, or online, you could even just link up through a Facebook group.



When caring for a child with additional needs, self care is a necessity rather than an option. It may be spending time on a hobby, meditation, taking a walk or engaging in meditation—but whatever you choose, it is vital to rejuvenate yourself and demonstrate the importance of self care to your family.

FOCUS ON SELF CARE

Ideas taken from Anna Freud,
www.annafreud.org

What is self care and why is it important?

Finding time for yourself can be a challenge for any parent or carer, as you try to juggle family with home and/or work life. This can be especially true if you are supporting a child with additional needs.

With the practicalities of day to day life, it is easy to forget about your own well being, or to push this to the back of your very long to-do list! This can lead to feelings of stress or overwhelm.

Finding time for yourself or your activities will hopefully allow you to enjoy the good moments, and find strength to cope with the more difficult times.

How can you put yourself first?

- **Give yourself permission**

It is very easy, as a parent or carer, to prioritise the needs of your family ahead of your own wellbeing. But taking time for yourself is not selfish. Everybody needs space to unwind and relax, and giving yourself permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family. You could start by just trying to give yourself 10 minutes each day where you can just sit down, have a cup of tea and take a breather.'

You often get told to give some time for yourself. This doesn't need to be outside of the house. You can do this however you want, even if its going to the next room and eating some chocolate.'

- **Be kind to yourself**

Think about the way that you speak to friends, do you speak to yourself in the same way? How do you comfort or encourage other people? Can you do the same for yourself?

'When things aren't going well, I often blame myself. I'm learning to notice when I do it and to try to be kind and gentle with myself. I tell myself I'm doing my best instead of that I'm failing.'

Ways to look after yourself

- **Look after yourself physically.**

Looking after your physical health can have a positive impact on your mental and emotional wellbeing. A healthy and balanced diet can help how you feel physically and avoiding sugary foods that can cause your blood sugar to spike and then crash will help if you're feeling low or anxious. Regular exercise can be running 5ks but it could also be going for walks—it's important to find something that works for you.

- **Prioritise Sleep**

Balanced sleep is really important for good mental health. Trying to establish good sleep routines for your children can be the first step to giving you time at night to relax and allow you to get a good night sleep for yourself. However, a lot of children with SEND struggle with their sleep, and this can have a huge impact on your own night time sleep. You may benefit from allowing yourself a power nap in the daytime whilst they are at school. Also, don't be afraid to ask for help so that you can have time to sleep.

You can find more information and ideas about self care here;

[Self-Care Resources For Young People | Anna Freud](#)

USEFUL LINKS

[Be U Support | Free Mental Health Service for Children and Young People](#)

[Mental Health Support Services For People In Nottinghamshire | NottAlone](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[For families | Anna Freud](#)

[Parenting and mental health | Mental Health Foundation](#)

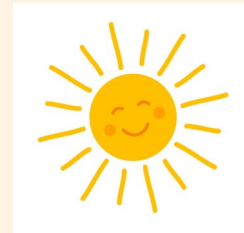
The Spoon Theory

How will you spend your spoonfuls of energy?

Sometimes, you might not notice that your day is full of choices, or how much energy it will take to complete your day. This is because you have unlimited spoonfuls of energy.

If you have any need that means it takes more of your energy to complete everyday tasks, or that you have less energy to start with, you must conserve energy and plan out how your spoons will be used, in order to make it through the day. Each day the spoons reset, unless you borrowed from the day before.



Use your spoons wisely!



Good morning! It is a bright new day.

However, you are unwell, and so you have only been given 15 spoons to get through the day.

How will you spend them?

			
 get out of bed <input type="checkbox"/>	 take a shower <input type="checkbox"/>	 visit your doctor <input type="checkbox"/>	 grocery shopping <input type="checkbox"/>
 call your parents <input type="checkbox"/>	 manage meds <input type="checkbox"/>	 walk your dog <input type="checkbox"/>	 take kids to school <input type="checkbox"/>
 get dressed <input type="checkbox"/>	 make dinner <input type="checkbox"/>	 socialize <input type="checkbox"/>	 go to work <input type="checkbox"/>



Did you get through your day with your allowance of 15 spoons, or did you borrow from tomorrow's allowance?

If you borrowed, that's okay, just know that tomorrow you'll be minus the number of spoons you borrowed.

Some people will always have a limited number of spoons.

Remember—always be kind, you never know what is going on in someone else's life.



**Nottinghamshire
County Council**

Schools and Families Specialist Services
Communication & Interaction Team

Mansfield Parents' and Carers' Group

A network for families of autistic children and young people on roll at Mansfield Schools and Colleges (no diagnosis necessary)

Next meeting
Monday 3rd
February. Speak
to your child's
school for a link.



Join Joe Butler and Jenny Byrne, specialist advisory teachers from Nottinghamshire County Council's Communication and Interaction Team, to be part of a supportive local network to discuss and learn from each other about 'all things autism'.

Through a mix of virtual drop-in sessions with opportunities to ask questions and chat to other parents and carers, to focused sessions covering the areas that most matter to you, you will find a warm 'neuro-affirming' welcome where autistic differences are celebrated and creative ways to support your child's unique needs are explored.

Choose from a morning or after-school session each half-term to best suit your availability:

1. Monday 9th December, 11am - 12 or 4 - 5pm
2. Monday 3rd February, 11am - 12 or 4 - 5pm
3. Monday 19th May, 11am - 12 or 4 - 5pm
4. Monday 30th June, 11am - 12 or 4 - 5pm

Please express your interest to your child's school and give permission for them to share your name(s), child or children's age(s), your email address(es), and preferred time with us, and we will send you Microsoft Teams links to each session.

Please feel no pressure to come to all sessions or stay for the whole of a drop-in, but we look forward to meeting with you soon at a time and session that suits you.

NOTTS PARENT EVENT: Supporting your Child as they Move to Secondary School

General Outline

Is your child due to transfer from primary to secondary school in Nottinghamshire? Do they have an additional need that may require some extra support with transition? Transition from Year 6 to Year 7 can be an exciting, but challenging time for a child and for their parent or carer. This session will help parents and carers support their child to say a positive goodbye to primary school and prepare for the secondary school environment. **We will look at practical ideas and resources to use with your child to enable a smooth September start**

Who is this event for?

This is a free online event for parents and carers of children with additional needs who are resident in Nottinghamshire, or whose child attends or will be attending a Nottinghamshire school.

Course Details

Wednesday, 26th February 2025 – 9:30 a.m. to 12:00 noon

VENUE: via Microsoft TEAMS

(Joining instructions will be sent out prior to the session)

The course presenters will be **Kate Eyre** and **Laura Leedham** from the Cognition & Learning Team, Schools & Families Specialist Services (SFSS)

PLEASE NOTE:

This is a **FREE** event and there will be no charge for attending

TO BOOK via Eventbrite Ctrl + Click Link below below:

<https://www.eventbrite.co.uk/e/notts-parent-event-supporting-your-child-as-they-move-to-secondary-school-tickets-1098781608369>

An invitation to join will be sent to your e-mail inbox a few days before the event, so please check your 'inbox', as well as 'deleted' or 'junk mail' folders to find the Link

Closing date: Friday, 14th February 2025 at 12:00 noon
(half-term 17-21-Feb-25)

Enquiries – Judith A Knight: sfss.sjrw@nottsc.gov.uk or Tel: 0115 854 6464

NOTTS PARENT EVENT: Understanding Dyslexia and Supporting at Home

This 2-hour webinar is suitable for the parents and carers of learners who have been identified as having dyslexic traits

We will cover what we understand by the term dyslexia and the implications it has for learning
We will then provide lots of practical tip for supporting these learners at home

Please note this is the same material covered in November 2024 but held at a later time for parents who cannot attend the morning session

Course Details

Wednesday, 5th March 2025 at 4:30 p.m. – 6:30 p.m.
(EVENING)

VENUE: via Microsoft TEAMS

(Joining instructions will only be sent out separately to those booked on correctly)

The course presenters will be **Bridget Thornhill, Ruth Screeton** and **Sandhya Sharma** from the Cognition & Learning Team, Schools & Families Specialist Services (SFSS)

PLEASE NOTE:

This is a **FREE** event and there will be no charge for attending

TO BOOK via EVENTBRITE Ctrl + Click Link below:

<https://www.eventbrite.co.uk/e/notts-parent-event-understanding-dyslexia-and-supporting-at-home-tickets-1098890774889>

An invitation to join will be sent to your e-mail inbox a few days before the event, so please check your 'inbox', as well as 'deleted' or 'junk mail' folders to find the Link

Closing date: Friday 14th February 2025 at 12:00 noon
(half-term 17-21-Feb-25)

Enquiries – Judith A Knight : sfss.sjrw@nottsc.gov.uk or Tel: 0115 854 6464

NOTTS PARENT EVENT: iPad Apps for Learners with SEN

General Outline

So, you have an i-Pad but aren't sure what apps you could use, the app store has more content than you could ever cope with, and you haven't got the time or understanding of what to look for. During this session we will look at some of the free and low-cost apps you could use to support your child, as well as using some of the features built-in to the iPad to help make them more accessible whilst retaining control

- Free apps
- Low-cost apps
- Accessibility
- Peripheral devices
- Strategies for managing the iPad

Having an iPad with you will be useful if you want to download the apps during the session: you will need credit on your device if you want to install them. Details of the apps demonstrated and discussed will be shared after the event

Course Details

Thursday, 19th June 2025 – 1:00 p.m. to 3:00 p.m.

VENUE: NETHERFIELD FORUM,

St George's Centre, Netherfield, Nottingham NG4 2NN

The course presenters will be **Neil Oldbury** and **Jane Hare** from the Cognition & Learning Team, Schools & Families Specialist Services (SFSS)

PLEASE NOTE: There is a FREE event and there will be no charge in attending

TO BOOK via EVENTBRITE Ctrl + Click Link below:

<https://www.eventbrite.co.uk/e/notts-parent-event-i-pad-apps-for-learners-with-sen-tickets-1105615368329>

Closing date: Friday, 13th June 2025 at 12:00 noon

Enquiries – Judith A Knight : sfss.sjrw@nottsc.gov.uk or Tel: 0115 854 6464

BOOK EARLY!

These events do fill up quickly, so please book early if you would like a place.