

# The **IRIS** Magazine

July 2021

**PULP FRICTION SMOOTHIE  
BAR PROJECT**

**LIFE CHANCES FUND**

**COVID-19 ADVICE  
FOR SCHOOLS AND  
EDUCATIONAL SETTINGS**

For Parents Of Children And Young People With Special Educational  
Needs And Disabilities in Nottingham and Nottinghamshire

**iris**   
P R O J E C T

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## Note about Events

Some events have started to take place in person once again - you can find the latest information about these on your Local Offer:

Nottingham City: [www.asklion.co.uk](http://www.asklion.co.uk)  
Nottinghamshire County:  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

We'd like to take the opportunity to find out your thoughts on how events are included in the magazine.

Originally, we had six pages dedicated to events in your local area, though we know that wasn't ideal for everyone.

If you have any feedback or thoughts about changes you would like to see when we bring the events section back, please email us at [communications@the-futures-group.com](mailto:communications@the-futures-group.com)



## WELCOME TO THE JULY IRIS MAGAZINE!

It's almost the summer holidays! Just a few more weeks to go.

We hope you all have chance to relax, make great memories and maybe get away for a few days if possible.

Of course, the past 18 months have been anything but normal, so if you're planning to simply rest and spend some time looking after yourself and your family, that's great too!

For some of our readers, next month will bring GCSE and A-Level results. If you're worried about what comes next, Ask Us have some great advice on the next page.

This issue of IRIS has an educational focus - getting you ready for whatever comes next in life. We've also got a great feature on a programme many of you know and love already, Pulp Friction! That's on page 10. This magazine's wordsearch (page 15) is flower-themed and even features the magazine's namesake, Iris!

The next issue will be landing in post-boxes and inboxes in early October, and if you want to stay in touch in the meantime, there's plenty to do and read on [www.askusnotts.org.uk](http://www.askusnotts.org.uk), and you can sign up for our monthly e-newsletter to receive headlines and updates more frequently.

**Have a great summer!**

*The IRIS Team*



# MESSAGE FROM ASK US

As we near the end of the summer term, we are hearing from many families about how you are planning new transitions between new school years, new classes and into new educational settings. We want to wish you all the best for these new adventures!

To support with new transitions it is helpful to start early, but it is never too late to sit down and think about the finer details. We have heard from lots of you about how you are practicing the journey to school, walking into the new college building or practicing independence skills to begin university.

A few general tips include:

- Take some time out to chat with your child about any concerns that they have about starting somewhere new.
- Think about things like access issues, timetables, moving between classes, break out areas, break and lunch times, toileting, Teaching Assistant support in the classroom.
- Revisit the school website. Many schools have 'new starter' sections to look at.
- E-mail the school SENCO with any questions that you have.
- Speak to any agencies that are currently supporting your child and see if they have any recommendations for transition.
- Review the schools policies, for example the Behavioural Policy, Safeguarding Policy, SEND Policy.
- Find out if there are any transition visits where your child can visit the school.
- Check that the new provider has any information that you feel would be beneficial. This might include All About Me Documents, EHC Plans, Individual Education Plans and more.
- Pass on any information that contains details of special provisions that support your child's learning, like extra time for tasks, one-to-one support, visual timetables, handwriting aids, movement breaks, time out, or a buddy system in the playground.
- Relay any medical information that the new school need to be made aware of.
- Practice the new school routines with your child coming up to transition. These might include dressing for school in their new uniform or entering the new school building.
- Look at how your child will get to school, whether it be walking, getting on the bus, or even the car journey. Do this in advance, so they know what to expect.
- Ask for a map of the school and spend time with your child learning where everything is. For some children colour-coding can be helpful: you might highlight each subject classrooms in a different colour, and use clear symbols to mark important facilities like the toilets, learning support or the canteen.
- Make sure that your child knows where to go and who to ask for if they are feeling overwhelmed.
- Make sure that you are around to support your child on their first days. Perhaps they may not need you, but it would be useful to be around if they do!

At Ask Us Nottinghamshire, we are here to support you with any matters related to supporting your child's educational needs. Please call us on 0800 121 7772 if you would like to chat about upcoming transitions. We wish you all a fabulous summer and a well-deserved break!



## COVID-19 symptoms in pupils or staff

1. Immediately isolate the symptomatic pupil/member of staff. See prevention, Section 1 of [the schools coronavirus operational guidance](#)
2. Arrange for the pupil to be collected from school. If a staff member, send them home.
3. Use PPE whilst the child / young person is awaiting collection if 2m distance cannot be maintained: fluid-repellent Type IIR surgical mask, disposable gloves and apron if direct contact is necessary, and eye protection if there is a risk of splashing to the eyes (e.g. if the pupil is vomiting).
4. Tell parents / member of staff to book a PCR test and follow [isolation guidance](#) until the result is received (and thereafter, if the test result is positive or still symptomatic). PCR tests are available via the [online coronavirus test booking service](#) or by calling 119 if unable to access the online service.
5. Tell parents/member of staff to notify the school immediately of the result of the test.
  - Those who receive a negative test result may return to school if they feel well and no longer have COVID-19 symptoms.
  - Those who receive a positive test result should follow the [stay at home guidance for households with possible or confirmed COVID-19 infection](#): continue to self-isolate for 10 days from onset of symptoms and then return to school only if they do not have symptoms other than cough or loss of sense of smell/taste - they must continue to stay at home if they still have a high temperature.
6. Clean areas which may have been contaminated: all surfaces which the symptomatic person may have come into contact with. Dispose of potentially contaminated waste (used PPE, cleaning waste) in line with instructions. Refer to [Guidance on cleaning non-health settings](#)

# COVID-19 advice for schools and educational settings

## April 2021 v.10

### Positive COVID-19 test results

If parents/a member of staff notify the school of a positive test result, schools must identify people who have been in **close contact** with the positive case (from 2 days before symptoms started or 2 days before date test taken if no symptoms). They must ask these people to self-isolate for **10 days** from the date of last contact with the positive case.

Close contacts are: face-to-face within 1m; not face-to-face but within 1m for more than 1 minute; extended contact within 1-2m for more than 15 minutes as a one-off contact, or added up together over one day; travelling in a small vehicle with an infected person.

If the positive result is from a [Lateral Flow Device \(LFD\) test](#), whether taken at home or on a supervised test site (including on a school site), [a confirmatory PCR test](#) must be taken and any contacts must self-isolate immediately pending the PCR test result. If the PCR test is taken within two days of the LFD test and the result is negative the staff member or pupil and all contacts can stop isolating and return to school.

Further advice can be sought from the DfE Helpline on 0800 046 8687 option 1, who can also escalate queries to the PHE Health Protection Team if required.

### Confirmed COVID-19: next steps

Schools should report confirmed cases of COVID-19 to the DfE through the [attendance form daily return](#).

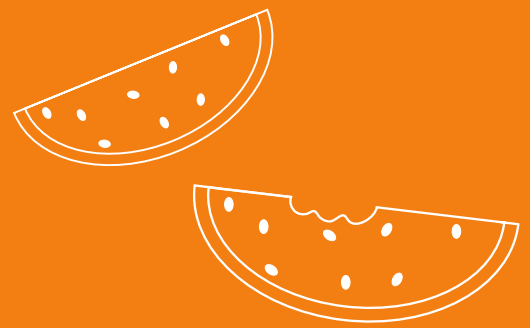
Schools should notify the local authority of **all confirmed cases, with numbers self-isolating and year groups affected** by email to [school.questions@nottsccl.gov.uk](mailto:school.questions@nottsccl.gov.uk).

SENCO Coordinators should email the names of any isolating pupils with Education Health and Care Plans to the Integrated Children's Disability Service: [icdsassessment.management@nottsccl.gov.uk](mailto:icdsassessment.management@nottsccl.gov.uk).

Other parents should only be notified when there is a positive test result, not for every suspected case. Do not share names or details of people with COVID-19 unless essential to protect others. A template letter is available to send to parents and staff if needed.



# WATERMELON RICE KRISPIE TREATS



## You will need:

- ☐ 3 & 1/2 Tbsp butter
- ☐ 700g marshmallows
- ☐ 550g rice krispies
- ☐ Red food colouring
- ☐ Green food colouring
- ☐ Chocolate chips
- ☐ Cake tin
- ☐ Lollipop/ice-lolly sticks

\*You will be making 2 batches of mixture so make sure to check the measurements carefully.

You might need to ask for help with this recipe!

## To Make:

- 1 Start by greasing a round cake tin with a little butter or oil.
- 2 On medium-low heat melt 1 & 1/2 tbsp of butter in a non-stick pan.
- 3 When the butter has melted, add 320g of marshmallows and a few drops of green food colouring to the pan and stir until it's all melted.
- 4 When it's melted take it off the stove, add 260g of rice krispies and mix it together.
- 5 Using your hands whilst it's still warm (but not hot!) pack the mixture around the edge of the cake tin leaving a hole in the middle for the rest of the mixture and
- 6 Repeat steps 2-4 with the remaining ingredients, this time adding red food colouring instead of green.
- 7 When it's all mixed together, take the cake tin and add the warm mixture and pack it into the centre of the tin.
- 8 Add chocolate chips to the top for seeds and leave in the fridge to cool.
- 9 When it's cool carefully remove the mixture from the tin, cut into triangles, push your ice-lolly sticks into the green base and ENJOY!

Remember to ask an adult for help when using scissors, knives and heat.

# LIFE CHANCES

The Life Chances Fund allows Futures to provide person-centred support to 16-24-year-olds with special educational and complex needs.

All support is specific to the person, and this is key, because by not sticking to a specific structure and making it person-centred it allows us to really work on overcome barriers that can eventually lead to achieving at school or college, moving into work, and securing sustained employment.

Below are some examples of real young people we've worked with to show the range of things we can help with.

Futures  
FOR YOU

## Person 1

### 22 years old with ADHD

This person completed an initial assessment in 2019 and was seeing an adviser every 2 weeks at a coffee shop or local library. They discussed career options and applied for jobs, one of which was at a local care home. The adviser attended the interview for moral support and he was successful!

He still wanted to complete a Level 2 qualification in English so we supported in finding out more about local colleges. His adviser accompanied him to a local provider and has worked in unison with his tutor and Mum to look at positive ways to support him in both his job and education.

Since then, he's completed his qualification and begun a new administration role within the NHS in administration. His careers coach says:

“Since the Covid-lockdown, he has continued to be committed to the NHS and working with patients. As a BAME young person he is now working in the back office away from the public to reduce his risk, but continues a high standard of work. It's been great to see how far he's come in just over a year and I'm looking forward to see him develop even more over the coming months.”



## Person 2

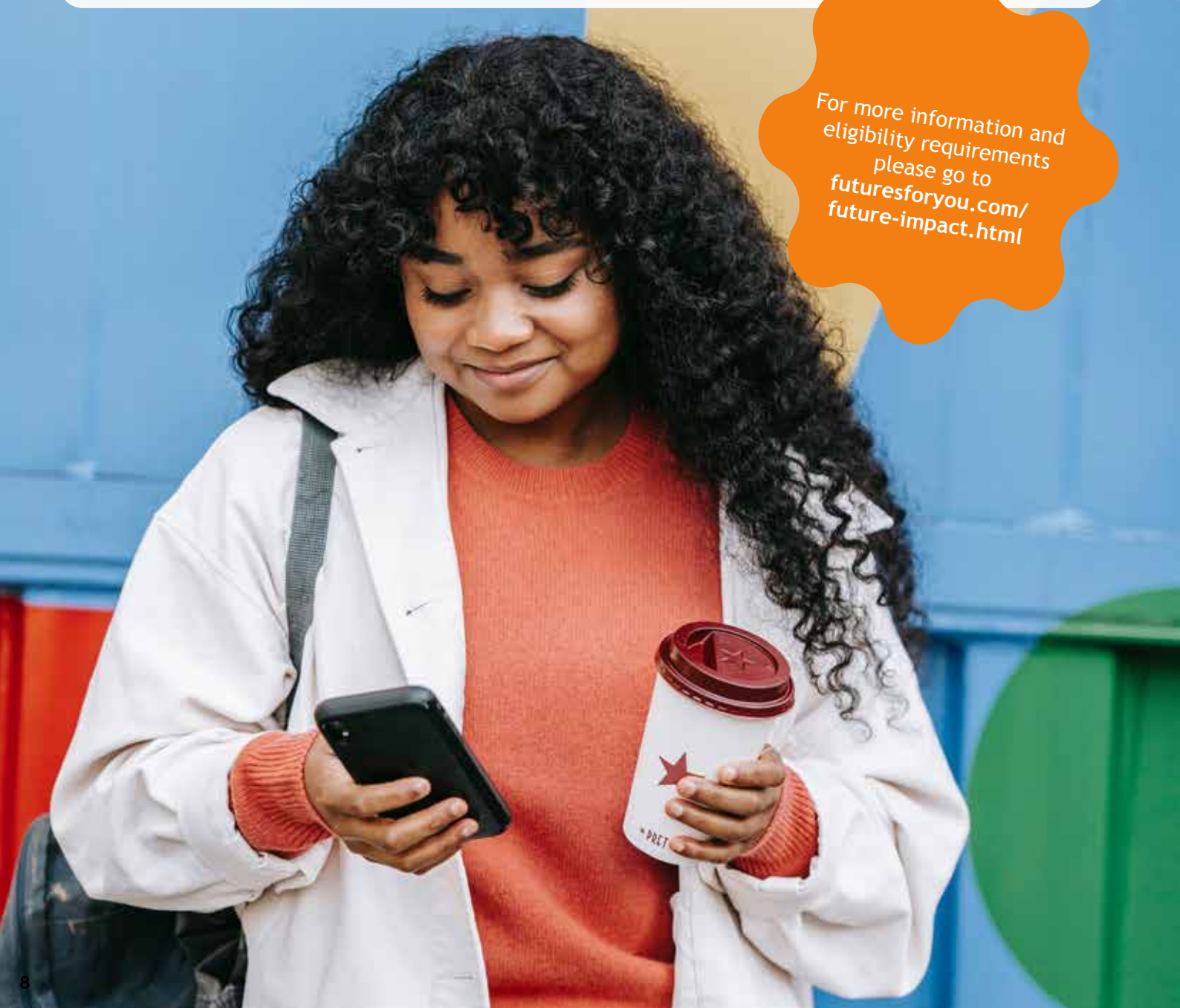
### Young Mum with anxiety and generalised physical and mental health conditions

As a care leaver with an 18-month-old child, this person needed work without disrupting her PIP benefits which restrict her to a maximum of 16 hours work or study per week. The first step was to discuss her ambitions and she soon recognised that there was a big gap between what she wanted to do and what she could currently, realistically achieve.

An action plan was agreed which included gaining maths and English qualifications up to Level 2, connecting with her doctor to address her mental and physical health issues. She's achieved her English qualification and has joined a neighbourhood group which works to improve the spaces around her home to create a nice place for children to enjoy.

Lockdown and the pandemic have meant that some things have needed to be put on hold but during the past year, her advisor has helped her to approach new situations, including contacting the relevant agencies about a broken cooker and receiving suitable food parcels when needed. She continues to look forward and is determined to achieve her goals, including finding work and getting her qualifications.

For more information and eligibility requirements please go to [futuresforyou.com/future-impact.html](https://futuresforyou.com/future-impact.html)





# INFORMATION AND HELPLINES

SignHealth has produced videos with information about Coronavirus in BSL, they can be found at [signhealth.org.uk/resources/coronavirus](http://signhealth.org.uk/resources/coronavirus). More links and resources are available at [askusnotts.org.uk/resources/HelpinesandInfo](http://askusnotts.org.uk/resources/HelpinesandInfo)

## LOCAL AUTHORITIES

### Nottingham City Council Switchboard

[www.nottinghamcity.gov.uk/coronavirus](http://www.nottinghamcity.gov.uk/coronavirus)  
0115 915 5555

Call this number to register for support if you are clinically extremely vulnerable and haven't registered before.

Contact Notts Deaf Society if you need sign language interpretation to access council services  
0115 978 6984

[nsllis@nottsdeaf.org.uk](mailto:nsllis@nottsdeaf.org.uk)

### Nottinghamshire County Council Coronavirus Information

Customer Service Centre  
0300 500 8080 - 8am-6pm Monday-Friday [www.nottinghamshire.gov.uk/care/coronavirus](http://www.nottinghamshire.gov.uk/care/coronavirus). Latest news and information about the ongoing situation.

### Nottinghamshire community support and volunteering response hub

[www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-community-support-and-volunteering-response-hub](http://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-community-support-and-volunteering-response-hub)

### District Council Homepages and phone numbers

All District council websites have links to their Coronavirus updates on their homepage.

### Ashfield District Council

[www.ashfield.gov.uk](http://www.ashfield.gov.uk)  
01623 450 000

### Bassetlaw District Council

[www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk)  
01909 533 533

### Broxtowe Borough Council

[www.broxtowe.gov.uk](http://www.broxtowe.gov.uk)  
0115 917 7777

### Gedling Borough Council

[www.gedling.gov.uk/coronavirus](http://www.gedling.gov.uk/coronavirus)  
0115 901 3901

### Mansfield District Council

[www.mansfield.gov.uk](http://www.mansfield.gov.uk)  
01623 463 463

### Newark and Sherwood District Council

[www.newark-sherwooddc.gov.uk](http://www.newark-sherwooddc.gov.uk)  
01636 650 000

### Rushcliffe Borough Council

[www.rushcliffe.gov.uk](http://www.rushcliffe.gov.uk)  
0115 981 9911

## DISABILITY HELPLINES

### Mencap Charity

working with people with a learning disability, their families and carers. Helpline: 0808 808 1111 (Monday- Friday, 10am-3pm) Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### Disabled Students Helpline

This line provides advice to disabled students who are studying in England. Opening hours: 11am-1pm on Tuesdays and Thursdays. 0330 995 0414 (Free) Email: [students@disabilityrightsuk.org](mailto:students@disabilityrightsuk.org)

### Disability Direct

Not-for-profit aiming to help people of all abilities to live independently. Phone: 0115 9785095 Website: [www.ddnottingham.com](http://www.ddnottingham.com)

### Scope

Scope's helpline provides free, independent and impartial advice and support on issues that matter to disabled people and their families.

Freephone: 0808 800 3333  
textphone: Use Type Talk by dialling 18001 from a textphone followed by 0808 800 3333 (Monday-Friday 9am-6pm, Saturday + Sunday 10am-6pm)

### Disabled Living Foundation

Free, impartial advice about mobility products or other types of daily living equipment for older and disabled people  
0300 999 0004 (Monday-Friday 9am-5pm)

## MENTAL HEALTH SUPPORT

### Young Minds

Information on child and adolescent mental health. Services for parents and professionals. Call the Parents' helpline 0808 802 5544 (Monday-Friday, 9.30am-4pm) or visit [www.youngminds.org.uk](http://www.youngminds.org.uk)

### SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm-10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) or visit [www.sane.org.uk/support](http://www.sane.org.uk/support)

### Samaritans

Confidential support for people experiencing feelings of distress or despair. Call 116 123 (free 24-hour helpline) or visit [www.samaritans.org.uk](http://www.samaritans.org.uk)

### CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### Men's Health Forum

24/7 stress support for men by text, chat and email or visit [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

# PULP FRICTION SMOOTHIE BAR PROJECT



This Smoothie Bar Project recruits Volunteers with and without learning disabilities to work alongside each other and learn together. Volunteers are trained to run the smoothie bikes, encouraging people to get on and pedal their own fruit smoothie or fresh lemonade.

The project involves taking smoothie bikes (how cool do they look?!) to different community events - schools, youth clubs, play schemes, local festivals, etc. - and they have some upcoming events coming up that they need volunteers for!

In addition to the smoothie bikes, Pulp Friction also has a pedal-powered ice-cream maker and a brand new project - Pulp Friction Pedal-Powered Paper Making Project - all of which can be hired for events, workshops etc.

## PULP FRICTION DAY SUPPORT SERVICE

Members spend their day in a working canteen where they help prepare food and provide a daily lunchtime catering service at the Nottinghamshire Fire and Rescue Service HQ Canteen.

Very excitingly, a brand new Joint Headquarters for both Fire and Police Service is being built at Sherwood Lodge and Pulp Friction will be moving there to run the canteen from January 2022.

Each person gets a personal development plan and is encouraged to achieve a level 2 Food Hygiene qualification! All members start their training at the canteen and as their confidence and skill level grows, they're offered the opportunity to undertake placements at our Deli-Llama Cafe and other catering establishments across Nottingham.

Members can also get involved with preparing and delivering buffets to different events and training venues.

We had a chat with Jill Carter, the CEO of Pulp Friction, who said;

The **Smoothie Bar Project** creates opportunities for people with SEND to develop their social skills, independence skills and work-readiness skills within the catering and hospitality industry. Everyone works at their own pace in a fun, friendly and supportive environment. Obviously, the pandemic has changed things, so we've started a growing project to supply food for use in the canteen!





If you want to get involved with this amazing project you can message via:

Email: [pulpfrictionceo@gmail.com](mailto:pulpfrictionceo@gmail.com)

Facebook: Pulp Friction CIC

Twitter: @pulpfrictioncic



# THRIVE PROJECT

My name is Ling and I work as the Re-engagement Coach at Futures. My job is to support children and young people living in Nottingham aged 10 to 16 years who have a SEND need and who are struggling to engage with education during the covid pandemic. Many of the young people I work with suffer from anxiety and find going to school very hard. Engagement with the young person is achieved using creative and fun sessions based on their interests and likes, during these sessions we will also start to address any difficulties that the young person may face which prevent them accessing education and learning.

The first step in my work is to complete an assessment about what is going on for the young person, to find out more about the barriers they face and explore why they don't want to go to school or why they can't go to school.

I then create an action plan which we work on together to support the young person back into education. This often involves taking a holistic approach and where appropriate working with the school, the family and other agencies that are supporting the young person to help them start to attend school more.

During the time that I am working with a young person, we continue to do activities that they enjoy, that give them a sense of achievement and also

build confidence and self-esteem ready for them to take their next steps back into school or improve their attendance. Activities that young people have participated in with me include music session, anime, photography, breathing and relaxation and exploring nature.

I enjoy my work! I always remember to tell young people how proud I am of them for what they have achieved. I praise their courage and willingness. And most of all, I love to see their smiling faces behind their masks when we are doing things they enjoy and when they are feeling good about themselves ready for their next steps back into learning.

If you would like to know more about my work or make a referral please email:

**[IntensiveSupport.Referrals@futuresforyou.com](mailto:IntensiveSupport.Referrals@futuresforyou.com)**

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**To access this service,  
your child must**

**Be in Years 6-11**

**Be a Nottingham City Resident**

**Have a special educational need or  
disability**





Information, advice and support  
for children and young people with  
a disability or special educational  
needs and their parents/carers



## Calling Nottingham City Parents/Carers of Children with Special Educational Needs or Disabilities

We are setting up a new focus group, with likeminded parents/carers, where we you can share opinions and ideas to make a difference to the local services for Children and Young People with SEND.

### Meeting Dates:

Wednesday 29th September 2021 1pm

Wednesday 5th January 2022 1pm

Wednesday 30th March 2022 1pm

**Your feedback matters!**



If this group is something you are interested in, then we'd love to hear from you.

Please express your interest at: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



# Are you 16-25 with SEND?

Become one of our 'Young Reviewers'

- great opportunity for your CV
- help to design and build the group
- get your opinions and ideas heard
- make a difference
- meet new friends

We will meet on the last Wednesday of every month at 4pm to share views and ideas, have a good time, and help shape and review Nottingham City Services.



Please express your interest at: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



# FLOWER WORDSEARCH

ROSE

LILY

TULIP

ORCHID

DAISY

POPPY

SUNFLOWER

VIOLET

JASMIN

IRIS

J	H	I	M	T	C	J	S	I	J
A	R	W	Y	S	I	A	D	W	S
D	O	T	M	M	G	S	X	G	U
W	S	Q	E	G	W	M	Q	J	N
T	E	L	O	I	V	I	R	T	F
X	Y	I	R	P	S	N	D	Y	L
Y	W	L	C	I	I	A	P	P	O
G	Q	Y	H	C	R	O	H	P	W
T	U	L	I	P	I	T	G	O	E
U	D	B	D	R	W	D	K	P	R

Keep up to date with the latest advice about Coronavirus, groups and events by visiting the Local Offers for Nottingham and Nottinghamshire.



**NOTTINGHAM**  
www.asklion.co.uk



**NOTTINGHAMSHIRE**  
www.nottshelpyourself.org.uk

You can also visit [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus) for the latest changes to government guidelines and rules that could affect you and your family.

# UPCOMING ISSUES

October | January | April | July

## Moving House? Let us know!

To change your address or contact details, please go to [askusnotts.org.uk/IRIS](https://askusnotts.org.uk/IRIS) and click the link at the bottom of the page. Alternatively, please email [communications@futuresforyou.com](mailto:communications@futuresforyou.com).

You can also use the above to stop receiving IRIS or change how you get the magazine.

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