

Dear All

I am writing to you with our back to school newsletter for parent carers of children with SEND below. We have organised various virtual sessions for this half term which may be of use to them including a meeting with CAMHS and some wellbeing sessions. Please could you forward this onto all of you parents of children with SEND? These sessions can be accessed by parents of children with any SEND, whether diagnosed or not, not just for those who have an EHCP.

We appreciate you forwarding this onto them.

Kind regards

Kelly Mathias  
Communications & Engagement Co-Ordinator  
Bedford Borough Parent Carer Forum



## Back to school

Now that the new school term has started we have arranged a few sessions that you may find of interest including more wellbeing sessions for parent carers. We have also included some useful links to organisations that may come in handy during the first term back. Please have a read to see what we are doing this half term.



## **Virtual Get Together - CAMHS - Monday 14th September 10am**

A representative from CAMHS will be coming to join us at our virtual get together to hear your experiences and answer your questions. Please come and join us to get your voice heard. To book your place please [email us](#)

## ***Inclusive Sport Discussion -***

***Thursday 8th October - 7pm***

Team Beds and Luton promote inclusive physical activities allowing children and young people with disabilities and other children to access the same provision. They want to know from you what is around and what is needed in the area. Please come and join us to discuss with them.

[Book a place](#)



## ***Virtual Get Together - SALT***

***Wednesday 14th October 10am***

The new SALT team for Bedford Borough Special Schools will be joining us to introduce themselves. If you have a child in one of the special schools and would like to come along and meet them and ask any questions then please email us to book a place.

[Book your place](#)

Due to the success of the previous sessions, we are hosting 2 virtual wellbeing workshops for parent carers to attend over the Autumn Term which are open to anyone to attend. These are being run by the Bedfordshire Wellbeing Service:

**Monday 28th September 6pm - Low Mood and Stress**  
**Thursday 15th October 10am - Anxiety and Sleep**

You will need to complete a questionnaire before we can book you onto the sessions. Please email us to [book your place](#)





**For further information and advice please check out the following links:**

### **The Local Offer**

Information about all aspects of SEND should be found on the Local Offer <https://sendguide.bedford.gov.uk>. If you are unable to find the information you need please register this via the feedback button & the Local Offer Lead will try to source this for you. The Local Offer also holds information about other organisations and charities in the local area that may be able to help you.

### **Early Help**

If you are concerned about your child or young person with SEND please contact Early Help on [multiagency@bedford.gov.uk](mailto:multiagency@bedford.gov.uk)

#### **Telephone:**

01234 718700 during office hours

0300 300 8123 out of hours

### **SENDIASS**

You can also get in touch with [SENDIASS](#) (Formerly SEND Advice) on 01234 276 267 or [sendadvice@bedford.gov.uk](mailto:sendadvice@bedford.gov.uk) who can give you:

- information about SEN support, including information about SEN funding
- advice about what to do if you are not happy with the support your school is providing
- information about other organisations, support groups and information services that could help
- information and advice about your rights to request an EHC needs assessment.

### **CAMHS**

If you are concerned about the mental health of your child or young person please contact CAMHS on 01234 893300/01234 893301 or visit their website [https://camhs.elft.nhs.uk/service\\_detail.aspx?ID=201](https://camhs.elft.nhs.uk/service_detail.aspx?ID=201)

### **Educational Psychology Team**

Bedford Borough Educational Psychology team are currently offering 30-minute drop ins on the phone to offer advice and guidance to parents on their child / young person's wellbeing. To access a 30 minute phone slot, parents can email [school.support@bedford.gov.uk](mailto:school.support@bedford.gov.uk) detailing their name, telephone number, and brief description of query / advice needed. The service will email back with forthcoming available slots for parents to book.

**Although BBPCF are unable to support families on an individual basis it is always important for us to hear your concerns and feed back to the relevant organisations. This also helps us to identify if there are 'themes' that need to be addressed. We will always try to signpost you to the right areas of support that are available.**

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If you are not currently a member of the parent carer forum please complete our membership form [here](#). This will ensure that you receive regular mailings, invites to our get togethers, an opportunity for your voice to be heard via our focus groups and access to free training events.