

Inclusion Matters Newsletter

September 2022



Sharing updates, exciting opportunities and events affecting children and young people with special educational needs in Newham.

This newsletter is also available in print in Newham libraries and Children's Centres.

Inside:

Pg 2-3 - Introduction by Tim Aldcroft

Pg 4 - Send Surgery Flyer

Pg 5-6 - What is this Co-Production thing?

Pg 7-9 - Peer Parenting Offer

Pg 10-11 - RFA talks about Co-Production

Pg 12-14 - Inclusive Activity Programme & Dance

Pg 15-17 - An NHS perspective on Co-Production

Pg 18 - RFA Drop in Surgery

Pg 19 - RFA Parent Group

Pg 20 - Project for Young People & Parents

Pg 21 - Directory of SEND-inclusive events

Pg 22 - Join the Newham Parent Carer Forum

Pg 23 - Contact the Newham SEND service

Partners across the London Borough of Newham (local authority, health, education, Newham Parents Forum and others) are committed to working with families of children and young people with Special Educational Needs and Disabilities to make and sustain lasting change. In this newsletter we have included articles from partners across the local area to share some of the opportunities to support the development of local services. We are keen to hear from you if you would like to work with us please email us at: SEND@newham.gov.uk

Introduction

BY TIM ALDCROFT

Hello!

My name is Tim Aldcroft, and I am the Youth Participation Senior Manager with the Youth Empowerment Service. The role of our team is to promote the engagement and influence of young people, aged 9-25, both in the Youth Empowerment Service, and more broadly across the Borough.



I am passionate about providing opportunities for diverse young people to develop their confidence and skills; taking part in new opportunities which help shape the borough that they live in, and the future that they want to have.

Within our team we have Youth Participation Workers who have a particular focus on LGBTQIA+ Young People, Looked After Children, and SEND Young People. We were established when the Youth Empowerment Service was expanded in the autumn of 2019.

Since being established, we've developed a number of events and projects, to ensure that the experiences of diverse SEND young people are at the centre of the work we deliver. These have included.

Introduction

BY TIM ALDCROFT

- Have Your Say Day for SEND young people to speak directly to the Independent Chair of the SEND Commission
- Dedicated sessions delivered in partnership with colleagues from the Specialist Education Support Service within each of our Youth Zones
- Piloting a dedicated SEND Duke of Edinburgh group
- Working with colleagues from across the borough to establish quarterly Gr8 Day 2 Play sports and leisure events at Newham Leisure Centre
- SEND young people representing at least 50% of the young people taking part on Youth Panels as part of the recruitment of staff across our service and the council, including Service Managers and Corporate Directors.
- As part of increasing the knowledge and skills of youth working staff across the borough, we have delivered training with KIDS through their Making Participation Work programme, promoting the meaningful participation of SEND young people.

We have most recently run a British Sign Language Level 1 course. Youth Workers from AAA, Beckton Globe Youth Zone, Bonnie Downs, Forest Gate Youth Zone, Little Ilford Youth Zone, Shipman Youth Zone, Stratford Youth Zone, REIN, the Renewal Programme and RDLAC. There are two significant projects on the horizon, which will further highlight the experiences of SEND young people, and increase their impact on shaping provision in the borough.

We have recently launched a Young Commissioners programme, which will train young people to understand and take part in activities right across the commissioning process. Having piloted this previously within one of the Children's Social Care team, we have now expanded it to promote the involvement of young people across the council. SEND young people will be able to significantly effect what services they want delivered, gains skills in doing this, and get paid for their time. We are in the process of recruiting our first cohort. If you know of any young people you think might be interested, or want to find out more, don't hesitate to contact me on tim.aldcroft@newham.gov.uk

Send Surgery



London Borough of Newham
In partnership with
Newham Parents Forum



SEND Surgery Sessions

Please book an appointment at the SEND Surgery if you are the parent or carer of a child or young person, aged 0-25 years, and you need advice and guidance about the following;

- EHCP plan
- Social Care
- Therapies
- SEND Travel Assistance
- Family Support

Please email SendSurgery@newham.gov.uk to request an appointment. The time of your appointment will be confirmed by email. Please let us know what your main concern is so we can make every effort to book your appointment with the most suitable practitioner. You will meet with one practitioner only.

Bookings only – drop in sessions cannot be accommodated. Meetings are 15 minutes long.

Sessions for the Autumn term are:

Autumn Term 2022	
All Wednesdays	
Appointments are 15 minutes duration between 10.00 and 12.00 midday	
14 th September	12 th October
16 th November	14 th December

The surgery takes place at:

The Tunmarsh Centre, Tunmarsh Lane, Plaistow, London E13 9NB

Representatives from Newham Parents Forum are available to support parents and offer further information about their role.

If you would like additional support in requesting an appointment, please contact:
07495 021 062 or info@newhamparentforum.co.uk



What is this Co-Production thing all about?

Co-production is part of a wider desire of the Council to Co-design services. Co-design is an attempt to define a problem and then define a solution. Co-production is the attempt to implement the proposed solution. Involvement can take place at all or parts of the process, but the co-production process should always encompass the 4 Principles:

Equality, Diversity (and Inclusion), Accessibility and finally Reciprocity (reward & recognition).

Equality Co-production starts from the idea that no one group or person is more important than anyone else and everyone has skills, abilities and time to contribute.

Co-production should be as **diverse** and **inclusive** as possible. Particular efforts may be needed to ensure that 'seldom-heard' groups are included.

Making everything **accessible** is the way to ensure that everyone has an equal opportunity to participate fully in an activity in the way that suits them best.

Reciprocity means people get something back for putting something in – this should always involve a feeling of having made a difference, and residents should be able to see the impact of their contributions.



What is this Co-Production thing all about?

Recently we asked our members to give us some ideas about the "Do's and Don'ts" of getting involved and this is what they said:

Do's:

Do get involved!

Do give it a go!

"It will help build up your self-confidence and self-esteem".

"If you're doing co-production you can see the changes, but if not you'll just see the end result".

"It's nice to have a platform to voice your concerns"

"Get involved in designing projects to make them work for the community, from a grass root level."

"Share your lived experiences and how this might affect your behaviour and influence the needs that you have".

"Co-production is working jointly as residents with the council to make Newham the best place to live in"

Donts:

"Don't be afraid to ask for help!"

"If you don't get involved, how are you going to make changes to the services that you use?"

"Don't be frightened to speak, even if to ask a question that may be quite vague. Never be afraid to say what you think."

"Don't be afraid to speak your truth in a respectful manner"

Don't be afraid to ask for additional support and reasonable adjustments"



If you need any further information relating to Adults, the please get in touch at **Co-Productionteam@newham.gov.uk**

We produce a bi-monthly e-newsletter which covers many aspects of our work including the opportunities that are available to get engaged.

Aidan Keightley, Co-Production Manager (Adults)

Peer Parenting Offer



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Peer Parenting Offer

EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

BAP (Being A Parent) Courses

The **Standard BAP** Group is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us improve our communication with our children. Many parents have already benefited from this course, and we want to reach as many parents and carers as possible.

Courses
available
every term

The **BAP - ASD** Group is for parents and carers of children affected by ASD (Autistic Spectrum Disorder) whether diagnosed or undiagnosed.

BAP ASD is designed to:

- Promote children's development and skills
- Reduce child and family difficulties
- Improve parent confidence, skills and satisfaction
- Improve social and community connectedness.

Coffee and Chat

A monthly workshop for parents and carers to connect and learn. It is an opportunity to discuss the high and lows of parenting. Monthly themes Every 2nd Wednesday at 10am

Facilitator Training

This training is for parents interested in developing their skills to support other parents in their community.

Being a Parent Courses



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent Courses

EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

Delivered for Parents by Parents:

This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they move from Primary to Secondary school
- Create a calm and peaceful family life

Being a Parent Course Details:

TUESDAY

Virtual on Zoom - ASD
Specific

Start: 4th Oct 22

End: 13th Dec 22

Time: 9:30-12pm

ASD - 10
weeks

THURSDAY

Canning Town Library -
ASD Specific

Start: 6th Oct 22

End: 15th Dec 22

Time: 10-12:30pm

Standard -
9 weeks

FRIDAY

Tollgate Primary School
- Standard BAP

Start: 30th Sept 22

End: 2nd Dec 22

Time: 9:30-11:30am

Light
refreshments
provided

To sign up, please scan
the QR code here:



SCAN ME

Coffee & Chat



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Coffee & Chat

A warm, safe and confidential space for parents/carers to connect and learn together

Light refreshments provided!

Monthly

- Open and honest conversations
- Sharing lived experiences
- Tools, tips and advice

Every 2nd Wednesday of the month at 10am

12th Oct
Canning Town
Library
Topic: ASD

9th Nov
Beckton Globe
Library
Topic: Screen Time

To sign up, please scan the QR code here:



SCAN ME

RFA talks about Co-Production

“Since our founding, every service we have developed has been a result of what our community have asked/needed. We are in constant dialogue with our community, and we evolve accordingly. Over the last 2 years, the neurodiversity movement has developed in a very dynamic way and is changing the way society understands, speaks, includes autistic voices.

We wanted to be at the heart of this evolution and take our coproduction work to a new level. We recruited a neurodivergent Co-production lead to help lead this evolution within RfA for a better quality of life for our service users.

At Resources for Autism our work with our service users is the foundation to everything we do and we believe that Co-production forms an essential component of our work. Our work on Co-production began with the recruitment of a neurodiverse employee with strong academic and practical experience of incorporating the autistic voice within academia and autism advocacy.



The aim of Co-production at Resources for Autism is in the first year to inject a culture of Co-production within Resources for Autism, while working on two specific projects. The first being a research project with two of our service users and the GLA which looks at access improvements for autistic young adults in mainstream education and how we can support that inclusion. The project is an important piece of

Co-production which enables our service users to Co-design a research project with our Co-production lead and present the findings to the GLA.

RFA talks about Co-Production



The second is a research project we have been working on within Newham, incorporating the voices of the parents of service users with a neurodivergent research lead on how to improve autism services for the Ethnically diverse community. We will also be implementing Co-production across all our departments as a goal for year two of Co-production, starting with our therapy services and the Co-design of evaluation methods.

Alongside this project is the work that we have been doing behind the scenes at RFA, incorporating a spirit of Co-production within our policy and training development, this work has been instrumental in incorporating the autistic voice in all that we do.

Our approach to Co-production at RFA is synonymous with our values, which is to celebrate and develop the individuality of the autistic voice and to ensure it is at the forefront of everything we do. The framework of neurodiversity is a big factor within our Co-production work, while we make sure that the voices of parents of our service users are also valued when working with our broad spectrum of clients.

Finally we look forward to working with our non-verbal service users in our Co-production plans, when we look ahead to the future of Co-production at RFA we want to actively incorporate those voices into our Co-production using alternative methods of communication and we look forward to start those plans with future parent-service user led peer research group sessions.

if you would like to find out more about our coproduction work, participate in our research, share best practice or would like training on neurodiversity in your organisation please contact Daniel at danielbendelman@resourcesforautism.org.uk

Inclusive Activity Programme



Inclusive Activity

Tuesdays, 10:30 – 12:30

Newham Leisure centre, 281 Prince Regent Lane, E13 8SD

Inclusive Activity Programme

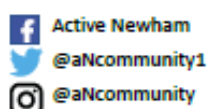
Come join our inclusive activity programme running every Tuesday, have fun, make friends, try new sports. Badminton, Boccia, Basketball, Tennis, Cricket, Hockey & more...

PLEASE BOOK BEFORE ATTENDING

Sports@activeNewham.org.uk

07741 293506

<https://tinyurl.com/InclusiveActivity>



Inclusive Activity @ Newham Leisure centre (office.com)

WE ARE NEWHAM.



Inclusive Adult Dance



Wednesdays, 2pm–3pm

East Ham Library, 328 Barking Road, E6 82RT

Inclusive Adult Dance

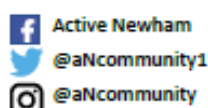
No matter what your ability, this inclusive adult dance session for adults with a disability enables participants to learn new skills and explore movement in a fun and supportive environment. Come and dance with us!

PLEASE BOOK BEFORE ATTENDING

Sports@activeNewham.org.uk

07741 293506

<https://tinyurl.com/InclusivedanceNewham>



Inclusive Activity @ Newham Leisure centre (office.com)

WE ARE NEWHAM.



Inclusive Adult Dance



Mondays, 11am-12pm

Jack Cornwell community centre, Jack Cornwell Street, E12 5NN

Inclusive Adult Dance

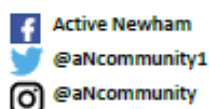
No matter what your ability, this inclusive adult dance session for adults with a disability enables participants to learn new skills and explore movement in a fun and supportive environment. Come and dance with us!

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Inclusive Activity @ Newham Leisure centre (office.com)

WE ARE NEWHAM.



An NHS Perspective on Co-Production

My name is Rachel Osbourne and I am the new People Participation Worker for the Specialist Children and Young Peoples Services (SCYPS) in East London NHS Foundation Trust.

SCYPS comprises of a range of services which provide care for children and young people with additional and complex health needs and disabilities. I will be working with SCYPS teams, parents, carers, and young people who use our services to make sure we capture their views in the planning and delivery of our services. Speaking more broadly, my role is to also link with local partners to collaborate on wider SEND developments in Newham, such as the local offer.

"I genuinely appreciate the far reaching importance of co-production and the quality results it can yield from the perspective of a service, yet also how personally rewarding and expansive it can be for parents and service users."

My son has been a SCYPS service user for 10 years after being diagnosed with Cerebral Palsy at 13 months old. Early on in my journey I found SCYPS to be extremely supportive, providing high level care, and would respond quickly to any new care needs that would develop as my son grew. However, like any parent carer I had lots of ideas about how SCYPS could be improved and I was keen to be involved in the process. I joined the SCYPS People Participation Team in 2017 as a parent, and I was quickly introduced to the system of 'co-production'.

After losing my sense of self due to being consumed by my caring responsibilities (I had been caring for my son full time for many years at this point), it felt empowering to use my experiences for the betterment of the service, and ultimately for the betterment of my son, and to feel that finally my struggles and voice had purpose. Today, this lived experience helps me relate to the parents, carers, and service users I now have the pleasure of working with, as not only do I have the unique insight into what it means to be a parent carer, I genuinely appreciate the far reaching importance of co-production and the quality results it can yield from the perspective of a service, yet also how personally rewarding and expansive it can be for parents and service users.

An NHS Perspective on Co-Production

What is People Participation?

People Participation is about empowering our parents, carers, and service users to have a say in how the services they use are run; it is an offer for all parents, carers, and service users that should be embedded into service practice. In order to improve and assure quality, services must listen to their service user voice and work with them to ensure their needs are being met.

We call this working approach co-production. Meaningful co-production occurs when parents, carers, and service users work together with services to collaborate on the planning, delivery, and monitoring of service projects. These projects can be Service driven or Service User driven.

"Meaningful co-production occurs when parents, carers, and service users work together with services to collaborate on the planning, delivery, and monitoring of service projects."

Why is co-production important?

- The collaborative working approach of co-production bridges the gap between a service and those they provide care for - communication with families improves, unmet care needs are identified, and solutions can subsequently be implemented. In a nutshell, co-production is important to:
- Improve quality by listening to our service user voice to ensure we are providing a high quality service that meets their needs, which may ultimately improve the local population health.
- Celebrate and share, maintain and build upon the best practice being delivered by the service.
- Develop initiatives that will support staff, parents, carers, and service users with the aim of assuring quality improving efficiency, and improved accessibility of information and advice.
- Link with local partners and stakeholders as a means of identifying common themes within broader developments. This promotes a cohesive working approach and avoids unnecessary duplication of effort and resources.

An NHS Perspective on Co-Production

What am I doing?

As a People Participation Worker, co-production and engagement are the central tenets of my role. The post was vacant for many months before I was recruited 5 weeks ago, so the momentum of people participation within SCYPS reduced rather drastically. Thus, my focus has been on rebuilding: my starting point was to build a user group by creating a 'recruitment' poster, speaking to our parents/carers in the reception, and contacting parents and service users from the previous database. I have been having meetings with all of the different SCYPS services to determine whether they have been actively co-producing pieces of work with our parents whilst my post was vacant, whether there are any upcoming developments my user group can support with, and I have also been linking with local agencies not only to improve the visibility of SCYPS People Participation but to collaborate on Newham wide initiatives (with input from my user group of course!). Since gathering all of this information, I now have clear direction for the SCYPS people Participation team, and held my first participation user group mid-September to inform my parents and service users of these opportunities and how they can collaborate on and co-produce these projects.

"Co-production when done in a meaningful way can greatly improve quality, and as an avid advocate of co-production - and people participation overall"

As highlighted above co-production when done in a meaningful way can greatly improve quality, and as an avid advocate of co-production - and people participation overall - I would encourage all services and agencies to implement this working approach in their everyday practice to ensure their service is best meeting the needs of those it serves, and achieving borough wide shared outcomes.

Autism Advice for Parents - Drop in Surgery

Contact Details:

Email: kenny@resourcesforautism.org.uk

Mobile: 07506 259 643



AUTISM ADVICE FOR PARENTS

DROP-IN SURGERY

What would you like to talk about?

Contact: Kenny 07506259643
kenny@resourcesforautism.org.uk

- Communication
- Understanding Behaviour
- School & Family
- Knowing Your Rights

Resources for Autism Parent Group

Contact Details:

Email: kenny@resourcesforautism.org.uk

Mobile: 07506 259 643



Resources for Autism
PARENT GROUP
Thursdays from 3rd Nov - 8th Dec

**Autism support group for Black & Asian parents
to learn, share and connect with other families.**

A RANGE OF SPEAKERS ADDRESSING VARIOUS TOPICS

10.30am - 12.30pm

East Ham Town Hall 328 Barking Rd. London E6 2RP

Contact: Kenny 07506259643
kenny@resourcesforautism.org.uk



resources for
autism

Project for Young People & Parents

Contact Details:

Email: kenny@resourcesforautism.org.uk

Mobile: 07506 259 643

**PROJECT FOR YOUNG
PEOPLE AND PARENTS**

**NO EXPERIENCE
NEEDED**

**LIMITED SPACES
AVAILABLE**

Develop skills,
socialise & have fun



PHOTOGRAPHING *Feelings*



Autism from Black & Asian Perspectives.



Registration:

kenny@resourcesforautism.org.uk

**October
Monday 24th
- Friday 28th**

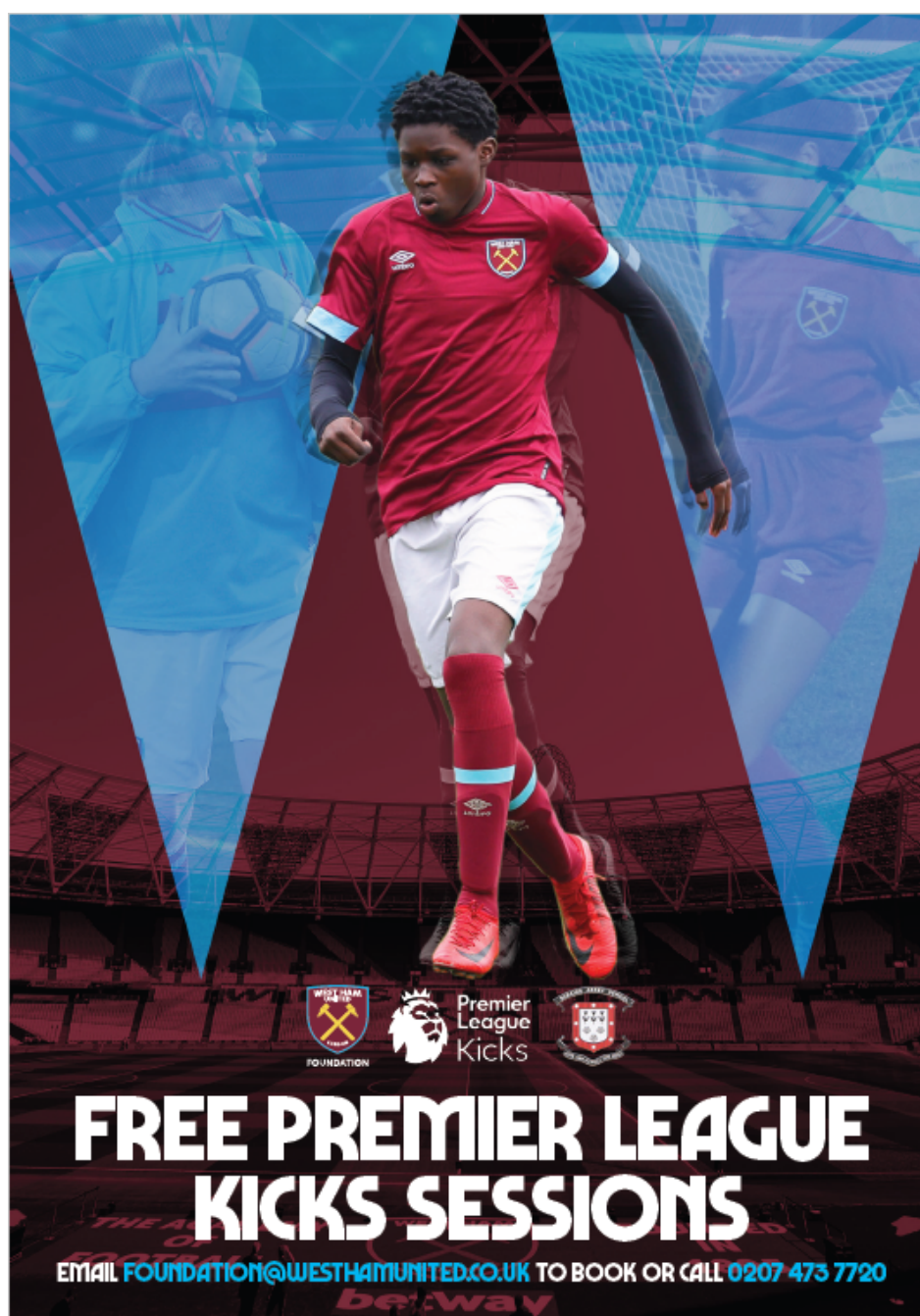
Venue: TBC

Free Premier League Kicks Sessions at the Beckton Hub and the Barking Abbey Hub

The West Ham Foundation hosts free football sessions for children and young people.

This includes sessions specifically for girls and for those with disabilities.

For more detail on these events, please click here for the [Beckton Hub sessions](#) and here for the [Barking Abbey sessions](#).



Bikeworks - inclusive drop-in cycling club (Queen Elizabeth Olympic Park)

Come along to the Bikeworks' weekly inclusive drop-in cycling club in Queen Elizabeth Olympic Park on Tuesdays and Thursdays.

The clubs offer the chance for people of all abilities and experience levels to try out our range of adapted cycles in an off road park environment. The cycles we have include: standard two wheel cycles, tricycles, side by side cycles, recumbents, hand cycles and wheelchair platform cycles.

Who can attend?

The clubs are free to access for everyone and are drop-in, so you can simply turn up whilst a session is running to attend.

Generally we say **anyone over the age of five** can take part due to the size of our smallest cycles. **The sessions are tailored towards people with SEND.**

When are the sessions?

Sessions occur between 10am-1:45pm just outside the Lee Valley VeloPark, Abercrombie Rd E20 3AB.



If a group of six people or more would like to attend they are encouraged to get in touch with us in advance so we can recommend a time for them to attend to avoid congestion and waiting too long for a turn - they can do so by emailing all.ability@bikeworks.org.uk or calling 0208 980 7998 and dialling option 3.

What should you expect?

When you arrive, an instructor will welcome you to the session and register you on our tablet. The instructors will then help you to choose an appropriate cycle to ride around the park and on your first visit, will show you how everything works. Parents and support workers are encouraged to cycle with the person they are supporting as the instructors aren't always able to offer one-to-one riding support to individuals.

For more info: www.bikeworks.org.uk/Pages/Category/what-is-all-ability/



activeNewham's free inclusive activity programme

Come join our free and inclusive activity programme running every Tuesday. Have fun, make friends and try new sports, such as Badminton, Boccia, Basketball, Tennis, Cricket, Hockey and more.

The programme runs Tuesdays, 10:30am-12:30pm at Newham Leisure Centre (281 Prince Regent Lane, E13 8SD).

Please reserve your space before attending by emailing Craig Hughes at Craig.hughes@activeNewham.org.uk



Join the Newham Parent Forum



Newham Parent Forum (NPF) is a voluntary group of parents and carers of children and young people (0-25) with special/additional needs and disabilities (SEND) living in Newham. The group works closely with Newham Council and Newham NHS and Clinical Commissioning Groups and also work in partnership with other local support groups so that collectively, they can make a real difference.

The forum also provides a range of information and signposting services as well as a platform for Newham parents/carers to:

- Express their views
- Meet other parent/carers
- Influence current and future services.

Contact NPF at:

St Marks Community Centre,
Office Room 12,
218 Tollgate Road,
Beckton,
E6 5YA

Phone: 07495021062

Email: info@newhamparentforum.co.uk

Website: www.newhamparentforum.co.uk

Facebook: Newham Parent Forum

Twitter: @NPF_SEND_Parent

If there's a service or subject that you would like the forum to cover in a coffee morning, please contact as above.

Contact the Newham SEND Service

If you want to contact the Newham SEND Service, please email local.offer@Newham.gov.uk

To opt-in or opt-out of our future newsletters, please click [here](#).