

lfieldSmile

Training Workshops For Parents, Carers & Families 2021-2022



SPECIALIST TEACHING AND LEARNING SERVICE

The Specialist Teaching Team for the Gravesham District advise and support early years settings and schools to build the capacity and confidence to deliver high quality provision for children and young people with special educational needs and disabilities (SEND).

Mrs Mandy Braisted, Assistant Head and Director of Inclusion, Ifield School

Mr Jason Owen, Specialist Teacher, Social, Emotional & Mental Health

Ms Ruth Cubitt, Specialist Teacher in Cognition & Learning

Mrs Helen Cottage, Specialist Teacher for Communication & Interaction

Mrs Claire Noordally, Specialist Teacher for Communication & Interaction

Mrs Julie Hawkins, Specialist Teacher for Inclusion

Mrs Janice Gibson, Specialist Teacher for SEND in Early Years

Mrs Susan High, Specialist Teacher for Inclusion

Mrs Julie Bruce, Specialist Teacher for Hearing Impairment

Ms Shelley Robinson, Specialist Teacher for Physical Impairment & Multi-sensory Impairment

Mr Andy Taylor, Specialist Teacher for Visual Impairment

Mr Tom Lloyd, Specialist Teacher for Visual Impairment

Mrs Catherine Hall, Smile Administrator

Mrs Emma Clisby, Smile Administrator



Mrs Abigail Birch, Executive Headteacher, The Cedar Federation, Ifield School

Foreword

Welcome to Ifield Smile and here is our 2021/2022 booklet.

We deliver a wide range of training sessions and workshops for parents and carers of children and young people with special educational needs.

Most courses are free, although some do have a nominal charge to cover some administrative costs.

The Ifield Parent, Teacher and Family Association (PTFA) also meet at Ifield Smile throughout the year. Please contact Mandy Braisted m.braisted@ifield.kent.sch.uk if you would like to join us.

We also have a small library of books that can be loaned.

We look forward to meeting you.



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To book a place, please telephone 01474 536924 and request a booking form. On booking, an email and contact telephone number must be given.

Booking forms are also available on the Ifield website

www.ifieldschool.com

Please refer to the Booking Cancellation, SMILE team and Booking Information at the back of the brochure for further details.

The Smile Parent Support Group

Led by Jane Carey

Sessions will take place on Thursday mornings 9:30am to 12.30pm

Tuesday 12th October 2021
Thursday 11th November 2021
Thursday 13th January 2022

We welcome all parents/carers/family members of children or young people with ADHD, ASD, Asperger Syndrome or Social Communication Difficulties. You might still be awaiting a diagnosis or going through the process of a diagnosis for your child at this time; if so, this group is also for you.

It will be an opportunity to meet with other parents and gain further knowledge to support your child in a caring, nurturing environment; share and exchange ideas and strategies which work well for you. Parents will also be signposted to useful local services, activities and facilities.

These sessions offer a mixture of helpful presentations by experienced guest speakers (eg from the Kent Autistic Trust) focusing on topics of interest and real concern to parents as well as more informal, social sessions. All sessions aim to provide opportunities for discussing specific issues together.

What do parents/carers say?

'This group is very friendly and welcoming'

'It's great to meet other parents who understand & share the same struggles'

'I feel so isolated as I'm new to all this...'

'I've come away with some good ideas to try'

To book a place, please telephone 01474 536924 and request a booking form. On booking, an email and contact telephone number must be given. Booking forms are also available on the Ifield website www.ifieldschool.com

Sessions are free.

Refreshments will be provided

SLEEP SOLUTIONS FORUM

Thursday 16th September 2021

9:30am-12:30pm

It is recognised that problems with sleeping can cause wider difficulties to the child or young person experiencing them and their families. Improving sleep can lead to families experiencing reduced stress and children and young people more able to access their learning opportunities.

This session is an opportunity for parents to explore some of the factors that may be causing sleep difficulties and to find out about practices and strategies that promote better sleep patterns.

The session will be part informative and part solution focused, giving individuals attending the opportunity to work with others and consider ways forward for their situation.

The sessions will cover

- Good sleep factors that promote getting to sleep and remaining settled
- Some commonly occurring sleep difficulties in children and young people including those with additional needs
- Group problem solving to find solutions

This session is suitable for parents and carers of children who are currently experiencing long term sleep problems and are looking for an opportunity to explore the reasons why this may be occurring and to find ways forward to improve things.

Presented by:

Helen Cottage

Specialist Teaching and Learning Service – (Communication & Interaction)

This session is free to attend – refreshments will be provided.

STARTING THE AUTISM JOURNEY

Friday 1st October 2021
9.30am-12.30pm

Workshop Objectives:

A supportive and informative introductory session for parents going through the process of a diagnosis for their child or for parents whose child has been recently diagnosed.

- To gain greater understanding of Autism and the Autism Spectrum and what this might mean for you and your child.
- To identify your child's strengths and difficulties; becoming an expert on your child
- To provide some useful strategies to support your child's needs
- To support you as a parent on the start of this journey

Workshop Content:

- What is Autism/ASD?
- The Diagnostic Process
- Language and Communication
- Sensory Issues
- Behaviour
- Some Tips and Strategies to Manage and Support your Child
- Pre –School/School; working together with staff
- Benefits and Access to Services and Support
- Family Life and Looking after your own Needs

Target Audience

For Parents/Family Members/Carers:

- Currently awaiting for an initial appointment with Paediatrician
- In the process of undergoing a diagnosis for your child
- Who have a child that has recently been diagnosed with Autism/ASD

Presented by:

Helen Cottage

Gravesham Specialist Teaching and Learning Service

Handouts and refreshments are provided (Bookings to be made in advance)

AUTISM IN THE EARLY YEARS

**Tuesday 1st February 2022, Thursday 3rd March 2022 Wednesday 23rd March
and Thursday 28th April 2022**

9:30am-12:30pm

This is a 4-week training course that seeks to inform parents/carers about autism. It will provide strategies and insights into the condition that will equip parents/carers to meet the needs of their children. The course is aimed at parents/carers whose child has received an early diagnosis of Autism Spectrum Disorder and who has not yet started school.

The sessions will cover

- What is Autism?
- Developing communication and interaction skills
- Developing play
- The importance of structure, predictability and visuals
- Managing tricky behaviours

It is anticipated that parents/carers will attend all 4 sessions.

This course will run with 6 -8 families.

Presented by:

Claire Noordally

Specialist teaching and Learning Service – (Communication & Interaction)

Handouts and refreshments are provided

Bookings to be made in advance

EXPLORE AND IMPROVE SOCIAL COMMUNICATION SKILLS

Date Tuesday 26th April 2022

Time 1.30pm to 3.30pm

In this workshop parents and carers will be:

- Exploring what we mean by 'communication' and a chance to get to grips with some common speech and language terms
- Introduced to a range of strategies and resources that can be used within the home environment
- Exploring different special educational needs e.g. Autism/Down Syndrome and the benefit of using visuals and other types of communication.

Target Audience:

This workshop is suitable for parents of children with ADHD, Autism and organisational difficulties.

Presented by:

Julie Hawkins

Gravesham Specialist Teaching and Learning Service

Refreshments are provided

ANXIETY AND AUTISM

Date: Friday 29th April 2022

Time: 09.30am to 12.30pm

COURSE DESCRIPTION TO FOLLOW

Presented by:

**Helen Cottage,
Gravesham Specialist Teaching and Learning Service**

Refreshments are provided

BASICS FOR BEHAVIOUR

Tuesday 10th May 2022

9.30am to 11.30am

Workshop Objectives:

This workshop will give parents of children at a mainstream primary school the opportunity to:

- Reflect on their own practice in relation to positive behaviour management at home
- Explore interventions that can be used within the home to promote positive behaviour

Target Audience:

This workshop is suitable for parents of children who experience difficulties with behaviour.

Presented by:

Jason Owen

Gravesham Specialist Teacher and Learning Service

Refreshments are provided

Bookings to be made in advance

STARTING THE AUTISM JOURNEY

Date Tuesday 14th June 2022

Time 9.30am to 12.30pm

Workshop Objectives:

A supportive and informative introductory session for parents going through the process of a diagnosis for their child or for parents whose child has been recently diagnosed.

- To gain greater understanding of Autism and the Autism Spectrum and what this might mean for you and your child.
- To identify your child's strengths and difficulties; becoming an expert on your child
- To provide some useful strategies to support your child's needs
- To support you as a parent on the start of this journey

Workshop Content:

- What is Autism/ASD?
- The Diagnostic Process
- Language and Communication
- Sensory Issues
- Behaviour
- Some Tips and Strategies to Manage and Support your Child
- Pre –School/School; working together with staff
- Benefits and Access to Services and Support
- Family Life and Looking after your own Needs

Target Audience

For Parents/Family Members/Carers:

- Currently awaiting for an initial appointment with Paediatrician
- In the process of undergoing a diagnosis for your child
- Who have a child that has recently been diagnosed with Autism/ASD

Presented by:

Helen Cottage, Gravesham Specialist Teaching and Learning Service

Handouts and refreshments are provided

SUPPORTING TRANSITION

Wednesday 15th June 2022

Time 9.30am to 12.30pm

Course description to follow

Presented by :

Helen Cottage

Gravesham Specialist Teacher and Learning Service

Handouts and refreshments are provided

Bookings to be made in advance

UNDERSTANDING DYSLEXIA

Thursday 16th June 2022

Time: 9.30am-12.30pm

In this workshop parents and carers will be:

- Given an opportunity to understand some of the difficulties that children and young people with dyslexic type difficulties can experience
- Introduced to some of the approaches that can be used to help

Target Audience:

This workshop is suitable for parents of pupils in mainstream schools with dyslexic type difficulties.

Presented by:

**Ruth Cubitt
Gravesham Specialist Teaching and Learning Service**

Handouts and refreshments are provided
Bookings to be made in advance

SUPPORT GROUPS - WORKING WITH CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

Autism South East www.autismsoutheast.co.uk
(Support Group for Families)

Beams (We are Beams) wearebeams.org.uk
(Advice, support, activities and respite)

Gravesham Children's Centre and Early Help-
www.kent.gov.uk/education-and-children/early-help-support-for-families
<https://www.facebook.com/GraveshamCC>
(Support for families)

Kent Autistic Trust (KAT) www.kentautistictrust.org
(Family support service - adults and children, advice and support)

National Autistic Society (NAS) www.autism.org.uk
(The largest autism charity in the UK. They have a directory of services for adults, autism helpline information and advice plus run various schools and care homes around the country)

Tree Tops www.treetopsclubs.co.uk
(Breakfast, After School Clubs and Holiday Camps)

Waterside Centre <https://watersideparentscentre.wordpress.com/>

CANCELLATION CHARGES

Workshop Charges and Changes

Most of our parent workshops are free to parents and carers. **We do respectfully request that cancellations are made with more than 48hrs notice so that staff can be notified.**

Where charges apply these are to cover costs to Ifield SMILE, such as providing external presenters, lunch and/or resources.

There will be no charge for cancellations made with more than 48hrs notice. Please note that non-attendance or cancellations made within less than 48hrs notice will be charged the full amount.

THE SMILE TEAM & BOOKING INFORMATION

If you would like to make a booking, be added to our mailing list or require further information, then please do not hesitate to contact the Smile Team:

Email: Smile@ifield.kent.sch.uk

www.ifieldschool.com

Telephone 01474 536924

Ifield School and Smile Centre, Cedar Avenue,
Gravesend, Kent DA12 5JT

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The Cedar Federation