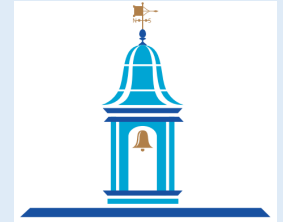


Warlingham Village Primary School
Special Educational Needs And Disabilities
Newsletter: Autumn 2 2024



Autumn 2 2024

Please see the information below.

The National Autistic Society is offering a free family support service for families struggling with neurodevelopmental concerns both in and out of school, with or without a diagnosis of autism.

Family Links is offering a course, for a fee, for parents and carers to support dealing with challenges to have a calmer, happier, family life.



NAS Surrey Family Support is a free service provided by Mindworks partner, National Autistic Society (NAS). It is available to Surrey families struggling with neurodevelopmental concerns both in and out of school, with or without a diagnosis of autism.

Schools can refer families direct to NAS for a range of free early support including:

- Stepping up for Autism - an 8-week course to help parent carers understand Autism and develop strategies to support their child. It covers topics such as Sensory Processing, Communication, Behaviour, Transitions, Social Interaction and Puberty.
- Personalised 1:1 support following the Stepping Up course for more complex cases.
- Specialist workshops on a range of topics such as Anxiety, EBSNA and Sleep.
- Free family activities in the holidays.
- Free out of hours advice line, daily from 5pm to 11pm 365 days a year, call Freephone 0300 222 5755 – option 3.

To refer a family, or for more information please email: Surrey.FamilySupport@nas.org.uk

How Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."



Check out familylinks.org.uk for more information on *The Parenting Puzzle* book and the Nurturing Programme

The 10-week Nurturing Programme for parents and carers

where:
Home-Start Community Room
Tower House (2nd Floor)
3, Cromwell Road
Redhill
RH1 1RT

when:
Mondays 7.30pm to 9.30pm

13th/20th/27th January 25
3rd/10th/24th February 25
3rd/10th/17th/24th March 25

contact details:

Please contact Lisa to book a place
email lisa@home-starteastsurrey.org.uk
mob: 07593 503701

cost: £30 per person or £50 per couple



familylinks.org.uk
Registered charity 1062514



The Nurturing Programme

Information for parents and carers

How to get the best out of family life



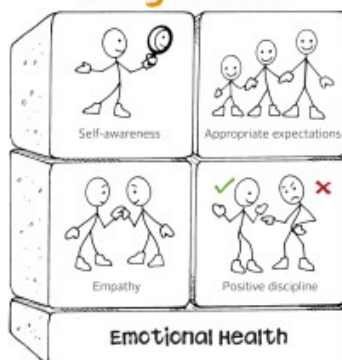
What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

The Building Blocks of the Nurturing Programme



What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including

- Understanding** why children behave as they do
- Recognising** the feelings behind behaviour (ours and theirs)
- Exploring** different approaches to discipline
- Finding** ways to develop co-operation and self-discipline in children
- Learning** the importance of looking after ourselves

Practical information

Partners are welcome and it's also fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a creche; check with group leaders beforehand

You need to come to all ten sessions as they fit together like a puzzle

