



TRAFFORD PARENTS FORUM

SUMMER 2024 NEWSLETTER

WELCOME TO TRAFFORD PARENTS FORUM LATEST NEWS ROUND UP

Directors Update

We have firmly settled into our new office, with two lovely meeting rooms set up to meet our parents who come along to see the Team.

Since our last update, our Engagement and Participation with Trafford Parent Carers have been on fire!! From supporting the Local Authority's Preparing for Adulthood workshop; busy drop in's with peer support and a whole host of speakers; Dad's Drop in and Evening Drop In's; to our parent carers supporting each other by taking part by being sat in on boards, steering groups, working and task and finish group.

We are coming to the end of the second year of the Forum running the Autism in Schools Project and what a success this has been. Read on for more information.

The STEP ladies have been ever busy with an increasing number of requests for support, with many more referrals coming from services such as Home Start, Early Help, Trafford Team Together, TDAS as well as from Trafford schools and educational settings. See more below for more...

This last term saw us run our first ever Wellbeing Programme; it was a huge success with activities from Yoga, Soundbath, Psychotherapy, hand massages and meditation. We had such lovely feedback from those who attended the course.

We have lots planned for the Autumn and Winter term, watch this space for more news and information. This leaves us to wish you all a rested summer holidays and we will see you in September.



In the latest TPF Newsletter, you'll find: -

- An update on our drop in's
- An update from STEP
- Autism in Schools Project
- TPF Steering Group
- Wellbeing Project News
- Trafford Commissioning Survey
- Essential Support Information for our families

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Tuesday Term Time Drop Ins

How quickly has this academic year flown! We have had the opportunity to support and catch up with so many of you this year, and we never fail to be amazed by the wonderful things you do, for your children and young people. Not to mention the invaluable peer support, you provide each other with. Parent Carers in Trafford, make a strong team!



The drop ins have been a hive of learning and shared experience. We have welcomed Kooth, Qwell, SENAS, The Sleep Service, Trafford Commissioning, SENDIASS Trafford Educational Psychology and so many more. Communication and relationships have grown between Jill McGregor, Corporate Director of Children's Services & Karen Samples, Director of Educations, Quality, Standards and Performance during our termly drop ins. Our input in to EBSNA with Trafford Educational Psychology, has been so welcomed and extremely valuable.

Our family drop ins at The Nebula, have been so much fun and it has been a wonderful opportunity to meet your wonderful families and catch up. We are really looking forward to the summer sessions (will you insert events link here and can we do a register your interest if event isn't live by the time this goes out, thanks!) and we hope to see lots of you there!

We can't thank our parent carers enough for joining in, in person and / or online.

Our Term Time Tuesday Drop in , will run until Tuesday, 16th July 2024 and then we will finish for summer. We will return to St Matthew's, Stretford on Tuesday, 10th September 2024.

Have a great summer!



STEP

Stronger Together Empowering Parents

STEP is run by a small team, Clair Domville (left), Emily Heywood (right) and Gill Thompson (centre).

STEP are a support service within Trafford Parents Forum. We have been active in Trafford since May 2020 and have supported over 300 families.

At STEP we provide peer-to-peer emotional and practical support and guidance for parent/carers of children and young people with SEND in Trafford. We have a team of Co-ordinators as well as a number of trained volunteers who can offer their knowledge and lived experience through peer-to-peer support.

SUPPORT OFFERED BY STEP:

At STEP we provide low-level support such as:

- Emotional
- Practical ideas for day-to-day challenges
- Signposting to Trafford services
- Help navigating the Local Offer
- Guidance for completing DLA/PIP Application forms
- Support in low-level meetings in school
- Help with communications with school
- Sharing relevant resources

NOTE: We cannot support with issues around EHCP's.



FEEDBACK FROM OUR PARENT CARERS:

Feedback from some of the wonderful parent carers we have had the privilege to work with and get to know;

"The support of STEP has been invaluable. Up until now I have been managing on my own and felt very isolated both emotionally and in terms of knowing how to access the system. I have only just heard about STEP and got in touch for support. Already they have given me so much relevant and essential information. The senior co-ordinator has spent time listening to me which has had a huge positive impact on me. It's been an incredibly stressful time and finally to be heard and understood has alleviated so much of the upset I've been feeling."

"I don't know where I'd be without STEP. Couldn't put into words what the support both on an individual basis and from a group perspective has given me. It's priceless, being part of a community where people truly understand and listen, support and signpost."

You don't need a diagnosis to access support through STEP, please feel free to make contact and arrange a chat with us to see what support we can offer.

To request support from STEP, please complete the short form through the 'STEP Self Referral' tab at the bottom of our website <https://www.traffordparentsforum.com/pages/step> or email us at step@traffordparentsforum.com.

What Is a Steering Group?



It is a group of parent carers of children and young people with disabilities working alongside local authorities, education, health and other service providers to ensure the services they plan, commission, deliver and monitor meet the needs of children and families

The Forum is pleased to tell you that they are at the start of forming a new steering group.

If you would like to be sent more information about being involved as a steering group volunteer in the future, please send your details with a few lines about yourself to engagement@traffordparentsforum.com with a subject 'Steering Group Volunteer'.



WELLBEING with TPF

TPF launched our first set of Wellbeing 6-week programmes in April which completed last month. We hosted both a daytime programme and an evening/weekend programme to enable us to make the programme as accessible as possible to our parent carers.

23 parent carers signed up and we are thrilled to say the programmes were a great success. We are so proud of the participating parent carers who made space for themselves each week to join us for a psychology session or a mindful activity, we understand just how challenging that can be.

The programme finale was on Friday evening where we enjoyed catching up with some nibbles and fizz. It was so lovely to see some of you there and thanks to one of our STEP parent carers who treated us to hand massages and a mindful meditation session.

Thank you also to those who have completed feedback forms, these are so helpful for us to secure funding for future wellbeing activities.

Those of you who still need to collect your Bean & Brush masterpieces, please arrange with one of the team to collect it from the TPF office before the end of term. Our office will officially close for the summer holidays on Friday 19th July

YOUR VOICE IS NEEDED

Trafford Commissioning are in the process of developing a commissioning strategy for children and young people with Special Educational Needs and Disabilities aged 0 - 25 in Trafford.

The voices of children and young people are paramount to the work we do, and we welcome them to complete this short questionnaire to offer their feedback and views to shape services in Trafford moving forward.

Please can you support us in gaining as many voices as possible by sharing the below link with your networks, and directly to children and young people with SEND, and their families.

<https://trafford.citizenspace.com/integrated-commissioning/trafford-send-survey-2024/>

This survey will close on 31st July 2024

Autism in Schools Project

Trafford Parents Forum are thrilled to have lead the second year of the Autism in Schools Project here in Trafford.

The Autism in Schools Project is an NHS led Project which brings together schools, parent carers, Mental Health support and Peer support for our children and young people with the aim of transforming the hearts and minds across the whole school to improve the experience and outcomes for our neurodivergent young people and those with social communication difficulties. This year we have worked closely with our three selected schools: Stretford Grammar School; Wellacre Academy; Flixton Girls School.

The TPF Team lead the project from the parent carer aspect with 5 modules covering Understanding Autism, Enabling Environments, Learning Styles, Anxiety and Distressing Behaviours. This current year's project is coming to a close this month however we have begun the discussions for next years' schools. So watch this space if your school is selected for the project if you are a parent carer of a child with social communication difficulties, whether your child has a diagnosis or not or is on SEN Support or has an EHCP or you just have concerns yourself.

Please keep an eye on our website and social media pages for more information in the new school year.

Summer Holiday Club Info



There are some really useful links to SEND holiday clubs on the Trafford Directory, including Visually Impaired Football Festival; SEND Sessions at Adventure Forest, Dino Falls, CADS Holiday Club and more

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=RMJRYmVSgBY>



Unfortunately, as of 28th June 2024, we are no longer distributors of Max Cards. The orders we had at that date have now been completed.



Did you know TPF is a Foodbank referrer? Please don't struggle in silence, get in contact with our team at our Tuesday drop in, through our STEP service or email us at hello@traffordparentsforum.com

Trafford Directory and the Local Offer – www.trafforddirectory.co.uk

If you need any general help, Trafford Directory offers free, impartial advice and guidance service connecting Trafford families, young people and caregivers with local support services. Under this service, you will find the SEND Local Offer – if you haven't visited yet, it's a tool to keep always as it's Trafford offer of support for families with children with SEND.

During holiday periods for urgent support, please contact Trafford Children's First Response on 0161 912 5125 during office hours Mon-Fri 8.30-4.30pm or 0161 912 2020 out of hours – Emergency Duty Team.

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