

# What's going on?



Summer Term  
2017



Newsletter from County Durham Special Educational Needs and Disability Information, Advice and Support Service



**For parents/carers who are supporting a child or young person with any kind of emotional or mental health problem.**

**ANXIETY – LOW MOOD – DEPRESSION – SELF HARM – EATING DISORDERS – SLEEP PROBLEMS – SUICIDAL THOUGHTS – OBSESSIONS AND COMPULSIONS – AND MORE**

You are not alone! Supporting a child or young person with emotional or mental health issues can be challenging, isolating and sometimes feels like you're riding a real emotional rollercoaster!

Come along to the group, meet other parents/carers in similar situations and get support. There will be guest speakers, discussions topics, practical tips for coping and tea/coffee and biscuits.

**1<sup>st</sup> Wednesday of every month**

10am-12pm

Durham County Cricket Ground,  
Riverside, Chester-Le-Street, DH3 3QR

**3<sup>rd</sup> Wednesday of every month**

5:30pm-7:30pm

South Durham CAMHS, Acley Centre,  
Newton Aycliffe, DL5 4PE

**For further information, please contact:**

**Wendy: 07415380040 or Nicky: 07500783634**

**Everyone is welcome, we hope to see you there!**

## contact a family

for families with disabled children

Parents we meet often tell us they worry about not meeting the needs of their non-disabled children because they need to spend so much time concentrating on their disabled child. This workshop is an opportunity to share some of those concerns with other parent carers, explore how you can support siblings with their own feelings and look at strategies to help support your whole family.

The workshop in County Durham is as follows:

**Wednesday 24 May 2017** at Alington House, North Bailey (Close to Palace Green), Durham DH1 3ET

Workshops will run from 10.00am-12.00pm and will then be followed by lunch and time to chat, share more experiences and gather more information.

Places are very limited and so please contact us if you would like to book by email at [northeast.office@cafamily.org.uk](mailto:northeast.office@cafamily.org.uk) or call **0191 213 6300**

## healthwatch

County Durham

Healthwatch County Durham, established in 2013, listens to your experiences of health and social care and advise you on how best to resolve your issues, guiding you through the complexity of the system. We will support you on how to choose and get the best care and on what to do when things go wrong. We will speak up on your behalf by raising your concerns with the service provider, making recommendations and publishing reports that will make a difference to the way services are delivered. This means that health and social care providers are answerable to you, the people who use their services and their families and friends.

**If you've got a concern that you would like to share with us please get in touch by calling our Freephone number, 08003047039, texting us on 07756654218 or emailing us at [healthwatchcountydurham@pcp.uk.net](mailto:healthwatchcountydurham@pcp.uk.net) Alternatively you can find out more about Healthwatch County Durham by visiting [www.healthwatchcountydurham.co.uk](http://www.healthwatchcountydurham.co.uk)**

## MAIN Training

### Free Autism Spectrum Training

This year MAIN- Taking Autism Personally are providing training at three different locations in Durham:

1. Seaton Holme, Easington Village SR8 3BS
2. Witton Gilbert Community Centre, Witton Gilbert, DH7 6TZ
3. Supportive, Chapter House, 7a Dean & chapter Industrial Estate, Ferryhill, DL17 8LH

The training is taking place on **Thursday 25 May 2017** 10.00am –12noon at Seaton Holme, Easington, SR8 3BS. A range of training then follows this session throughout the year.

For full details of the training and if you are interested in attending, please email Helen Jaques at [hjaques@iammain.org.uk](mailto:hjaques@iammain.org.uk) or call **01642 608012**.

### Introduction to Pathological Demand Avoidance (PDA)

This basic course lasts for 3 hours and is aimed at being the first step to discovering the basics about this complex condition. The training is aimed at professionals and family members of those with a diagnosis/are waiting to get one.

The training is taking place on **Monday 15 May 2017** from 9.30am–12.30pm at MAIN, 16 High Force Road, Riverside Park, Middlesbrough TS2 1RH

This training will incur a cost but all profits go to towards improving the lives of individuals and families on the autism spectrum. To book a place visit: <https://www.eventbrite.co.uk/e/introduction-to-pathological-demand-avoidance-pda-tickets-20141386429>

If you are a parent/carer supporting a child or young person with emotional or mental health problems then these training sessions could be for you:

The training sessions have been designed and developed by a parent with experience of supporting a child with emotional and mental health difficulties. Each session will be delivered by a parent and a CAMHS nurse, you will meet other parents who may be going through similar experiences, receive information, advice and practical tips around what might help you and your child.

All sessions are **free** and open to any parent, carer or family member who is supporting a child with emotional or mental health difficulties.

**Each session will be held 9:30am-1:30pm at  
Durham County Cricket Club, Chester-Le-Street, DH3 3QR**

**Self-Harm: Friday 9<sup>th</sup> June**

This session will look at:

What is self-harm, why children and young people self-harm, practical things you can do and tips to help you cope.

**Overwhelming Emotions: Tuesday 20<sup>th</sup> June**

This sessions will look at:

What is going on when children and young people are overwhelmed with emotions, the signs and symptoms parents can look for, when to worry, practical things you can do and tips to help you cope.

**Coping in a crisis: Tuesday 4<sup>th</sup> July**

This session will look at:

Different crisis situations, risky behaviour, when to worry, what you can do to help at home, when you need to extra support and tips to help you cope.

Each session will include useful resources/websites and provide parents with the opportunity to develop a personal plan of what to do.

For more information or to book a place, please contact:

**Wendy (parent trainer) on 07415380040 or email [wendy@success.coop](mailto:wendy@success.coop)**



*Training is funded & supported by The Charlie Waller Memorial Trust*



## County Durham's Local Offer

The Local Offer is the place to find information for families of children and young people with special educational needs and disabilities (SEND). Here you will find a wide range of useful information with details on services that may help you or your child as they progress into adulthood from birth to 25.



[www.countydurhamfamilies.info/localoffer](http://www.countydurhamfamilies.info/localoffer)





# Parent to Parent Service



Would you like to receive confidential emotional support from another parent?

## Our volunteers can:

- \* Provide an impartial listening ear
- \* Support you in identifying key issues and strategies
- \* Direct you to appropriate services for information and advice
- \* Call you back at a convenient time during the day, evening or weekend
- \* Offer you complete anonymity, as our volunteers are distributed across the UK

## Our volunteers cannot:

- \* Answer your call straight away, but we will call you back as soon as possible
- \* Provide face-to-face support
- \* Provide you with ongoing support

To talk to someone who really understands what it's like to live with a child or adult on the autism spectrum, call: 08088004106

Or to join the team of parent volunteers visit:

[www.autism.org.uk/volunteeropps](http://www.autism.org.uk/volunteeropps)

If you decide to join the team you will be given full training and support

The North East Regional SENDIAS Services invite parents & carers of young people aged 14+ with special educational needs and/or disabilities to attend...

## Moving On: Preparing For Adulthood

At either:

Middlesbrough Football Club on Tuesday 20<sup>th</sup> June at 10am-2pm

Or

Newcastle College on Tuesday 4<sup>th</sup> July at 10am-2pm

(Registration and refreshments from 9:30am)

The days will consist of a brief introduction then a carousel of three workshop sessions giving you information on: Post 16 FUNDING; TRANSITION and MOVING ON

*Refreshments and lunch will be provided*

To book a place or for further information please contact:

Rebecca Hinton on 01915873541 or email [rebecca.hinton@durham.gov.uk](mailto:rebecca.hinton@durham.gov.uk)