



## Summer Term

It has been a really busy half term, we are now trying to see more people face-to-face so are really pleased to have our new base at Project 229. We will be there every Monday morning in the cafe from 9am-12pm if you would like to pop-in and talk to us. Some Mondays we will be having Coffee Mornings where we will invite members of local services to come and speak to you. Please come and join us at these events.

We have been involved in meetings regarding Eating Disorders and fed back that parent carers need more information on how to support their children with eating difficulties, in particular with ARFID (Avoidant Restrictive Food Intake Disorder). They will take this forward and have shared with us a document on [Food Therapy Training](#) and [What is ARFID?](#)

Other things we have raised in our meetings recently are concerns around Further Education, discrimination, SEND Support and EHCP's. We will keep you updated with feedback on this.

A couple of months ago we ran a 'Masking' Workshop with Neurodiversity Networks, many people were interested in this but couldn't attend so the workshop is available [here](#) for you to watch back. We are currently raising concerns masking neurodiversity in

girls and how schools can become better equipped to pick up on and support this. We held a very informative session with the ADHD Nurses Team where this was a huge theme and ran a workshop on Neurodiversity in Girls with Neurodiversity Networks.

This week we held a Preparing for Adulthood Focus Group as this is one of our priorities this year as identified from our Annual Survey. We will be holding more events around this subject to get your feedback so please keep an eye out for this.

We have been working together with the Local Authority to help plan the River Festival this year and how to make it more accessible to children with SEND. There will be an inclusion island which we will share more information about and this will include a Mobiloo amongst other things to make the River Festival accessible to all!

We are continually raising your feedback and now have over 1300 members and we need to hear the voice of our members to find out how services are working for your children with SEND. Please keep feeding back to us by joining us at any of our events or by [emailing us](#).

# Coffee Morning

## Monday 23rd May

### 9.30-11.30am

WE HAVE SORCHA FROM THE LOCAL OFFER AND TERRI FROM SENDIASS JOINING US AT OUR COFFEE MORNING, PLEASE COME ALONG TO SPEAK TO THEM AND ASK ANY QUESTIONS YOU HAVE AS WELL AS TAKING SOME TIME FOR A CUPPA AND SOME CAKE AND CHAT WITH OTHER PARENT CARERS.



Join us at Project 229, 227-229 Bedford Road, Kempston, Bedford, MK42 8DA. No need to book, just come along!

Everyone welcome...



# **Parent Carer Workshop Effective Communication in Meetings**

**Tuesday 24th May - 7pm**

Parents are allowed to be emotional about their children but... the benefits of ensuring everyone involved in supporting a child has their dignity upheld is paramount.

Jannine from Neurodiversity Networks CIC and Louise from Define Fine will assist you to ensure your points are put forward in an authoritative and appropriate way. This will take in to account your emotions as a parent whilst making sure everyone is solution focused in the direction of your child.



[Book your place](#)

## FOCUS GROUPS



In 2018, Bedford Borough Parent Carer Forum co-produced an Outcomes Framework to review the outcomes for SEND children in Bedford Borough across 5 key domains. These 5 Outcome domains were based on the United Nation's Convention on the Rights of the Child.

We have based our annual outcomes survey on these 5 domains and we will continue to do so. As it has now been 4 years since we first coproduced the outcomes framework, we are working with the Local Authority and Health Commissioners to refresh what these outcomes mean to parent carers in Bedford Borough. We will be holding focus groups to discuss what these outcomes mean to you and your child with SEND as well as what you feel is required in order to ensure your child achieves these outcomes.

Please join us on one of the following dates:

Be Happy - Tuesday 7th June - 10am  
Be Healthy - Monday 13th June - 7pm  
Be Ambitious - Thursday 23rd June - 10am  
Be Independent - Wednesday 29th June - 7pm  
Be Heard - Friday 8th July - 10am

Join us at this focus group to give us your thoughts and experiences and as a thank you we will send you a £15 'Love Bedford' voucher by post (for those that attend). Book via the Eventbrite Link.

[Book for Tuesday 7th June](#)

[Book for Monday 13th June](#)

[Book for Thursday 23rd June](#)

[Book for Wednesday 29th June](#)

[Book for Friday 8th July](#)

# **Worry Management Workshop**

**Tuesday 7th June - 11am-12pm**

**Queen's Park Neighbourhood Centre,  
Marlborough Road**

We all worry from time to time, but sometimes our worrying can become a little out of control. This workshop is an introduction at how we can identify these worries and how we can manage them better using CBT techniques.

The workshop covers:

Understanding anxiety and worry

Recognising worries

Learning how to manage worry



[Book your place](#)

# Coffee Morning

## To Celebrate Carers Week

### Monday 13th June

### 9.30-11.30am

WE HAVE INVITED CARERS IN BEDS, BDCPS AND FACES TO JOIN US TO CELEBRATE CARERS WEEK AND TO LET YOU KNOW WHAT SERVICES THEY HAVE TO OFFER SUPPORTING YOU AS A PARENT CARER INCLUDING CARERS GRANTS AND WELLBEING YOGA. COME ALONG AND JOIN US, WE WILL HAVE CUPCAKES AND CREAM TEAS AVAILABLE FOR ALL! WE WANT TO TAKE THIS OPPORTUNITY TO CELEBRATE YOU AS A CARER SO COME AND TAKE SOME TIME OUT FOR YOURSELF...



Join us at Project 229, 227-229 Bedford Road, Kempston, Bedford, MK42 8DA.

No need to book, just come along!

Everyone welcome...



Do you have a child in one of the Bedford Borough Special Schools who has Speech and Language Therapy written into their EHCP? If so please can you send us feedback on whether they have recently been seen by the SALT team as per their EHCP requirements? [Email us](#) with feedback.

# **Continence Team**

**Thursday 16th June - 10am**

**Do you have concerns about your child,  
are they struggling with incontinence?**

**Do you need some support?**

**Please come and join us online to speak  
to the continence team and ask any  
questions you have.**

Please book your place via the links on our website  
[www.bbpcf.co.uk/events](http://www.bbpcf.co.uk/events) or email us  
[communications@bbpcf.org.uk](mailto:communications@bbpcf.org.uk)



**[Book your place](#)**



# **Get Together with Councillor Valentine**

**Portfolio holder of Children's Services**

**Monday 20th June 9.30-11.30am**

Cllr Valentine, portfolio holder of Children's Services, is coming to hear from our SEND community and meet Parent Carers. We need you to come and let him know your 'lived' experiences as a parent carer. You can stay for a cuppa and some cake to have a chat with other parent carers.

This is being held at Project 229, Bedford Road, Kempston, MK42 8DA. Parking is outside but is restricted to 1 hour or you can park at the Saxon Centre.



# ***PMLD?***



Do you have a child with PMLD? Do you have any suggestions on workshops/training we can run to support you or guest speakers you would like us to get to come to our events? Please [email us](#) with any ideas and we will look into it...

Finally, if you are having issues with any health services e.g. SALT, OT, Physio and your child's needs are escalating but you aren't able to get the issues resolved directly with the team then please email [CCS-TR.PALS@nhs.net](mailto:CCS-TR.PALS@nhs.net)