

# NEWS



Welcome back to Walking With You, and a very big thank you to all who have donated their time to support the group. The topic for our September session was based on Anxiety and issues surrounding going back to school.

**Overwhelming environment (school)** – too busy, leading to being overwhelmed and not wanting to go to school – suggestions:

- Talk to the school, a way forward could be to reduce the timetable
- Think what could be taken away regarding social occasions, to avoid exhaustion
- Would they be more comfortable sitting in a quieter area within the school
- School avoidance can be a reasonable and rational reaction for a young person, you may need to pick it apart to find what those reasons are
- Achievable rewards may be an incentive, providing they're not triggering - Parents know best!!
- Maybe get into school a little earlier to help settle in and relax before the day begins. Also, maybe leave a little later after the masses have left
- Work with the school and mental health services to support our young people with their fears
- Try and maintain a regular dialogue between the school and mental health services to monitor progress, strengths and solutions

### **Emotion regulation at school**

- A Positive Behaviour Plan with specific, labelled and enthusiastic praise, may be useful to a young person. To be reviewed regularly to measure progress and effectiveness
- Social stories in the right context can help, as a means to aid understanding for the child
- Drama Therapy can be a useful resource in supporting young people, there are many options available on-line
- Our young people can be too anxious to eat very much in the morning and through the school day. Smoothies may be a little easier to digest when anxious.

### ***Did you know?***

Mental Health Support Teams are available to all Buckinghamshire schools, why not ask your school?

## **Resources**

**SENDIAS** – [sendias@buckinghamshire.gov.uk](mailto:sendias@buckinghamshire.gov.uk) 01296 383 754

Can help with the EHCP process

**Community Youth Ventures** – are running free on-line courses on school avoidance. 22/10 – 9/11 – 7/12

- How to identify early signs of avoidance
- Identity Issues
- Talking to your child
- Working with the school

[familyinfo@buckinghamshire.gov.uk](mailto:familyinfo@buckinghamshire.gov.uk) 01296 383 293

[www.selectivemutism.org.uk](http://www.selectivemutism.org.uk) – recommended by the Speech and Language Therapy Service

The Oakridge Centre – Speech and language team 01494 426955.  
Currently offering online training sessions for parents

[www.autism.org.uk](http://www.autism.org.uk) – social stories, not just for autism!

[www.autismteachingcompany.org.uk](http://www.autismteachingcompany.org.uk) – Can provide tailored support and bespoke training for children and young people in their own homes, at school and in the workplace

They Are The Future TATF – [www.theyarethefuture.co.uk](http://www.theyarethefuture.co.uk)

Child and well-being support for parents and teachers

[www.Ipsea.org.uk/category](http://www.Ipsea.org.uk/category) - Independent Provider of Special Education Advice

[www.notfineinschool.co.uk](http://www.notfineinschool.co.uk) - The NFIS team are parents with children who have experienced school attendance barriers.

[www.positivepsychology.com/emotionregulation](http://www.positivepsychology.com/emotionregulation)

[www.gov.uk](http://www.gov.uk) – SEND code of practice

[www.PDAsociety.org.uk](http://www.PDAsociety.org.uk) for local Bucks PDA group contact Hilary Harveys at: [PDAGroup@harveys-home.me.uk](mailto:PDAGroup@harveys-home.me.uk)

## **Next meeting**

**Friday 22nd October 2021 10-11.30am**

**Topic: ADHD and ASD**

If you would like further information regarding the Walking With You parent support group, please contact Roxy Uritescu, Participation Lead, Barnardo's Bucks CAMHS & Oxford Health NHS Foundation Trust:

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