

# SEN Signpost

Welcome to the Summer edition of Bexley's newsletter for children and young people with special educational needs and disabilities.

This is a platform for children and young people with special educational needs (SEN) to share your voice.

## Edition 3 – Summer 2022

### In this issue:

- Summer Holiday Activities
- One Page Profiles
- Have your say on the national SEND review
- Q & A – Children's Mental Health

## Bexley Local Offer Activities & events calendar

Find lots of activities and events to keep you busy during the summer holidays including sports, youth groups and soft play sessions!

### Find out more:

<https://www.bexleylocaloffer.uk/Training>



## Summer Holiday Activities



## Summer Fest Inclusive Sports Festival

Access Sport and Peabody are hosting a free inclusive sports festival for D/deaf, disabled and neurodivergent children and young people aged 6-16 years and their families from Bexley.

Come along and try out boxing, dance, basketball, judo, yoga, frame football, tennis and more!

When: Sunday 24th July

Where: The Sporting Club  
Thamesmead, SE28 8NJ

Time: 11 am – 1 pm

### Find out more:

<https://www.bexleylocaloffer.uk/Article/111292>

## Summer Holiday Activities and Food (HAF)

HAF provides activities and healthy food for school aged children and young people from Reception to Year 11 who are eligible for benefits-related Free School Meals (FSM).

SEN Inclusive offers are available from some providers.

### Find out more:

<https://www.bexleylocaloffer.uk/Article/111556>

## Tell us your story, you are an inspiration!

Hi, my name is George and I have struggled with my Dyslexia for some time. But I wanted to let you know you can get help, don't struggle on your own. I am doing much better now I have my own one-page profile!

Through my school life, I had to constantly remind the teachers that I can't read black text on white paper, it was so frustrating and rather embarrassing. So, my teacher helped me make a postcard that I could show all my teachers at Secondary school the sort of things that made it easier for me to learn.

Things like giving me extra time, printing out my lesson work (I could never follow the board!) and writing out my homework so I knew what I had to do at home.

It is called a One Page Profile and it really helped me at school.

You should have a go at creating your own, make it all about you! Let your teachers know what can make a difference. You can find out about how to make one here:

**One Page Profiles:** <https://www.bexleylocaloffer.uk/Services/2332>

The image shows three different versions of a 'One Page Profile' form. The first version on the left is titled 'My One Page profile' and has a white background with colored sections: a grey box for 'Your Name', a pink box for 'What people appreciate about me', a yellow box for 'What is important to me', and a green box for 'How to support me'. The second version in the middle is titled 'My One Page Profile' and has a white background with green borders and sections: a box for 'My Name here' and 'Age and Location', a box for 'What makes me special about me', a box for 'What I struggle with', and a box for 'How to support me'. The third version on the right is titled 'Your Name' and has a white background with yellow sections: a box for 'Your Name' and 'Age/Location', a box for 'What people appreciate about me', a box for 'What is important to me', and a box for 'How to support me'.

**Would you like to share your story?**

**We would love to hear from you, send us your inspiration story today!**

## Have your say on the national SEND review

The government is committed to improving outcomes for children and young people with SEND and those in alternative provision.

To achieve this ambition, we want to work with and hear from children and young people. If you would like to take part, the Bexley Local Offer service can provide support to ensure that your voice is heard!

**Find out more:** <https://www.bexleylocaloffer.uk/Article/99357>



## Q & A – Children and Young People’s mental health and emotional wellbeing support

**I am really finding things hard, who can I talk to about how I feel?**

Well done to you for reaching out and asking for help. That is a big step!

Knowing where to get help, will depend on the type of help you want and who you feel comfortable talking to. You may not be ready to talk yet, so there are information apps, text message services and on-line forums that can also help.

**Here are some ideas:**

- Talk to your parent, carer, friend or a family member.
- You can ask your teacher or teaching assistant about the help that you can get in school.
- KOOOTH is a free on-line website offering a forum, mood diary and you can webchat anonymously with a counsellor.
- Headscape has lots of information about feelings, special needs and disabilities.
- Young Minds and The Mix offer a freetext message service for young people.

**You can read more questions from children and young people including:**

- Who can I talk to without my parents knowing?
- Can I join a safe on-line forum?
- Who can help me at my school with my emotional wellbeing?
- Where can I get private therapy from?

**Find out more: [www.bexleylocaloffer.uk/Services/2436](http://www.bexleylocaloffer.uk/Services/2436)**

**If you would like to have your question featured in our newsletter, please get in touch!**

## Get involved in creating your newsletter, your way!

- ✓ Ask any questions you may have about your SEN related issues
- ✓ Learn more about who can support you if you need help
- ✓ Find out what is happening in Bexley for children and young people with special educational needs
- ✓ Get involved with shaping SEN Services

Thank you to the children and young people who helped shaped the design and content!

**Contact Us:**

**Telephone: 0203 045 5677**

**Email: [localoffer@bexley.gov.uk](mailto:localoffer@bexley.gov.uk)**

**Find out more about how you can get involved and download previous editions of SEN Signpost on the Bexley Local Offer website: [www.bexleylocaloffer.uk/Services/5408](http://www.bexleylocaloffer.uk/Services/5408)**