

# SEN Signpost

Welcome to the Winter 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 4 – Winter 2022

### In this issue:

- Focus on social clubs and activities to help reduce social anxiety and make new friends
- Youth Zone website - have your say!
- A big thank you for your feedback on the national SEND review
- Local Offer clubs and events calendar

**Do you have social anxiety, trouble making friends or are nervous about going to a new club?**

**If so, you are not alone!**

This edition of SEN Signpost focuses on some great sports and clubs that you can join.



## Get involved in creating 'Youth Zone'

A new section of the Bexley Local Offer website designed by children and young people!



The Bexley Local Offer website provides information about services in Bexley for children and young people (aged 0-25) with special educational needs and disabilities.

Would you like to get involved in helping to create the content and design in the new 'Youth Zone' section?

- What information do you want to find?
- What questions do you have?

We would love to hear from you!

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

Telephone: 0203 045 5677

**Thank you to the young people who contributed to the national SEND review.**

Bexley Local Authority provided an opportunity for the children and young people of Bexley to have their voice heard!

If you would like to be involved in future consultations, please get in touch.

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

In this edition, we hear from Kagan, an inspirational young judo athlete who has ADHD and would like to share his story in his own words...

Hello my name is Kagan and I am a 11 years old I am a judo athlete who has ADHD and I am a student at United judo.

My journey with United judo started back in 2016 when me and my brother had to change clubs so that he could compete in the London Youth Games.

At the beginning I felt alot of excitement about trying new things but i also felt all nervous and scared about all the new people and a new environment, but they where making me feel welcome and they were really kind and they still are.



They didn't judge me because I have ADHD or how I looked and even to this day they still respect me for who I am now. I have learnt that judo taught me how to manage situations when I found it a little bit tough to deal with.

And even though I thought I couldn't get any where in my judo cereer because of my ADHD, I thought wrong, just because I have a medical problem doesn't mean that i can't do anything that any able person can, and I can do the same thing as them if I try my hardest to do the best I can and to never give up on my dream.

That's how I got here and it doesn't matter what dream you have of being good at any sport and it doesn't have to be a sport because it doesn't matter what condition or medical problem you might have, it does not mean that you can not do anything as an able person can because that's not true because you can do anything you wish or dream about if you try your hardest and to never give up what ever progress your at on that dream.

All I want for you is to never give up on your dream if you have medical conditions or not, so all i'm asking is to never feel like you can't do anything no matter what because I try my best and I have got so far because I don't care if I have ADHD.

I have achieved many medals, which is amazing, but the achievement for me is to step on the mat, and not worry about the process, just have fun, and if I win, even better.

I just want to do my best at reaching my end goal so never give up at trying to achieve your end goal, even small achievments are achievments.

**For more information about United Judo, telephone: 07952 117 258**

**Find out more about United Judo and other sports and active play sessions on the Bexley Local Offer website: <https://www.bexleylocaloffer.uk/Services/2360>**

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

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

## The Movie Shack - SEN only Board Games Club

Do you love board games or are a big Pokémon, Chess or Lego fan?

Come along to the Movie Shack in Bexleyheath shopping centre and join in the fun!

Board game cafe's allow you to have a fun and enjoyable evening with friends and family. Not only is there a board game cafe, but also specialist events too including Dungeons and Dragons, Yu-Gi-Oh and more!

All of the clubs and events are inclusive for children and young people with special educational needs (SEN). If you need some adjustments or have any questions, please contact the Movie Shack prior to booking.



- SEN only Board Games Club - Tuesday 4 - 6pm (plus the last Sunday of every month 2-4pm).
- SEN Inclusive Pokémon Club - Thursday 4-6pm.

**Telephone:** 07572 416146

**Website:** <https://www.themovieshack.co.uk>



"It is very good and so nice. It is very beautiful and very good fun"  
Ellis aged 10.



"I think it's a really good thing to have as there are not many places locally. It's a great place to make new friends" Maria (parent)



"It's a really good group. It is a chilled and relaxed atmosphere no there's no judgement" Ryan (parent)



"I think it's spacious and comfortable. The staff are really friendly and attentive" Charlie aged 11

**If you attend a club and would like to share the details with other children and young people, please get in touch!**

**Find lots of activities and events in Bexley to get involved in, including sports, active play, social clubs, youth groups and soft play sessions!**

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



## NEW Galaxy kids, teens and adult additional needs social clubs!

Three new social clubs for kids, teens & adults with additional needs have started on alternate Tuesday evenings at Christchurch in Bexleyheath.



The kids and teens clubs will run on alternate Tuesdays to the adult's club.

- Kids (ages 7-11) 5 - 6.30pm
- Teens (ages 12-17) 7 - 8.30pm
- Adults (ages 18+) 7 - 9pm

Look out for special events including a Christmas 'silent' disco!

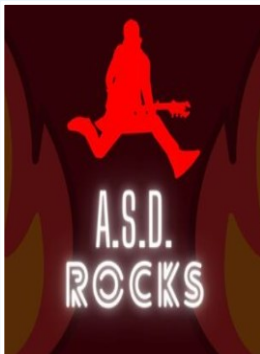
Find out more about Galaxy: <https://www.bexleylocaloffer.uk/Article/112061>

Please refer to the Facebook group (Galaxy Club CCB) or contact Galaxy for more details.

- **Email:** GalaxyclubCCB@gmail.com
- **Telephone:** 07729 278 461



## Join ASD Rocks! Are you an autistic young adult and would love to join a band?



Would you love to be in a band, but struggle to relate to neurotypical people? The goal is to write a few songs together, with the aim of playing a local gig with musical support from a professional musician with 10 years of experience.

No musical experience is needed. It's a bonus if you can play an instrument, but if not, let's start from scratch. Even if you don't play an instrument, but just love rock n' roll, get in touch!

**Find out more about ASD Rocks!**

[www.bexleylocaloffer.uk/Article/115243](http://www.bexleylocaloffer.uk/Article/115243)

## 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
- ✓ Get involved with shaping SEN Services

Thank you to the children and young people from Bexley who have helped shape the design and content of SEN Signpost!

**Contact Us: Telephone: 0203 045 5677 | Email: [localoffer@bexley.gov.uk](mailto:localoffer@bexley.gov.uk)**

**Website: [www.bexleylocaloffer.uk/Services/5408](http://www.bexleylocaloffer.uk/Services/5408)**