

Bower Grove Support

Support for the Wider Community 1992 - 2019
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

Summer 2019 Newsletter



HI! We look forward to seeing you this term at our meetings and presentations. If you are a new parent or carer, please join us and feel free to bring your family and friends with you. Professionals are welcome too.

LAST TERM we were joined by Maria Cates, Mid Kent College; please see a synopsis of the meeting on page 2. On page 3 I have put together some key links and a direct link to the KCC Local Offer. We are holding a

Benefits talk on 26th April and a key Behaviour talk on 21st June. Please see full Summer programme below. All parents and carers are welcome to join us regardless of which school; professionals are welcome too and there is no need to book.



Josephine Cousins

PROGRAMME - OPEN TO ALL SCHOOLS

ALL MEETINGS ARE HELD AT BOWER GROVE SCHOOL FANT LANE MAIDSTONE ME16 8NL

Friday 26 th April 10.15am- 11.40am	BENEFITS TALK DISABILITY & GENERAL BENEFITS PLUS UNIVERSAL CREDIT Anna Bobinska from Maidstone CAB returns for this very important talk and there will be an opportunity for questions. All are welcome to join us.
Friday 21 st June 10.15am- 11.40am	KEY BEHAVIOUR TALK ✚ “SOS - School’s out for Summer!” – The Challenge to Help Parents Survive! Pam Stephens returns for this key Behaviour talk. Please see details on page 4

HEARTS AND MINDS TALK

MID KENT COLLEGE

Maria Cates, a Specialist Tutor at Mid Kent College, joined us to talk about strategies used to support young people with ASD and other barriers to learning across all curriculum areas to enable students to reach their full potential.

Maria has worked with young people with ASD for the past 20 years. In 2014 she was employed by Mid Kent college as a specialist tutor to set up a room to support young people with ASD on main stream courses and other barriers to learning across all curriculum areas to provide support, help with anxieties, offer a safe place to go and help build social awareness to help students settle into college life. Along the way and working closely with Bower Grove School she has become an ambassador helping students to be recognised and treated as equals. Over the past 2 years two of her students have won awards recognised by Simon Cook as outstanding achievers and role models for others.

Maria joined the ambassadors last year and has been working on projects to help staff and students access all areas. This includes setting up an app and extending her room to help young people with social, emotional and mental health issues. She works with young people to deliver CBT and can refer on to the new college counsellors if required.

Maria's explained during her talk the wide area of support on offer at Mid Kent College and the strategies used; there are too many to cover in this synopsis, but these are some of the highlights:- both Maidstone and Medway campus offer a quiet room for: 1:1 focused work, CBT therapy as mentioned before, 1:1 strategy developed with trusted person and student to overcome SEMH (Social Emotional & Mental Health), A safe and quiet environment, help with day to day anxieties to talk to a trusted member of staff known to the student and transitions to build relationships and familiarisation from school to college.

Hearts and Minds is now the strap-line for Mid Kent College. Maria said Mid Kent College are passionate about all their learners and their experiences at college from start to finish and everything in-between

For further information: 01634 402020 www.midkent.ac.uk

KEY CONTACTS

I have included some key organisations below including the KCC Local Offer contact details.

‘Every local authority must have a local offer that is available on the internet and must make sure that people without access to the internet can also see it. The local authority must tell children and young people and their families how they can find out more about the local offer. The local authority will then decide what services to make available.’

KCC LOCAL OFFER

<https://www.kent.gov.uk/education-and-children/special-educational-needs>

ABOUT THE LOCAL OFFER

<https://www.kent.gov.uk/education-and-children/special-educational-needs/local-offer-your-voice#tab-4>

‘A local offer gives children and young people with special educational needs or disabilities and their families information about what support services will be available in their area. The name 'local offer' was given by the government.’ For further information please see links above.

IASK (Information Advice Support Kent)

<https://www.kent.gov.uk/education-and-children/special-educational-needs/who-to-contact/kent-parent-partnership-service>

‘IASK (Information Advice Support Kent) support families of children and young people (0 – 25 years) with special educational needs or disabilities. They hope to empower children/young people and their parents to make informed choices about their children's education, other outcomes and communicate confidently.

The advice and support is confidential and impartial. They are not on anybody's side.

IASK is overseen by a steering group, half of which must be parents.

They also support schools in working with parents.’

CONTACT A FAMILY

‘Contact A Family’ support families with the best possible guidance and information. They bring families together to support each other. They help families to campaign, volunteer and fundraise to improve life for themselves and others.’

<https://www.contact.org.uk/about-us/>

Contact a Family offer a range of services including a helpline:

Freephone: 0808 808 3555

9.30am-5pm, Monday-Friday, free from UK landlines and UK mobiles. For more information please see their website above.

VENUE - For all meetings
BOWER GROVE SCHOOL, FANT LANE,
MAIDSTONE, KENT ME16 8NL

BENEFITS TALK - FRIDAY 26TH APRIL

10.15am – 11.40am

DISABILITY & GENERAL BENEFITS TO INCLUDE: UNIVERSAL CREDIT

Anna Bobinska from Maidstone CAB returns for this very important talk and there will be an opportunity for questions.

KEY BEHAVIOUR TALK – 21st June

10.15am – 11.40am

Pam Stephens returns for this important Behaviour talk, please see details below. All are welcome to join us.

“SOS - School’s out for Summer!” – The Challenge to Help Parents Survive!

- Holidays at home and away
- Friends and Family support
- Maintaining routines
- Rules and expectations
- Children’s anxiety and anger issues.
- Behaviour management
- Supporting ASD, ADHD and special needs
- Safety
- Planning strategies, activities and practical ideas.



We look forward to seeing many of you this term and please remember meetings are open to all parents and carers regardless of school; professionals are welcome too.

Josephine Cousins

CONTACT: Josephine Cousins

Web: www.bower-grove.kent.sch.uk & Select Parent Support

Email: psg.bowergrove@btinternet.com

Address: Bower Grove School, Fant Lane, Maidstone, Kent ME16 8NL

Tel: 01622 726773 (General school phone number)

