

MK SEND Information Day 2019 - Parent Carer Workshop Summaries

Workshops will be repeated morning and afternoon, unless otherwise stated.

Morning workshops are from 11.15am - 12.30pm

- **Dyslexia Success:**
David Schiff from Dyslexia Success will talk about the main different types of Dyslexia and great ways to help children overcome their learning difficulties. Be amazed by the innovative ways you can have academic success by the use of the GIFTS of dyslexia.
- **Mental Health Difficulties:**
Shanon Austin, a Volunteer Mental Health Service User, will facilitate a workshop with service users who will talk about their experiences of Anxiety, Eating Disorder and Depression and what strategies they used to help them improve their mental health.
(For Parents/Carers and Young People aged 16 and over)
- **Behaviour**
Consider what behaviours are communicating and how to support these behaviours at home. How schools manage difficult behaviours and how they can be adapted to use in other settings. Also consider tricky transition times and ideas to de-escalate more challenging situations.
Facilitated by Emma Richards and Victoria Courtis, Inclusion and Intervention Specialist Teachers.
- **Resilience – keeping safe, healthy, independent and included**
A workshop run by the Educational Psychology Service to look at the factors involved in building a resilient support network around children and families who experience special needs and disabilities. They will look at how we keep safe, healthy, independent and included.
Each family will be able to draw up a personalised plan to show where support is and identify areas for future actions.
- **Your Voice Matters:** How to get the most from meetings with practitioners and get the best outcomes. Make sure your opinion is heard by services. This workshop is facilitated by Karen Sheen, an experienced trainer who has run many workshops for parent carers, including PACA.

Family Workshop:

- **Music and Rhyme session with Ragdolly Annas**, for *0-10 age children and their parents.
At a Ragdolly Annas Music and Rhyme session, children can enjoy singing and dancing to a range of different musical beats and rhythms supported by props, bubbles and a giant parachute. This encourages a positive musical experience for both the children and their 'grown up' helpers. While being lots of fun, our sessions are cleverly designed to support key learning and development areas.
*Children must be accompanied by their parents/carers

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Afternoon workshops are from 1.30pm - 2.45pm

- **ADHD:**
Jacky More, from ADHD Smart Northants will be talking about ADHD and supporting strategies.
- **Mental Health Difficulties:**
Shanon Austin, a Volunteer Mental Health Service User, will facilitate a workshop with service users who will talk about their experiences of Anxiety, Eating Disorder and Depression and what strategies they used to help them improve their mental health.
(For Parents/Carers and Young People aged 16 and over)
- **Primary to Secondary Transition:**
Consider some of the challenges and useful strategies that parents can use to support and empower their children. Look at some resources that can help.
Facilitated by Joanne Friday and Christina White, Inclusion and Intervention Specialist Teachers
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Each family will be able to draw up a personalised plan to show where support is and identify areas for future actions.
- **Your Voice Matters:** How to get the most from meetings with practitioners and get the best outcomes. Make sure your opinion is heard by services. This workshop is facilitated by Karen Sheen, an experienced trainer who has run many workshops for parent carers, including PACA.

Family Workshop:

- **Little Meerkat's Big Panic with "Collar and Cuff"**
An award winning multi-sensory theatre exploring anxiety and calm
For *0-7 age children and their parents/carers.
*Children must be accompanied by their parents/carers