

Darlington Parent Carer Forum

Peer to Peer Support

February 2022 Newsletter

What's New?

2022 is now well underway and we are all getting back into routines and awaiting Spring.

The Parent Carer Forum have been meeting with Ofsted and the CQC this month who have been carrying out an inspection of the SEND offer in the local area. This has provided us, together with families, the opportunity to feedback the challenges faced and also showcase the great things that have been going on.

Inclusion Strategy Vision

Darlington's Children and Young People aged 0-25 with SEND will have the best start in life; aim high and achieve their full potential, grow up to be as independent as possible, and become active citizens within their community.

We are working collaboratively with agencies within Darlington to achieve this aim and to support families along the way.

School Support

Our groups have started within schools providing a confidential supportive listening group. If your school is participating your SEND contact will be in touch to invite you along to one of our sessions.

See you soon!



February Half-Term

Family Afternoon

Hammer and Pincer - Newton Aycliffe
Friday 25th February 2022 3pm - 5pm
Free

Music and inclusive dance session (including relaxation/come down at the end. Children might want to bring a blanket for the floor for this part.)

We will also have craft / chill table for anyone not wanting to take part in the dancing.

Juice and hot dogs provided for the kids, please let us know of any allergies or special requirements.

This is a family event so parents must stay however can grab a cuppa while our team take care of things.

Places limited and first come first served.

Book via <https://www.eventbrite.co.uk/e/hammer-and-pincers-family-day-tickets-267344754357>



What's On

Daisy Chain Family Support Service

A range of online learning opportunities covering a variety of topics to help support individuals and families is being delivered by Daisy Chain.

These 1-hour Tuesday sessions, 1pm-2pm are free, delivered via Zoom and open to families living in the Tees Valley.

You can access the training sessions if you have a young person with traits, undergoing or diagnosed with autism, ADHD, FASD or sensory processing differences.

Sessions started the beginning of February and there are still places available.

Book online -

www.daisychainproject.co.uk/neurodevelopmental-awareness-and-learning-workshops



Family Support Hub

Weekly drop-ins are delivered by the Parent Carer Forum and Daisy Chain for Darlington families.

These sessions are for families of children who display characteristics associated with neurodevelopmental conditions including autism, sensory diversity, ADHD and Foetal Alcohol Spectrum Disorder (FASD)

Every Tuesday
Hippodrome, Parkgate,
Darlington, DL1 1RR
10am to 12noon

This is for pre, post and during diagnosis - no diagnosis is needed to access support.

For more information please contact the family support team on 01642 531248.



Wellbeing Wednesdays

At the end of last year we started a parent carer peer support group following a collaboration with the Mental Health Support Team (MHST) who provide early intervention for young people in schools.

Peer support occurs when people provide knowledge, emotional, social or practical help to each other.

We provide a friendly, welcoming space where you will feel accepted and understood. You are not alone - pop along to see a friendly face and have a cuppa!

Every other Wednesday

Darlington Arena
Neasham Road
Darlington, DL2 1DL

Next session
23rd February
10am to 12noon

Refreshments will be provided.



Tel: 07956 531351 Email: info@darlingtonpcf.co.uk



<https://darlingtonpcf.co.uk>



<https://www.facebook.com/TogetherforBetterDarlington/>

Diary of Events

Tues 22 Feb 2022	10am to 12noon	Hippodrome	Family Support Hub
Wed 23 Feb 2022	10am to 12noon	Darlington Arena	Wellbeing Wednesday
Thu 24 Feb 2022	10am to 12noon	Hippodrome	Family Support Hub
Fri 25 Feb 2022	3pm to 5pm	Hammer and Pincer	Family Fun Day
Tues 1 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub
Tues 8 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub
Wed 9 Mar 2022	10am to 12noon	Darlington Arena	Wellbeing Wednesday
Tues 15 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub
Tues 22 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub
Wed 23 Mar 2022	10am to 12noon	Darlington Arena	Wellbeing Wednesday
Tues 29 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub
Thu 31 Mar 2022	10am to 12noon	Hippodrome	Family Support Hub

Useful Contacts

- Daisy Chain - Helping autistic children and adults and their families <http://www.daisychainproject.co.uk>
- MindEd e-learning to support young healthy minds - <https://www.minded.org.uk/>
- NHS Go app for health information and advice for young people - <https://www.nhsgo.uk/>
- Recovery college for children, young people and parents - www.recoverycollegeonline.co.uk/young-people
- TEWW Mental Health Crisis Team can be contacted via phone on 0800 0516171
- The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.
- Kooth offers online emotional and mental health support for ages 11 – 24 years up to 10pm every day. Website <https://www.kooth.com>
- Children's Services Front Door For concerns about children or young people aged 0-18 years 01325 406222 childrensfrontdoor@darlington.gov.uk