

What's going on in SEND:

Peterlee

What	Where	When	How
<p>Being a parent of an autistic child (EPEC course)</p> <p>This ten-week course will give you the chance to step back and understand how autism affects your child.</p>	<p>Peterlee Family Hub Ellison Rd, Peterlee SR8 5NE Phone: 0300 026 1111</p>	<p>Starts 10am to 12.30pm</p>	<p>Contact Empowering Parents, Empowering Communities (EPEC) to book your place EmailEPEC@durham.gov.uk Mobile07917 474 856</p>
<p>Support sessions for parents of children with Special Educational Needs and/or Disabilities (SEND)</p>	<p>Peterlee Family Hub Ellison Rd, Peterlee SR8 5NE Phone: 0300 026 1111</p>	<p>Wednesday, 1.00pm to 3.30pm on:</p> <ul style="list-style-type: none"> ➤ 19 March 2025 <p>Wednesday, 1.00pm to 4.00pm on:</p> <ul style="list-style-type: none"> ➤ 16 April 2025 ➤ 21 May 2025 ➤ 18 June 2025 ➤ 16 July 2025 	<p>You do not need a diagnosis to attend, and sessions are drop-in, you do not need an appointment. We will be seen on a first come, first served basis.</p>
<p>Durham SEND Information Advice and Support Service (SENDIASS) drop-in sessions</p>	<p>Peterlee Family Hub Ellison Rd, Peterlee SR8 5NE Phone: 0300 026 1111</p>	<ul style="list-style-type: none"> ➤ Monday 24 March 2025, 1.00pm to 3.00pm 	<p>We do not have strict appointment slots but anticipate that conversations will take around 20 minutes. If SENDIASS feel that more support if needed they will take your details to allocate a caseworker.</p>
<p>Pre-school group for children with complex needs (Portage)</p>	<p>Peterlee Family Hub Ellison Rd, Peterlee SR8 5NE Phone: 0300 026 1111</p>	<p>Wednesdays, 10.00am to 11.30am</p>	<p>To attend the group you must be working with the Portage Service call 03000 263 350</p>

<p>Educational Psychology drop-in sessions for parents and carers</p> <p>Educational psychologists (EPs) help children and young people with a wide range of different needs, such as, learning, communication and language, social and emotional-wellbeing, practical skills or being independent.</p>	<p>Peterlee Family Hub Ellison Rd, Peterlee SR8 5NE Phone: 0300 026 1111</p>	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> ➤ 2 April 2025 ➤ 4 June 2025 ➤ 6 August 2025 ➤ 1 October 2025 ➤ 3 December 2025 	
<p>Getting Extra Help in Education Settings</p>	<p>Zoom</p>	<p>Monday 10th March 10am - 12pm</p>	<p>To book places on the above Zoom session please use this booking link https://daisychainproject.co.uk/produt/learning-workshops-durham/</p>
<p>Autism Central Learning Workshops</p> <p>Transitions to Secondary Schools</p>	<p>Online</p>	<p>Friday 14th March 10am – 11am</p>	<p>www.autismcentral.org.uk/NEandY</p>
<p>Autism Central Learning Workshops</p> <p>Understanding Autism</p>	<p>Online</p>	<p>Wednesday 19th March 6pm – 7.30pm</p>	<p>www.autismcentral.org.uk/NEandY</p>
<p>Autism Central Learning Workshops</p> <p>Autism and Mental Wellbeing</p>	<p>Online</p>	<p>Friday 21st March 10am – 11am</p>	<p>www.autismcentral.org.uk/NEandY</p>
<p>Autism Central Learning Workshops</p>	<p>Online</p>	<p>Friday 28th March 10am – 11am</p>	<p>www.autismcentral.org.uk/NEandY</p>

Supporting Mental Health Needs in Schools			
<p>Manging Big Emotions</p> <p>Emotion regulation in children can sometimes be a challenge. This course is for families of children aged 3-11. Educational psychologists will provide information on emotions, identify possible triggers and explore ways of supporting your children to regulate their 'big feelings'. There will be time for discussion and to ask questions.</p>	Online	<p>19 May 2025 4.00pm to 5.30pm</p> <p>8 July 2025 3.30pm to 5.00pm</p>	<p>Booking required. Please see Book a place on a Family Hub event.</p>
<p>Understanding and responding to anxious thoughts and feelings about school.</p> <p>This parental workshop will give you an understanding of how children can come to experience anxiety about school. We will talk about some of the factors that might contribute to school anxiety, the functions of school anxiety, and how this can result in an "anxiety cycle". We will also suggest some practical tips to support your</p>	Online	<p>26 March 2025 4.00pm to 5.00pm</p> <p>29 April 2025 5.00pm to 6.30pm</p> <p>2 July 2025 5.00pm to 6.30pm</p> <p>29 July 2025 5.00pm to 6.30pm</p>	<p>Booking required. Please see Book a place on a Family Hub event.</p>

<p>child, as well as giving an overview of the type of support a school might be able to offer. Suitable for parents whose child is currently experiencing anxiety about school.</p>			
<p>Daisy Chain will be running coffee mornings in Family Hubs for parents and carers of children diagnosed, on the pathway or who have been identified by a professional as having a need relating to autism, attention deficit hyperactivity disorder (ADHD), foetal alcohol spectrum disorder (FASD), sensory processing differences, anxiety and social and communication differences.</p> <p>The groups will:</p> <ul style="list-style-type: none"> • listen, offer guidance and tell you about services that are available in your local area • direct you to services that can make a difference and empower you 	<p>Chester-le-Street Family Hub</p> <p>Consett Family Hub</p>	<p>From 10.00am to 12noon:</p> <ul style="list-style-type: none"> • Friday 21 March 2025 <p>From 10.00am to 12 noon:</p> <ul style="list-style-type: none"> • Monday 3 March 2025 • Monday 17 March 2025 	<p>Sessions run during school term-time only. Do not worry if you cannot attend one of the coffee mornings, Daisy Chain also offer one to one telephone appointments. Fill in the Daisy Chain: contact form and someone will be in touch to offer you an appointment..</p>

<ul style="list-style-type: none"> • increase your knowledge, understanding and skills to support your child 			
<p>Daisy Chain Workshops As well as coffee mornings, Daisy Chain are running in person workshops in Family Hubs. Topics include:</p> <ul style="list-style-type: none"> • Supporting your Neurodivergent Child with Play Learning • Understanding Autism • Understanding Sensory Differences • Avoidant/Restrictive Food Intake Disorder (ARFID) • Understanding Autistic Overwhelm, Meltdown and Shutdown <p>Daisy Chain also offer online workshops. Information about these and how to book can be found at Daisy Chain: Learning Workshops.</p>	<p>Upcoming sessions Ferryhill Family Hub, Beaumont Street, Dean Bank, Ferryhill, Co Durham, DL17 8PH</p>	<ul style="list-style-type: none"> • Friday 14th March / 10am - 12pm / ARFID • Friday 11th April / Understanding Autistic Overwhelm, Meltdown & Shutdown 	<p>To book your place or find out more visit Daisy Chain Workshops in Durham.</p>

For further advice and support see [Special educational needs and disabilities \(SEND\) and our Local Offer - Durham County Council](#)



Emotional Health and Resilience

The 0-19 Emotional Health Service is focused on delivering improved health and wellbeing outcomes for Children and Young People (CYP) to ensure they all enjoy good health. Our emotional health offer outlines the commitments we've made, as an organisation. We are committed to promoting and improving CYP health & wellbeing.

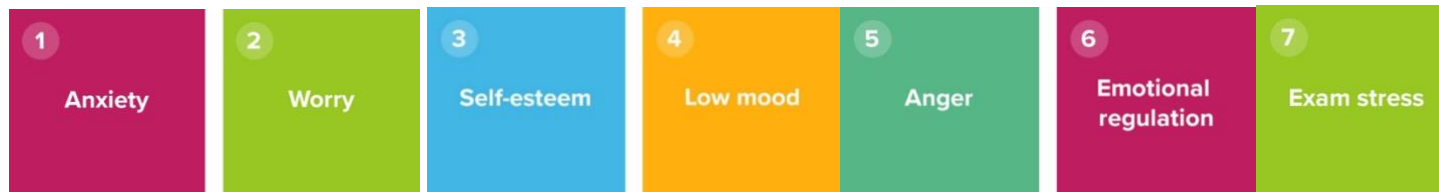
As a service we are visible, accessible, and confidential and work to build resilience among CYP by providing you with the tools to cope in challenging and difficult times, to reduce the risk of poor mental health. You can access us in a setting of your choice, whether it be in school, at home or your local community. Your journey starts with us listening to your voice leading to an assessment of your needs and agreed goals.

Globally 1 in 7, 10 to 19-year-olds experiences poor mental health. We also know that access to early support can prevent infants, children, and young adults from developing enduring conditions that can have long-term impacts on their lives and life chances. Around 50% of mental health

conditions are established by the time a child reaches the age of 14, and 75% by age 24, which is why it is so important to get help at the earliest opportunity.

Avenues of support:

Young people come and see us for lots of different reasons, examples such as:



You may meet several different kinds of professionals in HDFT. All our staff are trained in assessing children and young people, and some staff have additional specialist training. You will be informed who you will be coming to see before you come and see us, and this may include an:

- Emotional Resilience Nurse/Practitioner
- Staff nurse
- Children's wellbeing practitioner
- Family health practitioners

Support can take place in the form of:

- One to one support
- Group sessions
- Telephone contact
- Home visits
- Community venues
- Virtual (in some areas)

Our staff aim to provide you with the highest quality of care. To do this we need to keep records about you, your health, and the services we have provided or plan to provide to you. We value your privacy and the security of your personal information.

Your practitioner will discuss confidentiality with you in your first session. We understand how important confidentiality is and abide strictly to data protection laws that allow us to share information only with your knowledge and consent, or, in very rare instances where we are legally obliged to do so. Confidentiality may only be shared where there is a risk to yourself or others, but this would be discussed with you.

Please note: we only offer low level Tier 1 brief intervention around emotional health.

If you are experiencing a mental health emergency or mental health crisis, please contact the CAMHS crisis team on [0800 0516 171](tel:08000516171)

The line is open 24/7 for people living in County Durham, Darlington, Teesside, North Yorkshire and York.

[SEND | HDFT Childrens Health Service](#)

CAMHS

We know that for parents and carers, understanding and supporting the mental health needs of your child can feel scary and complex. Find out more about what to look out for if your child is experiencing mental health issues.

We've pulled together some useful information to help if you are concerned about the emotional wellbeing of your child and need advice and support.

- Advice to help you [support your child who may be experiencing depression, anxiety, suicidal feelings or self-harm](#)
- How to [understand and help your child manage their feelings](#) as they grow up
- NSPCC [advice and support for parents and carers](#)
- National Deaf Children's Society [signs and symptoms of a mental health issue](#)

- Government advice on [mental health for children](#)
- Every Mind Matters [looking after your child's mental health](#)