

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

AUTUMN 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 and there is no need to book.

Please see the autumn 2019 programme below and a synopsis of previous meetings throughout the newsletter.



Josephine Cousins

PROGRAMME - OPEN TO ALL SCHOOLS

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

Friday 20 th September 10.15am- 11.40am	<u>CAMHS</u> - Diane Whitaker, West Kent Early Help *NELFT Lead who is a Mental Health Nurse will be joining us to share her advice and experience. There will be time for questions. All are welcome to join us. <small>*NELFT - North East London NHS Foundation Trust</small>
Friday 1 st November 10.15am- 11.40am	*<u>SEND</u> - Sharon McLaughlin SEND FAMILY ENGAGEMENT OFFICER will be joining us to discuss her role following the: OFSTED & CQC REPORT INTO KENT'S SEND SERVICES <small>*SEND - Special Educational Needs & Disabilities</small>

BENEFITS TALK

On 26th April Anna Bobinska from Maidstone CAB joined us for a very informative talk about Benefits including Universal Credit. The talk was very well received, and parents and carers were able to ask key questions. **Anna provided an information handout, please see extract below.** If you would like a full copy, please email me **Josephine Cousins:** psg.bowergrove@btinternet.com and I will send it on to you.

‘Universal credit is a single working age income related payment which will replace the following means tested benefits (benefits which depend on how much income/capital you or your household have)

- Income support
- Income based job seeker’s allowance
- Housing benefit
- Child tax credits
- Working tax credit
- Income related employment and support allowance.’

The Citizens Advice Bureau (CAB) provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. Areas covered include Housing, Employment, Money and Benefits.

Specialist casework for clients with benefits problems include Disability benefits, Benefits entitlements, Appeals and Challenging decisions, Working & Child Tax Credits, Housing benefit, Council Tax benefits, Child Support, Income Support, JSA & ESA, Universal Credit. CAB offer an outreach and Home Visiting Service to clients in their own homes especially those who are unable to access their service at various venues and channels of access. Specialist Advice is by appointment only.

CITIZENS ADVICE MAIDSTONE

Main Office

2 Bower Terrace, Tonbridge Road, Maidstone Kent ME16 8RY

Opening hours: Drop in and Telephone: Monday to Friday 10am – 4pm

Advice line:

General Advice: 0344 848 7978

Fax: 01622 751816

Town Centre Office

Town Hall High Street ME14 1TF

Appointments: Mon, Tue, Thurs, Fri 9.45am, 11.45am & 2pm

Appointment Booking Line: 01622 767661

For email advice visit their website: www.maidstonecab.org.uk

BEHAVIOUR MANAGEMENT

A PARENTS' SURVIVAL GUIDE



Mrs Pam Stephens joined us on 21st June to speak about Behaviour Management – SOS Schools Out for Summer! The Challenge to Help Parents Survive! The talk was well received and gave parents the chance to hear some very beneficial information and advice. **Pam provided some**

handouts at the meeting. If you would like a copy email me Josephine Cousins: psg.bowergrove@btinternet.com and I will send it on to you.

Please see a few extracts below:

'Lost routines

School routines and rules give a structure and security that is lost in the holidays. Prepare and plan to help children cope especially if they have special needs. Make plans that fit your family, lifestyle, locality, transport and financial situation'

Keep foundation rules and expectations. Ensure all family, carers and friends keep to the same code.

Managing Behaviour

Be an owl – aware when your child has a problem and helping them to choose strategies.

- Distract and divert if they are stressed.
- Be consistent in your responses.
- Keep your promises (good and bad)
- Give positive attention.
- Praise to encourage.
- Don't give into tantrums.

For older children adults encourage positive choices, but make the rules, expectations and outcomes clear and consistent.

You know your child

Keep to familiar routines as far as possible.

Prepare your child for changes.

Make expectations clear.

Be aware of fears and anxiety.

Avoid trigger situations.

Reduce anxiety by sharing and explaining the plan.

Use visual cues and a timetable.

Stimulation and activity.

Help others to understand if you child has special needs.

Pam touched on many of the common "battlefields" such as bedtimes, dinner times and peer group pressure. She gave us some ideas for anger management, building self-esteem and using reward charts and contracts. Through it all she encouraged us to take charge and use:

Mum and Dad Power!

- ❖ You love your children – let them know it.
- ❖ Hang on to parent power – you are boss!
- ❖ Be clear, consistent, and positive'

It's a job for life! (And it's great!)

VENUE – FOR ALL MEETINGS
BOWER GROVE SCHOOL, FANT LANE,
MAIDSTONE, KENT ME16 8NL
NO NEED TO BOOK

MEETINGS AND WORKSHOPS THIS TERM

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CAMHS - Diane Whitaker, West Kent Early Help

NELFT Lead who is a Mental Health Nurse will be joining us to share her advice and experience. There will be time for questions. All are welcome to join us.

FRIDAY 1ST NOVEMBER 10.15AM – 11.40AM

SEND - Sharon McLaughlin SEND FAMILY

ENGAGEMENT OFFICER will be joining us to discuss her role following the:

**OFSTED & CQC REPORT INTO
KENT'S SEND SERVICES**

All are welcome to join us.

We look to seeing you this term.

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)

