



# SEND NEWSLETTER

## January 2025



EYNSHAM COMMUNITY PRIMARY SCHOOL  
would like to invite you to a  
SEN coffee morning,

for families of children who are experiencing difficulties coming into school.  
Led by the Mental Health Support Team (MHST),  
the Locality Community Support Service (LCSS),  
and the EPA Parent Support Advisor



THURSDAY  
13TH FEBRUARY 2025  
9:15AM AT  
HANBROUGH MANOR  
PRIMARY SCHOOL

If you are interested in attending or receiving further information, please contact Lucy Merry on [lucy.merry@eynshamapps.co.uk](mailto:lucy.merry@eynshamapps.co.uk)

<https://www.eynsham.oxon.sch.uk/>



Welcome to our January 2025 SEND newsletter.

We have a variety of information on training and workshops available for parents and carers. Also information on local support groups.

### SIGNS OF BURNOUT

PANIC ATTACKS  
FEELING HELPLESS  
NEGATIVE OUTLOOK  
LOW PRODUCTIVITY  
IRRITABILITY  
FEELING EMPTY  
DETACHMENT  
SELF-DOUBT  
HEADACHES  
ANXIETY  
EMOTIONAL NUMBNESS  
FATIGUE  
DEPRESSION  
EXHAUSTION  
SAD  
LACK OF MOTIVATION  
MOOD SWINGS

### LESSER-KNOWN SIGNS OF AUTISM

INAPPROPRIATE LAUGHING OR GIGGLING  
LACK OF FEAR TOWARDS DANGER  
LACK OF PERSONAL SPACE  
BETTER CONNECTION TO ANIMALS THAN PEOPLE  
SHOWS SKILLS WITH PARENTS OR SIBLINGS BUT NOT WITH OTHERS OUTSIDE OF THE HOME  
INSENSITIVITY TO PAIN  
FASCINATION WITH SPECIFIC ITEMS  
TIPTOE WALKING  
GASTROINTESTINAL PROBLEMS

FREE PRINTABLE  
**AUTISM & ME**  
WORKBOOK

12 PAGE AUTISM AND IDENTITY WORKBOOK

### LEVEL 2 CERTIFICATE IN UNDERSTANDING AUTISM

- Fully Funded via the Government
- You Can Be Unemployed, Employed (earning under 25k) OR Self-Employed To Apply
- Study 100% Online

Department for Education  
Funded by UK Government

### CONFLICT RESOLUTION CARDS

FREE

HAVE A KID WITH BIG EMOTIONS?  
**NEURODIVERGENT KIDS NEED HELP WITH TOUGH CONVERSATIONS.**

50 CARDS FOR FREE!

### Managing Strong Emotions Course

Join us for a transformative course designed to help you understand and manage intense emotions. This weekly group will provide:

- Tools to identify and understand your emotional patterns.
- Evidence-based Cognitive Behavioural Therapy (CBT) techniques.
- Coping strategies and practical skills to improve your well-being.

When? Every Thursday from the 6<sup>th</sup> of February until the 27<sup>th</sup> of March from 10 am to 12 pm.  
Where? Abingdon Hub 1<sup>st</sup> Floor The charter Complex OX14 3LZ  
Registrations until 31/01, tel. 01865 247788 or email at [southandvale@oxfordshiremind.org.uk](mailto:southandvale@oxfordshiremind.org.uk)

Oxfordshire Mind

### LDA TYPES OF LEARNING DISABILITIES

**DYSLEXIA**  
Dyslexia is characterized by deficits in accurate and fluent word recognition. Individuals with dyslexia struggle with word recognition, decoding, and spelling. Reading comprehension is sometimes impaired due to very poor word reading skills.

**DYSGRAPHIA**  
Dysgraphia is a learning disability which involves impaired ability to produce legible and automatic letter writing and other numeral writing, the latter of which may interfere with math. Dysgraphia is rooted in difficulty with storing and automatically retrieving letters and numerals.

**NONVERBAL LEARNING DISABILITIES**  
Research indicates that nonverbal learning disabilities are associated with impairment in three broad areas, including motoric skills, visual-spatial organizational memory, and social abilities. Individuals with this type of learning disability have a well-developed vocabulary, as well as strong reading recognition ability and rote language skills.

**DYS CALCULIA**  
Individuals with dyscalculia demonstrate impaired math calculation skills and difficulty understanding numbers and math facts. Dyscalculia is associated with weaknesses in fundamental number representation and processing, quantifying sets without counting, using nonverbal processes to complete simple numerical operations, and estimating relative magnitudes of sets.

**ORAL & WRITTEN LANGUAGE DISORDER**  
Individuals with this disorder struggle with understanding and/or expressing language often in both oral and written forms. These individuals often exhibit Specific Language Impairment related to deficits in semantic processing and syntactic processing.

response

# MHST

NHS Oxford Health NHS Foundation Trust  
Mental Health Support Team

### BACK TO SCHOOL



# SEND NEWSLETTER

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## NEWS FOR 2025

### WORKSHOPS AND TRAINING AVAILABLE



allthingsautismtd@gmail.com  
01895 649211

<https://allthingsinclusionandautism.com>

Workshops for parents / carers (and practitioners) - Autumn term 2024

|  |  |
|--|--|
| <p><b>All things visual strategies</b><br/>Supporting autistic children / those with communication difficulties with visual strategies - why use visuals, which visuals to use and how to use them?<br/><b>Thursday 27th February 2025</b><br/>10 - 11.30am<br/>Online - via Zoom<br/>£36 per person</p> | <p><b>Pathological Demand Avoidance (PDA)</b><br/>Understanding PDA and practical strategies to support<br/><b>25th February 2025</b><br/>9.30 - 11.30am<br/>Online - via Zoom<br/>£44 per person</p>  |
| <p><b>All things communication and play:</b><br/>Supporting autistic children with communication and play skills - laughing and learning together<br/><b>Monday 10th March 2025</b><br/>9.30am - 12<br/>Online via Zoom<br/>£51 per person</p>   | <p><b>Autism and Girls</b><br/>Exploring differences and diagnosis - Understanding how autism impacts on girls and strategies and ideas to support them<br/><b>Wednesday 26th March 2025</b><br/>10 - 11.30am<br/>Online via Zoom<br/>£36 per person</p> |
| <p><b>All things behaviour</b> - supporting positive behaviours for autistic children<br/><b>Thursday 6th February 2025</b><br/>9.30am - 12<br/>Online via Zoom<br/>£51 per person</p>   | <p><b>All things sensory</b> - a workshop exploring the sensory needs of autistic children and practical strategies to support their needs<br/><b>Monday 3rd March 2025</b><br/>9.30am - 12<br/>Online via Zoom<br/>£51 per person</p>                   |



**All Things Toileting**  
Exploring the challenges of toileting for autistic children and practical strategies to get you started  
**Tuesday 28th January 2025**  
10 - 11.30am  
Online via Zoom  
£36 per person

**Gestalt Language Processing**  
How to support early language skills for young children including Gestalt learners  
**Monday 10th February 2025**  
10 - 11.30am  
Online via Zoom  
£36 per person

**All Things Mealtimes**  
Looking at the challenges around food and eating for autistic children and practical strategies to support  
**Monday 17th March 2025**  
10 - 11.30am  
Online via Zoom  
£36 per person

**ADHD**  
Understanding ADHD in young children and practical ideas to support them  
**Wednesday 19th March 2025**  
10-11.30am  
Online via Zoom  
£36 per person

**Supporting children with Bereavement and Loss**  
Looking at the impact of bereavement and loss on young children and strategies to support them  
**Friday 28th February 2025**  
10 - 11.30am  
Online via Zoom  
£36 per person

**Promoting positive mental health in young children**  
Examining causes of mental health difficulties, learning about anxiety and trauma  
**Tuesday 1st April 2025**  
9.30 am - 12  
Online via Zoom  
£51 per person

**The Attention Autism programme**  
A learning approach to develop communication skills for children using visually based and highly motivating activities  
This 2 day Foundation course covers all 4 stages of the programme  
**6th and 13th March 2025**  
9.15am - 4pm  
£240 per person  
Face to face in Ikenham, West London



Contact Jaci Smith or Nikki Duhig at [allthingsautismtd@gmail.com](mailto:allthingsautismtd@gmail.com) or 01896 649211 to book your place/s

# LOCAL SUPPORT GROUPS

**Eynsham**

**Positive Measure**  
Parent-led support group for parents of children with additional needs

|  |                              |             |
|--|------------------------------|-------------|
| Every Monday                               | Baptist Church Hall, Eynsham | 19:30-21:00 |
| Monthly Daytime Group (TBA on our socials) | Jessie's Art Shed, Eynsham   | 10:30-12:00 |

Chat over a cuppa  
Helpful advice  
Non-judgemental  
Meet parents that get it

Page: [www.facebook.com/positivemeasure](https://www.facebook.com/positivemeasure)  
Group: [www.facebook.com/groups/positivemeasure](https://www.facebook.com/groups/positivemeasure)  
Instagram: [www.instagram.com/positive\\_measure](https://www.instagram.com/positive_measure)

Baptist Church, Lombard Street, Eynsham, OX29 4HT  
Jessie's Art Shed - 9 High Street, Eynsham, OX29 4HA  
If you'd like more information, please contact Emma on 07828 888064 or check out their Facebook page.

**Witney**

**SPACE**

Come join us at SPACE

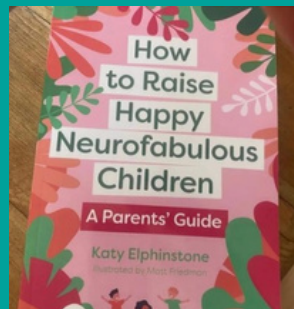
**Where & When does SPACE meet?**  
Friday's - Term time only  
Time - 10am to 12.30pm  
Upstairs lounge @ ICE Centre, Langdale Hall Witney OX28 6AB  
Parking in public car park  
Wheelchair & pushchair accessible

**Who is SPACE for?**  
SPACE is for parents/carers of children or adults with special needs

A place for parents and carers to meet, chat and feel included.  
To share experiences, information and support with one another

**What is SPACE for?**  
Contact Jo on 07875890775

## BOOK RECOMMENDATIONS



## SWIFT WORKSHOP

Eynsham Primary School are delivering the fully booked Swift 3 session workshop to parents and carers on

22nd January 2025  
29th January 2025  
5th February 2025  
1:30-3pm

If you are interested in attending the course in the Summer term 2025 please contact Lucy Merry

[lucy.merry@eynshamapps.co.uk](mailto:lucy.merry@eynshamapps.co.uk)

**Neurofabulous**  
Thinking differently about autism and neurodiversity

### Get your Free PDF

Did you know 1 in 4 children with Autism are undiagnosed?

Our FREE PDF contains information around Autism and best ways to deal with it pre and post diagnosis.



<https://autismsupportacademy.com>

<https://autismsupportacademy.com/>

**Witney**

**chat and a cuppa**

For families supporting children on the autistic spectrum

Please come and join us on the last Friday of the month (term time only) for a friendly cuppa and chat. All families welcome, with or without a diagnosis.

Updates in the Coma Lounge  
34 Market Square, Witney  
Fam - 10.30am  
If you have any questions, please email [chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.com)

For more information, please message us: [chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.com)

**Carterton**

**DROP IN SESSIONS THIS WEEK:**

Parents: 9:30-4PM  
Young people: 4-6pm

**APCAM**  
Assisting Parents with Children Affected by Mental Health

Carterton Family Centre  
The Allendale  
Carterton  
OX18 5AA  
[apcamgroup.org.uk](mailto:apcamgroup.org.uk)  
[www.apcamgroup.org.uk](http://www.apcamgroup.org.uk)

We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email [info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk) or come to our Facebook page - <https://www.facebook.com/apcamgroup>