



Family Outreach Newsletter

Pens Meadow and Halesbury Schools Working
Together to Support Families



PensMeadowSchool
Living, Growing, Learning

Welcome Back

We hope you all had a great summer. Family outreach have had a busy summer with our summer schemes, which all went well and the children and staff had great fun.

Sadly Joanne Hall left us over the summer to take up an exciting opportunity with South Staffordshire County Council. We all wish her well and she will be sadly missed by Family Outreach, both schools and families.

Please look at the Family Outreach website to see our latest news and what we have planned for this terms family and adult learning. www.family-outreach.co.uk

Dates for your Diary September –October 2016 - For more information go to our website

Halesbury School:

13/09/16 9.30-11.30 Stress Management Session for parent/carers. Take home your own aromatherapy blend FREE

20/09/16 & 27/09/16 9.30-11.30 Family Learning Bread Therapy FREE

04/10/16, 11/10/16 & 18/10/16 9.30-11.30 Family Learning Get Cooking— FREE. Places limited
Please Book in advance through Family Outreach

Pens Meadow School:

09/09/16 9.30-11.30 Bread Club— Bread Making— Take home your own bread £5

16/09/16 & 23/09/16 9.30-11.30 Flower Arranging Adult Learning £5

30/09/16 9.30-11.30 Stress Management Session for parent/carers. Take home your own aromatherapy blend FREE

07/10/16 9.30-11.30 Bread Club— Bread Making— Take home your own bread £5

14/10/16 9.30-11.30 Benefits Advice Session with Dudley Welfare Team—FREE

21/10/16 9.30-11.30 Healthy Eating FREE

Pupils Break up Friday 21st October 2016 for October Half Term

Pupils return to school Monday 31st October 2016

**Pupils break up for the Christmas holidays on Friday 16th December and Return to school on
Wednesday 4th January 2017**

Calling all new and existing Pens Meadow families

We are holding a 5 week "Get Cooking" project at school for parent/carers/grand parents to come into school and have fun with their child/grandchild. Family learning provides quality time, without the interruptions of daily life to have fun with your child/grandchild.

Children will spend 30 minutes with their parent/carer/grandparent doing a simple fun recipe and then return to class. The rest of the session provides an opportunity to meet other parent/carers whilst the tutor demonstrates a healthy, simple recipe you can cook at home. Parent/Carers/Grandparents then have an opportunity to taste the recipe cooked by the tutor.

As part of the project we will be exploring taste, texture and smells of different foods, learning simple recipes to do with your child at home as well as looking at healthy eating and cooking on a budget.

No Cooking Experience required. Everyone Welcome. Please see our website for more details. Places are Limited. Please book in advance

The sessions will be on a Monday from 9.30-11.30 at Pens Meadow, Ridge Hill. Starting on: Monday 7th November 2016

TRIPLE P

Triple P, Stepping Stones Course Supporting Positive Parenting. A course to help parent/carers with the challenges of being a parent of a disabled child. The course looks at behaviour, routine, building good relationships and teaching new skills and much more. Starting on 22nd September for 9 weeks.

Meet and Greet Coffee Morning Thursday 15th September 9.30am

Venue: Old Park School, Thorns Rd, DY5 2JY

Delivered by: Michelle Cox-Coley (Family Outreach) & Tina Stevens (Special Schools Social Worker)

If you are interested in attending please contact Michelle/Tina

07773 959 823 (Michelle) 07966 995 631 (Tina)

Contact Us:

Telephone: Pens Meadow 01384 818945

Halesbury: 01384 818630

Work Mobile: Jo Hall: 07811 229514

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Website: www.family-outreach.co.uk

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Twitter: @PensHalesFOR



Who Are Family Outreach?

We recognise that being a parent/carer of a disabled child presents its own challenges and that these challenges can impact on the whole family. When families are well supported and equipped to overcome these challenges we know that this can only have a positive impact on our parent/carers, their children and their engagement in school **HAPPY PARENT/CARERS = HAPPY CHILDREN.**

Family Outreach works closely with our families to provide support, sign posting and engagement opportunities. Our service is unique to Pens Meadow and Halesbury Schools. The team work closely with services across the borough and aims to be a contact point for information sharing as well as providing direct support to our families.

The Family Outreach Team work with families in school or through home visits to support with advocacy, benefit forms, coordination of services, referrals for support, transition support, access to funding and much more. The team also facilitates courses such as 'Triple P' and 'Time out for Parents of Children with Special Needs' to support parents/carers along their journey.

LATEST NEWS from the Family Outreach Website	Triple P for teenagers
<ul style="list-style-type: none">• FREE 6-week Women's Wellbeing workshops in Birmingham– starting 14/09/16• Bereavement Support for Men– 6 week course starting 12/09/16• Friends of Alfie Johnson fundraising Quiz Night 14/10/16• Fundraising 60's Night – Disabled Family Friendly Event– 22/10/16• Moving on from school to post 16 SEN Event – 21/10/16	Dudley Parenting Team will be delivering a Triple P programme aimed at supporting families of teenagers. There are 3 programmes running. All programmes will take place at Kates Hill Children's Centre on the following dates and times: <ul style="list-style-type: none">• Monday 9th September 12.30-2.30pm• Tuesday 20th September 9.30-11.30• Wednesday 21st September 5.45-7.45pm
More details available on the website	Each course will run for 8 weeks. For more information please contact Lucy Antil on: 01384 81 6487

Autism Central 2016 will take place on Tuesday 11th October at Aston Villa Football Club. The event, now in its sixth year, will showcase what support and services are available to those on the Autistic spectrum, their families and professionals who support them. The event is **FREE** to attend and also features a number of FREE seminars throughout the day.

Booking forms are now available for the event - if you would like more information, please email austimcentral@qac.ac.uk or call 0121 428 5041

Again, we were happy to announce that the National Autistic Society will be hosting a conference alongside the exhibition. For more information and to book your place at the conference, visit: <http://www.autism.org.uk/professionals/conferences/behaviour.aspx>