

Gateshead SEND Network Newsletter

December 2021



Hello! Welcome to the Gateshead SEND Network Newsletter.

Gateshead Council's SEND team would like to wish everyone a Merry Christmas and a Happy New Year.

For more information about the SEND services available to you, go to www.gateshead-localoffer.org, follow the [Gateshead SEND Local Offer Facebook page](#) or visit the [Gateshead Local Offer YouTube channel](#).

Amy's Journey to Employment



Hi, my name is Amy. I have cerebral palsy and ADHD. I'm 23 years old.

I work in an office for 25 hours a week. It's a good job.

When I was younger I didn't even know unemployment existed. When I was a kid I thought I was going to leave school at 18 and get a job the next day.

It has been a lot harder for me to get a job - for one my disability is clearly visible. I'm happy to have any job.

Working in an office I'm like everyone else.

I think employers should be actively employing disabled people. There are enormous benefits to employing a disabled person. Firstly, they appreciate the job a whole lot more. They will appreciate that job, put one hundred percent into it, and they won't slack.

For more information contact Gateshead's Careers Information, Advice and Guidance team www.gateshead.gov.uk/article/3668/Careers-Information-Advice-and-Guidance-IAG. To watch the Journey to Employment film featuring Amy, visit [Supported Employment Film - Gateshead Local Offer SEND](#).

Gateshead SEND Youth Forum



Gateshead SEND Youth Forum is a group for local children and young people with additional needs. The Forum meets regularly using Zoom or Teams.

Members of the Forum want to help to make things better for other local young people. They meet and talk about the challenges they face.

“I’m really interested in this,” says one group member. “I think that this is a good project which can help lots of people.”

The Forum is always looking to recruit new members and more information on how to join can be found on Gateshead’s Local Offer website: [Gateshead SEND Young People’s Forum](#)

Accessible minutes from previous meetings are also available: [Gateshead SEND Youth Forum Accessible Minutes](#)

For more information, please contact AlexThompson@Gateshead.Gov.UK

Growing Healthy Gateshead 0-19 Service



The Growing Healthy Gateshead 0-19 service is a service for families, expectant mothers, children and young people up to the age of 19.

Their role is to protect and **promote the health and wellbeing of children and their families**. They promote healthy lifestyles and offer health assessments to children, young people and their families.

The team offer the same service to all children and young people whatever their needs and will adapt the way in which they support to best suit you.

For more information email spoc.hdfatgateshead@nhs.net, phone 03000 031 918 or visit their Facebook page www.facebook.com/GrowingHealthyGateshead

Looking After Your Child's Health This Winter

RSV: Respiratory Syncytial Virus

RSV is a common respiratory virus that usually causes mild cold like symptoms but RSV can be serious, especially for infants and older adults. RSV is the most common cause of Bronchiolitis, which is a viral infection that affects babies and young children during the winter months. It causes inflammation of the smallest areas in the lungs and pneumonia, an infection of the lungs, in children younger than one.

Bronchiolitis

It starts with a "cold" and a cough and sometimes a fever. After a few days the cough may become worse and some children can have difficulty breathing it may become noisier, faster, and more of an effort. If this happens, they may also struggle to feed. Please see the traffic light table for when to seek help. If your child is in distress or discomfort, you may wish to give either paracetamol or ibuprofen as instructed on the leaflet. Usually, Bronchiolitis only causes MILD symptoms, and most children will get better on their own after about 5 days. The cough may stay for a few weeks but usually they will be happy and well. Antibiotics don't help. Children can return to nursery or day care as soon as they are well enough.

TOP TIP



Make sure your child is not exposed to tobacco smoke: this makes breathing problems in children worse. If you would like to Stop Smoking contact your GP surgery or 0800 022 432 (www.smokefree.nhs.uk)

Traffic light table

- Use the traffic light table below to help you decide if you need to ask for medical advice or review.

If your child has features in this **GREEN** column and none in the amber or red, they are at low risk of serious illness.



FEATURES

- Breathing normally.

If your child develops any features shown in this **AMBER** section, a doctor should see them within 2 hours. **Contact your GP for an urgent same day appointment or 111 if your surgery is closed.**



FEATURES

- Breathing faster than normal.
- Flaring of their nostrils.
- Mild pulling in of muscles between and under ribs.

If your child develops any of the features shown in this **RED** column, you should seek medical help immediately, via 111 or A&E.



FEATURES

- Very fast breathing, (a breath per second).
- Strong pulling in of muscles between and under ribs.
- Bobbing of head with breaths.
- Abnormal noises/grunting.



Useful Information:

Gateshead Parent Carer Forum have organised a family Christmas event at Dunston Activity Centre on Saturday 18th December, 10:00-12:00. **For further information on booking please contact**

info@gatesheadparentcarerforum.co.uk



Young Minds are a mental health charity for children, young people and their parents, aiming to make sure all young people can get the mental health support they require. Visit **<https://youngminds.org.uk>** for more details.

Annual health checks are for adults and young people aged 14 or over with a learning disability. People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

Contact your GP to make an appointment.

The **[National Autism Strategy for CYP and adults \(2021 - 2026\)](#)** was recently published by the government alongside the **[Implementation Plan](#)**. This strategy is the government's new national strategy for improving the lives of autistic people and their families and carers in England.



Contact us

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