

# SEND MATTERS

## Summer of SEND Edition

The official newsletter  
of SEND related issues  
in Bedford Borough

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## WELCOME from the Manager for the SEND Programme, Bedford Borough - Chris Morris

Welcome to the May edition of SEND Matters.

This half term saw our year 6 students taking part in their SATs, I have been blown away by the stories from our schools and parents about how amazing the children coped, I hope they know that no matter what the outcome we all proud of them.

To quote a poem I saw this year "SATs don't measure sports, SATs don't measure art, SATs don't measure music, or the kindness in your heart.... So sitting at your table, with a pencil and your test, remember SATs aren't who you are, remember you're the best".

I would also like to take the opportunity to wish all of our young people sitting their GCSE's and A Levels over the next month the very best of luck, you've got this!

I really hope that you enjoy this edition of SEND Matters, I am delighted that Bedford Borough is launching Summer of SEND 2022 and I hope that you find lots of things to 'get involved' with over the next 3 months.

Our July edition of SEND Matters will have even more information on the summer holiday activities that we are putting on so keep watching this space for even more exciting news!

In the meantime I hope you all have a restful May half term and that the sun shines on us here in Bedford Borough.

Best wishes, Chris

## MAY HALF TERM ACTIVITIES

As with every half term and school holiday, our Local Offer Officer has been hard at work pulling together a dedicated page filled with activities and ideas for keeping your children entertained in the school holidays.

There is loads of information on this page including details of some of the Diamond Jubilee activities that you can get involved with.

To find out more you can view the dedicated page by clicking [here](#).



## MEET THE TEAM: CAMHS EATING DISORDERS TEAM

The Eating disorders team is a big team that includes a psychiatrist, psychologist, nurses, dietitians, family therapists, support workers and admin.

### What are eating disorders?

Eating disorders are serious psychiatric conditions that are driven by the over evaluation of weight and shape concerns.

Eating disorders are **NOT** defined by weight or appearance

Eating disorders are:

- Driven by thoughts, feelings and behaviours.
- Resulting in severe disturbances in eating behaviours related to thoughts and emotions.

The most common eating disorders are:

- **Anorexia Nervosa (AN)** – when you try to keep your weight as low as possible by not eating enough food, exercising too much, or both.
- **Bulimia Nervosa (BN)** – when you sometimes lose control and eat a lot of food in a very short amount of time (binging) and are then deliberately sick, use laxatives, restrict what you eat, or do too much exercise to try to stop yourself gaining weight.

- **Binge Eating Disorder (BED)** – when you regularly lose control of your eating, eat large portions of food all at once until you feel uncomfortably full, and are then often upset or guilty.
- **Other Specified Feeding or Eating Disorder (OSFED)** – when your symptoms don't exactly match those of anorexia, bulimia or binge eating disorder, but it doesn't mean it's a less serious illness.

One eating disorder is not driven by weight or shape concerns...

- **Avoidant Restrictive Food Intake Disorder (ARFID)** – This is driven by sensory difficulties, lack of interest in food or adverse events from eating. People with ARFID do not usually worry about their weight and shape.



### What does assessment and treatment look like?

Initial assessment by 2 members of the team (up to 2 hours)

If a diagnosis is made, in line with national guidance, the first line treatment is Family Based Therapy.

Other treatments offered include CBT-e, CBT-t, parents group, young people's group, individual sessions and family sessions.

At present, CAMHS is only accepting ARFID referrals from 12 years old and above.

Young patients are continue to be supported by GP, paediatricians and community dietitians.

### How to refer

- Self-referral
- Parents/carers
- Professionals

### How to contact us

Website: <https://camhs.elft.nhs.uk>

Email:

[elft.spoebedfordshire@nhs.net](mailto:elft.spoebedfordshire@nhs.net)

## BEDFORD BOROUGH SUMMER OF SEND

Bedford Borough is delighted to be hosting Summer of SEND 2022. After the overwhelming success of Summer of SEND 2021 this year's event is shaping up to be even bigger and better!



Over the months of June, July and August there will be a range of events for children and young people with SEND, their parents and carers and the practitioners who are working with them. Last year we had well over 500 different practitioners attend training or webinars put on, over 250 parents engage in various parent carer sessions and over 30000 visitors to our Local Offer website across the 3 months accessing the brilliant resources there.

This year we have sessions on ADHD, Sleep Disorders, Speech and Language Therapy, we have Education Psychology drop ins and information on independent living and adult social care as well as dedicated courses for parents and carers on their health and wellbeing and how to support a child with anxiety and (Fear-Less Triple P). We are also using the Summer of SEND to highlight some of the fantastic services and support on offer through our local charities and voluntary sector.



**2022**

Bedford Borough's  
**SUMMER OF SEND**

Throughout the summer there will be a host of events, webinars, activities and training dedicated to all aspects of SEND in Bedford Borough.

There will be events for children and young people with SEND, their families and all practitioners supporting them.

**Watch this space for loads more information**

If you have any ideas of topics or events you would like to see or if you would like to put on an event as part of the festival then please email [SummerofSEND@bedford.gov.uk](mailto:SummerofSEND@bedford.gov.uk)

Follow the local offer on social media for more details

- <https://www.facebook.com/BBLocalOffer>
- <https://twitter.com/Bedfordlocalof1>
- <https://www.instagram.com/bedfordlocalof1>

**SUMMER OF SEND** 2022

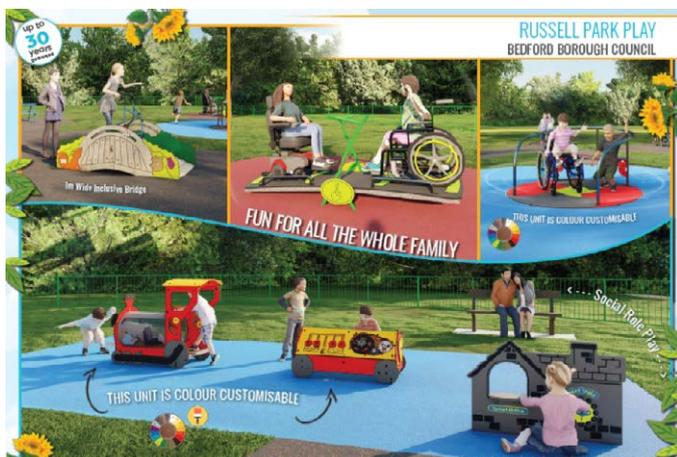
**BEDFORD**  
BOROUGH COUNCIL

We are just finalising our summer holiday activities and events but we are confident that we will have even more activities and events than we did last year with dedicated family sessions as well as SEND specific youth groups and playschemes.

You can keep up to date with all the latest news and events by following the local offer social media and the hashtag **#SummerOfSEND2022** and you can view our dedicated website (including our amazing launch video) here: <https://localoffer.bedford.gov.uk/summerofsend>.



# BEDFORD BOROUGH INCLUSIVE PLAY PARKS UPDATE



Bedford Borough Council has been working with Bedford Borough Parent Carer Forum on developing an inclusive playground to be built at Russell Park and after putting the top two designs to a vote within the Parent Carer Forum Membership we are delighted to announce the winning design which is shown in the images.

The winning design includes a wheelchair accessible trampoline, see saw, fortress and roundabout and will also have lots of sensory items and a large communication board for those children and young people who use picture exchange communication.

This amazing addition to Bedford Borough’s play parks will be open in the Summer of 2022, in time for children and families to enjoy over the summer holidays as part of #SummerOfSEND2022.

## LOCAL OFFER CORNER: SPOTLIGHT ON HELPLINES

Bedford Borough’s Local Offer continues to be the go to destination for all things SEND in Bedford Borough with over 10,000 users now visiting the site each month.



We are continuously updating the website with the latest news, events and activities and you can even filter your search results by ‘date added’ to ensure you see the latest entries!

We know how important it is to talk to someone about whatever is going on in your life and we also know that for parents and carers of children and young people with SEND, helplines can play a vital part in providing support for them when they need it most. That is why we have over 20 different helplines listed on our local offer, you can see the list of search returns for the term “helpline” by clicking [here](#). We also have a dedicated list of Mental Health Helplines as part of our [Mental Health and Wellbeing Hub](#) which you can view by clicking [here](#).

If you are aware of a helpline that you feel should be added to our local offer then we would love to hear from you. Please contact us and let us know by clicking [here](#).

## RIVER FESTIVAL UPDATE: 23<sup>RD</sup> & 24<sup>TH</sup> JULY 2022

The planning for the first ever dedicated SEND section of this year's River Festival site, for children, young people and adults with disabilities as well as their families is gathering pace.

The site will now be named 'Inclusion Island' and there will it will boast a sensory tent, changing place toilet, a workshop tent with a timetable of interactive workshops, talks and activities as well as an information tent highlighting local services, a bouncy castle and family games and activities, food stalls and space to sit and picnic.

We are hoping that this will be an event that brings together many of our SEND families in a celebration event right in the heart of the River Festival. Watch this space for more information including the timetable of activities and events on our site across the two days.



## BBPCF UPDATE



BBPCF are the voice for Parent Carers of children & young people 0-25yrs with Special Educational Needs or Disabilities in Bedford Borough.

We feedback your views to Education, Health, Social Care and other departments that provide SEND services. BBPCF are still working to reach even more families in Bedford Borough.

We are listening to all parent / carers of children with special educational needs and / or disabilities (SEND) aged 0-25 years.

We are signposting to usable information, sharing ideas and experiences, while still fulfilling our forum duties to listen to the lived experience of parent carers and feedback to the relevant services.

Thank you to everyone who took the time to complete our Annual Survey at the end of last year. All of the responses have been looked at and we have produced our annual 'Outcomes Report' which shows what we found, please take the time to have a look at our findings.

These will be presented to the local authority and health services and will form our priorities for the next year - read our Outcomes Report [here](#).

BBPCF are running a series of online events for parents and carers in Bedford Borough you can view our upcoming events on our website: <https://www.bbpcf.co.uk/>.

We have an online membership form for anyone that is involved in SEND (a diagnosis is not required to join). You can view our website at [www.bbpcf.co.uk](http://www.bbpcf.co.uk). Follow us on our social media @bedsboroughpcf on Facebook, Twitter and Instagram.



## CAMHS UPDATE

### Child and Adolescent Mental Health Services (CAMHS) Special Education Needs and Disabilities (SEND) Improvement

There is currently a focus in Bedfordshire and Luton on the following areas of improvement:

- Improving the quality of CAMHS advice for Education, Health and Care Plans (ECHPs) through training of CAMHS practitioners. 130 practitioners have been trained to date, there is now consistent use of the template for CAMHS advice and a regular audit cycle to drive improvement and share good practice.
- Taking forward a You Said/ We Did/We Will Do approach following a series of meetings with Parent Carer Forums which includes planning to make a short film about Children and Adolescent Mental Health Services and setting out on one page the mental health and wellbeing support that is available for children and young people based on the I-Thrive model.
- Children and Adolescent Mental Health Services Mencap apprentices: There is to be the recruitment of a CAMHS Mencap apprentice which will provide work experience and on the job training for a person with Learning Disabilities, Learning Difficulties and/or Autism. ELFT is part of a partnership across Beds and Luton which will recruit 16 Mencap apprentices from 1 September. Adult mental health will also recruit a Mencap Apprentice.

- Enhancing support for parent carers with mental health challenges: A project is being developed in Bedford to explore how mental health support for parent carers can be strengthened.

To find out more about these developments then please feel free to contact:

[rosie.newbigging@nhs.net](mailto:rosie.newbigging@nhs.net).

### Discovery College

In January 2022 there was the launch of the Children and Adolescent Mental Health Service Discovery College in Bedfordshire and Luton.

The “DisCo” proactively supports the mental health and wellbeing of young people between the ages of 13 to 18. This is a partnership between the mental health provider, East London NHS Foundation Trust, third sector organisations, staff, parents, carers and volunteers to coproduce educational courses with young people.

In the recent spring term prospectus which ended in early April, 50 students had registered and 28 workshops had been facilitated.



Young people got to learn, share and explore a variety of resources across a breadth of workshops such as life skills, self-esteem and confidence, designing your own hoody, developing youth leaders and building resilience just to name a few.

There is to shortly be the launch of the summer curriculum which will go live in early June. The summer prospectus will bring newer topics and will reach different areas like Dunstable, Leighton Buzzard and Shefford.

For more information, please contact: [shiblu.miah4@nhs.net](mailto:shiblu.miah4@nhs.net).

### Mental Health Support Teams

There has been the implementation of 5 Mental Health Support Teams across Bedfordshire, Luton and Milton Keynes with two new Teams being fully established.

The overall aim of the Teams is to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety, as well as helping staff within a school or college setting to provide a ‘whole school approach’ to mental health and wellbeing. The teams act as a link with local children and young people’s mental health services.

The Teams in Bedfordshire and Luton have been busy with some recent activities including Exam Stress and Wellbeing Assemblies, Worry Management Sessions, Lunchtime Drop-ins and Talk Time Clubs and Anxiety Workshops. The Teams have also continued to carry out more targeted work with some young people or their parents on both an individual or group basis.

## CAMHS UPDATE CONTINUED

### Child and Adolescent Mental Health Services

There are a number of developments that are being taken forward to support children and young people across Bedfordshire, Luton and Milton Keynes which include the following:

- The mobilisation of a Bedfordshire, Luton and Milton Keynes Eating Disorders Intensive Home Treatment team which will provide therapeutic support to young people with an eating disorder and their families.
- The creation of Crisis Home Treatment Teams to support young people who are in crisis.
- The expansion of Dialectical Behavioural Therapy Groups which are a type of talking therapy that helps young people who may self-harm, have difficulty regulating their emotions effectively and struggle to tolerate distress.
- Continued work to progress the establishment of a children and adolescent mental health inpatient service called 'Evergreen'.

### University Mental Health Charter - improving mental health support for students

The University of Bedfordshire is among the first universities across the UK to have joined the University Mental Health Charter programme, designed to improve support for student and staff mental health. The Charter was developed by the UK's student mental health charity, Student Minds, and is supported by a number of enabling themes from Universities UK's Mentally Healthy Universities model. The Charter programme brings together universities which are committed to making [mental health](#) and wellbeing a university-wide priority to share practice and create cultural change.

The University hopes its membership will help lead the way in demonstrating its commitment to [mental health](#). It looks forward to sharing good practice and learning from the sector, as well as exploring through the themes of the Charter the areas which may require further development to enhance their mental wellbeing provision, and ensure it continues to embed a whole-university approach to the mental health and wellbeing of the whole university community.

### Free Talking Therapy in Bedfordshire, Luton and Milton Keynes

The Talking Therapies services across Bedfordshire, Luton and Milton Keynes (BLMK) are here to provide free, fast and easy conversations with mental health professionals for all residents of the BLMK area. The past two years have been challenging and we want everyone to know this service is here to help you. If you are feeling low, anxious, stressed, depressed or finding it difficult to cope then the talking therapy teams are here to help. Whether you are experiencing new mental health difficulties or a return of previous symptoms, support is available.

Visit [www.nhstalk2us.org/blmk](http://www.nhstalk2us.org/blmk) and fill in a short online form and the team will book you in for an appointment to discuss any difficulties you are having and the next steps to take. There is no need for you to travel. They can speak to you on the phone or in a video consultation. If you would prefer to meet face-to-face then this can be arranged.

For self-help at home, the Talking Therapies service is also running a series of webinars you can join at any time you need to. The sessions and links can be found at [www.mktalkingtherapies.nhs.uk/blmk-events](http://www.mktalkingtherapies.nhs.uk/blmk-events).

**BETTER DAYS**

**BLMK are working in collaboration with young people to share stories and experiences of mental health.**

Our aim is to create change in how we approach mental wellbeing for young people across different services.

We will be working towards a year of creative workshops to support and engage young people across BLMK to feel empowered in sharing their stories.

**We need your help.**  
Please come and join us and listen to how you can support change

Wednesday 29th June 2022  
15.00-17.30  
Link to follow

@BetterDaysBLMK

## COMMUNITY HEALTH SERVICES UPDATE

### Something Feels Different

Our co-production team have been involved with the making of this fab video 'Something Feels Different'. The video is on our Diagnosis Support Pack pages as a valuable aid to parents and service users and also has video transcription available via the link: <https://vimeo.com/692309639/ab9557ceb4>.

### Diagnosis Support Pack

The Diagnosis Support Pack continues to be updated, and we are currently developing some condition specific areas. These areas will go live as soon as they are finalised. Click [here](#) to access the Diagnosis Support Pack (DSP).

### Health Hub Update

The plan to move our services into the Health HUB are moving forward. During Q1 (April – June 2022) we are anticipating implementing our next phase of moving our Community Paediatrics, EHCP Co-ordination, and Speech and Language services into the Health HUB.



### Service Feedback

Once again we have received some amazing feedback for our services across Luton and Beds this month – well done to all services:

- **Baby Friendly Team** - *On my first week there I told them my concerns, they straight away booked a referral for me, and gave me loads of advice. By the next week I had so much progress and success.*
- **0-19 HV North Team** - *Felt really looked after and health visitor was calm, happy and warming person who was easy to talk to, and we as parents felt comfortable with her.*
- **0-19 HV Mid Team** - *Our appointment was a 3 month review. Claire Hartley was very knowledgeable, caring and friendly. It was very useful to have this appointment to cover any issues that have cropped up.*
- **Community Care Nurses** - *They understood anything I would bring up they made me feel comfortable using their services.*
- **Eye Service** - *My son is autistic and really struggled in the clinical room. The clinician was fantastic with him, telling us not to rush and eventually coming down to the floor to examine him as he wouldn't get up from a melt down. She went out of her way to complete the appointment in a unique way for him- she was amazing!*
- **OT Team** - *The occupational therapist was very knowledgeable about the subject and provided great advice and tips. Made my son feel safe and comfortable.*
- **Speech and Language Service** - *I was very happy to see how she was playing with my child that makes me happy and she was able to find how to help my child*
- **Community Paediatrics** - *The fact that we've had the same consultant for a number of years and because of this she understands our daughter, her condition and the issues that it causes. The level of understanding is therefore consistent which means we don't have to explain everything about her condition every appointment. This saves us and the doctor time and means that the best treatment can be prescribed.*

## COMMUNITY HEALTH SERVICES UPDATE CONTINUED

### Community Paediatrics Online Referral Form

The Community Paediatrics online referral pack has been revised as per feedback received from our referrers. The pack and all questionnaires to support our assessments are all available to be completed online on our [website](#).

**Please note that we no longer be accept any postal copies. Please email the services directly for any queries/assistance. Details are on the referral form.**

We accept referrals from all professionals and require as much information as possible about the child developmental level and academic progress.

- For pre-school children, we would encourage the referral to be made by 0-19 universal service or the pre-school setting.
- For children in school, we would request that the referral is made by the SENCO using our referral pack.

We would advise health professionals that if parents contact them for referral to our service in regard to developmental concerns to request for the parent to liaise with educational setting to make the referral to us.

### Speech and Language Therapy

Check out our latest Speech and Language Therapy service update which gives information on waiting times, and how the service can and is helping young people and their families/carers.

### 3 Month Review Update

Just a few weeks ago our Bedford HV team introduced their 3 month review updates, and it is really pleasing to see some of the positive feedback that has been received, and how it is already making a difference. Well done to our Community Nursery Nurses who head up these clinics.

A small selection of some of the wonderful feedback comments received include:

- “For the 1st day of a pilot scheme/trial it went really smoothly.”
- “I found the 3 month review really useful, it reassured me of any concerns that I had and gave me the opportunity to ask questions and iron out any worries at an early time in my child’s development.”

- “The lady we saw was very knowledgeable and great at talking through concerns. She was also very intuitive with the baby’s feelings and my mental health.”
- “I really appreciated the conversation cards on the table, they served as reminders for discussion. Our nurse heard our concerns and has highlighted them with our health visitor. We are very grateful for this.”

### Beds Health Visiting Team retain Gold Status

Our The Beds Health Visiting team have received notification that their UNICEF Baby Friendly gold award status has been renewed this week. There was so much fantastic feedback from UNICEF to support this renewal, and they highlighted the quality of work by the service and the positive outcomes being achieved. Other mentions included:

- The service has continued to move forward and give priority to support for infant feeding.
- Commitment at senior levels to support the programme.
- That the organisation has prioritised staff well-being via the ‘Live Life Well’ scheme.
- Weekly live online antenatal sessions, together with a recorded video accessible (with translated versions) on the website and development of a refresher session for previous parents.
- Early postnatal phone calls to offer support and signposting.
- The return of the face to face Brasseries for breastfeeding support.
- Audit outcomes are outstanding.

To read the full letter from UNICEF, click on the [here](#).



## SUPPORT WITH EATING DIFFICULTIES

Many children will present with eating difficulties and we can look into the categories below:

- **Neophobia** - Rejection of new, unfamiliar foods, usually presents in infancy - 18-24 months of age.
- **Picky / Fussy Eating** - Mild feeding difficulty, some selectivity of foods and/or limited appetite.
- **Feeding Disorder** - Moderate to severe feeding difficulty, avoiding whole food groups, significant impact on physiological, behavioural & emotional.

We know that Autistic children will also have eating difficulties, very often linked to sensory difficulties. They tend to be more focused on details (only eating specific brands), not tolerating eating in front of other people (sensitive to smell/sound or all together) and strong association (i.e. only eating specific foods in specific places).

Having a child with eating difficulties can be distressing, however, this doesn't mean that they have an eating disorder.



### When do I need to take my child to the GP?

Some red flags include:

- Ongoing poor weight gain / weight loss.
- Stunted height.
- Ongoing choking, gagging, coughing during meals.
- Ongoing problems with vomiting.
- Vitamin and mineral deficiencies (are they eating foods from all food groups).
- Aversion / avoidance of all foods in specific texture or food group.

The GP will then review your child's health and will refer to appropriate services.

### Support feeding at home

- Reduce the pressure on your child to eat – putting pressure on them can increase their adrenaline, which can suppress their appetite and make them less likely to eat. Try to remain calm and positive at mealtimes.
- Try to organise / plan ahead, for shopping, cooking in bulk, food for other children. This is to help you remain as relaxed as possible and keep anxiety low
- Routines:
  - Daily routine for feeding: try to stick to consistent times each day and if needed, create a meal plan together so your child knows what to expect
  - Mealtime routines: prepare (i.e. "lunch will be ready in 5 minutes"). You might need to have some calming activities: wash hands together,

- sing song, blow bubbles, sit at the table, clean up, wash hands, finish. Consider also using stress balls, tangle toys, weight blankets, anything that calm / help your child
- Encourage your child to feed themselves – do not try and force feed them.
- Limit mealtimes to 30/45 minutes and snack times to 15 / 20minutes .
- Avoid grazing of snacks or calorie fluids as this can reduced appetite at meal times.
- Have appropriate and comfortable seating for your child at the table. Make sure he/she has support under their feet, behind their back and they do not slip down too far in the seat – use non-slip mats if needed under feet and bottom.
- Keep mealtimes fun and social – eat together as a family. Talk about the food in a positive way – make sure the food is the focus, not the child. You might want to use table cards as a way of having conversations during meals that are not related to food only. We know that eating at the table can be extremely difficult for some children, so try changing seats at the table to avoid overwhelming situations. Avoid ipads or TV at the table, which take the focus away from the food.
- Offer preferred foods (that you know your child likes) as well as a smaller portion of a new or less preferred foods – consider different plates or outside of their "safe area".
- Be a good role model for your child at the table –

## SUPPORT WITH EATING DIFFICULTIES CONTINUED

enjoy eating and exploring your food – talk about the colours, textures, shapes, smells and sounds of the food. Encourage your child to think about these things too. Children learn by watching and copying. Being a role model also includes having family meals together, your child will learn by seeing others to eat too.

- Praise your child for anything good they do, even if this is just touching or tasting a new food. Some children don't like to be praised, so avoid it.
- Focus on positive language, avoid negative comments (avoid words like 'no', 'don't', and 'naughty').
- Do not pay attention to poor behaviours, e.g. throwing, refusing, gagging. Telling a child off or making a fuss often increases that behaviour.
- Do not use food-based rewards for good eating. Instead try a sticker chart or something fun after the meal, like a favourite book. Make sure the goals you choose for your child are achievable for them.
- Allow your child to get messy – getting food on their hands and face is good for their learning. (Encourage interactions, touching, smelling, licking, kissing, tasting and spitting, nibbles). If your child is getting distressed during the meal, provide a napkin or small towel to wipe their hands.
- Include them in the clean-up children may initially engage with non-preferred foods to put them away or in the bin. This also allows a clear end to meal times.
- When trying a new food, repeat it frequently but not overdo it (remember that it is a new food and it might take few days/weeks for them to get used to it).
- When using food exposure/6 steps to eating/ food chaining remember that it is an exercise and your child is not expected to eat the food, it is about engaging and desensitizing them
- Understanding that eating can be a difficult process as it includes all our senses.
- Managing my own anxiety, so I am better able to handle challenging situations.
- To try and have a curious approach about the difficulties my child is experiencing (i.e. "I can see you find eating at the table difficult, what do you think that might be happening? What can we do support you?").
- We know that routine works well for most children

### What to expect

- A long-term practice – we appreciate it is hard work but there is no quick fix.
- Most children have other complexities and the eating is one aspect of it, so understanding that the treatment should not be focused on the eating only
- In children with sensory processing difficulties, the eating will be impacted if one of the systems are imbalanced (i.e. an event has happened that led to increased anxiety).

### Helpful Resources

#### Books

- *Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions: A Practical Guide for Parents and Professionals* by Gillian Harris and Elizabeth Shea
- *Helping your child with Extreme Picky Eating* by Katja Rowell and Jenny McGlothlin
- *Interoception The Eighth Sensory System – Practical Solutions for Improving Self-Regulation, Self-Awareness and Social Understanding* by Kelly Mahler
- *The Fun with Food Programme – Therapeutic Intervention for Children with Aversion to Oral Feeding*

#### Websites

- <https://www.arfidawarenessuk.org>  
There is a parent's Facebook group that is very helpful.
- <https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/occupational-therapy/sensory-processing-awareness-training>  
Also access "Planning Wheel" and "How to use the Planning Wheel" (just after the link)
- <https://www.cambscommunityservices.nhs.uk/cambridgeshire-childrens-occupational-therapy/sensory-differences---online-learning>
- <https://sensoryplaytoolkit.weebly.com/>
- Helpful Instagram on food chaining: @feedingpicky eaters
- <https://patientwebinars.co.uk/wp-content/uploads/2020/03/2.-Fussy-Feeders-Older-Children.pdf>
- <https://www.nhs.uk/healthier-families/>
- <https://archive.nutrition.org.uk/nutritionscience/life/teenagers.html>
- <https://patientwebinars.co.uk/condition/fussy-eating-in-children/webinars/>

## COULD YOU BE A PERSONAL ASSISTANT?

*Personal Assistants (PA's) are employed to assist children/young people who need support with health or social care and provide extra support to the parent/guardian.*

Every child is different and so are their needs, PA support can vary from working with a child with Autism to sensory loss to behavior issues to being physically disabled so each child needs to be supported in their unique way.

Personal Assistants supporting children are usually employed by the parent/guardian/carer of the child who is in receipt of Direct Payments, and are employed by Bedford Borough Council.

You are entitled to the same employee rights as any other employee, such as paid holidays. PA's are not employed by Bedford Borough Council.

Could you or someone you know be a Personal Assistant? To find out more about becoming a Personal Assistant in Bedford Borough you can watch a short video by [clicking here](#).

We now have a dedicated page on our Local Offer where you can find out more information about Personal Assistants, including Frequently Asked Questions, what support is available to PA's and how families can advertise vacancies.

To find out more visit:

<https://localoffer.bedford.gov.uk/personalassistants>.



## KEEPING IN TOUCH

If you would like to receive emails directly into your inbox relating to SEND and general Childrens Services updates in Bedford Borough we would love for you to sign up to our Gov Delivery System.

Visit the Gov Delivery website by [clicking here](#), enter your email address and then select 'Your Child and You' to subscribe.

If you have any suggestions as to what content you would like to see in future editions of SEND Matters then please email your ideas to [sendprogramme@bedford.gov.uk](mailto:sendprogramme@bedford.gov.uk)