



South West Herts Partnership

ISSUE 165 - 17 NOVEMBER 2017

Your Family Support Service



Your School Family Workers have been extremely busy and are working to full capacity.

We have noted a rise in complex needs cases, some of which you may have safeguarding concerns. These cases have required our Family Workers to act as key professional in completing a Families First Assessment to pull all services together to achieve the best outcomes for the children in your schools. As you can appreciate these take time to complete however they are essential as can achieve some very positive outcomes.

We have identified a rise in referrals for cases where Mental Health, Autism and ADHD are the presenting factors in barriers to learning and in the family home. Next term we have arranged for all our Family Workers to receive training specific to these areas to increase their skills and knowledge.

St. Michael's Catholic High School kindly hosted our Executive Board Meeting on the 9th November. We reported a positive 78% buy in from schools in our partnership. A survey monkey was sent out to those schools choosing not to buy into our service this year to establish their reasons why and what we could do to encourage them to buy in in future. I would urge these schools to complete the survey and am also happy to come and discuss your requirements further. We will be in a position to report on future funding once this has been voted on at the next Schools Forum on the 29th November.

Thank you!

Jenny Morley, Executive Board representative for the primary schools in Three Rivers area has decided to step down from the board. We would like to thank her for all her support over the last 2 years.



Executive Board Vacancy

This does leave a vacancy within this area and I would be delighted to speak to anyone that may be interested in taking up this role.

The Executive Board members meet 4 times a year to make strategic decisions, recommendations and contribute to our continuing development plan. We are grateful for the knowledge and experience they provide. The Executive Board is made up of schools that represent a cross section across the area and act on behalf of all our schools.

Kathy Buchanan
Partnership Manager
Kathy.b@swhp.org.uk
07872 991545



EXECUTIVE BOARD SCHOOLS REPRESENTATION

SWHP EXECUTIVE BOARD MEMBER	REPRESENTED AREA
Jill Litchfield, Headteacher Bournehall Primary Chair for Executive Board and Lead School	Primary Schools in Bushey/Radlett
Jan Stevens, Deputy Head Parmiter's School	Secondary Schools in Three Rivers
Vacancy	Primary Schools in Three Rivers
Debbie Warwick, Principal Francis Combe Academy	Secondary Schools in Watford
Eileen Anderson, Headteacher Knutsford School	Primary Schools in Watford
Jackie McEleney Assistant Head St. Michael's School	Faith Schools in SWHP

Understanding ADHD

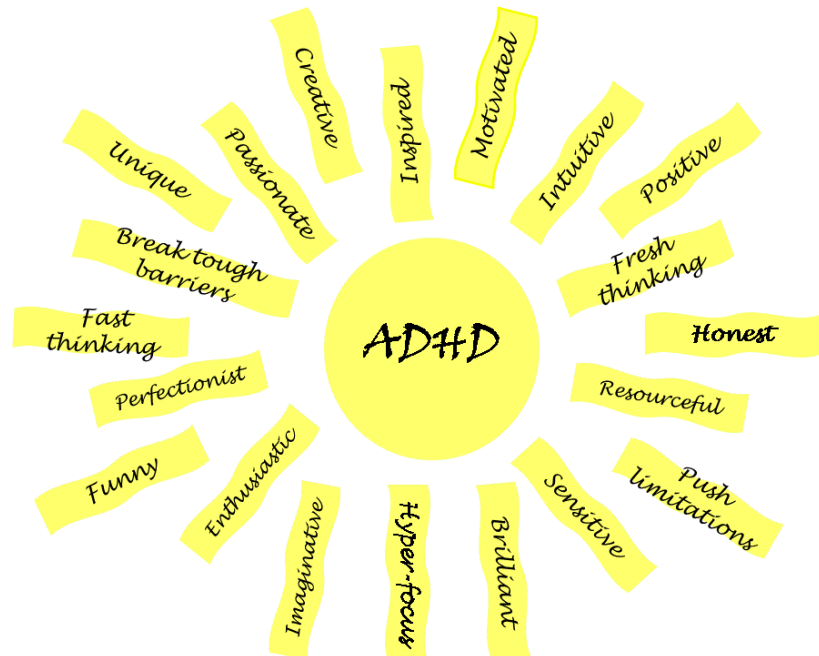
I was pleased when ADDvance offered some training on ADHD because although I had a good knowledge of autism I felt I did not really understand ADHD.

I discovered that there are very real **differences in the brains** of people with ADHD:

- the neurotransmitters do not stay in place long enough for the person to carry out an instruction
- dopamine and serotonin levels are reduced so easily bored and more irritable or aggressive
- noradrenalin levels are uneven resulting in either indifference or impulsiveness
- some parts of the brain are smaller

ADHD is the most researched neurological condition and it has been shown that ADHD is **not due to bad parenting or artificial flavours and colours**. In fact, it is found in every culture and country.

The Positives about ADHD



Diagnosis

There are two categories of symptoms – **inattention** and **hyperactivity**. To be diagnosed, 6 out of 9 core symptoms in either category are needed. People with ADHD can be **predominantly inattentive**, **predominantly hyperactive / impulsive** or **a combination of both**.

So the child who sits at the back of the class, is often a little distracted and does not pay much attention (frequently these are girls) may have ADHD even though their behaviour is not challenging. This is because the hyperactivity is internal – it is going on in their mind or emotions.

What Can We Do?

- The one thing that has the most impact is to be sensitive to difficulties – be fair, listen and empathise
- Praise, praise and praise even more – notice and reward the positives instantly
- Allow time for processing – 6 seconds is the rule
- Give one instruction at a time, preferably written
- Movement breaks
- Actively teach how to plan and prepare
- Give responsibility to build self-esteem

Shiona Koudougou
Family Support Worker



There's always a lot going on across the Partnership. Here's what's coming up...

Calendar

JOIN THE TEAM

JAN

10

12.30PM

Beech House,
Beechfield Childrens
Centre premises
95a Gammons Lane
Watford, WD24 5TY

INTRODUCTION TO WORKING WITH CHILDREN

A **FREE** 5 week Classroom Assistant course
Wednesdays @ 12.30-2.30pm

**To book your place, please call Beechfield Children's Centre
on 01923 819457**

JAN

16

10AM

South Oxhey
Children's Centre
Northwick Road
Watford
WD19 6NL

MANAGING ANGER & CONFLICT IN THE FAMILY

A 6 week course focusing on managing and understanding
anger generally and also how to help children manage theirs.

**To book your place, please contact:
Email: admin@natural-flair.com Tel: 01992 446051**

JAN

17

10AM

Ebury Children's
Centre
Raglan Gardens
Watford
WD19 4LL

PARENTING A CHILD WITH ADDITIONAL NEEDS

This seven week course is an opportunity for parents to share
feelings and experiences and discover solutions to problems
based on what works – not what's meant to work!

**To book your place, please contact:
Email: admin@natural-flair.com Tel: 01992 446051**



Families In Focus CIC

Enabling families to be stronger together

Please visit

www.familiesinfocus.co.uk

for more information on any of the courses mentioned below

NOV

20

7.00-9PM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

JAN

08

7.00-9PM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

JAN

16

9.30-11.30AM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – **no need to book if not specified just turn up!** Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.
For Bookings please visit www.familiesinfocus.co.uk

UNDERSTANDING THE TEENAGE BRAIN



SEEKING SLEEP 1 - HELPING CHILDREN WITH SEND GET TO SLEEP



COMPLETE GUIDE TO PARENTING CHILDREN WITH ADDITIONAL NEEDS

A **FREE** 10 week course - **BOOKING ESSENTIAL**

To book, please contact:

Maria@familiesinfocus.co.uk or

Tel: 01442 219720





Families In Focus c/o

Enabling families to be stronger together

Calendar

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JAN

29

7.00-9PM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

SEEKING SLEEP 2

HELPING CHILDREN WITH SEND STAY ASLEEP



FEB

19

7.00-9PM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

PHONE SAFETY WITH

MARIA FIELD



MAR

12

7.00-9PM

Stanborough Centre
609 St Albans Road
Watford
WD19 7TB

SENSORY ISSUES

