



Inclusion Newsletter

Spring term update

Spring Term is here and it is busy as usual! Thank you to our families for continuing to work with us to ensure that all children have the best possible attendance. As we continue through these months, we know that children will often have coughs and colds, but if they are too ill to be in school, please inform the school office before 8:30 am if your child will be absent.

Emma Payne
Assistant Headteacher - Inclusion and Achievement

Leechpool Primary School

Spring Term 1

January 2025



REMINDER - Parent Workshops from CAMHS

Our colleagues in the Child and Adolescent Mental Health Service (CAMHS) have produced a series of [pre-recorded webinars](#) for parents and carers. The topics cover a range of difficulties that young people may be experiencing.

Each workshop gives an overview of a specific difficulty and also some hints and tips on how young people can be supported. There are also links to some resources that you may find helpful, either while you are waiting for CAMHS treatment, or as an alternative to CAMHS.



We believe that all parents, carers and trusted adults should be empowered with all the information needed to have informed and age-appropriate conversations about online safety and global issues with children.

Each Wednesday, National Online Safety produce practical, easy to follow guides which focus on specific risks that we think you need to be aware of from new websites and platforms to issues such as mental health, wellbeing and climate change. It is called **Wake Up Wednesday**.

If you are concerned about your child's habits linked to gaming, or are concerned about a new social media platform they are using, please have a look at their page on Facebook [Wake up Wednesday](#)

Training

Spring 2025
(1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



EMPOWER INFORM SUPPORT

Training Workshops

January

Understanding ADHD	Monday 13th	7.30pm
Making Sense of Education Health & Care Needs Assessments & Plans	Thursday 23rd	7.30pm
Making Sense of Behaviours that Challenge in Adolescence	Friday 24th	10.30am
Understanding Autism	Monday 27th	7.30pm
Making Sense of Wellbeing: Self-care and managing stress	Tuesday 28th	7.30pm

February

Making Sense of Disability Living Allowance (DLA)	Wednesday 5th	10.30am
Understanding Demand Avoidance	Friday 7th	10.30am
Making Sense of Masking	Monday 10th	7.30pm
Making Sense of Wellbeing: How to manage your anxiety	Tuesday 11th	10.30am

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>

Reaching Families
www.reachingfamilies.org.uk

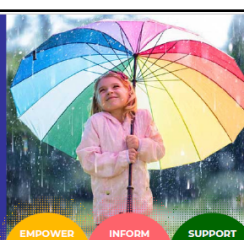
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Umbrellas

Parent Support Group
Spring Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



EMPOWER INFORM SUPPORT

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am
Adur East Family Hub (Shoreham)
14th Jan / 4th Feb / 4th Mar / 1st Apr

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
22nd Jan / 12th Feb / 12th Mar / 2nd Apr

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
21st Jan / 11th Feb / 18th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub
15th Jan / 26th Feb / 19th Mar

Chichester Umbrellas

Thursdays, 10 am - 11.30 am
Donnington Parish Hall
30th Jan / 27th Feb / 27th Mar

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
28th Jan / 25th Feb / 25th Mar

Who are Reaching Families?

Reaching Families is a parent-carer led charity that supports parents and families of children and young people with special educational needs and disabilities in West Sussex.

They do this through a number of services including the delivery of information, training and peer support.

You can find out more about us and details of all of our services on our website here - [Reaching Families](#).

Umbrellas Online

Thursdays via Zoom

16th Jan	7.30 pm - 9 pm
6th Feb	7.30 pm - 9 pm
13th Mar	7.30 pm - 9 pm
3rd Apr	7.30 pm - 9 pm

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email: outreach-training@reachingfamilies.org.uk

Reaching Families

www.reachingfamilies.org.uk