

The Buzz



Written in Co-production with the voice of The SEND Children and Young
Persons Council



Voice; Express Organise Influence Coproduce Empower



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Hello and welcome to the second edition of our SEND student and Young Persons Council newsletter: The Buzz..

We are buzzing! The sun is beginning to show its colour, the days are longer and staying lighter their even may more warmth and less rain. Hopefully, we can all start to sit outside at break time without getting wet, well sometimes anyway.

The SEND Children and Young Peoples Council are a group of students from different schools and year groups in North Somerset. They meet members of North Somerset Council every month in school time to share the voice of other pupils with Special Educational Needs and Disabilities. They have been meeting regularly now for some time. Every meeting is really different and everyone leaves the meetings with lots of enthusiasm and ideas.

Professionals and other useful people with information that come and provide information such as mental health guidance, handy strategies for managing difficult times, to explain about how SEND education funding works.

The council can ask questions to the Senior Leaders who attend such as Anthony Webster and Pip Hesketh. They have recently been asked to represent North Somerset Children at the The Young People Self Advocacy forum. They have produced their own video sharing their experiences of disability and SEND.

If anyone has any questions they would like the SEND Children and Young Peoples council to discuss or put forward to ask North Somerset council, please email engagement.participation@n-somerset.gov.uk with your question.

The Council will put this forward on your behalf at the next meeting.



June 2024

SEND Student Blog: Funny things in one funny day

When I started recording information for this blog, I was expecting it to just be a normal Tuesday. It was anything but!

It all started when I woke up at 6:15am. This sounds early, but this is the normal time I wake up. I got out of bed and went downstairs. I lay on the sofa to watch tv.

This went on for awhile till 7:45. Then I went on to the computer. On Tuesdays I go to school at 10am rather than the usual 8:45am. After a bit I stopped to have my usual breakfast of Weetabix with honey, 2 crumpets with marmite and spready cheese on them, blueberries and

a vitamin. It was nice. I finished and then went back to the computer _(')_/.

I won't go into detail about what happened there! I don't want to bore you. This is how I like to spend my free time. At 9:40, they returned, and I finally came off the computer and started getting ready to go to school.

After I was done, my mum handed me a notebook to take into school. Up until now, I had been writing in mum's notebook, this has personal stuff in it, so she didn't want me taking into school which is more than fair. I swapped notebooks, put my shoes on and stepped outside. We then both realized I had put my trainers on instead of my school shoes which was silly and annoying. I put the right shoes on and got in the car to be driven there. I live a walkable distance from school, but would rather be driven. Why?

Well, I suppose it's about time I introduce myself



My name's Theodore and I have autism, chronic fatigue syndrome, sensory processing disorder, and dyspraxia. This means a lot of things and I will most likely go back and talk about all of them but, for now, I am going to focus on chronic fatigue syndrome, or CFS for short. You see, CFS makes me very tired even after I rest. So, it would be unlikely for me to make it to school by walking. I have walked home before, but never on my own.

But back to the story !



At 10:01, I arrived at school
I walked into reception and, while doing so,
learned just how difficult it is to write into a
notebook while walking. Don't worry though, by
the end of the school day I had mastered it 😊
In reception, I met up with my Learning Support
Assistant, or LSA for short. She took me
between lessons and let me take movement
breaks when necessary

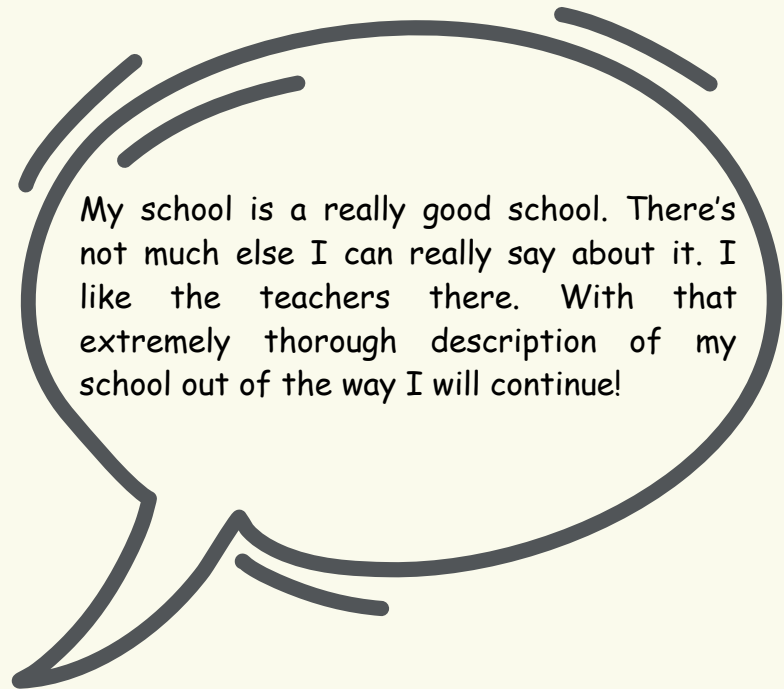
I'll talk more about what one of those is
when it becomes more relevant.
Maths went by swimmingly with the subject
being quadratic inequalities. This was the
end of the section we have done on
quadratic equation. To put it simply,
quadratic equation is about curves and
circles on a graph. Quadratic inequalities
specifically are about finding where the
circle is above or below O on the Y-Axis (up
and downy bit).

My maths teacher is really fun and explains things really well. It's always in
a way that I can understand and it's always in an upbeat way. He's also really good at helping
people. Overall, it was a really normal maths lesson. 50 minutes passed and I left maths to go to
break time. My break times are spent at a special break and lunch time club. It's really quiet in
there, at lunch times, we watch a film. At precisely 11 o'clock, break time ends.

English tends to be my favourite lesson, because English has my favourite teacher. My English teacher
is really funny, really good at teaching, and is able to understand what I'm going through because she
has ADHD. But here's where this day went from a normal day with an interesting morning to the next
level. It was a special English lesson. "Socratic seminar." If you don't know what a Socratic Seminar is,
it's where 6 people get into a circle of 7 chairs and discuss a statement until either they all reach an
agreement or they all decide that they cannot find an agreement. The empty seventh chair is for
everyone in the audience.

If someone in the audience thinks that the seminar is going too
smoothly, they can jump into the empty chair and say something to
stir it up.

I'm not sure if that description is quite correct. Oh well, it's what
I'm sticking with!



After Miss had finished explaining the concept of a Socratic seminar to everybody, she told us what the first statement was going to be. It was "Who is the character responsible for Eva Smith's death?" Technically that is a question, but we can discuss those too. So, after a bit of researching by everybody, we found out who the six people in the circle are. And, you'll never believe this, I was one of them! I was really happy, because it would be really good to write about in the blog. Oh, and also, it would be fun. The seminar took about 5 minutes.

One part of the Socratic seminar that stuck with me was the people on the outside. Some had special jobs. They were looking for different things, including one for each person in the chairs.

It was at this point where I realized I had lost the pen I was using, which is not good as it was mum's pen

The seminar started with some talk about specific people. Everyone had one or two good things to say.

That is, all except one. The person analyzing me! He even started with: '**This is going to be rather negative**' and yeah, it was.

He had a whole list of things I'd done wrong. Including a 'Stutter count, 'which was actually the number of times I'd tripped over my words'. I didn't have time to dwell on it, as I had to find my pen. It turned out that it was inside my English book all along!

I got to leave the classroom for a bit, to have a movement break, accompanied by my LSA and have a walk about. I'm not sure exactly how it helps, but it does.

”
A movement break is essentially like a mental rest

Anyway, when I came back, I found out what was going on in the second seminar. This time, I'm on the outside, looking out for leadership. Me being me, I was also searching for an attempt to jump into that seventh seat!

Finally! I sat down and prepared to give my statement but I pretty quickly regretted it. I should have been paying attention to what was being said and not just the way it was being said. To make matters worse, while writing this I came up with some better arguments I could have used. I was glad when I could finally exit the circle. On sitting down, I noticed a slip of paper on the table with my name on it. It was a reminder about a parliament meeting at period 6 in C3A after lunch.

I am in the diversity group with three other people. Two of them talked constantly and I barely got a word in! The third barely contributed and was watching football on his phone!

The whole meeting was very weird and not at all what I was expecting. Also, everything was very loud and, because of my sensory processing disorder, I felt very overwhelmed.

I had to leave early to go to reception and get driven home by mum



Before we went home, mum had to stop at Lidl to do some shopping because apparently that's what you do in a shop. 😜

Once we were finished, we headed home and this is when time sped up because, after a quick change into pajamas, I go and relax for around two and a half hours. At 6:15, I stopped to have a nice dinner and then went back to relaxing for another 2 hours. After doing things that I never bothered to write down at the time for literally half an hour, I went to talk to my mum about what the title for the blog should be as I had no idea what to call it. (I still don't know by the way, I don't think it's up to me.)

I had a shower, and then got into pj's, and hopped into bed, expecting the writing process to be blissfully easy and definitely not take the entire Easter holiday! But that's another story!



[OTR Hubs](#)

[Mind Aid](#)

[Shameless](#)

[Resilience Lab for
Teens](#)

[Zines](#)

OTR is a mental health social movement by and for young people aged 11-25 in North Somerset. Getting free wellbeing info support couldn't be easier – explore this website and sign-up directly to the project or service you want to try. We'll also be saying hi in your schools!

Castle batch community centre, wed afternoon 3:30 to 5:30, drop in centre, idea of the hubs is to create safe space for young people. They are creative and artsy, painting, drawing, play games. An opportunity to talk in a relaxed environment about anything to do with mental health and wellbeing.


A 7-week programme online, about low mood and anxiety, provides strategies.

Body Image work

Online group. Schools can request a res lab, all about building resilience, all about the pressures of life, whilst they cant take it away they can help with strategies to manage those stresses we face in life, looking at circle of support.

Small magazines, self help on things like loneliness grief, getting outdoors etc.
Offer 1-1 therapy, via website on the link you can self-referral.









NHS Talking Therapies in BNSSG 


Vita Health group is the NHS Talking Therapies service across;


- Bristol
- North Somerset
- South Gloucestershire

Who we can support:
People with problems such as low mood or anxiety





-  Sad, Upset, Depressed
-  Worried, Scared, Tense
-  People who also have problems with their health
-  People aged 16 years old and over
-  People who have a GP in Bristol, North Somerset or South Gloucestershire

NHS Talking Therapies in BNSSG 

 You can call our admin team on **0333 200 1893**

We are open between:
 8am – 8pm Monday to Wednesday
 8am-5pm Thursday and Friday

You can also complete an online referral **anytime**
 Weblink: <https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/nhs-mental-health-self-referral/nhs-mental-health-self-referral-bristol-north-somerset-and-south-gloucestershire/>

-  You will be asked some questions about yourself
-  You can also ask your GP or health professional to make a referral for you
-  Please let us know if you need any help with your referral e.g., if you need someone to support you or help with reading and writing.
-  After you have been referred, you will need to wait on a waiting list before you have your assessment

[Self referral for NHS talking therapies](#)

Information



[CEA Card](#) For children and young people who require support to access the cinema - carers go free.

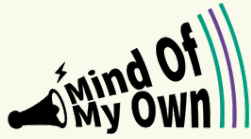


[Diamond Travel Card](#) The Diamond Travelcard scheme includes four bus passes that entitle the holder to free bus travel in North Somerset and other areas



Follow North Somerset [Engagement and Participation](#) on Facebook.





Mind of my Own, is a communication app for children and young people who receive support from a North Somerset Worker, If you are a child or young person who has this support, ask your worker for more information about this app.



[North Somerset Council directory of activities](#)

If you are looking for a sport, hobby or information about what you can do look here.

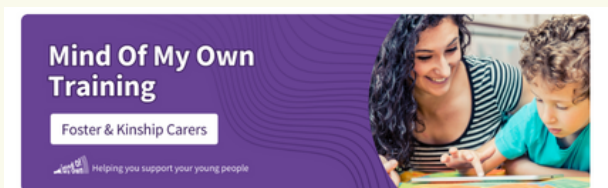


[The SEND Hub](#)

The online directory for all things SEND Information for children and young people



[NSPCC](#) The Children's Charity



Date: Monday 17th June 2024

Time: 10:30 am – 11:30 am

Sign up link:

https://us02web.zoom.us/webinar/register/WN_I29eFObWQbif_FroJbZ5Aw

Date: Tuesday 18th June 2024

Time: 7pm – 8pm

Sign up link:

https://us02web.zoom.us/webinar/register/WN_t6yuGzOYStyCUIPGOPM8Yg



01934 629787
 For further information
**Youth Cafe
 Drop-in**
 Monday and Wednesday
 15.30 - 17.30

Join us for games, craft,
 snacks and music!

FREE ENTRY

Weston YMCA Youth Cafe
 2 Bristol Road Lower
 BS23 2PN

WHATS ON!

FUN **GIRLS CRICKET** **FRIENDS**
 8-12 YEARS OLD
 STARTING SATURDAY 13TH APRIL
 10:00 - 11:00

SKILLS **ACTIVE** **CONFIDENCE**
 EGB QUALIFIED COACHES
 DBS CHECKED
 EQUIPMENT PROVIDED

GAMES

WESTON-SUPER-MARE C.C.

Contact Nicky Clarke 07809 468291
 nicolaclarke@westoncricketclub.co.uk

BANWELL FC **freed to be support** **BANWELL FC**

NEW!!! Free, fun Pan-Disability football sessions for juniors (up to 16).
 All abilities welcome, sessions lead by FA qualified coaches.

COMING SOON

For more information and to register interest contact
 secretary@banwellfc.co.uk

WWW.BANWELLFC.CO.UK



Are you up for fun, adventure, incredible experiences and making new friends? Are you looking for something to give you the edge in life? Then welcome to the Air Cadet Organisation (ACO). Better known as the 'Air Cadets', members aged between 13 and 20 years.

Squadrons in North Somerset:

- Portishead
- Clevedon
- Nailsea
- Bristol Airport
- Weston super Mare



Revo Glo Golf, our glow in the dark crazy golf course located on Weston-super-Mare's Seafront. A 9-hole course which has neon, scrapyard and terminator themes





The Wave - Adaptive Surfing

The term 'Adaptive Surfing' refers to those with additional needs or challenges, such as those with a disability, that require extra assistance, specialised equipment or an adapted surfing experience to match their abilities

HAF NORTH SOMERSET Holiday Activities & Food



Summer of fun.

Keep busy, stay fit and laugh a lot. For children and young people who qualify for benefits related free school meals



<https://eequ.org/northsomerset/haf>

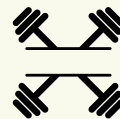
Or scan the QR code



Are you a young person who would like hands on training in workshop skills such as kitchen fitting. Is your goal to become a sports coach or fitness guru. We are The Hangar. A not-for-profit gym, workshop and well-being space.

During the Summer holidays 2024 we can offer you a four day course.

- you will leave with a good insight into work life as a personal trainer or gym owner. to gain experience and skills in the workshop or in PT skills.
- Your four days will be with trained professionals doing it for real in the real world, A great chance to see up close what its like to be business owner.
- A superb opportunity to leave having built relationships with potential employers and find new skills and passions you never knew you had.



[The Hangar booking](#)





THANK
YOU!

We hope that you have found this newsletter helpful. If you would like anything added which you think would be useful for the children and young people in North Somerset please contact Shelly Smith Engagement and Participation Officer shelly.smith@n-somerset.gov.uk

