

# Central Bedfordshire Family Events and SEND Support Spring 2022

# Book now for free holiday activities this Easter!

Central Bedfordshire

**great**  
prospects

## In Central Bedfordshire



**During the Easter holidays, we are running free activities for children and young people aged five and up, and booking is now open!**

Our sessions are inclusive so are suitable for children with special education needs and disabilities (SEND), and we'll also be running a series of activities that are specifically for children with SEND.

You will need to have registered before you can book an activity. Please make sure you have re-registered as old HAF numbers will no longer work.

Please complete a separate registration form for each eligible child. We will allocate each child a separate registration number, which we will send you by email.

Register here:

[www.centralbedfordshire.gov.uk/school-hols-food](http://www.centralbedfordshire.gov.uk/school-hols-food)

- There is something to suit everyone including crafts, performing arts, sports and games
- Get involved in a holiday club to make friends and have fun
- All children taking part get a free lunch and snacks throughout the day



The Holiday Activities and Food programme is for children eligible for benefit related free school meals. This is a requirement from the Department for Education who are funding the programme.

**To book activities visit:**



[www.centralbedfordshire.gov.uk/holiday-activities](http://www.centralbedfordshire.gov.uk/holiday-activities)



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My child has received a neurodiversity diagnosis (e.g. Autism or ADHD)

Where can I find help and information?

The **DIAGNOSIS SUPPORT PACK** is an online '*one-stop shop*' for information, resources and signposting for families.

- Introduction
- Positives of Neuro-diversities
- Holistic Approach
- What to expect at your appointment
- Sleep
- Medication
- Talking about a diagnosis

- Sensory Processing Needs
- Mental Health
- Supporting Social Communication Development
- Best Practice Guide for Professionals
- Contact Information and Resources
- Jargon Buster
- Printable resources and links



[www.cambscommunityservices.nhs.uk/dsp](http://www.cambscommunityservices.nhs.uk/dsp)



This pack has been co-produced with the help of parents, young people, local Parent Carer Forums, CAMHS, Education Psychology and other key partners.



Bedfordshire  
Community  
Health Services

Luton  
**Children & Adults**  
Community Health Services

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# CREATIVE BUZZ



## FREE EASTER ACTIVITY DAY AGES 5-11 YEARS

WORK WITH PROFESSIONAL ARTISTS FOR A DAY  
PACKED WITH FUN CREATIVE ACTIVITIES INCLUDING  
DANCE, DRAMA AND ARTS AND CRAFTS.

4<sup>TH</sup> APRIL  
HOUGHTON REGIS

5<sup>TH</sup> APRIL  
AMPTHILL

7<sup>TH</sup> APRIL  
DUNSTABLE

8<sup>TH</sup> APRIL  
BIGGLESWADE

10AM  
TO 3PM



EVERY CHILD WILL BE PROVIDED WITH A  
FREE HOT LUNCH AND GET TO TAKE HOME  
A SPRING ACTIVITY PACK INCLUDING A  
HEALTHY SNACK.

FOR FURTHER INFORMATION AND TO BOOK YOUR  
FREE SPACE GO TO [FULLHOUSE.ORG.UK/CREATIVEBUZZ](http://FULLHOUSE.ORG.UK/CREATIVEBUZZ)  
OR CALL 01525 630783

**FULL  
HOUSE** | **20  
YEARS**  
CELEBRATING 20 YEARS IN CHILDREN'S THEATRE

Central  
Bedfordshire



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## WORKSHOPS

**Parent Sleep Workshop (Parent only with children aged 12 and under)** - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Monday 25<sup>th</sup> April 9:30-11:30am
- Tuesday 12<sup>th</sup> July 17:00pm-19:00pm

**Teenage Sleep Workshop (Children aged 13+)** - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

- Thursday 16<sup>th</sup> June 16:00pm-18:00pm

**Primary Resiliency Workshop (Parent workshop for children aged 6-12)** – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 18<sup>th</sup> May 9:30am-11:30am

**Secondary Resiliency Workshop (For Teens aged 13+)** – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Tuesday 5<sup>th</sup> July 16:00pm-18:00pm

**Parent Self Esteem Workshop (Parent only for children 5-12 years of age)**- One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

- Monday 18<sup>th</sup> July 17:00pm-19:00pm

**Teenage Self Esteem Workshop (Parents and young people 13+)** - One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through though challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

- Wednesday 8<sup>th</sup> June 16:00pm-18:00pm

**Anxiety Workshop (For parents of children under the age of 12)** - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

- Monday 16<sup>th</sup> May 9:30am-11:30am

**Transition Workshops** – One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:

- **Lower-Middle transitions (parent only)**– Thursday 11<sup>th</sup> August 17:00pm-19:00pm

**Primary-Secondary/Middle-Upper transitions (Parent and young person)** – Monday 22<sup>nd</sup> August 9:30am-11:30am

Contact [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com) for registration form



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# Children's Community Health HUB

Your one stop  
contact point

**0300 555 0606**

[ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

Open 9am-5pm  
every weekday  
(excluding BH)

New contact number and email  
address for the Beds and Luton  
0-19 services, including:

- Health Visiting
- School Nursing

New contact number for:

- Luton Community Paediatric  
services (Edwin Lobo Centre)
- Beds and Luton Looked after  
Children's services

Health HUB - a single contact point,  
making it easier for you to  
get in touch with us.

Luton  
**Children & Adults**  
Community Health Services



Bedfordshire  
Community  
Health Services

## Children's Centres SEND Support Coffee mornings

SEND session with play activities and opportunity for parents to talk to other parents 7th October from 10:00 – 11:30 am Leighton Buzzard Children's Centre

Booking is essential due to Covid restrictions please call 01525 384368. Children welcome.

SEND - Stay, Play & Chat Every Monday from 1:00 – 2:00 pm Dunstable Children's Centre

If you would like to book a space please call 0300 300 8106/0300 300 8104

SEND Support coffee afternoon every second Monday of the month, 1:30 – 2:30 pm Shefford and Stotfold Children's Centre

If you would like to book a space please call 0300 300 8112

SEND Support coffee afternoon every 4th Thursday of the month, 3-4pm at Flitwick Children's Centre

If you would like to book a space please call 0300 300 8111

SEND Support virtual coffee morning every first and third Friday of the month, 10:30 – 11:30 am Houghton Regis Children's Centre

If you would like to book a space please call 0300 300 8115

SUPERKIDS Coffee Mornings with Sandy & Biggleswade Children's Centre

The following dates have been scheduled for virtual sessions:

Wednesday 23.2.22 1.30-2.30pm

Wednesday 23.3.22 1.30-2.30pm

Wednesday 20.4.22 1.30-2.30pm

Fortnightly catch ups and support online and face-to-face. A chance to speak to professionals from the CDC, Early Years Support Team, Speech and Language plus more.

To book a free place contact Karen on 0300 300 6009 or email

[karen.burton@centralbedfordshire.gov.uk](mailto:karen.burton@centralbedfordshire.gov.uk)

## What's on Guide in 2022!

### JANUARY

9<sup>th</sup>  
BSL Café Zoom  
15<sup>th</sup>  
Social Pub Night  
29<sup>th</sup>  
LUTON & BEDFORD  
MEETUP IN FLITWICK

### FEBRUARY

13<sup>th</sup>  
BSL café Zoom  
27<sup>th</sup>  
Family Quiz Afternoon  
(Children over 11)

### MARCH

13<sup>th</sup>  
FACE TO FACE BSL Café  
@ WOOLPACK HUB  
19<sup>th</sup>  
Social Pub Night  
27<sup>th</sup>  
Social Walk  
@FOREST OF MARSTON VALE

### APRIL

2<sup>nd</sup>  
Deaf Day Out  
10<sup>th</sup>  
BSL café Zoom

### MAY

15<sup>th</sup>  
BSL Café Zoom  
21<sup>st</sup>  
AGM before  
Social Pub Night

### JUNE

12<sup>th</sup>  
FACE TO FACE  
BSL Café  
@ WOOLPACK HUB  
26<sup>th</sup>  
Boat Cruise

### JULY

16<sup>th</sup>  
Summer Party  
Venue TBC  
17<sup>th</sup>  
BSL Café Zoom

### AUGUST

OUR  
SUMMER  
BREAK

### SEPTEMBER

11<sup>th</sup>  
FACE TO FACE  
BSL Café  
@ WOOLPACK HUB  
19<sup>th</sup>  
Social Pub Night

### OCTOBER

9<sup>th</sup>  
BSL Café Zoom  
DATE TBC  
Halloween Event

### NOVEMBER

13<sup>th</sup>  
BSL Café Zoom  
19<sup>th</sup>  
Social Pub Night

### DECEMBER

11<sup>th</sup>  
BSL Café Zoom  
22<sup>nd</sup>  
SNOW WHITES &  
SEVEN DWARFS  
at MK BSL Panto

Deaf Coffee Club at the Woolpack hub is open to everyone  
starting on 7<sup>th</sup> January 2022. You asked & we've listened

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
7 <sup>TH</sup>	4 <sup>TH</sup>	4 <sup>TH</sup>	1 <sup>ST</sup>	13 <sup>TH</sup>	10 <sup>TH</sup>	1 <sup>ST</sup>	X	9 <sup>TH</sup>	7 <sup>TH</sup>	4 <sup>TH</sup>	2 <sup>ND</sup>
21 <sup>ST</sup>	18 <sup>TH</sup>	18 <sup>TH</sup>	29 <sup>TH</sup>	20 <sup>TH</sup>	17 <sup>TH</sup>	15 <sup>TH</sup>	X	16 <sup>TH</sup>	21 <sup>ST</sup>	18 <sup>TH</sup>	16 <sup>TH</sup>

LIKE TO KNOW MORE ABOUT THESE EVENTS DO CONTACT US

FUNDED BY



COMMUNITY  
FUND

BEDFORDHIRE  
RESPONSE FUND



HARPUR  
TRUST



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# JOHN BUNYAN SOFT PLAY

John Bunyan, Sports and Fitness, Mile Road Bedford, MK42 9TS

## Autism Bedfordshire will have exclusive use of this facility

Please note child tickets will be limited to children with autism and their siblings.  
Suitable for children aged 0-12yrs, under 1's go FREE

**PARENTS MUST SUPERVISE THEIR CHILDREN AT ALL TIMES.**

**MONDAY 4TH APRIL 2022**  
**1.30PM - 3PM**

£4.00 per child (AB members)  
£5.00 per child (Non members)

**Book now on 01234 214871**

Autism Bedfordshire is a Company Limited by Guarantee. Registered in England No. 04632497  
Registered Office: 1 Hammond Road, Bedford MK41 0UD

## Easter Holidays Exclusive Play Session



**Autism**  
BEDFORDSHIRE

### MK Springers Gymnastics Centre

16 Carters Lane, Kiln Farm, Milton Keynes, MK11 3ES

**Date:** Wednesday 13th April 2022  
**Time:** 12.15pm - 1.45pm

**Cost:** £3.50 per child (AB members)  
£4.50 per child (non AB members)



You must supervise your  
children at all times.  
Suitable for children aged  
3-13 years

**MK Springers**



### Book Now



[enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)



01234 214871 (general enquiries)  
01234 350704 (helpline)

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# EASTER HOLIDAYS @ ANIMAL EDGE

THURSDAY 7TH APRIL 2022

MILLBROOK, BEDFORD MK45 2HZ

AVAILABLE SLOTS: 12:00 -14:00/ 14:00 - 16:00

THE COST OF THIS SESSION IS £15 PER FAMILY

TO BOOK A PLACE PLEASE EMAIL

[enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)

OR CALL 01234 214871

YOU WILL NEED TO BE A MEMBER OF AUTISM  
BEDFORDSHIRE TO BOOK A SPACE

Autism Bedfordshire is a Company Limited by Guarantee. Registered in England No. 04632497  
Registered Office: 1 Hammond Road, Elms Farm Industrial Estate, Bedford MK41 9UD

## Easter Holidays Exclusive Play Session

### Salto Gymnastics Centre

98 Camford Way, Luton, LU3 3AN

Date: Wednesday 6th April 2022

Time: 12.30pm - 2pm

Cost: £3.50 per child (AB members)

£4.50 per child (non AB members)



### Book Now



[enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)



01234 214871 (general enquiries)  
01234 350704 (helpline)

For ages  
5-12 years

Children must be supervised 1:1 at all times. Additional adults must attend if you have 2+ children to ensure 1:1 ration.

Only 1 trampoline is available and the others are off limits for safety as they do not have inflatable sides.



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# Wellbeing webinars

Led by experts from the three Talking Therapy teams, these events bring together talking therapies and emotional health for people across Bedfordshire, Luton and Milton Keynes.



## Upcoming webinars

- 28 Mar - Stress Management
- 29 Mar - Sleep Hygiene
- 30 Mar - Understanding and Managing Anger
- 01 Apr - Building Self Esteem
- 02 Apr - Understanding & Managing Anger
- 04 Apr - Managing Anxiety & Worry



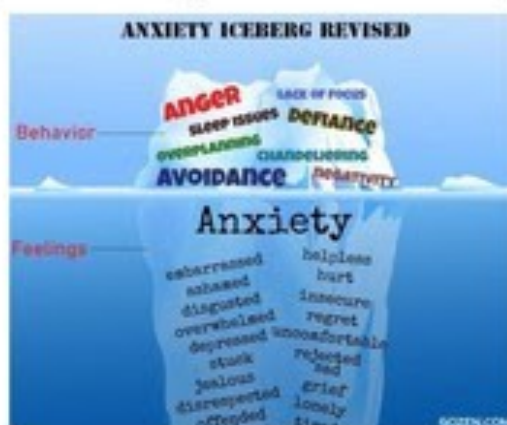
Central Bedfordshire Council  
[www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Central  
Bedfordshire

Parents/carers, children and young people with special educational needs and disabilities (SEND) can now browse and scroll through our newly improved [Local Offer website](#), a 'one stop shop' for all local SEND advice, guidance, and support services. You can also [Sign up for our SEND news email service](#) to receive fortnightly updates, or follow us on [Facebook](#).

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## Managing anxiety and strong emotions



**Guidance on how to support young people with anxiety and strong emotions**

**Opportunity to ask questions, gain information, advice, and guidance from Early Help Emotional Health and Wellbeing Practitioner**

**Tuesday 24<sup>th</sup> May 2022**

**4.30-5.30pm**

**Free to attend via Microsoft Teams**

**Register for you place via the Eventbrite link below**

**<https://www.eventbrite.co.uk/e/304659473687>**

**Resources will be sent out after each session**

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help [northearylhelp@centralbedfordshire.gov.uk](mailto:northearylhelp@centralbedfordshire.gov.uk)

## Financial Hardship and Poverty



**Guidance on how to support families facing poverty and financial hardship due to the price rises in fuel and the economy**

**Opportunity to ask questions, gain information, advice, and guidance from Employment Advisor CBC - Lisa Sinclair**

**Thursday 28th April 2022**

**4.30-5.30pm**

**Free to attend via Microsoft Teams**

**Register for you place via the Eventbrite link below**

**<https://www.eventbrite.co.uk/e/274075385857>**

**Resources will be sent out after each session**

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help [northeearlyhelp@centralbedfordshire.gov.uk](mailto:northeearlyhelp@centralbedfordshire.gov.uk)

# Parenting Puzzle

Do you have a child aged 3-5 years? We would like to invite you to our Parent Puzzle programme



During the 10-week programme we will look at different topics including:

- Understanding why children behave the way they do.
- Recognising the feelings behind behaviour (ours and theirs).
- Improving relationships and emotional well-being within families.
  - Exploring different approaches to discipline.

## **VENUE;**

Biggleswade Youth Centre, Mead End, Biggleswade SG18 8JU

## **Dates:**

Wednesdays for 10-week course.

Starts 27<sup>th</sup> April – 13<sup>th</sup> July ( no session 1<sup>st</sup> June).

## **Time:**

12:45 – 14:45

## **Booking:**

Creche Available – request on booking

Call 0300 300 8114/0300 300 8134 to confirm your place

# Central Bedfordshire Family Information Directory

What's on in Bedfordshire

[https://cbc.cloud.servelec-synergy.com/  
synergyfis/Activities.aspx](https://cbc.cloud.servelec-synergy.com/synergyfis/Activities.aspx)