

ISLES OF SCILLY LOCAL OFFER NEWSLETTER



Council of the
ISLES OF SCILLY

Welcome to the 4th Isles of Scilly Local Offer Newsletter.

In this issue we spring into summer and give you an update of Local Offer activities, useful information and some things that you can join in with.

Local Offer Review

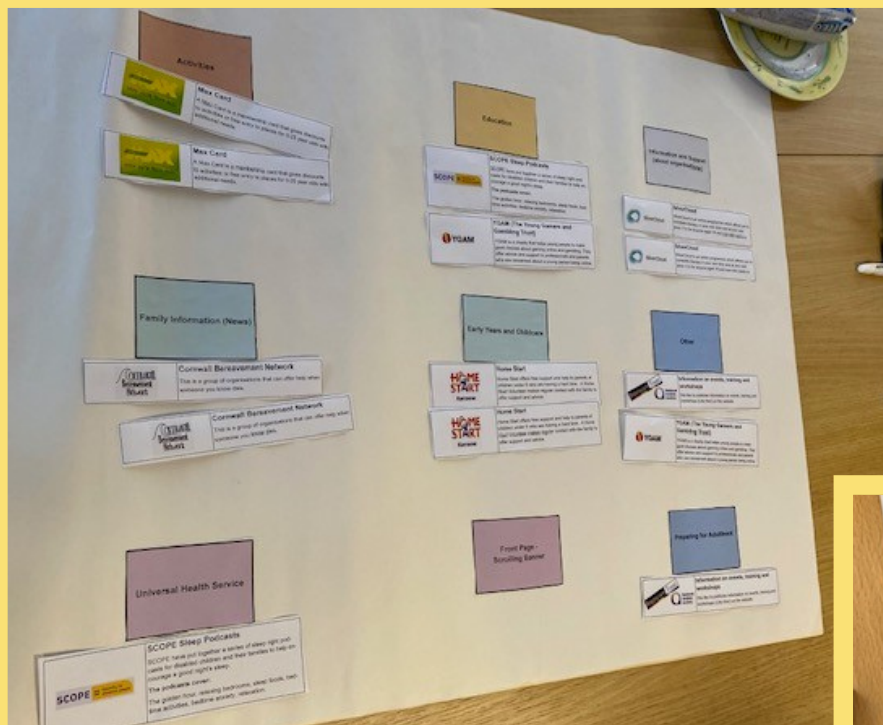
The Isles of Scilly Local Offer has been co-produced with children & young people, parents & carers and professionals.

With the Isles of Scilly website being live just over a year now, we have been asking for feedback and ideas for future development.

www.localofferscilly.co.uk

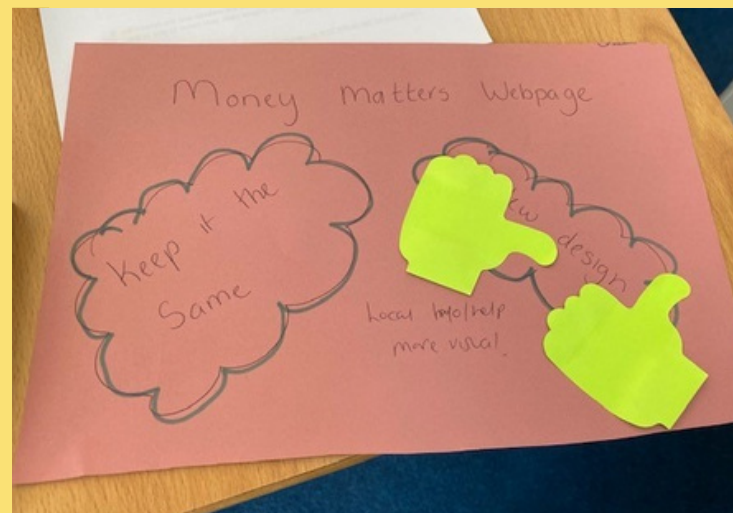


Several workshops have been held for young people, parents, carers and professionals where we focused on how easy you found the website to navigate around, the layout of some pages, how you would like 'You said: We did' to be published and would you like a logo.



Thank you to everyone who came.

You gave us some great feedback and in the next newsletter we will publish what you told us.



Get your MAX card

Max cards are available for people aged 0-25 with additional needs or who are looked after. You will need to be registered on an Isles of Scilly Children's Services database.

A max card gives families of children with additional needs and foster families a discount or free entry to participating venues in the UK.

If you feel you or your child is eligible for a max card then please contact us
email: localofferscilly@scilly.gov.uk



For up to date information about where you can use your Max card please visit the Max card website: www.mymaxcard.co.uk

You can use your max card on the mainland and on the Isles of Scilly. There are currently around 20 venues in Cornwall where you can use your max card and at the moment one venue on the Isles of Scilly. You will need to show your card and may need to book in advance.

Support and information for Parents and Carers



There are lots of online resources, virtual support groups, courses and podcasts for parents, parents-to-be and families on our Family Scilly website.

Visit: [www.familyscilly.org.uk/support for families](http://www.familyscilly.org.uk/support-for-families)

The Isles of Scilly Local Offer website has information about the available provision to children and young people with Special Educational Needs and Disabilities (SEND) and their families on the Isles of Scilly

Visit: www.localofferscilly.org.uk

SCOPE Sleep Podcasts

SCOPE have put together a series of sleep right podcasts for disabled children and their families to help encourage a good night's sleep.

The podcasts cover:

- The golden Hour
- Relaxing Bedrooms
- Sleepy Foods
- Bedtime Activities
- Bedtime Anxiety
- Relaxation

To listen to the podcasts visit:

<https://www.scope.org.uk/advice-and-support/sleep-podcast/>
or search 'Sleep Right' in your podcast app.

SCOPE = Equality for disabled people

SENDIASS

Special Educational Needs & Disability Information, Advice & Support Service, SENDIASS offer information, advice and support to:

- Parents/carers of a child or young person (aged 0 – 25) with a special educational need or disability
- Those age 25 years or under that have a special educational need or disability
- Anyone working with children or young people aged 0 – 25 with a special educational need or disability.

A team of 3 people offer support to Cornwall and the Isles of Scilly and you can find their contact details on the Cornwall SENDIASS website under Meet the Team

www.cornwallsendiass.org.uk/what-you-can-expect/meet-the-team/



Training

It is good to learn and in February, community wide training was held with the National Autistic Society and in March LGBTQ+ training with the Intercom Trust.



Emma Lawrence has qualified as an Early Years SENDco and offers support to families in the Early Years at Cherry Blossom Childcare.

Paula Wilkins has qualified as a Paediatric Sleep Practitioner and is able to offer sleep assessments for children and young people 6 months to 16 years of age.



Find out more and how to contact them below.

Early Years SENDco at Cherry Blossom

Emma Lawrence has qualified as an Early Years SENDco, Level 3 for Cherry Blossom Childcare.

Cherry Blossom are delighted that Emma is now their Early Years SENDco (Special Educational Needs Coordinator) and will take a lead on most of the work with children and families who receive support from external professionals, such as speech and language therapists, paediatricians etc.

If you have any questions relating to special educational needs or would like to learn more about Emma's role, she is always happy to chat!

Contact Cherry Blossom Childcare for information

Tel: 01720 422276

Email: cherryblossomchildcare1@gmail.com



Paediatric Sleep Practitioner

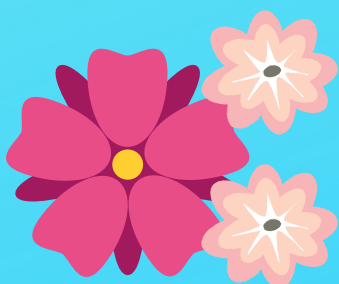
Paula Wilkins, 0-19 Community Nurse has completed Level 5 Paediatric Sleep Training for Professionals and is now an Accredited Advanced Paediatric Sleep Practitioner

Paula is part of the Health Visiting and School Nursing team and can offer sleep assessments for ages 6 months to 16 years of age.

You can contact Paula Wilkins:

Tel: 07827 284 105 or the

General Health Visitor/School Nurse Advice line: 01872 322779



Sleep

- Good quality sleep is essential for our physical and emotional wellbeing.
- Sleep is a really essential part of our day and is often overlooked until you don't get enough!
- Sleep routines, difficulties falling asleep or staying asleep, are they an early riser?
- Sleep can pose difficulties at any age, from pre-schoolers to teenagers.

Paula Wilkins a qualified paediatric sleep practitioner and can offer sleep assessments for ages 6 months to 16 years of age.

You can contact Paula Wilkins: 07827 284 105 or the general Health Visitor/School Nurse Advice line: 01872 322779



SLEEP SUPPORT On Scilly

Good quality sleep is essential for children's physical and emotional wellbeing. A good nights sleep will help them to do better at school, react more quickly to situations, have a more developed memory, and learn more effectively. It is much easier to regulate your emotions and your diet after a good nights sleep.

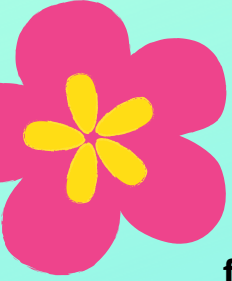
Sleep can also help the immune system and will make you less susceptible to minor illnesses.

Many children have difficulties either with falling asleep or staying asleep through the night. This can effect the whole family.
A lack of sleep can lead to hyperactivity, difficulties with learning, and long term sleep problems can continue into adult life.

Sleep is not an add-on to our day, it is an essential part of our day.

During lockdown we have all experienced a change of routine and for many children this has meant difficulty in sleeping.

If you would like to discuss any concerns you have about your child's sleep, please contact Paula - an OCN London Accredited Advanced Paediatric Sleep Practitioner (for ages 6 months to 16 years) in the Isles of Scilly Health Visiting/ School Nursing team



Activity Sessions **for Children and Young People on the School SEND Support Register**

On Saturday 22nd May we held our first Children and Young People's Activity Session for Children and Young People on the School SEND Support Register at The Orchard, Cherry Blossom Childcare. Everyone had lots of fun and gave their ideas for future activities.

The group have called themselves **SENSational Scilly** and we look forward to seeing them develop a logo. The next meeting is on **Saturday 26th June** and remember to book ahead.

These activity sessions will be held monthly and if you would like to attend please contact Helen McGuinness.

Boat access is funded by Children and Family Services for those children travelling from the off islands.

Please can you contact Helen if you would like to attend the sessions
email: Helen.McGuinness@scilly.gov.uk
Tel: mobile number 07483 318 137

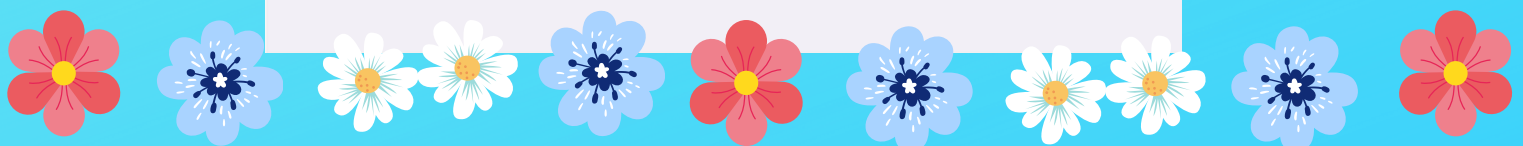
SENSational Scilly
Saturday 26th June
1 - 3 pm
at the Orchard, Cherry Blossom, Carn Gwaval

for Children & Young People
on the School SEND Support Register



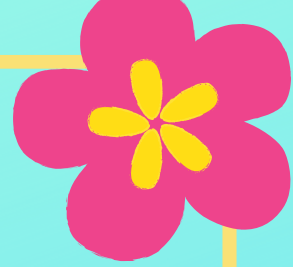
Helen and Lynn are inviting all children and young people who are on the SEND support register to join us for SENSational Scilly, a monthly Saturday group for everyone aged 4 to 18.

These are friendly chill out sessions including games, TV, crafts snacks etc and there is an opportunity for everyone to plan future sessions.



We are looking forward to meeting you all

SEND Children and Young People's Easter Wildlife Adventures!



Question – do you know the correct term for a pregnant crab?
Well read on for the answer.....

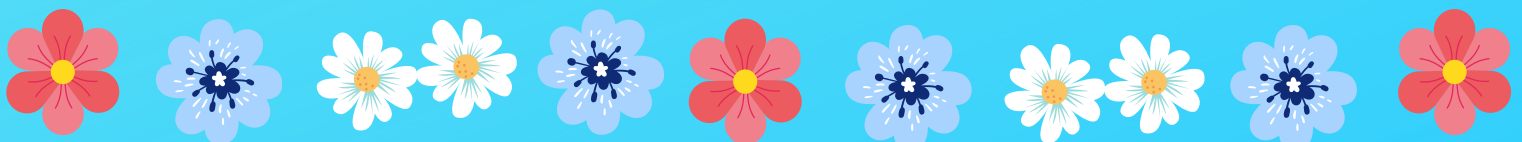
The sun shone during our Easter holiday activities and we made the most of it by joining Jaclyn Pearson from the RSPB for 2 afternoons exploring some of the beach and woodland environments on St Mary's.

On day 1 we ventured to Porthcressa Beach and learnt about which species nest in the walls of Little Porth and above the tide line, including identifying bugs, birds and butterflies which either make their home close to the beach or feed from the tideline.

Jaclyn explained about the impact of leaving rubbish on the beach, including waste washed up by the tide and we discussed how we can help to protect sea life.

We timed the day so that the waters were shallow for rock pooling. Lizzie found a number of different species which we identified including a crab 'in berry' – which means a pregnant crab as their eggs look like little berries.

After taking some photos and returning our finds safely back into their watery dwellings, we headed off for delicious local ice creams!



On day 2 we took a walk around the dead Pine Woods on the Garrison and even found a Geocache which our group had left in March 2020. We identified and logged the species of birds spotted on route. Our groups knowledge of species was really impressive.

Jaclyn showed us her very special collection of birds eggs which belonged to her Great Grandfather. However we also found chocolate eggs to munch on. (And not as old as Jaclyn's Great Grandfather's!)

At the end of our walk there was time to chill out and connect with our senses for some sensory art, which involves closing your eyes and focusing on what you can feel, smell and hear – then draw it – which produced some interesting and funny artistic creations.

Thanks to Jaclyn for being an inspirational tour guide and sharing her extensive knowledge about wildlife.

If anyone of school age who is on the SEND support register would like any further information about future activities with our group, please e-mail Helen.McGuinness@scilly.gov.uk at Children and Family Services who will be pleased to add your details to our mailing list.

Helen McGuinness



We are looking for young people who would like to contribute to the newsletter. If this is something that might interest you then please email us at:

localofferscilly@scilly.gov.uk

If there is something you would like to contribute to the next newsletter then please email us at:

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