

Slough SEND Parent Carer Forum

SEND Resource Hub

This starter pack is designed to support parents and carers through every stage of their SEND journey.

1. Welcome

Slough SEND Parent Carer Forum

Welcome to the SEND Resource Hub

Every Family Deserves Support

Welcome to the Slough SEND Parent Carer Forum SEND Resource Hub.

We know that beginning your SEND journey can feel confusing, overwhelming and sometimes lonely. This resource hub has been created by parents, for parents, to provide practical information, helpful tools and trusted guidance.

Whether your child has just started receiving SEN Support, is being assessed for an EHCP, or already has a diagnosis, we hope these resources will help you feel informed, confident and supported.

Our aim is to ensure that every parent and carer knows:

- Where to find help.
- What support is available.
- What their rights are.
- How to work in partnership with schools and professionals.
- That they are not alone.

What is Slough SEND Parent Carer Forum?

We are an independent group of parent carers who work alongside local services to improve support for children and young people with Special Educational Needs and Disabilities (SEND).

We:

- Listen to parent and carer experiences.
- Share information and resources.
- Work with education, health and social care services.
- Help shape local SEND services through co-production.
- Run parent drop-in sessions, events and workshops.

Together, we believe every voice matters.

Our Vision

To ensure every child and young person with SEND has the opportunity to thrive, and every family feels heard, valued and supported.

Our Values

-  Parent Voice
-  Inclusion
-  Respect
-  Partnership
-  Empowerment

What You'll Find in This Resource Hub

- SEND information
- EHCP guidance
- Parent checklists
- Communication resources
- Autism and ADHD toolkits
- Emotional wellbeing activities
- Sensory resources
- Life skills activities
- Preparing for Adulthood information
- Local support services

Thank you for being part of our community.

Slough SEND Parent Carer Forum

Supporting families. Empowering voices. Creating positive change together.

2. Starting Your SEND Journey

What is SEND?

Understanding Special Educational Needs and Disabilities (SEND)

SEND stands for **Special Educational Needs and Disabilities**.

A child or young person has SEND if they need extra support to learn, communicate, develop or take part in everyday activities compared with most children of the same age.

Every child is unique, and SEND affects every child differently. Some children may need support for a short time, while others may need ongoing help throughout their education.

The Four Areas of SEND

Communication and Interaction

Children may find it difficult to:

- Understand language
- Express themselves
- Communicate with others
- Build friendships and social skills

Examples include:

- Autism
 - Speech, Language and Communication Needs (SLCN)
-

Cognition and Learning

Children may need additional support with:

- Reading
- Writing
- Maths
- Memory
- Processing information

Examples include:

- Dyslexia

- Dyscalculia
 - Moderate Learning Difficulties (MLD)
-

Social, Emotional and Mental Health (SEMH)

Children may experience challenges with:

- Managing emotions
- Anxiety
- Attention and concentration
- Behaviour
- Building relationships

Examples include:

- ADHD
 - Anxiety
 - Depression
 - Attachment difficulties
-

Sensory and/or Physical Needs

Children may need support because of:

- Hearing impairment
- Vision impairment
- Physical disabilities
- Sensory processing differences
- Medical conditions

Support may include specialist equipment, therapy or adaptations.

Remember

Every child with SEND is different.

Some children may have needs in one area, while others may have needs across several areas. Support should always be tailored to the individual child.

Every Child Has the Right to Support

Children and young people with SEND have the right to receive the support they need to help them achieve their full potential.

You know your child best. Your views, experiences and voice matter.

Slough SEND Parent Carer Forum

Supporting families every step of the SEND journey.

3. The SEND Journey

A Step-by-Step Guide

Every child's journey is different, but many families follow a similar pathway. Remember—you are not expected to navigate it alone.

Step 1 – You Notice Concerns

You may notice your child is finding things more difficult than other children of the same age.

Examples include:

- Delayed speech or language
- Difficulties with learning
- Challenges making friends
- Anxiety or emotional regulation
- Sensory differences
- Physical or medical needs

Trust your instincts—you know your child best.



Step 2 – Speak to the School or Early Years Setting

Arrange a meeting to discuss your concerns.

Ask:

- What support is already in place?
- What have staff observed?
- What happens next?
- When will progress be reviewed?



Step 3 – SEN Support

The school should follow the **Assess – Plan – Do – Review** cycle.

Support may include:

- Small group work
- Classroom adaptations
- Visual supports
- Targeted interventions
- Support from specialist services



Step 4 – Review Progress

Meet regularly with the school to review how your child is getting on.

Ask:

- Is the support helping?
- What has changed?
- What should happen next?



Step 5 – Education, Health and Care (EHC) Needs Assessment

If your child needs more support than the school can usually provide, you or the school can request an EHC needs assessment from your local authority.

The local authority will consider evidence from education, health, social care, and your family's views before deciding whether to carry out an assessment.



Step 6 – Education, Health and Care Plan (EHCP)

If your child meets the legal criteria, an EHCP may be issued.

An EHCP sets out:

- Your child's needs
- The outcomes being worked towards
- The support that must be provided
- The educational setting



Step 7 – Annual Reviews

An EHCP should usually be reviewed every year to make sure it continues to meet your child's needs.

This is your opportunity to:

- Celebrate progress
- Raise concerns
- Request changes where needed



Step 8 – Preparing for Adulthood

Planning for adulthood should begin from **Year 9 (age 13–14)**.

This includes:

- Education and employment
- Independent living
- Community inclusion
- Good health

Remember

- ✓ Every child develops at their own pace.
- ✓ Asking for help is a strength.
- ✓ Your views as a parent or carer are important.

- ✓ You have the right to be involved in decisions about your child.

Slough SEND Parent Carer Forum

Supporting families every step of the way.

4. Understanding SEN Support

What is SEN Support?

SEN Support is the help that schools and colleges provide for children and young people who have Special Educational Needs (SEN).

The aim is to identify needs early and put the right support in place so your child can make progress and take part fully in school life.

A child **does not need an EHCP** to receive SEN Support.

What Should SEN Support Include?

Support should be tailored to your child's individual needs and may include:

- Adapted teaching strategies
- Small group or one-to-one support
- Visual timetables and communication aids
- Sensory breaks or movement breaks
- Assistive technology
- Emotional wellbeing support
- Advice from specialist professionals

The support provided should be based on your child's needs—not just their diagnosis.

The Graduated Approach

Schools should use a continuous cycle called **Assess – Plan – Do – Review**.

Assess

The school gathers information about your child's strengths, needs and any barriers to learning.

Plan

The school agrees what support will be put in place, what outcomes are expected and when progress will be reviewed.

Do

The agreed support is delivered. Teachers remain responsible for your child's learning, even if other staff provide additional support.

Review

The school, parents and (where appropriate) the child review what has worked well and decide whether any changes are needed.

This cycle should be repeated regularly to make sure support continues to meet your child's needs.

Working Together

The best outcomes are achieved when schools and families work in partnership.

As a parent or carer, you should:

- Be involved in decisions about your child's support.
 - Receive clear information about the support being provided.
 - Be invited to regular review meetings.
 - Have opportunities to share your views and concerns.
-

When Might an EHCP Be Considered?

If your child is not making expected progress despite appropriate SEN Support, or they require support beyond what a school can usually provide from its own resources, an **Education, Health and Care (EHC) needs assessment** may be requested.

A request can be made by:

- A parent or carer
- A young person aged 16 or over
- The school or college
- Another professional involved with the child

Requesting an assessment does not automatically mean an EHCP will be issued, but it allows the local authority to consider whether one is needed.

Top Tips for Parents

- ✓ Keep copies of reports, letters and meeting notes.
 - ✓ Record examples of your child's strengths and the challenges they experience.
 - ✓ Ask questions if you are unsure about the support being provided.
 - ✓ Remember that your views are an important part of the decision-making process.
-

Slough SEND Parent Carer Forum

Working together to support every child and every family.

4. Education

Understanding Education, Health and Care Plans (EHCPs)

What is an EHCP?

An **Education, Health and Care Plan (EHCP)** is a legal document for children and young people (up to age 25, if they remain in education or training) whose special educational needs require support beyond what is normally available through SEN Support.

An EHCP brings together information from **education, health and social care** to describe:

- Your child's strengths and needs.
- The outcomes they are working towards.
- The support that must be provided.
- The educational setting they will attend.

An EHCP is legally binding, which means the local authority must secure the special educational provision set out in the plan.

Who Can Request an EHC Needs Assessment?

A request can be made by:

- A parent or carer.
- A young person aged 16 or over.
- A school or college.
- Another professional working with the child.

The request is made to your local authority.

The EHCP Process

Step 1 – Request an EHC Needs Assessment

The local authority receives the request and considers the available evidence.

Step 2 – Decision on Assessment

The local authority should decide within **6 weeks** whether to carry out an assessment.

Step 3 – Assessment

If agreed, information is gathered from:

- Parents or carers.
- The child or young person.
- The school or college.
- Educational Psychology.
- Health professionals.
- Social care (where appropriate).
- Other relevant professionals.

Step 4 – Decision on an EHCP

The local authority decides whether an EHCP is needed.

Step 5 – Draft EHCP

If agreed, you will receive a draft EHCP to review. This is your opportunity to request changes and express a preference for a school or educational setting.

Step 6 – Final EHCP

The final EHCP should usually be issued within **20 weeks** of the original request.

What Does an EHCP Include?

An EHCP has several sections, including:

- **Section A** – Your child's views, interests and aspirations.
 - **Section B** – Special educational needs.
 - **Section C** – Health needs.
 - **Section D** – Social care needs.
 - **Section E** – Outcomes.
 - **Section F** – Special educational provision.
 - **Section G** – Health provision.
 - **Section H** – Social care provision.
 - **Section I** – Educational placement.
 - **Section J** – Personal budget (if applicable).
 - **Section K** – Advice and reports used to prepare the plan.
-

Annual Reviews

EHCPs should usually be reviewed every year to ensure they continue to meet your child's needs. Parents, schools, the local authority and relevant professionals should all have the opportunity to contribute.

If You Disagree

If you disagree with a decision—for example, if:

- An assessment is refused.
- An EHCP is not issued after assessment.
- You disagree with parts of the final EHCP.
- You disagree with the named educational placement.

You may have the right to:

- Request mediation.
- Appeal to the First-tier Tribunal (Special Educational Needs and Disability).

Independent advice and support is available to help you understand your options.

Top Tips

- ✓ Keep copies of all reports, emails and letters.
 - ✓ Read the draft EHCP carefully.
 - ✓ Check that every identified need has matching provision.
 - ✓ Make sure the support described is specific and clear.
 - ✓ Ask questions if anything is unclear.
 - ✓ Remember that your knowledge of your child is valuable and should be reflected throughout the plan.
-

Slough SEND Parent Carer Forum

Helping families understand their rights and navigate the SEND system with confidence.

EHCP Parental Views Workbook

Your Voice Matters

Your parental views are one of the most important parts of an Education, Health and Care (EHC) needs assessment.

You know your child better than anyone else.

This workbook will help you describe your child's strengths, needs and the support they require.

About My Child

Child's Name:

Date of Birth:

School/Setting:

Year Group:

My Child's Strengths

What does your child enjoy?

What are they good at?

What makes them smile?

Write anything that shows who your child is as a person.

Communication

How does your child communicate?

Do they use: Speech

Makaton

PECS

Gestures

Communication device

Other

What support do they need?

Learning

What does your child find difficult?

Examples:

- Reading
- Writing
- Maths
- Following instructions
- Memory
- Concentration

Friendships & Social Skills

How does your child interact with others?

Do they need support making or maintaining friendships?

Emotional Wellbeing

What happens when your child becomes anxious or overwhelmed?

What helps them feel calm and safe?

Sensory Needs

Does your child have sensory differences?

Tick all that apply:

Noise

Lights

Touch

Smells

Food

Crowds

Clothing

Movement

What support helps?

Independence

Can your child independently:

Dress

Wash

Brush teeth

Eat

Travel

Stay safe

Organise belongings

What support is needed?

Health

Please list any diagnoses, medical conditions, therapies or medication.

My Hopes for the Future

What are your hopes and aspirations for your child?

Is There Anything Else You Want Professionals to Know?

This is your opportunity to tell your child's story.

Remember

There are no right or wrong answers.

Be honest.

Be specific.

Your voice matters, and your knowledge of your child is invaluable.

Slough SEND Parent Carer Forum

Supporting families to be heard.

5.Communication

Every Child Communicates

Communication is much more than talking.







Some children use speech, while others communicate through gestures, facial expressions, signs, pictures, symbols or communication devices.

Every form of communication is valid and deserves to be understood and respected.

Children May Communicate By:

 Speaking

 Makaton or Sign Language

-  Pictures or Symbols (PECS)
-  Communication Apps or Devices
-  Facial Expressions
-  Pointing or Gestures
-  Leading an Adult to What They Want
-  Behaviour (behaviour is often a form of communication)

How Parents and Professionals Can Help

- ✓ Give your child time to respond.
- ✓ Use simple, clear language.
- ✓ Speak one step at a time.
- ✓ Use visual supports where possible.
- ✓ Reduce background noise and distractions.
- ✓ Praise all attempts to communicate.
- ✓ Follow your child's interests to encourage interaction.
- ✓ Remember that all communication is meaningful.

Important Reminder

A child who cannot speak still has plenty to say.

Our role is to understand how they communicate and give them opportunities to express themselves.

Slough SEND Parent Carer Forum

Every voice matters, whether spoken, signed or shown.

4.1 Why Communication Matters

Communication is a Basic Human Right

Every child has the right to communicate in a way that works for them.

Communication is about much more than talking. It helps children to:

- Express their wants and needs.
- Share their thoughts and feelings.
- Make choices.
- Build relationships.
- Learn new skills.
- Join in at home, school and in the community.
- Feel understood and valued.

Communication Can Look Different

Some children communicate by:

- Speaking.
- Using gestures.
- Pointing.
- Makaton or sign language.
- Pictures or symbols.
- Communication books.
- Communication devices.
- Facial expressions.
- Eye contact.
- Body language.

All forms of communication are valid and should be recognised and respected.

When Communication Is Difficult

Children who struggle to communicate may become frustrated because they cannot easily express what they need or how they feel.

This may sometimes lead to:

- Anxiety.
- Withdrawal.
- Meltdowns.
- Challenging behaviour.
- Difficulty joining in with others.

It is important to remember that behaviour can sometimes be a form of communication. Looking for the reason behind the behaviour can help adults respond in a supportive way.

Supporting Communication

You can help by:

- Giving your child time to respond.
- Using simple, clear language.
- Listening carefully.
- Using visual supports where appropriate.
- Praising every attempt to communicate.
- Working together with school and professionals.

Remember

Every child deserves to be listened to, understood and given the opportunity to communicate in the way that suits them best.

Slough SEND Parent Carer Forum

Helping every child find their voice.

5. Autism & ADHD

Autism & ADHD

Understanding Neurodiversity

Every child is unique.

Some children experience and understand the world differently. Autism and Attention Deficit Hyperactivity Disorder (ADHD) are examples of **neurodevelopmental differences**, meaning the brain processes information in its own way.

Some children are autistic, some have ADHD, and some have both. Every child will have their own strengths, interests and support needs.

What is Autism?

Autism is a lifelong difference that can affect how a person:

- Communicates with others.
- Understands social situations.
- Experiences the world through their senses.
- Responds to change and uncertainty.

Many autistic children have strengths such as honesty, creativity, attention to detail, strong interests or excellent memory.

What is ADHD?

ADHD is a lifelong condition that can affect:

- Attention and concentration.
- Impulse control.
- Activity levels.
- Organisation and planning.

Children with ADHD are often creative, energetic, curious and enthusiastic. With the right understanding and support, they can thrive.

Autism and ADHD Together

Some children are both autistic and have ADHD. This is sometimes called **AuDHD**. They may experience a combination of characteristics from both conditions and benefit from personalised support.

Every Child is Different

No two children are the same.

Support should always be based on the individual child's strengths, needs and goals—not just a diagnosis.

Remember

A diagnosis does not define a child.

By understanding, accepting and supporting neurodiversity, we can help children feel safe, included and able to reach their full potential.

Slough SEND Parent Carer Forum

Celebrating every child's strengths and supporting every family's journey.

6. Emotional Wellbeing

Emotional Wellbeing

Supporting Emotional Wellbeing

Every child experiences a range of emotions, but some children with SEND may find it more difficult to recognise, understand or manage their feelings.

Emotional wellbeing is about helping children feel safe, supported, confident and able to cope with everyday challenges.

Why Emotional Wellbeing Matters

When children have good emotional wellbeing, they are more likely to:

- Feel safe and secure.
- Build positive relationships.
- Enjoy learning.
- Develop confidence and independence.
- Cope with changes and challenges.
- Ask for help when they need it.

Signs a Child May Be Struggling

Every child is different, but signs may include:

- Becoming easily overwhelmed.
- Increased anxiety or worry.
- Changes in behaviour.
- Withdrawing from others.
- Difficulty sleeping.
- Frequent emotional outbursts or meltdowns.
- Changes in eating habits.
- Finding it difficult to cope with change.

How You Can Help

- Listen without judgement.

- Encourage your child to talk or communicate in their own way.
- Keep routines as consistent as possible.
- Celebrate small achievements.
- Teach calming strategies, such as breathing exercises or sensory activities.
- Give reassurance during times of change.
- Work closely with school and other professionals.

Remember

All feelings are valid.

Children don't need every problem solved straight away—they need caring adults who listen, support and help them feel understood.

Seeking support is a sign of strength, not failure.

Slough SEND Parent Carer Forum

Supporting children's emotional wellbeing, one step at a time.

Calm Down Toolkit

Helping Children Feel Calm and Safe

Every child is different. What helps one child to feel calm may not work for another. Creating a personalised calm down toolkit can help children regulate their emotions and feel more in control.

Ideas for a Calm Down Toolkit

Calm Your Body


- Take 5 deep breaths
- Blow bubbles
- Count slowly to 10
- Stretch your body
- Gentle yoga

 Comfort Items


- Favourite teddy or soft toy
 - Blanket
 - Cushion
 - Comfort object
 - Family photo
-

 Sensory Supports

- Fidget toy
 - Stress ball
 - Playdough
 - Pop-it toy
 - Chew aid (if appropriate)
 - Weighted lap pad or blanket (if recommended)
 - Noise-reducing headphones
-

 Calming Activities

- Listen to calming music
 - Colouring
 - Reading a favourite book
 - Jigsaw puzzle
 - Drawing
 - Lego or construction toys
-

 Helpful Strategies

- Quiet space
 - Dim the lights
 - Drink of water
 - Go for a short walk
 - Hug (if wanted)
 - Time with a trusted adult
-

My Calm Down Plan

When I start to feel upset, I can...

Things that help me feel calm...

People who can help me...

Remember

Children cannot learn effectively when they feel overwhelmed. Staying calm, offering reassurance, and using familiar strategies can help them feel safe enough to regulate their emotions.

Slough SEND Parent Carer Forum

Helping children build emotional regulation skills with patience, understanding and support.

7. Life Skills

Building Skills for Everyday Life

Life skills are the everyday abilities that help children and young people become more independent, confident and prepared for adulthood.

Every child develops at their own pace. Some children with SEND may need extra time, repetition, visual supports or practical teaching to learn these skills—and that's okay.












Why Are Life Skills Important?

Developing life skills can help children and young people to:

- Build confidence.

- Become more independent.
- Improve problem-solving skills.
- Stay healthy and safe.
- Take part in family and community life.
- Prepare for adulthood.

Examples of Life Skills

-  Looking after personal belongings
-  Brushing teeth and personal hygiene
-  Getting dressed
-  Preparing simple meals and snacks
-  Helping with household chores
-  Understanding money
-  Using public transport safely
-  Shopping for everyday items
-  Managing routines and time
-  Staying safe online
-  Understanding healthy relationships and personal boundaries

How Parents Can Help

- Break tasks into small, manageable steps.
- Use visual schedules or checklists.
- Practise skills regularly.
- Give praise and encouragement.
- Allow extra time for learning.
- Celebrate progress, no matter how small.

Remember

Independence looks different for every child.

The goal isn't perfection—it's helping each child develop the skills they need to live as independently and confidently as possible.

Slough SEND Parent Carer Forum

Supporting children and young people to develop skills for life.

Life Skills Toolkit

Building Independence One Step at a Time

Every child develops at their own pace. This toolkit is designed to help children and young people with SEND learn everyday life skills through practice, encouragement and routine.

Daily Living Skills

- Make the bed
 - Get dressed independently
 - Brush teeth
 - Wash hands correctly
 - Brush hair
 - Have a bath or shower
 - Pack a school bag
 - Tidy bedroom
 - Put dirty clothes in the laundry basket
-

Kitchen Skills

- Make a sandwich
- Pour a drink safely
- Prepare a simple snack

- Set the table
 - Clear the table
 - Wash dishes
 - Put shopping away
 - Learn basic food hygiene
-

Money Skills

- Recognise coins and notes
 - Count money
 - Understand prices
 - Budget pocket money
 - Pay for an item in a shop
 - Save for something special
-

Community Skills

- Cross the road safely
 - Use a pedestrian crossing
 - Learn home address
 - Learn emergency contact numbers
 - Travel safely with an adult
 - Understand stranger safety
-

Social Skills

- Say hello and goodbye
 - Take turns
 - Ask for help
 - Listen to others
 - Respect personal space
 - Use good manners
 - Solve simple disagreements calmly
-

Self-Care Skills

- Recognise feelings
 - Ask for a break when needed
 - Use calming strategies
 - Drink enough water
 - Choose healthy snacks
 - Get enough sleep
-

My Independence Goals

This month I want to learn:

1. _____
2. _____
3. _____

Well done!

Remember, every small step is progress. Celebrate achievements and keep practising together.

Slough SEND Parent Carer Forum

Helping children build confidence, independence and skills for everyday life.

8. SEND Activities

SEND Activities

Learning Through Play, Fun and Exploration

Activities are an important way for children and young people with SEND to learn, build confidence and develop new skills.

Play supports communication, social interaction, emotional wellbeing, problem-solving, creativity and independence.

The best activities are those that are enjoyable, inclusive and adapted to meet your child's individual needs.

Benefits of SEND-Friendly Activities

Regular activities can help children to:

- Build confidence and self-esteem.
- Develop communication skills.
- Improve fine and gross motor skills.
- Support sensory regulation.
- Strengthen social skills.

- Encourage creativity and imagination.
- Reduce stress and anxiety.
- Learn through play.

Activity Ideas

Creative Activities

- Painting
- Colouring
- Playdough
- Crafts
- Sticker activities
- Drawing

Learning Activities

- Puzzles
- Matching games
- Memory games
- Sorting activities
- Shape and colour recognition
- Building with blocks

Outdoor Activities

- Nature walks
- Scavenger hunts
- Water play
- Ball games
- Obstacle courses
- Gardening

Sensory Activities

- Sensory bins
- Bubble play
- Sand play
- Water play
- Music and movement
- Sensory bottles

Family Activities

- Baking together
- Board games
- Reading stories

- Family movie night
- Treasure hunts
- Picnic in the park

Top Tips

- ✓ Follow your child's interests.
- ✓ Adapt activities to suit their needs.
- ✓ Keep activities fun and pressure-free.
- ✓ Praise effort rather than perfection.
- ✓ Remember that every small achievement is worth celebrating.

Remember

There is no "right" way to play.

The most meaningful activities are those that help your child feel happy, included and successful.

Slough SEND Parent Carer Forum

Helping children learn, grow and thrive through play.

SEND Activities Toolkit

A Checklist of Fun, Learning and Sensory Activities

Tick off activities as your child enjoys them. Remember, every child is different—adapt activities to suit your child's interests, strengths and needs.

Creative Activities

- Colouring
- Painting
- Drawing

- Playdough
 - Cutting and sticking
 - Sticker activities
 - Making greeting cards
 - Salt dough creations
 - Craft projects
 - Finger painting
-

Learning Activities

- Jigsaw puzzles
- Matching games
- Memory games
- Shape sorting
- Colour sorting
- Number games
- Alphabet games
- Building with blocks
- Reading together
- Simple science experiments

Outdoor Activities

- Nature walk
 - Scavenger hunt
 - Water play
 - Ball games
 - Obstacle course
 - Gardening
 - Picnic
 - Playground visit
 - Bubble play
 - Chalk drawing
-

Sensory Activities

- Sensory bin
- Rice play
- Sand play
- Water tray
- Shaving foam play
- Kinetic sand
- Sensory bottles

- Fidget toys
 - Calm music
 - Weighted blanket or lap pad (if appropriate)
-

Life Skills Activities

- Help make lunch
 - Set the table
 - Tidy toys
 - Water plants
 - Fold washing
 - Pack school bag
 - Choose clothes
 - Help with shopping
 - Count money
 - Brush teeth independently
-

Family Fun

- Bake together
- Read a story
- Board game
- Movie night

- Dance together
 - Visit the library
 - Visit the park
 - Treasure hunt
 - Build a den
 - Family walk
-

My Favourite Activities

1. _____
2. _____
3. _____
4. _____
5. _____

Well Done!

Every activity helps your child develop confidence, communication, independence and new skills. Celebrate every achievement—big or small.

Slough SEND Parent Carer Forum

Learning through play, building confidence every day.

9. Health


Health


Supporting Your Child's Health


Children and young people with SEND may access a range of health services to support their development, wellbeing and everyday lives.


Every child is different, and not every child will need every service. Understanding what support is available can help families access the right help at the right time.


Health Services You May Come Across


 **General Practitioner (GP)** Your first point of contact for medical concerns, referrals and ongoing healthcare.


 **Community Paediatrician** Assesses and supports children with developmental, behavioural and medical needs.


 **Speech and Language Therapy (SALT)** Supports speech, language, communication and eating or drinking difficulties.


 **Occupational Therapy (OT)** Helps children develop everyday skills such as dressing, handwriting, sensory regulation and independence.


 **Physiotherapy** Supports movement, balance, posture, strength and mobility.

 **Audiology** Assesses hearing and provides hearing support where needed.

 **Vision Services** Supports children with visual impairments or sight difficulties.

 **Mental Health Support** Children may receive support for emotional wellbeing, anxiety and mental health through appropriate services.

 **Dietitian** Supports children with eating difficulties, nutrition and specialist dietary needs.

 **Dentist** Regular dental check-ups are important for maintaining good oral health.

Keeping Health Information Together

It can be helpful to keep copies of:

- Medical reports
- Hospital letters
- Therapy reports
- Appointment letters
- Medication information
- Care plans
- Contact details for professionals

Having everything in one place makes appointments and meetings easier to prepare for.

Remember

You know your child best. Never be afraid to ask questions, seek advice or request further support if you have concerns about your child's health or development.

Slough SEND Parent Carer Forum **Hospital Passport**

Helping Healthcare Professionals Understand Me

Please complete this passport and take it with you to hospital appointments or admissions.

About Me

Name: _____

Date of Birth: _____

NHS Number (if known): _____

Photo: (Attach a recent photo if you wish)

My Emergency Contacts

Parent/Carer: _____

Telephone: _____

Relationship: _____

Alternative Contact: _____

Telephone: _____

My Communication

I communicate by:

- Talking
- Makaton
- PECS
- Communication device
- Gestures
- Pointing
- Facial expressions
- Other: _____

Things that help me communicate:

Things You Should Know About Me

I like:

I don't like:

Sensory Needs

Please be aware that I may be sensitive to:

- Bright lights
- Loud noises
- Touch
- Strong smells
- Busy environments
- Waiting for long periods

Other:

What helps me feel calm:

My Health

Medical conditions:

Allergies:

Medication:

How I May Show I Am in Pain

Please look out for:

- Crying
- Becoming quiet
- Pacing
- Rocking
- Changes in behaviour
- Pointing
- Other:

Moving Around

- I walk independently
- I need some support
- I use mobility equipment

Details:

Eating and Drinking

I can:

- Eat independently
- Need support
- Have special dietary requirements

Details:

Personal Care

Please tell us anything important:

How You Can Help Me

The best ways to support me are:

Anything Else You Should Know

Thank You

Thank you for taking the time to read my Hospital Passport. Understanding my individual needs helps me feel safe, respected and supported while receiving healthcare.

Slough SEND Parent Carer Forum

Every child deserves person-centred care.

Working together to support every child's health and wellbeing.

10. Preparing for Adulthood

Preparation for Adulthood

Planning for a Bright Future

Preparation for Adulthood (PfA) is about helping children and young people with SEND develop the skills, confidence and support they need to lead fulfilling adult lives.

Planning should begin from **Year 9 (age 13–14)** and continue throughout secondary education and beyond.

Every young person has their own goals, dreams and aspirations. Preparation for Adulthood focuses on helping them achieve these in a way that is right for them.

The Four Preparation for Adulthood Outcomes

Employment, Education and Training

Preparing for future opportunities by developing skills, confidence and independence.

This may include:

- College
 - Sixth Form
 - Apprenticeships
 - Supported Internships
 - Employment
 - Volunteering
 - Work Experience
 - Careers Advice
-

Independent Living

Developing everyday life skills that promote independence.

Examples include:

- Cooking
 - Budgeting
 - Managing money
 - Personal care
 - Household tasks
 - Travel training
 - Understanding tenancy and housing options
-

Good Health

Supporting young people to understand and manage their health as they grow into adulthood.

This may include:

- Healthy lifestyles
 - Emotional wellbeing
 - Mental health support
 - Managing medication
 - Attending appointments
 - Transition to adult health services
-

Friends, Relationships and Community

Helping young people to build meaningful relationships and become active members of their community.

This may include:

- Friendships
 - Clubs and activities
 - Community groups
 - Healthy relationships
 - Keeping safe
 - Social opportunities
 - Developing confidence
-

How Parents and Carer's Can Help

- ✓ Encourage independence from an early age.
- ✓ Involve your young person in decisions about their future.
- ✓ Build everyday life skills through daily routines.
- ✓ Explore education, employment and training opportunities.

- ✓ Work with schools and professionals to plan ahead.
 - ✓ Celebrate progress and achievements.
-

Remember

Preparation for Adulthood is a journey, not a destination.

Small steps taken over time can help young people build the confidence, skills and independence they need for adult life.

Every young person deserves the opportunity to achieve their goals and live a fulfilling life.

Slough SEND Parent Carer Forum

Supporting young people with SEND to prepare for a positive and successful future.

11. Local Support

Useful Contacts

Slough SEND Support Services

Slough SEND Parent Carer Forum

Supporting parents and carers through information, peer support, events and co-production.

Website: **www.sloughsendpcf.org**

Facebook: **Slough SEND Parent Carer Forum**

Instagram: **@sloughsendpcf**

Slough SEND Local Offer

Information about education, health, social care, activities and support services for children and young people with SEND aged 0–25. It also includes details of local services, events and family support.

Website: <https://www.sloughfamilyservices.org.uk/localoffer>

Telephone: **01753 476589**

Email: FIS@slough.gov.uk

 **Slough SENDIASS**

A free, impartial and confidential service offering information, advice and support for parents, carers and young people with SEND, including EHCPs, mediation and appeals.

Website: <https://www.sloughsendiass.org.uk>

Telephone: **01753 787693**

Email: info@sloughsendiass.org.uk

 **Best Start Family Hubs**

Providing parenting support, early help, family activities and signposting to local services. Information is available through the Slough SEND Local Offer.

Telephone: **01753 476589**

 **Slough Children's Disability Register**

A voluntary register for children and young people with disabilities that helps families receive information about services, activities and opportunities available locally.

Apply through the **Slough SEND Local Offer**.

 **Emergency Contacts**

NHS 111 – Non-emergency medical advice

999 – Emergency services

101 – Police (non-emergency)

Childline – 0800 1111

Samaritans – 116 123

Keep Your Own Contacts Here

School SENDCO: _____

Case Officer: _____

Speech & Language Therapist: _____

Occupational Therapist: _____

Paediatrician: _____

Social Worker: _____

Other Professional: _____

Slough SEND Parent Carer Forum

Helping families find the right support, at the right time.

12. Slough SEND PCF

Thank You

Thank You for Using Our SEND Resource Hub

We hope this resource hub has provided you with useful information, practical tools and reassurance throughout your SEND journey.

Remember, you are not alone. Every family faces different challenges, and reaching out for support is a positive step.

The Slough SEND Parent Carer Forum is here to listen, support and work alongside families to help improve services and outcomes for children and young people with SEND.

Stay Connected

Website

www.sloughsendpcf.org

Email

info@sloughsendpcf.org

Facebook

Slough SEND Parent Carer Forum

Instagram

[@sloughsendpcf](https://www.instagram.com/sloughsendpcf)

Get Involved

- ✓ Become a member
- ✓ Attend our parent drop-in sessions
- ✓ Join our SEND Café events
- ✓ Take part in surveys and consultations
- ✓ Share your experiences
- ✓ Help shape SEND services in Slough

Remember

You are your child's biggest advocate.

Your voice matters.

Your experiences matter.

Together, we can make a difference.

Slough SEND Parent Carer Forum

Supporting Families • Empowering Voices • Creating Positive Change
"Every Voice Matters."

