

# Gateshead SEND Network News

Gateshead  
**LOCAL  
OFFER**

Issue 5 | December 2021

## Hello!

Welcome to the Gateshead SEND Network Newsletter. As we reflect upon another busy year, we would like to take this opportunity to wish everyone a very happy Christmas and a peaceful New Year.

Gateshead Council's SEND team strives to continually improve the services available to children, young people, and families of those with additional needs. For more information go to [www.gateshead-localoffer.org](http://www.gateshead-localoffer.org), follow the Gateshead SEND Local Offer [Facebook page](#) or visit the Gateshead Local Offer [YouTube channel](#).

An easy read version of this newsletter can be found here: [Issue-5-Easy-Read.pdf](#)

## Amy's Journey to Employment

Hi, my name is Amy. I have cerebral palsy and ADHD. I'm 23 years old.

I work in an office doing data entry for 25 hours a week. My job is a 6-month contract with Kickstart which is a government scheme to help get young people in to work. It's a good job.

When I was younger I didn't even know unemployment existed, really until I was at secondary school age.

When I was a kid I thought I was going to leave school at 18 and get a job the next day.

It has been a lot harder for me to get a job; for one my disability is clearly visible – there's no denying it and people don't necessarily understand disability.



I'm happy to have any job. Working in an office I'm like everyone else. I don't have any barriers because I'm sat down on a chair just like everybody else.

Ideally, I think employers should be actively employing disabled people. There are enormous benefits to employing a disabled person. Firstly, they appreciate the job a whole lot more. They appreciate how hard it is to get a job and they appreciate part time hours. They appreciate the fact

they've got a job, appreciate the fact that they are in a position of privilege because they probably have lots of friends without a job. They will appreciate that job, put one hundred percent into it, and they won't slack.

For more information on how you can start your journey to employment, contact Gateshead's Careers Information, Advice and Guidance team [www.gateshead.gov.uk/article/3668/Careers-Information-Advice-and-Guidance-IGAG](http://www.gateshead.gov.uk/article/3668/Careers-Information-Advice-and-Guidance-IGAG). To watch the Journey to Employment film featuring Amy, visit [Supported Employment Film - Gateshead Local Offer SEND](#).

# Gateshead SEND Youth Forum

Gateshead SEND Youth Forum is a group for local children and young people with additional needs. The Forum meets regularly on a virtual basis aiming to ensure that their voice, opinions and experiences are at the heart of the development of local services.

Members of the Forum have an interest in improving the lives of local young people with additional needs and meet to discuss the challenges they face. Previous meetings have discussed accessibility and inclusion issues in Gateshead, education and

transition for young people with SEND. The group is currently working closely with the National Council for Disabled Children and their young person's advisory group FLARE in order to promote their message further.

*"I'm really interested in this,"  
says one group member.*

*"I think that this is a good project which  
can help lots of people."*



The Forum is always looking to recruit new members and more information on how to join can be found on Gateshead's Local Offer website:

[Gateshead SEND Young People's Forum - Gateshead Local Offer](#)

Accessible minutes from previous meetings are also available:

[Gateshead SEND Youth Forum Accessible Minutes - Gateshead Local Offer](#)

For more information, please contact [AlexThompson@Gateshead.Gov.UK](mailto:AlexThompson@Gateshead.Gov.UK)

# Looking After Your Child's Respiratory Health This Winter

## RSV: Respiratory Syncytial Virus

RSV is a common respiratory virus that usually causes mild cold like symptoms but RSV can be serious, especially for infants and older adults. RSV is the most common cause of Bronchiolitis, which is a viral infection that affects babies and young children during the winter months. It causes inflammation of the smallest areas in the lungs and pneumonia, an infection of the lungs, in children younger than one.

## Bronchiolitis

It starts with a "cold" and a cough and sometimes a fever. After a few days the cough may become worse and some children can have difficulty breathing it may become noisier, faster, and more of an effort. If this happens, they may also struggle to feed. Please see the traffic light table for when to seek help. If your child is in distress or discomfort, you may wish to give either paracetamol or ibuprofen as instructed on the leaflet. Usually, Bronchiolitis only causes MILD symptoms, and most children will get better on their own after about 5 days. The cough may stay for a few weeks but usually they will be happy and well. Antibiotics don't help. Children can return to nursery or day care as soon as they are well enough.

### TOP TIP



*Make sure your child is not exposed to tobacco smoke: this makes breathing problems in children worse. If you would like to Stop Smoking contact your GP surgery or 0800 022 432 ([www.smokefree.nhs.uk](http://www.smokefree.nhs.uk))*

### Traffic light table

- Use the traffic light table below to help you decide if you need to ask for medical advice or review.

If your child has features in this **GREEN** column and none in the amber or red, they are at low risk of serious illness.



#### FEATURES

- Breathing normally.

If your child develops any features shown in this **AMBER** section, a doctor should see them within 2 hours. **Contact your GP for an urgent same day appointment or 111 if your surgery is closed.**



#### FEATURES

- Breathing faster than normal.
- Flaring of their nostrils.
- Mild pulling in of muscles between and under ribs.

If your child develops any of the features shown in this **RED** column, you should seek medical help immediately, via 111 or A&E.



#### FEATURES

- Very fast breathing, (a breath per second).
- Strong pulling in of muscles between and under ribs.
- Bobbing of head with breaths.
- Abnormal noises/grunting.

If you have any questions related to any of the above health information, please email Newcastle Gateshead CCG at [ngccg.cypfgh@nhs.net](mailto:ngccg.cypfgh@nhs.net)

The NHS Little Orange Book contains advice and tips on how to manage common illnesses and problems that babies and young children often experience in the first 5 years of their lives. Click here for more information: <https://newcastlegatesheadccg.nhs.uk/wp-content/uploads/sites/12/2020/08/Little-Orange-Book.pdf>



# Growing Healthy Gateshead 0-19 Service

The Growing Healthy Gateshead 0-19 service is an integrated service for families, expectant mothers, children and young people that offers interventions from the pre-natal stage up to the age of 19. Their role is to protect and promote the health and wellbeing of children and their families. As well as health visiting and school nursing teams, the service also includes a SEND team which works closely with parents and schools. They provide specialist support in areas



such as toileting, eating, sleeping and behaviour. They promote healthy lifestyles and offer health assessments to children, young people and their families. The team offer the same service to all children and young people whatever their needs and will adapt the way in which they support to best suit individual needs.

For more information email [spoc.hdftgateshead@nhs.net](mailto:spoc.hdftgateshead@nhs.net), phone 03000 031 918 or visit their Facebook page [www.facebook.com/GrowingHealthyGateshead](http://www.facebook.com/GrowingHealthyGateshead)

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## Useful Information:

**Gateshead Parent Carer Forum** have organised a family Christmas event at Dunston Activity Centre on Saturday 18th December, 10:00-12:00. There will be food, inflatables, softplay, a bubbleologist and a special visit from Santa. **For further information on booking please contact** [info@gatesheadparentcarerforum.co.uk](mailto:info@gatesheadparentcarerforum.co.uk)

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**Young Minds** are a mental health charity for children, young people and their parents, aiming to make sure all young people can get the mental health support they require. **Visit** <https://youngminds.org.uk> **for more details.**

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**Annual health checks** are for adults and young people aged 14 or over with a learning disability. People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care. **Contact your GP to make an appointment.**

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The **National Autism Strategy for CYP and adults (2021 - 2026)** was recently published by the government alongside the **Implementation Plan**. This strategy is the government's refreshed national strategy for improving the lives of autistic people and their families and carers in England. It extends the scope of the strategy to children and young people for the first time, in recognition of the importance of ensuring that they are diagnosed and receive the right support as early as possible and across their lifetime.

**Contact us:** Special Educational Needs and Disability Team, Gateshead Council.  
[senteam@gateshead.gov.uk](mailto:senteam@gateshead.gov.uk) 0191 433 3626 [Follow us on Facebook](#)



We value your feedback and to help us improve our newsletter we have created a short survey which you can access by [clicking here](#).