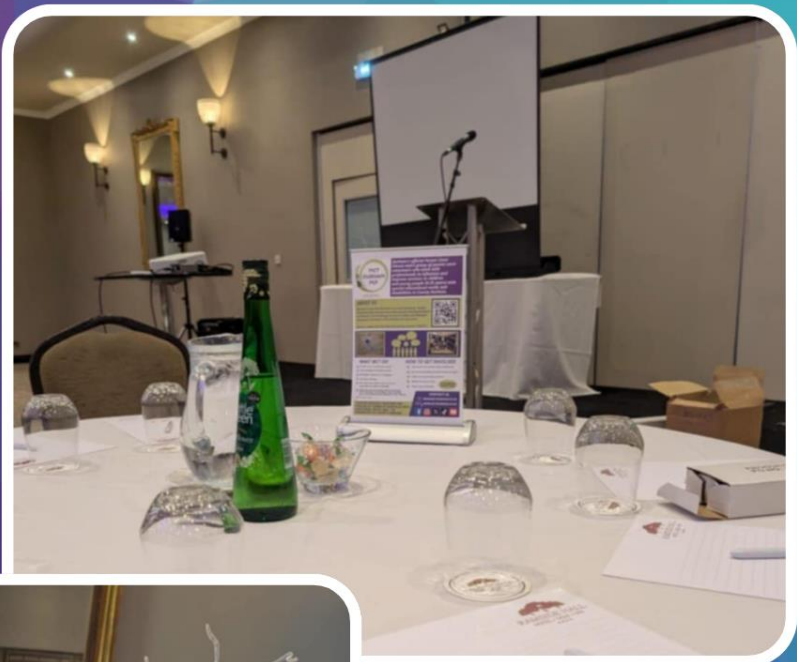


MCT DURHAM PCF XXXIII CONFERENCE REPORT

WEDNESDAY 14TH MAY 2025
AT RAMSIDE HALL.



Cover & report photos by K.Thompson

This report is distributed to parent/carers and professionals who were unable to attend the conferences, alongside those delegates who did attend. It therefore contains all of the presentations and information given at the MCT daytime and evening conferences on Wednesday 14th May 2025 at Ramside Hall.

If you are unable to read any of the slides, they are also available to download via the "conference info" tab on the MCT website under "May conference 2025" - <https://www.mctdurham.co.uk/conference-info/>

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


Daytime Agenda



MCT Durham PCF Conference XXXIII

Wednesday 14th May 2025. 10am - 2.30pm

Ramside Hall Hotel, Durham.

- 09:30 Registration, information, and refreshments 
- 10:00 Welcome
- 10:05 Team Training - MCT
- 10:15 LA update / Casework team - Danny Meek , Clive Horton & Peter Mulholland.
- 10:35 Information Leaflets for Parents/ carers - Helen Sutherland & Alex Kirtley
- 11.00 Coffee break 
- 11.15 Choice Wellbeing / Rainbow guide - Tracey Huggins & Hayley Harrison
- 11.30 NHS / Health commissioning update - Alison Ayres
- 11:40 CAMHS Crisis team / Waves - Nikki Cooper
- 11:50 Integrating Children - Kathryn Gaudie-Jones +1
- 12:10 Dinner / Networking.  
- 13:10 SENDEIC - Lyndsey Dunn
- 13.20 CDDFT - S.A.L.T / OT update - Rachel Humphrey & Gayle Sumby
- 13.30 MCT Have your say
- 13.45 Wellbeing for Life
- 14:15 Raffle, Paperwork and close.  

Thank you for attending. MCT DURHAM CIO - Registered charity number 1202217.

www.mctdurham.co.uk




Evening Agenda.



MCT Durham PCF Conference XXXIII

Wednesday 14th May 2025. 6pm - 8pm

Ramside Hall Hotel, Durham.

- 17:30** Registration, information, and refreshments 
- 18:00** Welcome
- 18:05** Team training - MCT
- 18.10** SENDEIC - Lyndsey Dunn
- 18.20** LA update / Casework team - Clive Horton & Peter Mulholland
- 18:40** Information Leaflets for Parents/ carers - Helen Sutherland & Richard Stollery
- 18.55** Choice Wellbeing / Rainbow guide - Tracey Huggins & Hayley Harrison
- 19:05** CDDFT - S.A.L.T / OT update - Rachel Humphrey & Gayle Sumby
- 19.15** CAMHS Crisis team / Waves - Nikki Cooper
- 19.25** Wellbeing for life
- 19.55** Raffle, Paperwork and close.  

Thank you for attending.

MCT DURHAM CIO - Registered charity number 1202217.

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Welcome by Julie Temple from MCT.

Julie was the spokesperson for both of our Parent carer conferences. Julie welcomed everyone to the conference and highlighted the usual housekeeping information.

Team Training Update.

Speaker: Voice over by Sara Rawle - MCT Co Chair and Admin.

Sara explained that Victoria normally does this slot, but she has lost her voice, so she had recorded a voice over for the slides. She explained what Team training is and who is involved - MCT, TEWV, Family Hubs, Durham County Carers Support, Darlington parent carer forum, Waves Support group & SENDIASS.

Sara explained Team Training was started to enable as much parent / carer training was offered as possible and to avoid organisations putting on duplicate training sessions.

Sara advised there was a sheet of paper in the conference packs and asked attendees to think of any training they would like to see and on the other side a survey to complete. She will share all suggestions received at the next Team Training meeting.

You can view all the team training available at <https://www.mctdurham.co.uk/parent-carer-training-workshops/>. Training is added regularly so keep checking.





Team Training is made up of :



Including Waves Parent Support Group



Most popular training requests from our November 24 Conference:


- School based Anxiety
- Coping with Transitions
- Managing challenging behaviour
- Sensory overwhelm









Most popular training requests from our November 24 Conference continued:

- Navigating the neurodevelopmental pathway
- Attachment difficulties






Signposting:

- Getting the Most out of EHCP Reviews – [Annual Review](#) - from SENDIASS's website
- County Durham Neurodevelopmental Needs Led Support website - [Support for Neurodevelopmental Needs in County Durham](#)



Links for above -

[Annual Review](#)

[Support for Neurodevelopmental Needs in County Durham](#)










Signposting continued:

- Therapy Services - [Details / links for therapy leaflets – MCT Durham](#) – from MCT Durham PCF's website
- Literacy Difficulties - [Support for children with literacy difficulties dyslexia Dec22 – MCT Durham](#) – from MCT Durham PCF's Website
- DLA & PIP - [Claiming-Disability-Living-Allowance-A-Guide-for-Parents.pdf](#) & [DCCS-PIP-Guide-2024-v4.0.pdf](#) – from Durham County Carers Website



Links for above

[Details / links for therapy leaflets - MCT Durham](#)

[Support for children with literacy difficulties dyslexia](#)

[DLA guide](#) / [PIP-Guide](#)



Sessions offered since November 2024:

- Behaviour Development in Children & Young People
- Making Sense of Caring
- Autism Central Workshops (MCT)



Sessions offered since November 2024 continued:

- Daisy Chain Workshops via Family Hubs
- NEAS workshops via Family Hubs
- SENDIASS drop-in sessions monthly at each of the 15 Family Hubs



Coming up from Team Training:

- Anxiety – 5-11 years
- Anxiety – over 11 years
- Emotional Wellbeing
- Understanding Behaviour development in Children & Young People
- To continue to share workshops on our socials, keep checking [Training & Workshops – MCT Durham](#) for updates to what's on offer



So, look out for
Team Training
Publicity on our
social media
platforms.
It will look like
this....



Parent Carer (18 children and young people aged 0-18yrs)
TRAINING & information Sessions

Understanding Why Children Might Be Anxious About School
Tuesday 6th May 2025, 9.30 am—11.30 am
This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

Anxiety (Two groups)
Tuesday 3rd June 2025, 9.30 am—11.30 am—Over 11 years
Tuesday 10th June 2025, 9.30 am—11.30 am— 5-11 years
This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Emotional Wellbeing
Wednesday 9th July 2025, 1.30 pm—3.30 pm
This session will focus on emotional wellbeing, what it is and how can we improve it for ourselves and our children.

Please book a place using the link or QR code directly below:
<https://www.darlington.gov.uk/parents-carers>

To visit our Trust website, for further information, please scan the QR code at the bottom of this page. The sessions are aimed at parents of school aged children but parents of young children are very welcome. The sessions will be led by a Parent Carer and our wellknown Team.

NHS
Teesside, Esk and Wear Valleys
Local Commissioning Team

TEES OUTREACH PCP
www.teesoutreachpcp.co.uk
0191 5675541

TIASS
www.darlington.gov.uk/tiass
0191 5675541

Together for Better
www.darlington.gov.uk/togetherforbetter
0191 5675541

Carers Support
www.darlington.gov.uk/carerssupport
Tel: 0191 5675541

Future Plans:

We would love to hear of any ideas you have for future sessions.

There is a sheet in your pack for you to complete now, the information recorded on these sheets are shared with all members of Team Training and help us identify parent carer training needs in County Durham.



Future Plans cont:

If you flip the feedback form over, you will see a short questionnaire we would like you to complete for us.

We value your input on the workshops that we offer, so thank you in advance for answering our questions.



You can contact any of the following organisations through their social media platforms or website.



<https://www.durham.gov.uk/helpforfamilies>



Tel: 0191 5873542 or 03000 267 007

<https://durhamsendiass.info/>



info@mctdurham.co.uk



www.facebook.com/MakingChangesTogetherDURHAM



www.mctdurham.co.uk

LA Update / Casework Team

Speakers: Danny Meek (Day conference only) - SEND and Inclusion Service Manager - Theme 1 - Needs Assessments

Clive Horton - SEND and Inclusion Service Manager - Quality, Communication and Relations

Peter Mulholland - Strategic Manager Specialist Inclusion Support and Principal Educational Psychologist.

Send & Inclusion Update - May 2025

- Data, trends and performance
- Capital investment
- Enhanced Provisions in Mainstream Schools
- Promoting participation and inclusion in practice

SEND & Inclusion Service

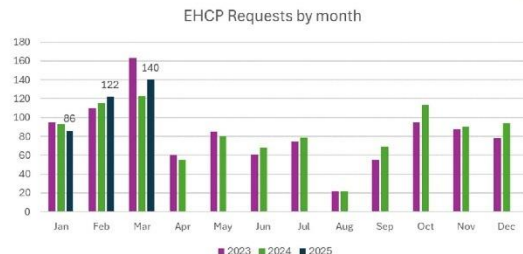


Trends & Performance data

Year	YTD	% Diff (latest)	Yearly Totals
2019	256	36%	594
2020	216	61%	523
2021	215	62%	676
2022	370	-6%	974
2023	368	-5%	986
2024	331	5%	1001
2025	348		

- Quarter 1, Jan-Mar reflect the highest demand and is an established trend.

- The Number of Needs Assessment Requests continues to Rise annually
- 2025 So far reflects an increase in comparison to 2024



SEND & Inclusion Service



20-Week EHCP Timeliness



- Timeliness continues to improve with 61% of those completed in March within 20 weeks
- Latest data shows 58% within 20 weeks so far in 2025



Clive explained that funding and team capacity has increased within the EHCP assessment team which has seen a decrease in the time young people are now waiting to be assessed for an EHCP.

Capital Investment

Durham has amongst the largest number of Special School places for it's communities in England. The Local Authority has continued to expand existing provision over the last three years and have more more plans to expand provision further in response to need and preference.

- The Oaks expanded in 2022, providing 40 additional SEND places.
- The Croft expanded in 2024, providing 40 additional places through the installation of 4 demountable classrooms.
- Minor works at Eden Hill Community Resource Centre for satellite post-16 provision by Hopewood Academy.
- Small project work at Bishop Barrington School, Evergreen School, The Oaks, and Durham Trinity.
- (2025 Priority Project 1): Major construction and refurbishment at the former Cotsford Infant (Horden) to provide approximately 60 places.
- (2025 Priority Project 2): Adaptation of the former Bishop Auckland Construction Skills College site at Merrington Lane, Spennymoor.

SEND & Inclusion Service



Danny explained that the number of enhanced mainstream schools has increased, and more schools have enquired but they can't give details on which ones yet.

Enhanced mainstream provisions

Current provision: 4 Secondary & 8 Primary Schools have Enhanced provisions offering 144 places for integrated mainstream provision.

Recently, 5 Primary schools and a Secondary have expressed an interest in developing an enhanced provision.

Schools are formulating business cases and pursuing progress with their organisational and governance structures.

Once approved advanced negotiations with DCC and public consultation can commence.

Signs are positive that our capacity and occupancy will increase

SEND & Inclusion Service



He explained that once schools have enquired, they have to go through advanced negotiations, get passed through boards then go through public consultations to be approved.

Lots of talk about inclusion...

Peter explained that there has been an increase in SEND and inclusion support, earlier identification and better value. He gave an update on the national governments 2 advisory groups. There is a move to improve both mainstream and specialist provision for young people with additional needs and / or disabilities (SEND) especially young people with a Neurodevelopmental need.

Removing Barriers to Learning and Participation

The government has created 2 advisory groups to:

- Advise ministers on how to improve mainstream education outcomes and experiences for children with SEND
- Help them understand how to improve inclusivity and expertise in mainstream schools, in a way that works for neurodivergent children and young people
- Consider how mainstream and specialist provisions can work towards this goal

There will be a particular focus on:

- Inclusive classroom practice and culture
- Partnership with families
- Improving identification of children with SEND
- Additional support for children in SEND in mainstream
- Workforce capability and expertise
- Enabling conditions and incentives

We are also working on this locally...



Peter explained that locally schools work with different wider support streams. The Local Authority are looking at:

- Advanced provision and different settings. Why are they doing this? To be reactive.
- Classrooms - space and support.
- Early years support and risk of lost confidence.
- Funding arrangements
- How staff are supported.

The DFE say provision in Durham is good, but it needs scaled up. It is possible to have suitable mainstream AND special schools and Peter wants more Parents and Carers involved.

A member of the audience asked about top up funding. Peter explained that there is a scale of funding ranging from A to E2. Highest is £24,000 and another example C2 is £12,000. School need to do the Plan- Do- Review process 3 times and show they've already used £6,000 already in order to apply for quality assured top up funding.

Peter explained that the Service level agreement (SLA) has 3 strands and happens anyway so schools should be familiar with it - strand 1 is different as next few slides show.

SEND & Inclusion Support SLA

Supporting all children to thrive in school

Why We're Doing this

- We want to develop a way of working with schools that will:
- Help them develop the provision they need to meet the needs of their children, and evidence this for Ofsted
- Improve parent/carer and staff confidence
- Improve attendance and inclusion
- Give them easier and more cost-effective access to the support you need



Overview

3 Key SLA Strands



Strand 3: Assessment & Intervention

- Getting More Help at a casework level



Strand 2: Developing Inclusive Practices

- Getting Help and Building Capacity



Strand 1: Understanding Needs and Priorities

- Getting Advice and Understanding Need



What's Next?



- ▶ We have identified a group of schools that are keen to get going with this.
- ▶ Strand 1 activity will start this term and continue into the autumn term
- ▶ As part of strand 1 we will support schools to:
 - ▶ Conduct an audit to understand need and provision
 - ▶ Engage with young people, parents/carers and staff as part of this process
 - ▶ Develop a plan for developing inclusive practices

If you would like to be part of a group considering how best to engage parents/carers, please let Amy know

Supporting the Graduate Approach Enabling Schools to meet the needs of all their children

SEND & Inclusion Service



Delivering Better Value (DBV) in SEND – Supporting the Graduate Approach

The Local Authority have received additional funding and established a team of 6

1 x Caseworker Manager

5 x Caseworkers has been established

Focus of the team is to work directly with schools and parents to look at ways in which the special educational needs of children and young people can be met without proceeding to a needs assessment

Currently the work takes place across identified schools primarily in the north and east of County Durham

Family Hub Drop-In Sessions

- DBV Caseworkers provide drop-in sessions at Family Hubs
- Parents can discuss their concerns with a Caseworker and how their child's present school might be able to meet need
- Intended to provide parents with confidence in their nearest mainstream school

School Drop-In Sessions

- DBV Caseworkers will attend schools when there is an opportunity to meet parents:
- Coffee Mornings
 - Event days
 - etc.

Graduated Approach Pre-Assessment (GAP) Meetings

Where a school is considering a request for assessment of need, they can attend a GAP meeting.

- Meeting is attended by DBV Staff, SENCO/Head Teachers/Special School Reps/Health Reps/Social Care Reps/EP
- Focus on alternatives to assessment that will meet the needs of a child as quickly as possible within their local school

SEND & Inclusion Service



Comparing SEN Support Plans with Education, Health and Care Plans (EHCPs)			
SEN Support Plan	Both	EHCP	SEND Advisory Support Officers (SAO)
<p>Might/will include advice from EPs and other supporting professionals such as a therapeutic support team</p> <p>School can determine when a SEN Support Plan is put in place</p> <p>Reviewed on/around every school term</p> <p>Additional funding can be allocated to a SEN Support Plan in County Durham</p> <ul style="list-style-type: none"> • First £6,000 met by school • Additional Top-Up Funding from the Local Authority • Can be in place within about 5-6 weeks 	<p>A formal plan outlining how children can be supported with expected outcomes</p> <p>Identifies learning needs impacting on progress</p> <p>Outlines how needs can be met, by whom and over identified timescales</p>	<p>Will include advice from:</p> <ul style="list-style-type: none"> • Educational Psychologists • Therapeutic Teams • Health Professionals – where appropriate • Social Care Professionals – where appropriate <p>Schools/Parents/Professionals Apply to the Local Authority for assessment</p> <p>20 week assessment process</p> <p>Reviewed annually</p> <p>Required for a special school placement</p> <p>Additional funding allocated to mainstream schools</p> <ul style="list-style-type: none"> • First £6,000 met by school • Additional Top-Up Funding from the Local Authority 	<p>Guide school SENCOs on:</p> <ul style="list-style-type: none"> • Normal available provision within mainstream schools • Process for applying for Top-Up Funding (TUF) • Ensuring provision required to meet need for children with special educational needs is in place

Clive explained there is currently a cycle of work around SEND support plans.

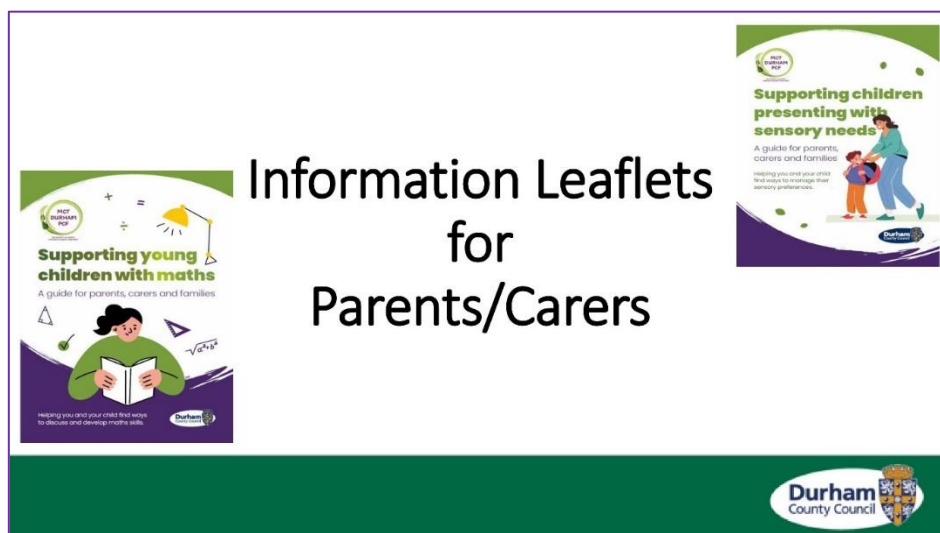
Information Leaflets for Parents and Carers

Speakers: Helen Sutherland - Advisory Inclusion Teacher

Alix Kirtley (Day) - Advisory Inclusion Teacher

Richard Stollery (Evening) - Specialist Educational Psychologist.

Helen, Alix and Richard brought a draft copy of the new proposed Parent carer leaflets made in partnership with MCT to share and gave every table a copy of the leaflets and form to give feedback on. They had 2 leaflets - Maths and sensory processing in a draft leaflet format and others on A4 pages with just the information.



Who are we?

Representatives from the ***Cognition and Learning Motor Sensory Team***

Helen Sutherland – Advisory Inclusion Teacher
helen.sutherland@durham.gov.uk

Richard Stollery – Specialist Educational Psychologist
richard.Stollery@durham.gov.uk

Alix Kirtley – Advisory Inclusion Teacher
alix.kirtley@durham.gov.uk



Why are we here?



We would like your help! We want the information we have produced to be as useful as possible. Your feedback is essential in ensuring we are on the right track.



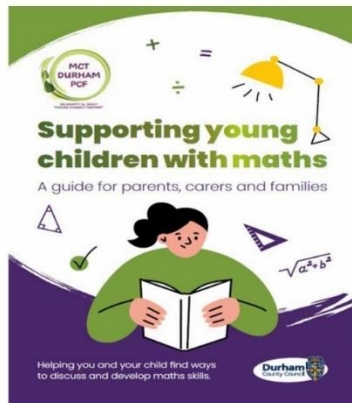
Background...

- As part of our ongoing work, our service is always trying to strengthen information we share with parents/carers/families. Developing some information leaflets is part of this.
- We reached out to MCT Durham PCF so we could work jointly on this. Updating current leaflets is something they were working on too!
- Some draft examples have been shared and leaflets have been shaped by this.
- Now we would like your help and feedback before the leaflets are finalised!



Some points to note...

- We know all areas of SEND have not been covered yet. Other teams within our service are starting to work on leaflets.
- Our aim is for each leaflet to give an overview. There will then be a link to further information for parents/carers who would like this.
- Please don't take any of the leaflets away with you today – they are still in draft form.
- Only two are in the design format so please bear this in mind with your feedback.



You can share feedback in the following ways...

- Write notes on the leaflets.
- Use post it notes.
- Fill in the paper questionnaire.
- Use the QR code on the screen and on your tables which will take you to an electronic questionnaire.
- We will also be on a stand so please come and speak to us if you have any feedback and/or questions.

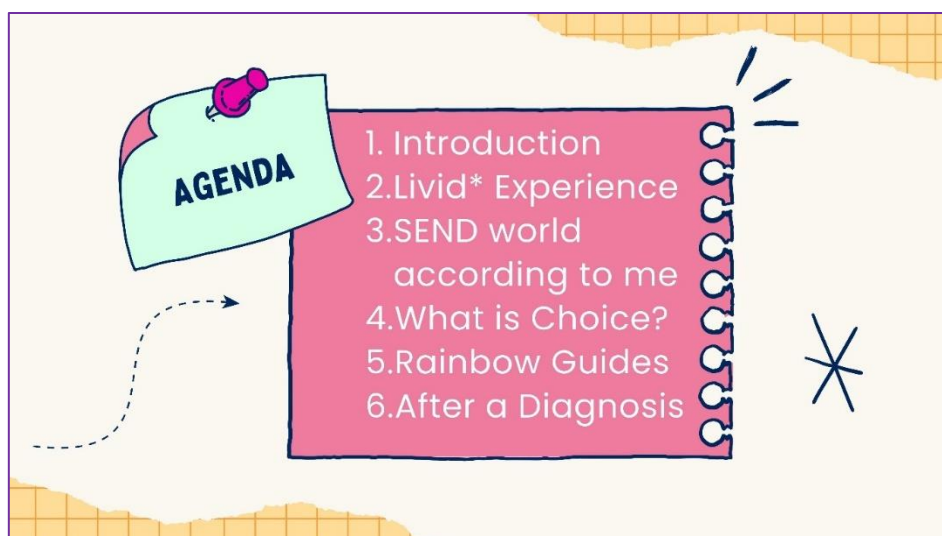
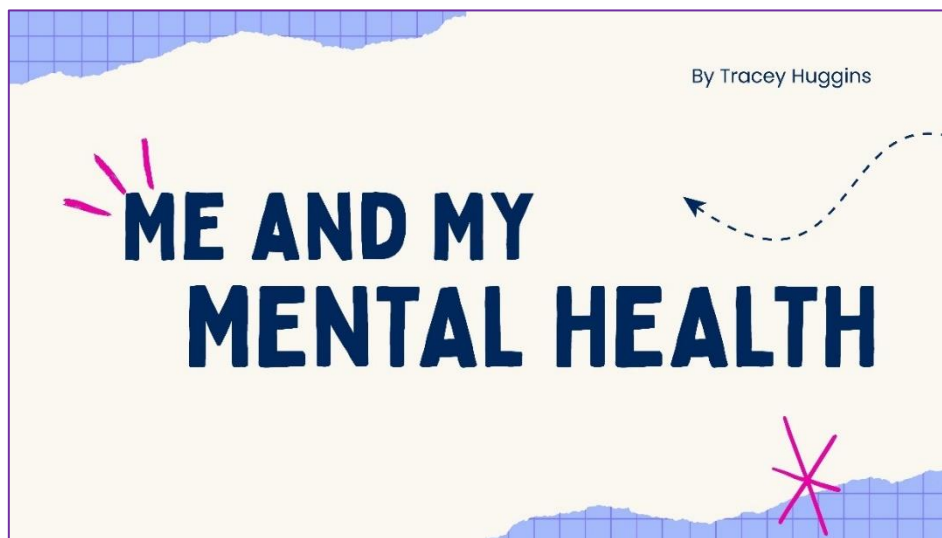


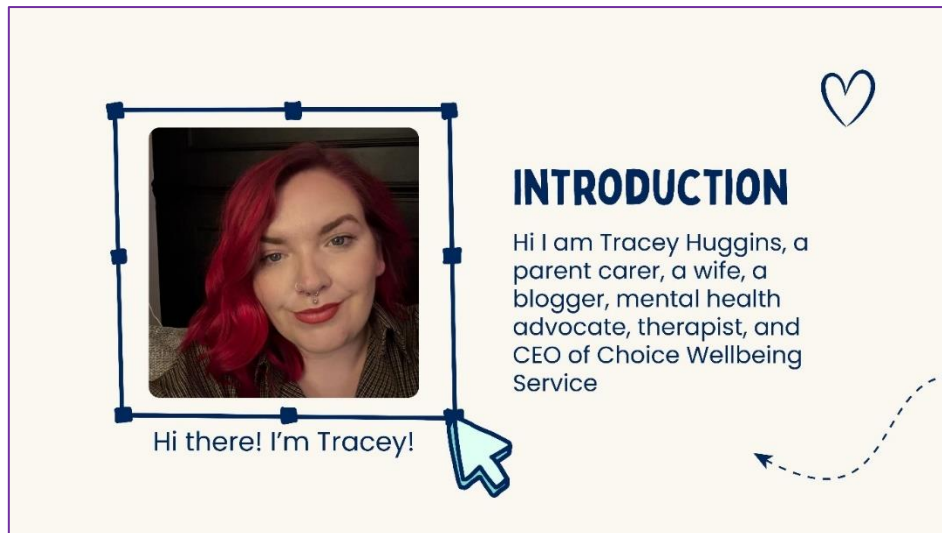
Choice Wellbeing / Rainbow Guide

Speakers: Tracey Huggins - Chief Executive and Therapist.

Hayley Harrison- Director, Holistic Service Manager & Therapist.

Tracey and Hayley came to tell everyone about Choice wellbeing and Tracey emotionally recalled her experience and the lead up to how she got the idea for Choice Wellbeing. Her presentation was heartfelt and emotional for everyone. They stated the only criteria to use their service is you are a Parent or Carer.





INTRODUCTION

Hi I am Tracey Huggins, a parent carer, a wife, a blogger, mental health advocate, therapist, and CEO of Choice Wellbeing Service

Hi there! I'm Tracey!



WHERE DID CHOICE COME FROM?

In 2012 i gave birth to my complex baby girl, Delilah.

By 2014 my world had completely changed, including my home, car, job, relationship with my children, husband, family, and friends.

In 2017 my mental health had collapsed and i needed support.

In 2018 my husband was defibrillated for the first time.

In 2020 I found my voice.

Tracey explained she rang her GP for an appointment regarding her Husband's mental health, and they refused to see him / refer him for help. She then went back to the GP, used the right "buzz words" and her husband got a GP appointment and was referred for help. She is now a trained councillor and Choice offer 12 counselling sessions if needed.

Tracey also explained that Inclusion and Accessible are NOT the same thing.

THE SEND WORLD ACCORDING TO ME

meet little miss parent carer, my most popular post on the page, basically me in illustration form.

LITTLE MISS PARENT CARER

LITTLE MISS PARENT CARER

"I'm fine!"

The SEND world according to me was a space to be me, encouraging others to open up and be honest to themselves and others.

I wanted to support other parent carers regardless of where they were...

Date published 1:	Reach 0	Likes and reactions 0	Comments 0	Shares 0
Jul 02, 2023	006.0K	0.9K	279	0.3K

CHOICE WELLBEING SERVICE

Choice was born from a nap.

Actually, although that is true, it is actually born from my husband not being able to get a GP appointment.

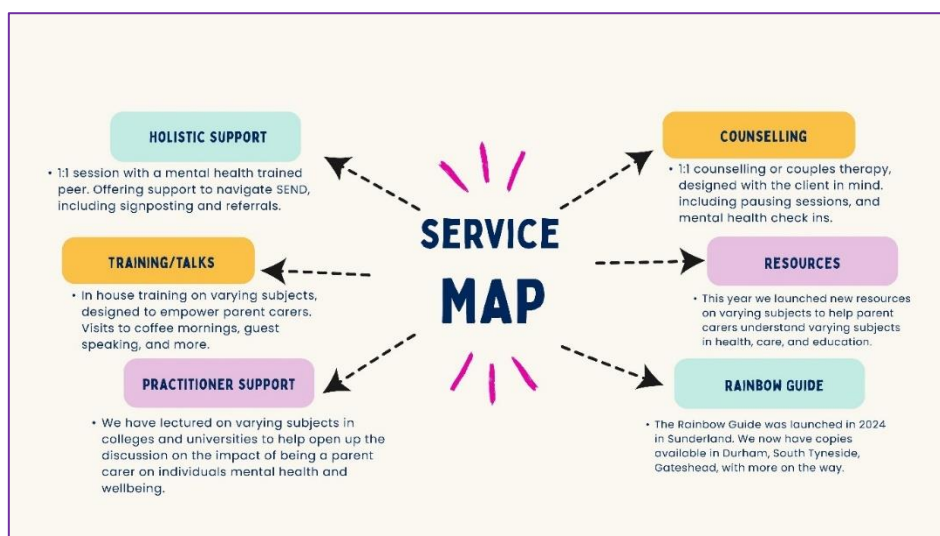
It was bad enough i had struggled and needed help... but for my husband, the pillar of the family to need it and NOT get it was unbelievable.

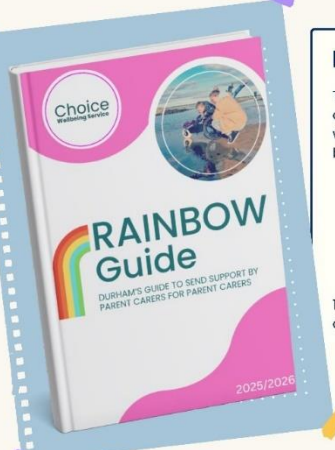
So what is Choice?

Choice Wellbeing Service is a parent carer specific mental health organisation. We work specifically with parent carers of children with additional needs across the North East, particularly in Sunderland, South Tyneside, Durham, and areas of Newcastle and Gateshead.

What is our eligibility criteria?
Individuals must have majority care of a child with additional needs to access our service.

How do we offer our support?





DURHAM RAINBOW GUIDE

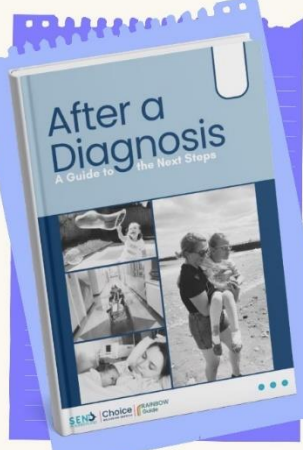
The Rainbow Guide is a go to guide for parent carers looking for different opportunities or support in their area. It is a simplistic model that ensures whoever reading it can understand what the organisation or team does by including:

- A short bio of the service/team/organisation
- 5 things they do
- 5 things they do not do
- how do families get in touch/get referred to them
- plus any images and recognisable logo's

17,400 copies of the guides have been downloaded via our website. You can view the current version here:



Find the current digital "Rainbow Guide" [HERE](#)



AFTER A DIAGNOSIS


The After a Diagnosis: A Guide to the Next Steps was written by me for other parent carers.

I wanted to support parent carers after the diagnosis who are feeling lost, have a lot of questions, and not many people to answer them.

This guide includes topics such as:

- Looking after yourself
- Discussing the diagnosis
- Supporting one another
- Asking for help
- Plus practical tips for the full family


You can view this guide here:



Find the digital "After a Diagnosis" guide [HERE](#)

 <https://www.facebook.com/Choicewellbeing>

 Contact@choicewellbeingservice.org

 07703 754945

 www.choicewellbeingservice.org/

NHS / Health Commissioner Update - Daytime conference.

Speaker: Alison Ayres- Commissioning Manager Children's Services

Alison started by saying this is the first time she has been to a conference where she isn't asking the audience for something and that she was there to give an update on what her service has done with feedback from previous MCT conferences.



County Durham
Care Partnership

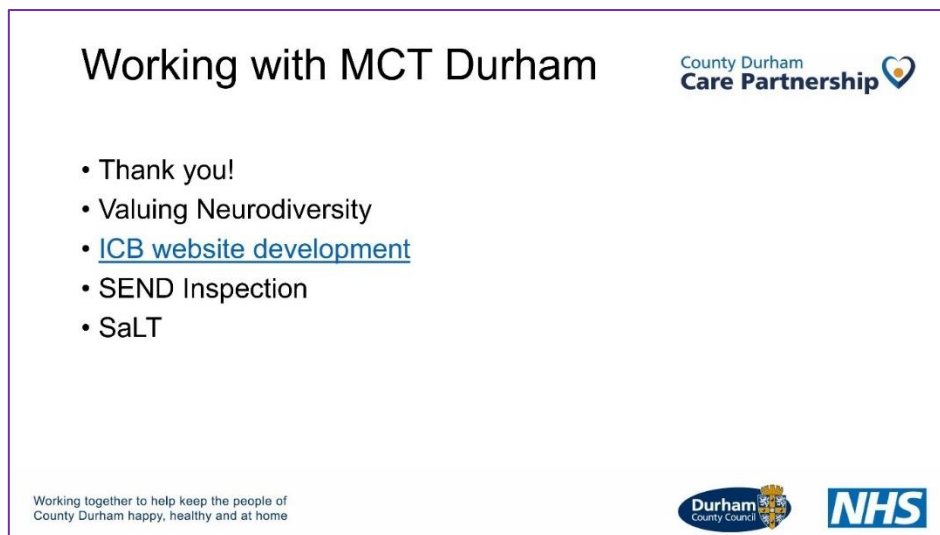
MCT Durham

Spring Conference 2025

Alison Ayres
Commissioning Manager for children's services

Working together to help keep the people of
County Durham happy, healthy and at home

Durham County Council NHS



Working with MCT Durham

- Thank you!
- Valuing Neurodiversity
- [ICB website development](#)
- SEND Inspection
- SaLT

Working together to help keep the people of
County Durham happy, healthy and at home

Durham County Council NHS

Link to ICB website [HERE](#)

Neurodiversity

- Delivery of the [action plan](#) from the SEND Inspection

1. Timeliness of EHCPs
- 2. Reduce waits- particularly for neurodiversity assessment**
3. Waiting Well
4. Governance, data and partnership working

Link to SEND inspection action plan [HERE](#)

Neurodiversity

- Pathway waiting times – 47 months (nearly 4 years)

	October 24	November 24	December 24	January 25	February 25	March 25
Number referred	120	187	123	134	127	171
Number discussed	170	113	84	63	85	165
Difference	-50	74	39	71	42	6

Alison explained the increase in Neuropathway referrals.

Neurodiversity

- Commissioning of private provision
 - ICB regional investment for those waiting over 3 years
- Right to Choose, shared care and medication
 - Still an issue
 - ICB is working on shared care agreements, and regional contractual arrangements
- Tics and Tourettes
 - Clinical meetings – it's about support and management, not medication.
- Fetal Alcohol Syndrome Disorder (FASD)
 - Working to get this in the contract

Area for Improvement 2

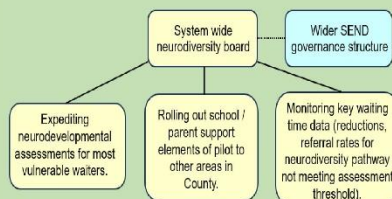
AFI2 The local area partnership should continue to strengthen its work to further reduce the delays to access CAMHS and neurodevelopmental pathways across the age range of children and young people.

AFI Lead: Jen Illingworth

AFI Workstream membership: Neurodiversity System Board

The work of this AFI will follow four main themes:

- Implementing system wide neurodiversity board with aligned wider governance structures across the Local Area Partnership (LAP).
- Rolling out the school / parent support elements of the mental health support pilot to other areas of the County.
- Monitoring key waiting time data (CAMHS and Neurodiversity) for reductions and in referral rates for neurodiversity pathway who do not meet assessment threshold.
- Expediting neurodevelopmental assessments for most vulnerable waiters.



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County Durham happy, healthy and at home



Alison explained the various pilots then explained parts of the action plan - The parts that had been completed and the parts that are currently been worked on.

2.1	Strengthening system wide oversight and governance arrangements across the LAP.					
	Tasks	Task Lead	Start	Finish	Additional Resource Names	Evidence of Outcomes
2.1.1	Implement a new system wide Neurodiversity Board with aligned wider governance structures.	Jen Illingworth	August 2024	October 2024	Commissioning and Development Support Officer	New system wide governance structure in place and effective. COMPLETE
Impact Overview: Governance systems ensure that the partnership is providing help to children, young people, and families in a joined-up way as quickly as possible.						
2.2	Rolling out the school / parent support elements of the mental health support pilot to other areas of the County.					
2.2.1	Roll out the school/parent elements of the MH Support pilot from Consett to other parts of the County by area of highest referrals.	Jen Illingworth/Pete Mulholland	August 2024	March 2026	Communication and Interaction Team Manager DCC/ Service Manager TEWV	The neurodiversity in school aspects of the Consett pilot are in place across the County. Teacher/parent/CYP feedback on this. ROLL OUT ON TRACK (Stanley, Shotton, Newton Aycliffe)
Impact Overview: Children, young people, and families can access timely help and support in a joined-up way support and resources are consistently targeted to the children and young people and families that need it most.						

2.3	Monitoring key waiting time data (CAMHS and Neurodiversity) for reductions and also in referral rates for CYP on to neurodiversity pathway who do not meet assessment threshold.					
2.3.1	Monitor data from neurodevelopmental pathway: <ul style="list-style-type: none"> referral rates, waiting times for initial assessment, initial assessments undertaken, waiting times for diagnostic assessment, diagnostic assessments undertaken. 	Jamie Todd/Julie Southern	October 2024	Ongoing	Service Manager TEWV/ Service Manager CDDFT	Data now flowing through the project board. Early indications of a slowing of numbers on to the diagnostic pathway. Longest waiting times remain over 3 years at the time.
2.3.2	Monitor data for generic CAMHS waiting times in TEWV compared to national averages: <ul style="list-style-type: none"> referral rates, initial assessment undertaken, waiting times. 	Jamie Todd	October 2024	Ongoing	Service Manager TEWV	Waiting times demonstrated to be in line with national averages. COMPLETE
Impact Overview: We will provide help quickly and in a joined-up way based on children and young people's needs. We will do this by monitoring waiting times for CAMHS and Neurodiversity, reducing referral rates for those on neurodiversity pathway who do not meet assessment thresholds.						
2.4	Expediting neurodevelopmental assessments for most vulnerable waiters.					
2.4.1	Agree and roll out a process for expediting neurodevelopmental assessments for most vulnerable waiters.	Jamie Todd/Bernie Toomey	July 2024	December 2024	Available within existing resource.	Process in place for expediting those children on the DSR. Work continues (locally and regionally) to agree a confirmed approach to other CYP.
Impact Overview: Assessing need as quickly as possible, particularly for those children and young people who are most vulnerable.						

ICB changes



- NHS England changes
 - Closure of NHSE will impact us
 - ICB restructure
 - Further reductions in costs as part of the re-structure that saw the closure of NHSE.
 - Likely to be a significant change to how we work and possibly how the ICB supports the SEND agenda
- Designated Clinical Officer
 - Laura is back as our DCO but is currently on parental leave

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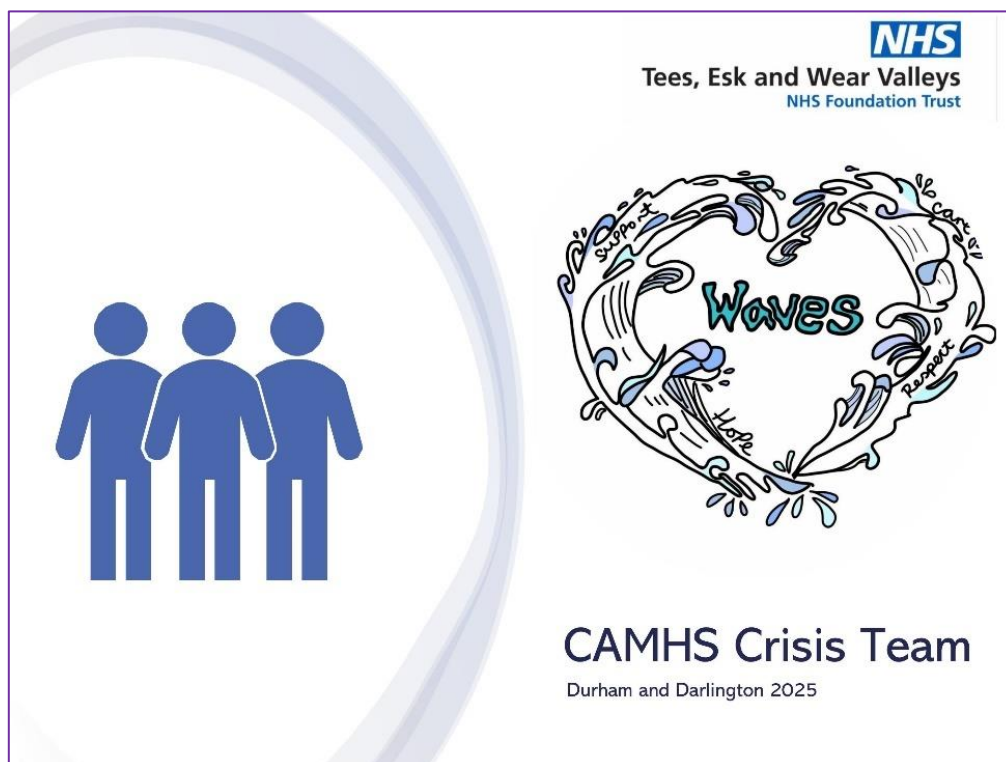
Alison explained there is currently no DCO but if anyone had an NHS or health questions / issues she would be happy to help (if she can).



a.ayres@nhs.net

CAMHS Crisis Team / Waves Support Group

Speaker: Nikki Cooper - Nurse specialist at CAMHS crisis team and Intensive Home Treatment.



NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

What is a CAMHS Crisis Team?

The Crisis aspect of the services allows young people, their families, and professionals to contact the crisis team should they have urgent concerns with regards to the young person's mental health.

**To call to the CAMHS Crisis Team
call 111 then press option 2**

NOTE - 111 then press option 2 can be used by ANYONE with an urgent mental health need.

What happens next?

Your call will be answered by a screener (person)



The screener will transfer your call if you require to speak to the crisis team.

Please note your call is recorded.



Once your call is accepted by the screener you will be transferred to CAMHS crisis.

There may be a wait for your call to be answered.

Nikki explained the screener is NOT a clinician with medical knowledge and are there to take details.

When should I call Crisis?

The crisis team supports young people who are presenting with an urgent mental health need and there are significant risks.



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NHS Foundation Trust

What do I do if my child needs medical attention and urgent support with their mental health?

If your child has self-harmed and they need medical treatment or they have taken an overdose, seek medical advice by contacting 111 or attending the Emergency Department.

111 or the Emergency Department can make a referral to us when appropriate.



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NHS Foundation Trust

How many staff do you have?



On an average we would have 3 qualified nurses for day shift and 2 qualified nurses for nightshift. The staff on duty will answer the crisis calls and provide any assessments across the Durham and Darlington area. This would include assessments in hospitals, children's care homes, patients own homes, urgent care centres and schools.

We work closely with Teesside and on occasion cover phonelines to support when there is high demand.



Tees, Esk and Wear Valleys
NHS Foundation Trust

What happens in a triage/assessment?

Assess young person's mental health if there are urgent/immediate concerns

Offer advice about how/when to get more help

Help young people with coping strategies for managing distress

Offer telephone advice and signpost

Help make plans to keep a young person safe

Visit young people at home*

Offer support and advice about how to cope in a crisis



Tees, Esk and Wear Valleys
NHS Foundation Trust

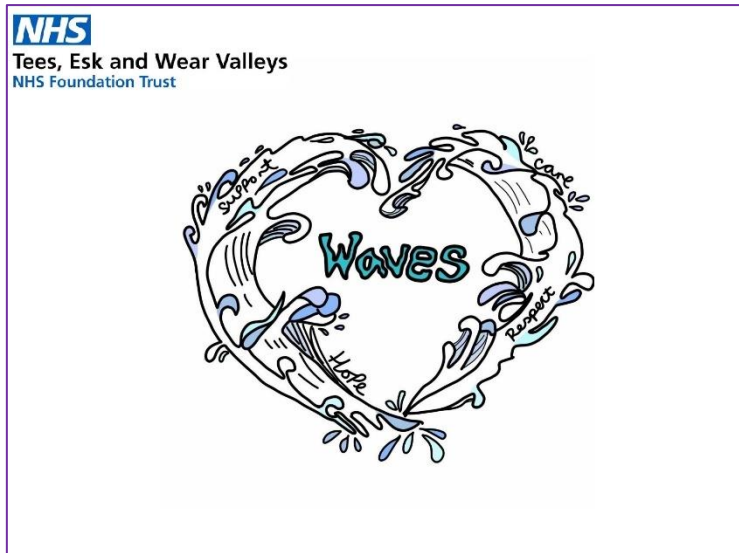


What we can't do...

Social Services



Nikki explained they can't: prescribe medication so if needed they will refer to an on-call psychiatrist, they don't offer physical health intervention, they can't restrain people and can't take young people away.



Nikki explained about the Waves parent support group ran by Louise Brown - A parent peer support worker with lived experience. The dates and venues for 2025 are below.





Tees, Esk and Wear Valleys
NHS Foundation Trust

Parent and carer support group in County Durham and Darlington

Do you care for a child or young person with emotional or mental health difficulties?

Join Waves, our parent and carer support group.

Led by a friendly parent peer practitioner and supported by a CAMHS staff member, the group will listen, support and give advice and guidance based on their own lived experiences.

There's no need to book. If you have any questions, email the team at TEWV.waves@nhs.net




2025 Locations and dates:

Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE 6pm - 8pm 15 January 16 July 19 February 20 August 19 March 17 September 16 April 15 October 21 May 19 November 18 June 17 December		Lanchester Road Hospital, Durham, DH1 5RD 10am - 12noon 8 January 2 July 5 February 6 August 5 March 3 September 2 April 1 October 7 May 5 November 4 June 3 December	
SENDIASS, Lee House, Lee Terrace Easington Village, Peterlee, SR8 3AB 10am - 12noon 21 January 15 July 18 February 19 August 18 March 16 September 15 April 21 October 20 May 18 November 17 June 16 December		Mulberry Centre, Rowan Building, Darlington Memorial Hospital, DL3 6HX 10am - 12noon 7 January 1 July 4 February 5 August 4 March 2 September 1 April 7 October 6 May 4 November 3 June 2 December	



Tewv.waves@nhs.net

Integrating Children – Day Conference.

Speaker: Kathryn Gaudie-Jones – Business Manager.

Lois Thompson – Support Staff Worker.

Emma Bowzler – Service User.

Aston Peel – Service User and Volunteer Staff Member.

We are Integrating



Who are we?



local charity

based in County Durham

social activities to children and young people with a range of disabilities and learning difficulties aged between 5-30



Kathryn said they are looking at funding to offer services from 4 years old. She explained they have over 100 people on their books with a waiting list.

What we do



leisure activities in community venues

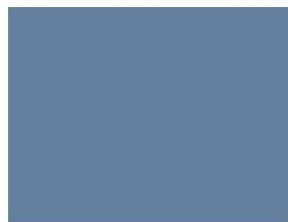
weeknight skill development activities

social Saturdays

holiday programmes



Kathryn explained you can self-refer, be referred via a professional or via SENDEIC.



It's our
25th
anniversary

Kathryn explained in 2025 they celebrate their 25th anniversary and to celebrate they want to raise £25,000 and are collectively trying to do 250k steps in May between members and staff.

What we offer



Kathryn explained their range of groups and trips. She said young people go on their trips **WITHOUT** parents and they fed back they love being with other young people and gaining independence.

What we offer

Packages and memberships

Core activities

Commissioned packages/assessed needs

Flexible Worker

Day Service – 16yrs+



Kathryn explained flexible workers like Lois work 1:1 for a few months with young people who are unable to work in groups then reintroduces them to group activities.

Weeknight activities

5pm-7pm

Monday - Visual Arts and Gym Group

Tuesday - Music Group

Wednesday - Sportability and Football

Thursday - Bowling

Friday - Quizzes, Bingo and Discos



What we do



Saturdays and holidays



On a Saturday and in the holidays, we run a range of exciting activities.

We like to go to places like the cinema and swimming baths then we go for lunch together.

In the school holidays, we like to visit zoos, theme parks and museums.



What we do



Emma explained that she joined Integrating in 2012. She said she likes communicating with young people her own age and they have fun. She likes going on trips and Forbidden Corner was her favourite trip and even went back with her Dad. She plans to take her Mam there at some point too.

What we do



What we do



Aston explained he joined Integrating in 2011 and is now a volunteer staff member. His favourite activity is a pub lunch meal with the other young people. When Kathryn asked him "How long will you stay with us?" his reply was "FOREVER!".

Residential



Butlins for 5 days, 4 nights...

Swimming, rides, discos...

Being together...



"It was the best week ever! I got to spend it with my best friends and make new friends when I was there."

What our members say



Integrating has boosted my independence skills and has helped me a lot to focus. I am less distracted than normally - Sophie



What our members say



You're always going to have someone to talk to. I can't stress how much they've helped me and been an influence on me. I just love you, Integrating - Emma



What our parents say

I think it's a really brilliant organisation. For me its about helping my son have more of a normal social life than he might otherwise have. He can join ordinary activities with people in the community without his mam. It gives me a break, and gives him a break from me - Parent



Get in touch

Office: 07914 376228

Email: info@integrating.org.uk

**Bullion Hall
South Approach
Chester-le-Street
County Durham
DH2 2DW**

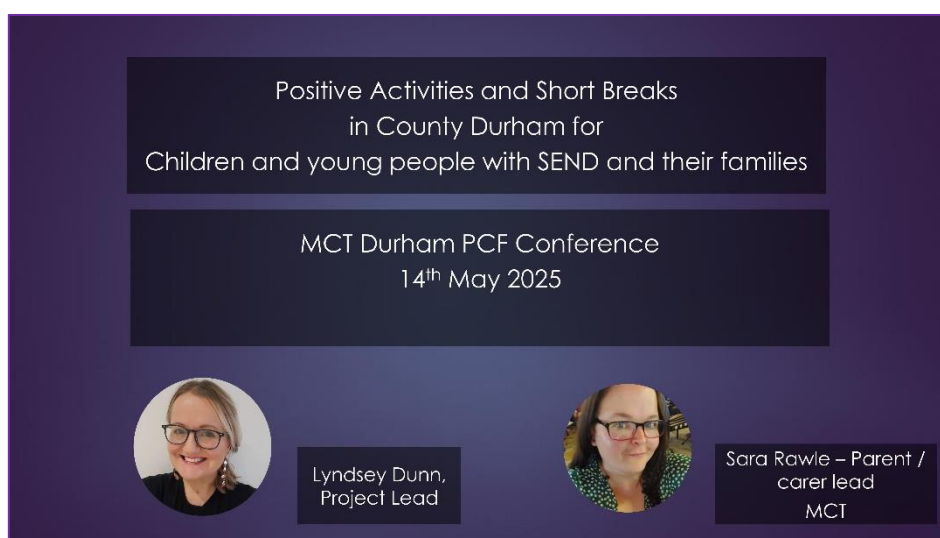


<https://integrating.org.uk/>

SENDEIC - SEND Empowering Inclusive Communities /


Short Breaks


**Speaker: Lyndsey Dunn - Commissioning, Planning and Policy Officer
(Project lead)**



Positive Activities and Short Breaks
in County Durham for
Children and young people with SEND and their families

MCT Durham PCF Conference
14th May 2025

 Lyndsey Dunn,
Project Lead

 Sara Rawle – Parent /
carer lead
MCT



**Children to take part
in positive activities
and experiences.**

**carers to have short breaks
from caring whilst children
are taking part in something
outside of their education.**

Opportunity

**Children to be part of the
local community.**

**To do things as a family.
As independent as possible.**

for those who wish to

Lyndsey explained that SENDEIC try to help young people and families find opportunities in order for the young person to do activities outside of school or college that any other young person is able to do in order to give Parents / Carers a break from their caring role.



Where you are struggling to locate something suitable or you are experiencing barriers you can contact:

SEND Empowering Inclusive Communities (SENDEIC)

Our SEND Empowering Inclusive Communities Officer

- Will work with you to help understand what you have tried and the needs of families
- Research what exists in the community
- Develop some options for the family

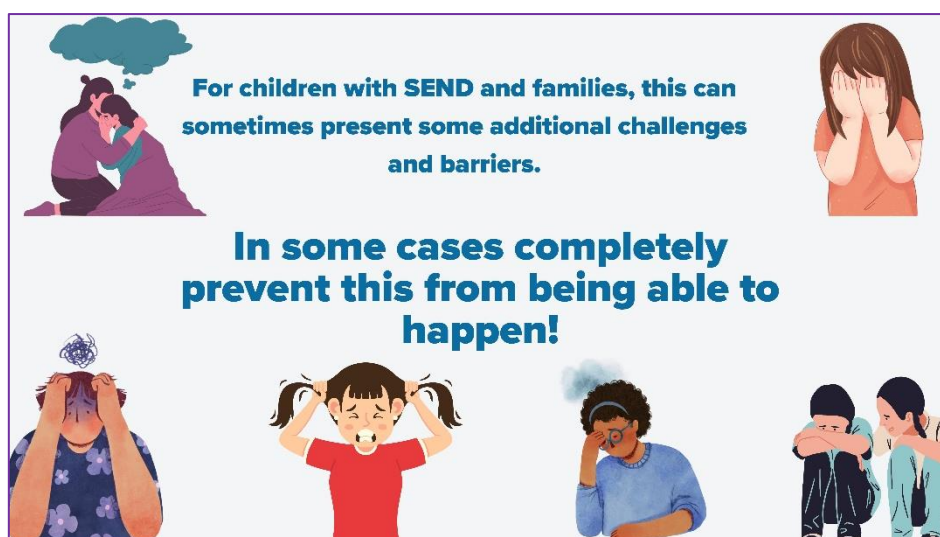
Kathryn, will be the person who will contact you. She will dedicate time to understand your individual families needs so she can provide the right information that could help you. Responses are not immediate as they are individual and unique.

SENDEIC@durham.gov.uk, Telephone - 03000 266989

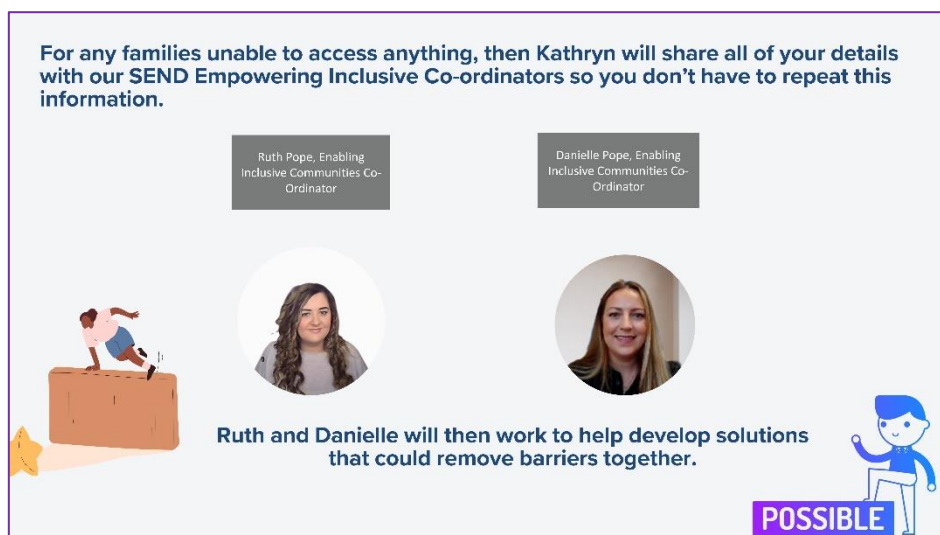


Lyndsey explained Kathryn - SENDEICs new SEND inclusive officer - will check what additional need the young person has and what is currently available locally. She will then try to find something appropriate that is already available and is individualised / tailored to the child's interests.

If there's is a genuine gap based on age or location SENDEIC want to develop and improve services to meet need. They want to "Create opportunities for every child / young person who can't access anything"



If nothing suitable to available, then families will be passed on to Ruth or Danielle (Both are now Inclusive Co-Ordinators. The 2nd post was made due to demand). They will try to remove barriers for the young people to access a break. Priority is for a child that currently does nothing as they will pass onto a caseworker if current break isn't enough.



How are they responding so far?

Issued grants to extend offer and support providers.

- Training
- Additional staffing
- Capacity building within sessions
- Materials to assist inclusion
- New projects to support communities

Issued grants to extend offer and support providers.

- venues
- equipment
- leisure sessions



Empowering parents and wider families



- Introduced **SEND EIC Service** to give parents more understanding and control
- Providers to support you as a full family in the communities
- Personalisation grants
- Younger age children



Empowering children and young people

- Preparing for adulthood outcomes across all services
- New services for those unable to access anything-
- Community Buddy
- Preparation and transition
- SEMH for highly anxious
- Outdoors opportunities
- Local weekly community groups
- Personal care requirements



For those families where we are unable to remove barriers.

- Where there are local gaps,
- Where you as a family feel you require more support than what can be accessed.
- Where your child's needs are too complex and requires a more enhanced level of supervision and support.

SENDEIC are not caseworkers so we cannot assess your social care needs e.g. child's needs in preventing isolation, child achieving outcomes, reducing family stress, preventing family breakdown, or level of support your child will require.

We are working closely with our Early Help Services to ensure this runs smoother for you and we can support next steps with you so that you do not have to repeat your story again.

Any assessments completed will focus on outcomes.

Specialist Services to support the most complex needs.

There are some services that can be accessed where there is an assessment identifying the needs for these services

These services are commissioned on behalf of Operational teams by

**Judith Harmer,
Specialist Short Breaks Commissioning Officer**



**Working to grow offer of providers
Attract and retain a skilled workforce to respond to
needs.
Meet demand and complexity.**



**WORKING
TOGETHER**

Empowerment

**We need to strengthen this transformation of
empowering inclusive communities by working
together.**

**A great opportunity to be creative, innovative, share your lived
experience, ideas and solutions.**

**To get involved please contact SENDEIC@durham.gov.uk
or share your contact details with us today**

SEND Empowering Inclusive Communities – Together



To get involved please contact SENDEIC@durham.gov.uk or share your contact details with us today



<https://www.facebook.com/SENDEIC>



sendeic@durham.gov.uk



Tel: 03000 260 270

CDDFT (County Durham & Darlington NHS Foundation Trust) Therapies Update

Speakers: Rachel Humphrey- Head of Children's Therapies at CDDFT

Gayle Sumby - Lead for Children's Speech & Language Therapy.

Children's Therapies

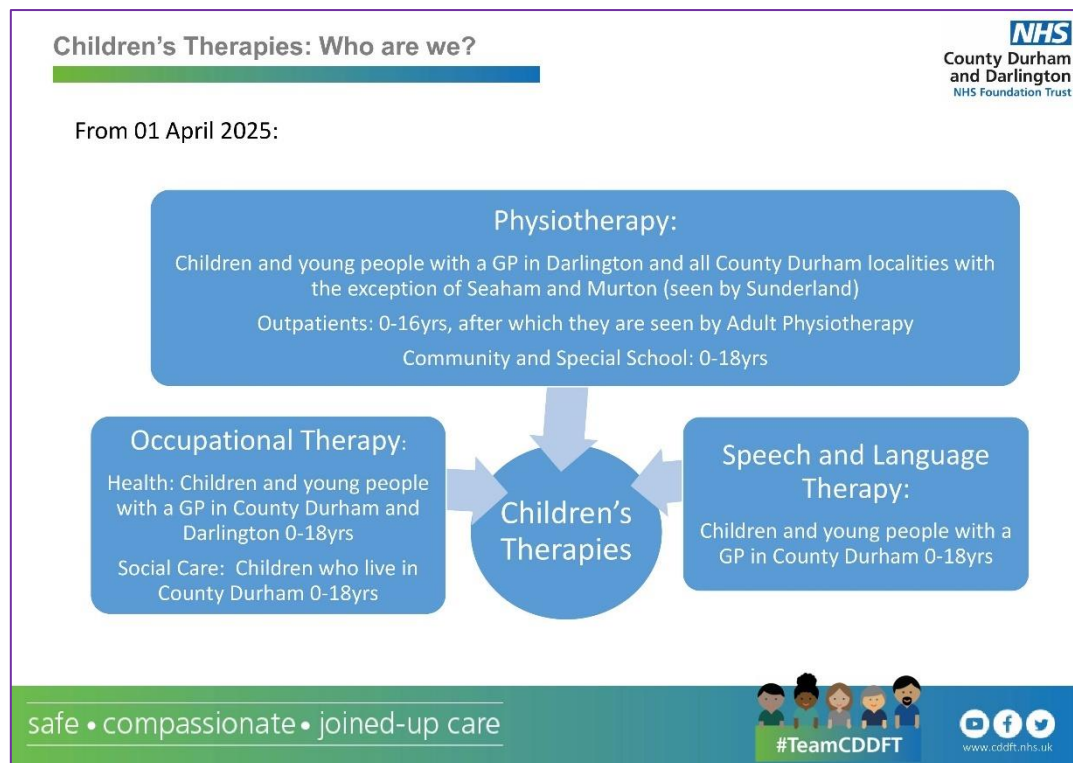
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County Durham
and Darlington
NHS Foundation Trust

Rachel Humphrey: Head of Children's Therapies
Kath Seddon: Operational Lead for Children's Occupational Therapy
Kate Rogers: Operational Lead for Children's Physiotherapy
Gayle Sumby: Operational Lead for Children's Speech and Language Therapy



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Rachel explained that from 1st April 2025 all therapies for up to 18 years old became a joint "Children's therapy" service when Speech and Language changed from North Tees Foundation Trust to County Durham and Darlington Foundation Trust.

If a young person was discharged before 1/4/25 their details may not have been transferred over from N. Tees. If you re-register with CDDTF you will be transferred over.

They no longer do an "opt in services" so you won't receive text messages etc.

All services run a triage system and waiting list.

Letters home to parents / carers are starting to become streamlined over all 3 therapies and information is becoming more accessible.

They are currently going through recruitment and posts that have been empty for 2 years are now being filled.

Children's Therapies

- ✓ Open referral system
- ✓ Information on our website
- ✓ Referral form on our website
- ✓ Central Admin Hub for all 3 Therapies
- ✓ Referrals can be sent by email

Website:

Children's Occupational Therapy: www.cddft.nhs.uk/services/childrens-occupational-therapy

Children's Physiotherapy: www.cddft.nhs.uk/services/childrens-physiotherapy

Children's Speech and Language Therapy: www.cddft.nhs.uk/services/childrens-speech-and-language-therapy

Tel: 0191 387 6346

0191 387 6359

Email:

Children's Occupational Therapy: cdda-tr.childrensoccupationaltherapy@nhs.net

Children's Physiotherapy: cdda-tr.PaediatricPhysiotherapy@nhs.net

Children's Speech and Language Therapy: cddft.childrensalt@nhs.net

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www.cddft.nhs.uk

Website links - [Occupational Therapy](#) , [Physiotherapy](#) , [Speech & Language](#)

Occupational Therapy:

- Sensory Smart Families new programme being rolled out. Face to Face and virtual offer
- Sessions in Family Hubs as well as clinic bases
- Sensory Smart Classrooms being delivered to schools
- Continuing with Social Care - major and minor adaptations
- Universal Targeted and Specialist pathways
- Recruitment

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Occupational therapy can be done face to face or virtual. They are currently under-resourced and are currently trying to recruit new OTs to the trust.

Physiotherapy:

- September 2024 commissioned to see children in South Easington locality
- Clinics in Easington Family Hub and Sedgefield Community Hospital
- Continue to work across Outpatients, Community and Special School pathways
- Restarted gym groups
- Trialling before school outpatient appointments at CLS
- Recruitment


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The trust is currently planning interviews for 2 new physiotherapists, then they will be fully staffed.

Speech and Language Therapy:

- Admin hub now at CLS
- No change to clinic locations across Durham
- New clinic space at CLS
- Children discharged before 01 April 2025
- Core service remains unchanged
- Continue to provide Speech and Language Therapy into Youth Justice Service
- Continue to provide Speech and Language Therapy assessment as part of Under 5 neurodevelopmental diagnostic pathway
- Recruitment


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Rachel explained there is no longer an online referral form for SALT, but the form can be downloaded from the website and emailed to them.

Ongoing Quality and Service Improvements

- Working reduce the number of children not brought to appointments
- Working to improve our engagement with families and young people across all pathways
- Working on pathways and admin processes to make service more streamlined
- Working to make our reports and communication more accessible to all
- Working with Local Authority to improve the Getting Help offer
- Working on our websites


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CDDFT are currently working with Investing in Children and the community to make improvements to their websites and services.

MCT Have your Say

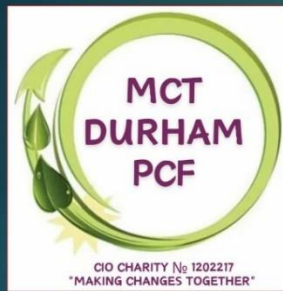
Speaker: Voice over by Sara Rawle – MCT Co Chair and Admin.

Sara again did a voice over for the slides. She shared feedback from the "MCT have your say" slot at Novembers parent carer conference and explained MCT had passed feedback on to the relevant departments in the Local Authority, NHS etc and would follow up with them soon.

She then asked parents and carers to grab a preprinted have your say sheet and write: -

- Something in education, health, social care or in general that **IS going well.**
- Something in education, health, social care or in general that is **NOT going well.**

This allowed parents and carers to share their praise and air their grievances. We got dozens of sheets with both praise and issues written on them. The feedback will be collated asap. We will again try to raise issues with the relevant department, and we will feedback to everyone soon.



Have Your Say!

Wednesday 14th May 2025



Have Your Say feedback:

We gathered in all your notes at November's conference and for this slot we will be sharing the most duplicated feedback we received for:

- ▶ Health.
- ▶ Education.
- ▶ Services / Social Care
- ▶ Miscellaneous



Health

Going Well:

- ▶ CAMHS.
- ▶ Working collaboratively with other services.

Not going well:

- ▶ Waiting lists especially for ASD / ADHD diagnosis.
- ▶ Shared care and medication.



Education

Going Well:

- ▶ Dedicated and knowledgeable staff in Special Schools
- ▶ SENDCOs
- ▶ SENDIASS
- ▶ Teachers & Support Staff

Not going well:

- ▶ EHCP delays / process
- ▶ Communication - School/home/services
- ▶ Schools understanding children mask
- ▶ Lack of places at special schools



Services / Social Care

Going Well:

- ▶ DADLG
- ▶ Kinship Support
- ▶ Access to Full Circle

Not going Well:

- ▶ Takes too long for disability teams to get involved
- ▶ Access to some services - waiting lists/criteria/time of service
- ▶ Hard getting help for 18+



Miscellaneous

Going Well:

- ▶ Access to drop-in sessions with - Waves, Family Hubs and SENDIASS 😊
- ▶ More movement to offer better provision for adults

Not going Well:

- ▶ Feel like everything is just ticking a box
- ▶ Too many different services doing the same thing and short-term support. No long-term support
- ▶ Hard getting help for older young people.



What have we done with this information?

- ▶ All the feedback we received from you has been typed up and passed on to Education, Social Care and Health departments/leads.
- ▶ We actively attend meetings to make sure professionals are looking into the issues raised at the previous Have Your Say sessions.
- ▶ As we all know most changes won't happen overnight but as a forum, we are passionate about "Making Changes Together" quickly and as practical possible.



We want you to Have Your Say!

- ▶ What is going well in education/health/social care?
- ▶ What is not going well in education/health/social care?
- ▶ Write your praise or grievance on the relevant note pad provided & we will collect them.



www.mctdurham.co.uk



www.facebook.com/MakingChangesTogetherDURHAM



www.mctdurham.co.uk

Wellbeing For Life

Speaker: Helen Boal- Jackson.



Helen explained who Wellbeing for life are and she did a relaxing breathing exercise for the attendees to participate in at both conferences.

Wellbeing for Life are a health improvement service for age 16+ in County Durham.

They offer a holistic programme, help and support on:

- [Be More Active](#)
- [Weight Management and Healthy Eating](#)
- [Stopping Smoking](#)
- [Mental Wellbeing & Resilience](#)
- [Financial Wellbeing](#)
- [Social Contact](#)
- [Drugs & Alcohol Awareness](#)
- [Men's Health](#)
- [Volunteering](#)
- [Cancer Support](#)
- [Prehabilitation](#)
- [Health Squad](#)

They offer the service virtually, face to face, via the phone and in groups. They have an "open door policy" and you can self-refer via website, phone or via a professional.

They have recently added "Join the Dots" Macmillan cancer support for age 18+. They work with ANYONE affected emotionally by cancer (including family or carers) and will work with individuals until their services are no longer required.



www.wellbeingforlife.net

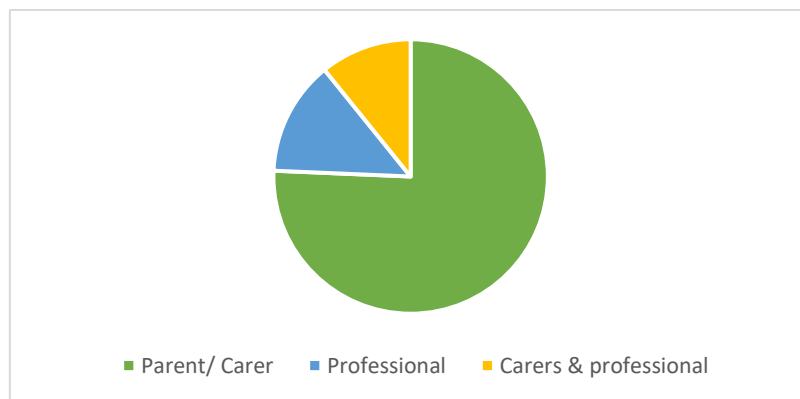
Raffle and Close.

The raffles took place at the end of the conferences with a range of lovely prizes which were won by 11 delegates over the 2 conference. Julie thanked everyone for coming and asked delegates to complete the evaluation forms via the QR code or online link. Parents carers who filled in the form had the chance to win a £10 amazon gift card.

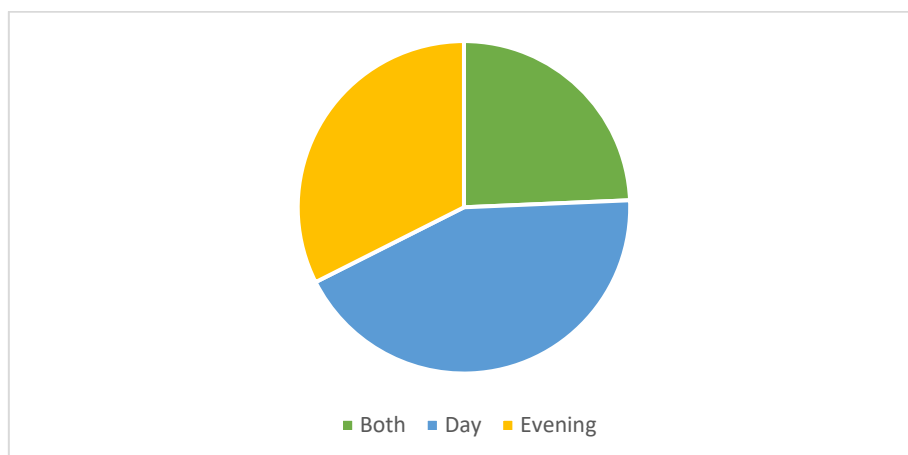
The winner of the amazon gift card was L. Strike who was randomly selected via a random name generator.

Conference Evaluations

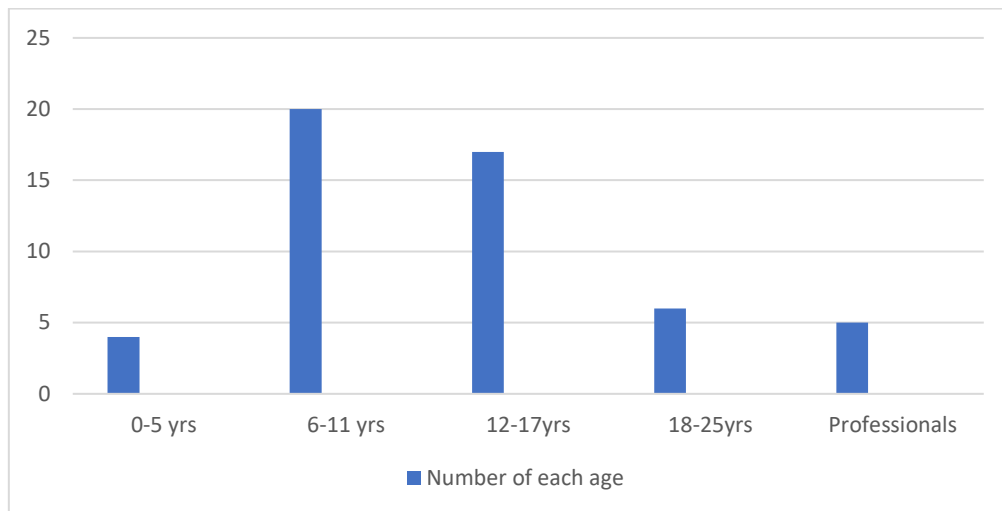
Did you attend as a parent /carer or professional?



Which conference did you attend?



What age is your child / children with SEND?



Head - Something I've learnt from today.

- CAMHS update-still very lengthy delays
- Right to choose issues for ADHD referrals
- About services I did not know existed
- Rainbow guides story incredible!!
- Support for DLA
- Help around my area
- Updates on services
- I am not alone in how I feel sometimes as a parent carer
- Info re referring my child back into SALT now it's moved back to Durham
- Timeframes for EHCPs
- Post 16 help
- The impressive and dedicated services that exist and make a brilliant important difference for the young people and equally their families.
- Support groups for carers
- So much support already available within the community
- we're to go to access information
- A few new services/charities
- Got me digging deeper EHCP
- Found out about Rainbow Guide
- I was really interested to hear about the work going on within schools
- Services are improving
- progress of each individual area of support in making changes
- The increase in EHCP requests being dealt with in the 20-week window is going up due to increased staffing
- It's important to look after yourself as well as your child

- updates on services
- Integrating Children carry on helping people till age 30
- Discovering I am a man slave
- It is important to take time out for myself
- Where more support is available
- Great information from a number of services regarding health services, post 16 services & outreach options.
- That wait times are still long
- I've learnt about too up funding and EHCPs
- I have learnt about the SEND Project that is happening in the schools, looking at their current funding for support and adaptations to see if more is needed.
- There's a lot of help out there if needed
- About the available therapy and support through Choice.
- I don't need an EHCP to get the support my child needs.
- I learnt that there was a specific cancer team within Wellbeing for Life.



Heart - Something I've felt / experienced today.

- Choice wellbeing was very impactive
- Choice wellbeing and rainbow guide
- Very relaxed atmosphere with helped with not being overwhelmed
- Feel less alone
- Togetherness and not alone
- Help and not alone
- Been able to talk to professionals
- Reading some of the positivitree was nice and sharing the ones we liked with my partner
- Heard, some of speakers pointed our parent's views and what they have done about them.
- The support available out there
- Everyone has been where you've been at one point and talking to new people helps in ways you would never think
- The dedication that people with lived experience have to give back for what they have received.
- I felt very touched from the CHOICE speaker when she spoke about her mental health and suicidal thoughts in her past which is very relatable to me right now. Triggered me and I felt very upset but at the same time it was bittersweet to see where you can go when you keep pushing through

- So many that are passionate and approachable that could potentially make such a difference to some of our parents and carers in school
- to know I'm not alone
- Community and understanding
- Rainbow made me feel like I'm not alone
- More and more support and information out there for parent carers
- I thought the lady (was it Vicky) spoke really well about her own experiences and how she felt and then related that well to support now available
- I need to practice more self-care
- some positivity in the changes happening.
- I felt very triggered when discussing Children's Therapy and there is nothing listed for Children's Mental Health Therapy as it's not their department, but then when CAMHS presented the crisis info, and was asked about the same we were signposted to parent/carers trainings for anxiety. There never seems to be ANYTHING on offer to help our children who NEED that help. I've done the courses - I need my children to be helped but they are so mistrusting of CAMHS now, I doubt they'd engage. There needs to be something either before our children hit crisis or a really hands on help for THEM at crisis.
- A connection to other parent carers in a similar position
- talking to parents
- The inspiring speaker from Choice Wellbeing
- I am valued by MCT
- There is support available
- Less alone
- Supported & listened to.
- Disappointed in the pathway assessment and children being pushed into other support routes rather than assessment route to reduce the number in the queue
- I felt like I wasn't alone trying to get support for my son
- Listening to people who have life experiences that were very hard, but how they turned things round into a positive which helps others. Meeting carers who have the hardest job in the world. Heartwarming.
- Hearing from Tracey Huggins was lovely to hear. How she started her service from having struggles with her husband heart problems to her beautiful daughter and being an advocate to her etc. she talked from experience and heart.
- Inspired by the Choice woman.
- There are an array of options, support, guidance and love available.
- I enjoyed listening to Tracy Huggins as she was very open and honest.

Carrier Bag - Something I'll take away from today.

- A cookie
- Lots of freebies 😊 lots of changes on the way
- Lots of info of different services
- Lots of new information and agencies
- Signposts to support
- Information
- New services
- Loads of helpful resources and a very full stomach!
- The importance of MY mental health
- Too many to put
- Choice wellbeing services
- The positive experience of the day
- The above - question 8 answer
- Lots of contact details to build community links
- I'm not alone there is help out there
- Information on more services
- That I can fight for what I need for my son
- Lots of leaflets and information
- I feel positive about the variety of support available and knowing what's out there
- Lots of information leaflets
- useful information about services and contacts
- The lady who has lived experience of mental health breakdown who is now a trained counsellor. Very interesting and entertaining.
- Lots of information on support available if I need it in future
- free stuff
- A lot of services have improved
- Food
- that I am not alone
- Confidence
- I'm not alone. The need to take care of myself or I'll be no good to anyone.
- That still professional services rely on the voluntary sector to support people who need help
- That there is lots of services who can help

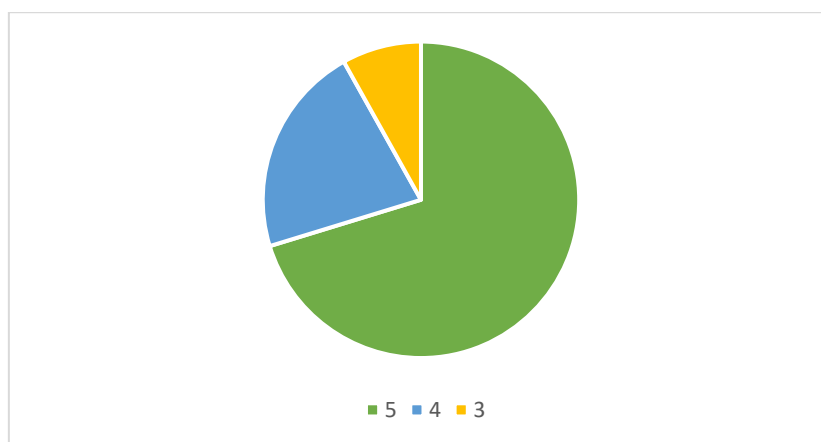
- Carers need to know what services can support their children as they reach adulthood and leave education. This should be done at the earliest opportunity within their EHCP.
- The MCT folder will help for future and all the other feedback I got to take away in the carrier bag.
- Knowledge of some more support.
- What my next steps are to get support.
- I've taken some information away with me.

Dustbin - Something that was not good about today.

- Lukewarm coffee
- Sendiee. Not entirely convinced on the need for another referral service
- Rushing due to over running speakers
- Couldn't hear videos well enough :(
- Felt rushed
- Nothing
- Coffee
- Nothing
- Nothing
- N/A
- Was fantastic
- N A
- Lack of mental health support for carers. - or at least it feels that way.
- I thought it was all good
- Majority of speakers seemed council/la/NHS focused.
- Local Authority asking for feedback on a lot of leaflets in 5 minutes- quite overwhelming
- Lots of stats and data a bit overwhelming
- everything was relevant, nothing about it I would change.
- How rushed everything felt.
- NA
- nothing
- very small writing in Clive Horton's slides
- Coffee and tea
- Nothing
- Stands packed up very quickly at end so no time to catch the ones missed at start.
- Everything was good.

- The music in the background was a bit overpowering in the intervals.
- Focusing only on school children.
- Overwhelming at times. Presentation slides are not inclusive to all, especially professional ones. Music too loud over lunch.
- The atmosphere was quite flat but that could be because it was the evening (I usually come during the day).

How relevant or helpful do you think the speakers and information stalls were?
 1 - Not very helpful - 5 Very Helpful.



What subject would you like to see covered at future conferences?

- Parent and carer rights inc step parents
- Makaton
- After diagnosis
- Crohn's
- Portage, PfA 16+ breaking it down for those with an EHCP theme 3 guests and those without. Trauma somehow?
- 16+ services
Sensory needs relating to Trauma
- Support for parent/carers in the workplace
- Makaton
- Not sure
- Mental health support for carers
- In depth therapeutic parenting

- More speakers from charities and independent services (such as Choice. That was a highlight)
- Post-16 options for SEND pupils as that is what I'm currently having to look into
Also changes to EHCP format which were not mentioned by Clive Horton
- I think the content was really good
- ARFID
- LD CAMHS
- Someone who offers therapy for children - not us parent/carers, but someone who we will engage with children and meet them at their level (e.g. play based for younger, interest based for older)
- School attendance and options for deferred school start
- Anything to do with send
- Any chance of ongoing travel training - refresher sessions
- How to support parent carers in employment
- More about post 16, education, health, social activities.
- 0-5 support
- School transitions
- Supported Employment.
- Help with autism and having beige diet/ problems with eating and help with this.
- Home education.
- Dyslexia, dyscalculia.
- Information about transition from children's to adult services.

Any questions or comments?

- Good range of speakers and stalls
- You're amazing thank you keep up the good work!!
- Thanks for your help
- A special badge for Chris as he's a good little helper and only a minor hindrance to his loving partner.
- I have really enjoyed listening to ALL speakers today, thank you so much!
- Brilliant day well done to all involved.
- Just a big thank you! It's great to feel that I'm not alone and there is support out there
- Thank you all for a really enjoyable evening. It felt like a break but a productive break! Thank you for doing the evening session to include working parents too.
Much appreciated
- I realise there is a lot to cover, but it all felt very rushed. There wasn't a lot of time to take on board what was being said and having time to process it.

- Hot beverages were hot
- Would just like to say, huge thank you to all the MCT volunteers for another great conference & all the work you do.
- Slides are hard to read on the day and screen isn't visible from all tables and seats
- No, it was very helpful.
- Thank you for everything you do. Absolutely amazing.

Photos from the conference.













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