



**Special Educational  
Needs & Disability (SEND)**

Information, Advice  
and Support Service  
for children, young people and parents

## IAS Newsletter - January 2026

Although it seems like a long time ago already, a belated Happy New Year from all of us at the team!

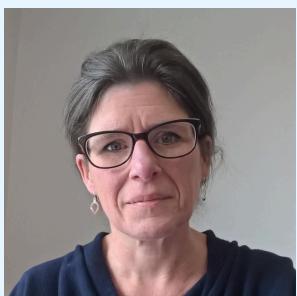
We're excited to share that we have welcomed a new adviser to the team, Lucy Ellwood who joined us in January.

This year, we are pleased to offer a comprehensive range of coffee mornings designed round what you've asked for - so we have SEN Support, Educational Needs assessments, Alternative Provision and we are hoping to bring you one regarding transition to college later in the academic year. As always, we welcome your ideas for topics for our upcoming information sessions, as we aim to provide content that is both relevant and engaging for everyone.

We truly value your input and would love to hear any suggestions you may have on how we can enhance our services for you. Please do email us any suggestions via [ias@rbwm.gov.uk](mailto:ias@rbwm.gov.uk)

We've also joined Instagram so do give us a follow. Just click on the Social Media icons below!

Best wishes,  
**Donna, Jean, Kate , Lucy and Millie**





### Your IAS team

Bottom left - **Lucy Ellwood**, Adviser  
Top Left - **Jean Hobson**, Service Manager  
Middle - **Donna Hembury**, Adviser  
Top right - **Kate Barnes**, Adviser  
Bottom right - **Millie Rust Clarke**, IAS Coordinator

## IAS RBWM Coffee Morning & Information Sessions for 2026

**SEN SUPPORT & ORDINARILY AVAILABLE PROVISION (OAP) IN SCHOOL**

We'll talk about what you can expect from schools in terms of SEN Support and OAP- session led by Anne Bishop, Area SENCo & IAS

**WEDNESDAY 25TH FEBRUARY 10-11.30AM**

@ Riverside Children's Centre, West Dean, Maidenhead SL6 7JB

Book your FREE ticket via QR Code or [www.ias-rbwm.gov.uk](http://www.ias-rbwm.gov.uk)

**Special Educational Needs & Disability (SEND)**  
Information, Advice and Support Service for children, young people and parents

**Thursday 12<sup>th</sup> March**  
Online Session 1230-1345

**ONLINE SESSION: EDUCATION HEALTH CARE (EHC) NEEDS ASSESSMENTS EXPLAINED**

An explanation of the process of applying for an Education Health Care Needs Assessment (EHCNA) and what happens if the Local Authority agree to issue an Education Health Care Plan (EHCP)

**Book a free place via [www.ias-rbwm.info](http://www.ias-rbwm.info) or via QR code**



**Wednesday 25<sup>th</sup> March**

## Alternative Provision, Section 19, Education Welfare Service & ERSA

Coffee from 9.30am, info session 10-11am  
Riverside Family Hub,(Family Room)  
West Dean, Maidenhead SL6 7JB



Join the IAS team, Education Welfare Service & Social Emotional Mental Health team to discuss Alternative Provision, Section 19 of the SEN Code of Practice, the Emotionally Related School Avoidance Code of Practice and the support the EWO service can provide.

Book your free place via QR code or [www.ias-rbwm.info/events](http://www.ias-rbwm.info/events)



**Thursday 11<sup>th</sup> June**

Online Session 1230-1345

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Book a free place via [www.ias-rbwm.gov.uk](http://www.ias-rbwm.gov.uk) or QR code



**Visit our Events page on our Website**

## Coral Reef accessible sessions

Coral Reef's accessible for everyone sessions will be returning in 2026. Sessions will continue until March, and are now available to book online. These sessions are exclusively for customers with disabilities, their families, carers, and friends, allowing everyone to enjoy Coral Reef and its waterslides together.

Accessible for everyone sessions will take place on Wednesdays: 4 February and 4 March, from 3.30pm to 8.45pm, with an additional holiday session running in the morning on Wednesday 18 February, from 8am to 9.30am.

**Book Coral Reef's accessible sessions here.**

Children and Adolescent Mental Health Services (CAMHS) Berkshire Healthcare NHS Foundation Trust

### Exciting Opportunity!

#### Join our CAMHS Young People Group

At CAMHS, we value the voices & experiences of the young people who use our services. That's why we've created this exciting group!

Register and join us for our first meeting by scanning the QR code



When? Wednesday 25<sup>th</sup> February

What time? 18:00 – 19:30

Where? Online (Microsoft Teams)

What time? Anyone aged 13 to 25 & accessed CAMHS team in Berkshire  
(Including if you are currently accessing CAMHS, waiting to, or have accessed CAMHS in the past)

The group is a space where you can help shape and improve Berkshire CAMH services, by:

- Sharing your views, ideas and opinions
- Giving feedback
- Working alongside our team

For any questions please contact:  
[CAMHSvoice@berkshire.nhs.uk](mailto:CAMHSvoice@berkshire.nhs.uk)

More information (web page to be created):

#### CAMHS Young People Group



Register and join us for our first meeting; form & QR link:

<https://forms.office.com/e/aG61EbxBbA>

**NHS**  
Berkshire Healthcare  
Children, Young People and  
Families services

This is a space for you to use your experience to guide our work and make sure the support we offer truly meets young people's needs. We want to listen to you, and involve you in the important decisions that affect your care and the care of others.

**The group is also a place to:**

- Meet other young people
- Build confidence
- Gain skills and experience (this can support you in education, training, or future work).

At the first Young People's Group Meeting on the 25<sup>th</sup> February, we hope to talk about things like:

1. Welcome & Introduction
2. Why We're Here
3. Your Voice: What Do You Want This Group To Be? Open discussion:
4. Activities: Choosing a Group name & Designing a poster/flyer to promote the Group.
5. Shaping the Group Together: discussion and vote about:
  - Location for future sessions
  - Best meeting day / time

For any questions please contact:  
[CAMHSvoice@berkshire.nhs.uk](mailto:CAMHSvoice@berkshire.nhs.uk)



We are excited to announce

**a new partnership**

between

**Harmony Alternative Education Ltd &  
Wycombe Wanderers Foundation**

offering a



**FOUNDATION**

**Professionals  
welcome**

## **MONTHLY SEND CAFE**

**NEW!**

**10-11am on the last Tuesday of every month  
(from January 2026)**

**NO  
NEED TO  
BOOK JUST  
TURN UP**

Adams Park, home of Wycombe Wanderers Football Club

Hillbottom Rd, High Wycombe HP12 4HJ

**Parents/  
guardians &  
family members  
welcome**

**Volunteers  
welcome**

**We warmly welcome you to our NEW  
community SEND hub to connect,  
relax and access advice and support  
for education-related matters**

**primary  
&  
secondary**



If you have any questions, please do not hesitate to email  
[victoriab@harmonycbc.co.uk](mailto:victoriab@harmonycbc.co.uk)



# Does your child have Autism and trouble sleeping?

We are inviting you and your child to take part in a research study about sleep.



## What is the purpose of this study?

Many children with autism (and other neurodevelopmental conditions) experience difficulties with sleep.

This study seeks to understand whether children benefit from sleep interventions and why some children benefit from a sleep course while others may require melatonin.



## Your child may be eligible if:

- They are aged 2-15 years.
- They have autism or another neurodevelopmental condition.
- They experience sleep difficulties.
- You are either attending or on the waitlist for a Parenting Special Children (PSC) sleep workshop.



## What does taking part involve?

You and your child will take part in up to three visits, involving:

- Meeting with the research assistant
- Questionnaires about your child's routines and your mental health
- A short sensory assessment involving sights, sounds, and textures
- Wearing sleep watches (like smartwatches) for up to 7 nights.

Families may take part whether they are attending the PSC sleep-hygiene course or while on the waiting list. If your child later starts melatonin after the sleep workshop, we may ask you to come back for one more visit.

You can also take part in an optional interview to share your experiences with the sleep intervention(s).



## What are the benefits of this study?

- Your participation will help improve sleep treatments for autistic children.
- You will receive £20 per visit (for the 2nd and/or 3rd visit)

## Study Details

- IRAS ID: 340181 | Version: 3.0 | Mapping the impact of sleep interventions on children with ASD | Date: 10th November, 2025
- Approved by the South Yorkshire Research Ethics Committee
- Conducted by the University of Reading and the Royal Berkshire NHS

## Interested? Contact us!

Rhea Varghese  
Research Assistant -  
r.varghese@reading.ac.uk  
University of Reading

Dr Teresa Tavassoli  
Chief Investigator -  
t.tavassoli@reading.ac.uk  
University of Reading

Catherine Hagan  
Clinical Nurse Specialist -  
catherine.hagan@royalberkshire.nhs.uk



## SENsational Podcast

The Witherslack Groups latest episode of their Podcast SENsational. This month its about executive Functioning.

- What is executive functioning?
- How routines can reduce anxiety
- Time blindness
- The benefits of body doubling

<https://www.youtube.com/watch?v=W17DyqGCBss>

Duration: 22mins

## Witherslack upcoming Webinars

Witherslack have a wide range of resources and events including free Webinars - check them out via <https://www.witherslackgroup.co.uk/advice-and-support/events/>

-  Behind The Avoidance: What Is PDA? - 4th February at 10 AM
-  High-Impact Strategies For Building An Inclusive Mainstream School - 4th Feb at 3:30PM
-  Neurodivergent Brains & Bodies: How Hormones Impact ADHD 11th February at 10 AM
-  Masking In Schools: How To Spot The Signs 25th February at 10 AM

Can't attend the live virtual event? Register now and get the on-demand recording delivered to your inbox when it's available.



# GEMS

Autism & ADHD Support Service  
East Berkshire



01753 373 244 / 0800 999 1342

weekdays 9am to 5pm



<https://www.gems4health.com>



gems.4health@nhs.net

GEMS works with parents and carers, sharing understanding of autism & ADHD and collaborating on strategies that respect each child or young person's ways of being in the home environment.

GEMS supports families living or has a registered GP in Slough, Royal Borough of Windsor and Maidenhead and Bracknell Forest.

## UPCOMING WORKSHOPS AND COURSES

**AuDHD - 7pm to 9pm**  
**Tuesday 3<sup>rd</sup> February 2026**

**Autistic Burnout - 7:30 to 9:30pm**  
**Wednesday 4<sup>th</sup> February 2026**

**Sleep - Autism and ADHD , 7-9pm**  
**Wednesday 4<sup>th</sup> February 2026**

**Sensory Processing - 7 to 9pm**  
**Tuesday 24<sup>th</sup> February 2026**

**Interoception - 7 to 9pm**  
**Tuesday 3<sup>rd</sup> March 2026**

**Barriers to School, Can't Go, Not Won't Go - 10am to 12noon**  
**Wednesday 25<sup>th</sup> March 2026**

**Visit our website to book your space - [www.Gems4Health.com](http://www.Gems4Health.com)**





Try email marketing for free today!