



SEND NewsLetter

December 18th, 2025

PARENT WORKSHOP

Friday 30th January 2026 at 9:00am

Focus: Emotional Regulation and Behaviour - How to support your child at home

Connect with Other Parents and Learn How to Support Your Child's Growth!

The workshop will include a presentation from the SEMH team, which will explain more about your child's developing brain, as well as giving advice and strategies that can support in the home setting. There will be an opportunity for Q&A as well as time to chat with other parents whilst enjoying some refreshments.

Please do contact us and let us know if you would like to attend.

More information re the SEMH team can be found here:

<https://www.herefordshire.gov.uk/schools-and-education/support-for-schools-and-settings/social-emotional-and-mental-health-semh-inclusion-service/>

PARENT WORKSHOP

FOCUS:
EMOTIONAL REGULATION AND BEHAVIOUR - HOW TO SUPPORT YOUR CHILD AT HOME

Friday 30th January 2026 at 9:00am

Guest speakers: The SEMH Inclusion Services Team

The Inclusion Outreach Service
Herefordshire Council

ALL PARENTS WELCOME!

Connect with Other Parents and Learn How to Support Your Child's Growth!
The workshop will include a presentation from the SEMH team, which will explain more about your child's developing brain, as well as giving advice and strategies that can support in the home setting. There will be an opportunity for Q&A as well as time to chat with other parents whilst enjoying some refreshments.

Get your questions answered | Meet other parents | Gain support from professionals

Where? St Paul's CoE Primary School

Contact Us: 01432 273 784
admin@st-pauls.hereford.sch.uk

For More Information: [Social, Emotional and Mental Health \(SEMH\) Inclusion Service](#)

TOGETHERNESS

NHS

Early years relationships lay the foundation for our long term emotional health



Understanding early brain development helps you to nurture the important relationships that get the best out of babies and young children.

togetherness.co.uk

- Online learning, follow in your own time
- Easy reads and video resources
- Tailored learning to understand babies and childhood development



For early years practitioners and parents, carers and grandparents
Sign up for your free account and start your learning journey

The Solihull Approach has now rebranded to:

TOGETHERNESS

Bringing the Solihull Approach to the world



They now have a new local website where parents/carers can find free learning resources on brain development, emotional wellbeing and parenting for healthier relationships and happier lives.

<https://www.togetherness.co.uk/MUL/Herefordshire>

Different learning pathways include:

- [Understanding pregnancy, labour, birth and your baby](#)
- [Understanding your baby](#)
- [Understanding your child from toddler to teenager](#)

Lumi Nova app to help support your child's worries over the winter holidays

For some children, winter can be a tricky time. New year transitions, busy shopping days, or festive gatherings can all bring about a bit of worry. Lumi Nova helps children face these moments with confidence!



Lumi Nova is a ****FREE**** therapeutic app designed to support children aged 7-12 years to overcome their fears and worries step by step. It is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets. It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower children with mild to moderate needs to learn to self-manage fears, worries and anxiety.



Autism West Midlands free webinars

Autism West Midlands have a number of events coming up in the spring term including online workshops and webinars and in-person social groups and workshops. These are provided free of charge and can be accessed with or without a formal diagnosis.

- January 21st - Autism & Anxiety
- January 28th - Autism & Communication
- February 4th - Autism & Sensory Differences
- February 11th - Autism & Behaviour
- February 18th - Navigating the system
- February 25th - Autism & the Teenage Brain
- March 4th - Supporting your Autistic Teen

Visit the [Autism West Midlands Eventbrite page](#) to see all of their events and register for your space.

Eligible families can now book fully funded Christmas activities



Children and young people (school aged 5 to 16) in Herefordshire who receive benefits-related free school meals are invited to sign up to enjoy up to 4 free activity sessions over the Christmas break. Each session will include a free, healthy meal.

Herefordshire Council's Talk Community team are working in partnership with local organisations to deliver the programme. Children can choose from a range of exciting indoor and outdoor activities which include coding, crafts, circus school, sports – and more!

Eligible families can book their places through the holiday activities page on the [Talk Community Directory](#). For those that aren't eligible, please be aware that some providers offer paid places.

For more information on the programme please contact HAF@herefordshire.gov.uk



What's on?



**Parent Carer
Voice**
HEREFORDSHIRE

SEND HAF Christmas sessions

Parent Carer Voice c/o HANDS Hub are offering SEND sessions as part of the Holiday Activities and Food (HAF) programme this Christmas.

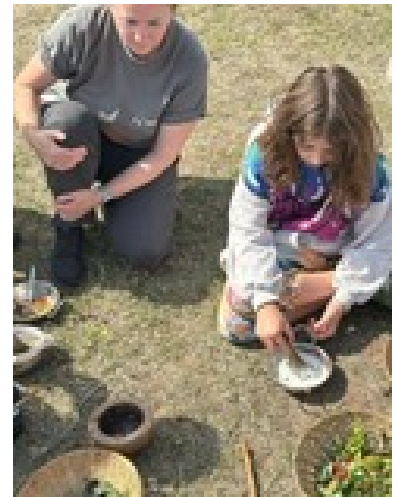
Children with SEND will step into a world of festive wonder as they enjoy a magical mix of Christmas crafting and sensory play. From decorating sparkling ornaments and creating handmade holiday gifts to exploring snowy textures, scented playdough, and sensory bins, every activity is designed to spark creativity and delight. With music, laughter, and plenty of seasonal cheer, this hands-on session is perfect for little ones to celebrate Christmas in a fun, safe sensory-friendly environment. Lunch will be provided. This is a SEND provision however non SEND siblings may be accepted. Visit [PCV's Equ page](#) to find out more.

WildPlay Thinks Differently - Herefordshire Wildlife Trust

New sessions available - Saturday 10th January - Saturday 14th February

Herefordshire Wildlife Trust's **WildPlay Thinks Differently** nature club supports children with special educational needs aged 8-12 to come and spend time in nature at Queenswood Country Park and Arboretum.

The children will have the opportunity to make friends, try outdoor skills, make natural crafts, build dens or simply relax in a hammock. Group sizes are small (max 8 children) with 3 trained staff. <https://www.herefordshirewt.org/wildplay-thinks-differently> or email j.morton@herefordshirewt.co.uk



Megan Baker House



Imagine your child turning motor challenges into joyful triumphs—gripping a pencil, racing across the playground, laughing with friends. At Megan Baker House (MBH) in Ledbury, we make that dream real for children with Special Educational Needs and Disabilities (SEND). As Ledbury's leading charity for neurological movement disorders, we deliver Conductive Education (CE)—a proven, holistic approach that builds confidence and independence.

Rooted in Hungarian expertise, our CE programmes develop coordination, strength, cognitive skills, and social bonds. Tailored for children with Cerebral Palsy, DCD/dyspraxia, T21, Spina Bifida, and genetic conditions, sessions blend fun with progress: toddlers master fine motor skills, while older children build balance, strength, and teamwork through group challenges. From tying shoelaces to mastering routines, every achievement becomes a lifelong victory.

