



SEND NewsLetter

March 6, 2026



WEST

Wellbeing and Emotional Support Teams in Schools

We have now proudly become a WEST school!

The Wellbeing and Emotional Support Teams (WEST) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in educational settings.

More information about the WEST team can be found here:

<https://camhs.hacw.nhs.uk/west/>

Their mission...

“ An early intervention service integrated in education settings to promote children and young people's emotional wellbeing, keeping the child's voice at the heart. ”

NHS
Children and Adolescent
Mental Health Services
Herefordshire and Worcestershire

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

Helping your child cope with the stress of exams and tests.

Run by the NHS's Wellbeing and Emotional Support in schools team. (WEST)

On the 26th of March, Online, on Teams:
From 12pm to 1pm

Who is it for:
Parents who want to learn more about

Tips on how to support your child.

How to plan for exams and manage the associated stress and anxiety.

Join on Teams
Meeting ID:
351 821 756 529 4
Passcode: dk92dc7j

www.camhs.hacw.nhs.uk/west Provided by Herefordshire and Worcestershire Health and Care NHS Trust

WEST Parent Workshops

The 2 parent workshops that WEST are delivering this year are:

'Building resilience in your child'
and
'Helping your child cope with the stress of exams and tests'

Both workshops are free, and participants are welcome to just turn up using the invites on the posters...

NHS
Children and Adolescent
Mental Health Services
Herefordshire and Worcestershire

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

Building resilience in your child.

Run by the NHS's Wellbeing and Emotional Support in schools team. (WEST)

On the 2nd of June, Online, on Teams:
From:
1pm to 2pm

Who is it for:
Parent who want to learn more about

How stress affects children and young people

How you can support your child to build resilience and improve their wellbeing.

Join on Teams
Meeting ID:
391 708 672 432 8
Passcode: T7wQ9ip7

www.camhs.hacw.nhs.uk/west Provided by Herefordshire and Worcestershire Health and Care NHS Trust

Parent Workshop - Thank you!



Thank you to those who attended our first parent workshop. Guest speakers 'The SEMH Inclusion Services Team' gave a wonderful presentation as well as sharing some useful strategies that could be applied at home to support with emotional regulation and behaviour.

"I hope you put more on"

"Just thank you!"

"It exceeded my expectations"

"The workshop was engaging and confidently spoken"

We look forward to welcoming you to our next workshop very soon...



Targeted Short Breaks Allowance

The application window for the 2026–27 Targeted Short Breaks (TSB) Allowance is now open for children who do not currently receive this support.

The Targeted Short Breaks Allowance Scheme is designed for children and young people with special educational needs and disabilities (SEND) who require additional support to participate in leisure activities within the community. The scheme aims to help children access meaningful opportunities while also providing their main carer(s) with a valuable short break.

The funding will be uploaded directly onto a pre-paid card, which can be used to pay for activities either in person using a card machine or when booking online.

If your child has previously received the TSB Allowance, you do not need to submit a new application unless advised otherwise by the Short Breaks team. Please refer to an email sent to you in February 2026 and follow the instructions provided there.

For children who are not currently in receipt of the allowance, applications must be submitted by 31 December 2026 using the link below:

 Apply online:

https://my.herefordshire.gov.uk/service/Social_care_Herefordshire_targeted_short_breaks_allowance_scheme_application

Further details about the scheme, including eligibility criteria and how the allowance can be used, are available here:

 More information:

<https://www.herefordshire.gov.uk/family-support/short-breaks-and-respite/targeted-short-breaks-tsb-allowance-scheme-for-send-children/>



Right to Choose - Autism and ADHD assessments



If your child is waiting for an ADHD (Attention Deficit Hyperactivity Disorder) or autism assessment, you can ask their GP to refer them through Right to Choose. This allows you to choose an NHS-approved provider at the point of referral or where waiting times are longer than 18 weeks. Only GPs can make these referrals.

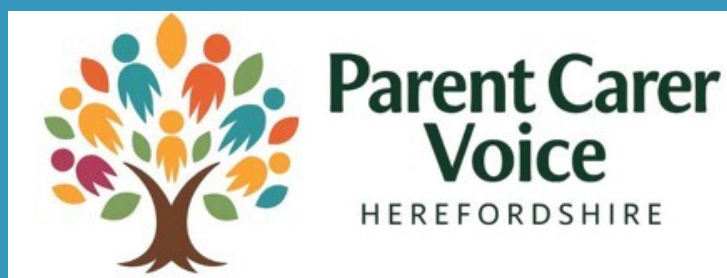
Herefordshire and Worcestershire Integrated Care Board (ICB) has accredited some providers for ADHD and autism assessment for children and young people living in Herefordshire. Choosing an accredited provider helps ensure the assessment is high-quality and accepted by local NHS services. Accredited providers must follow national guidelines. Find out more [on our website](#).

Children with Disabilities Social Care Assessment

Children and young people with complex disabilities can receive support from the Children with Disabilities team at Herefordshire Council. Referral for assessment for services is usually suggested and made by a professional involved with your child's care, such as a GP, teacher or social worker. But families can also request a referral if they think their child is eligible and would like to talk to a member of the team for advice and support.



Visit the [Disabled Children's Social Care](#) pages of our website to find out more and to request a social care assessment for your child or young person.



In recent weeks, PCV parent representatives have participated in several meetings that have a direct impact on families with children and young people with SEND in Herefordshire. Parent representatives play a crucial role in ensuring that local families are heard and actively involved in shaping SEND services.

They do this by:

- Listening to Families – Collecting experiences to identify needs
- Bringing Parent Voice into Meetings – Reflecting lived experiences
- Providing Peer Support – Offering empathy, reassurance, and guidance
- Improving Services – Assessing pathways and resources
- Sharing Information – Clarifying processes and directing families to resources

Get Involved! Amplify Your Voice

Your experiences are essential for shaping SEND services in Herefordshire

- Share your experiences – including transitions, EHCPs, and school-related issues
- Participate in consultations - reviewing proposals and changes
- Join a working group – focus areas include early years, transitions, and preparing for adulthood
- Attend a coffee morning - share your views, meet other parents
- Help spread the word – encourage other parents to connect with PCV

Visit the [PCV Herefordshire website](#) or connect with them on [Facebook](#).



What's on?

 Herefordshire SEND Local Offer



Looking for fun things to do with your child or young person?

Our [Herefordshire SEND Local Offer Facebook page](#) is the place to be if you want to know about SEND-friendly events and groups in Herefordshire.

As well as letting you know about fun activities for children and young people with SEND, we also signpost to parent carer workshops, useful information and advice and services that are there to help you and your family.

Follow us to keep up to date with everything SEND in Herefordshire.



Flip Out Hereford

SEND-FRIENDLY SESSION

BOOK NOW

- 🕒 1 hour in the arena
- 🕒 Access to all attractions
- 🔊 We dim the lighting and lower the volume
- 🕒 Carers go free

Available every other Sunday from 9.30am - 10.30am and the first Thursday of the month from 6-7pm

Book here: <https://www.flipout.co.uk/locations/hereford/prices>



Hereford and Worcester Dyslexia Association - latest newsletter



Hereford and Worcester Dyslexia Association have published their first newsletter of the academic year. You can read the latest edition on their website: [News - HWDA](#)
This edition of the newsletter includes information about HWDA's work, their trustees and dates for the diary including their upcoming 50th anniversary event.
You can find out more about HWDA on their [website](#).



High Score Arcades offer SEN Sessions at their arcade in Worcester city centre.

- 🔊 Reduced machine volume
- 💡 Main lights kept on
- 👤 Fewer players in the session
- 🎧 Ear defenders are available at all sessions

SESSIONS RUN ONCE A MONTH

Find out more here: [High Score SEN Quiet Hour](#)

