

Lowe's Wong Anglican Methodist  
Junior School

# SEND Newsletter

Spring Term 2026

**Dear Parent/Carer**

Here is this term's SEND Newsletter with information and contact details that all parents – not just parents of pupils with SEND - might find useful.

We also display information on the SEND Noticeboard opposite the pedestrian entrance.

Lisa Richmond  
SENCO  
[lrichmond@lwj.org.uk](mailto:lrichmond@lwj.org.uk)  
01636 813432

## LWJ SEND Drop-In Morning

The provisional Summer term date is Friday 5<sup>th</sup> June.

Nearer the time, the office will send out a reminder. After that, you can call the office to book a 20 min slot to pop in for a chat about any worries or concerns you might have about your child.

This term's newsletter contains information about :

- Neurodevelopmental Support Team drop-in sessions for parents of children with (or who suspect) Autism and/or ADHD. This term's sessions are about interoception, toileting/puberty, managing the school holidays and communication/interaction.
- Autism East Midlands online sessions about sensory needs, schools and applying for DLA.
- Mental health support from NottAlone, MHST (Mental Health Support Team), BUNotts, Young Minds and Kooth.
- Speech & Language Advice Line
- Cruse (bereavement), Beat (Eating disorders), ChangeGrowLive (addiction) and more.

**Neurodevelopmental Support Team. Support and information sessions  
2026.**

A chance to feel less isolated. An opportunity to meet other parents/carers with similar experiences.

Experienced staff from NST, and occasional guest speakers, will be on hand to answer questions and to offer guidance, strategies and support.

There will be a theme for each session and you can find details of themes and dates below.

To protect confidentiality, children cannot attend.

No booking needed – just turn up!

**Daybrook Medical Practice, Salop St, Daybrook, NG5 6HP**

Tuesdays 09.30-11.30 2026

- 14<sup>th</sup> April -Communications and social interaction
- 5<sup>th</sup> May -Interoception
- 2<sup>nd</sup> June -Toileting/puberty
- 7<sup>th</sup> July -Managing school holidays

**Bingham Family Hub, Eaton Place, Bingham, NG13 8BE**

Wednesdays 13:00-15:00 2026

- 6<sup>th</sup> May- Interoception
- 01<sup>st</sup> July- Managing school holidays

**Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**

Wednesdays 13:00-15:00 2026

- 03<sup>rd</sup> June -Toileting/puberty

**Butler's Hill & Broomhill Family Hub, Broomhill Rd, Hucknall NG156AJ**

Thursdays 09:30-11.30 2026



- May 13<sup>th</sup> -Interoception
- June 24<sup>th</sup> Toileting/puberty

**Newark and Sherwood Family Hub, Bowbridge Rd, Newark, NG24 4EG**

Thursdays 9.30-11.30 2026

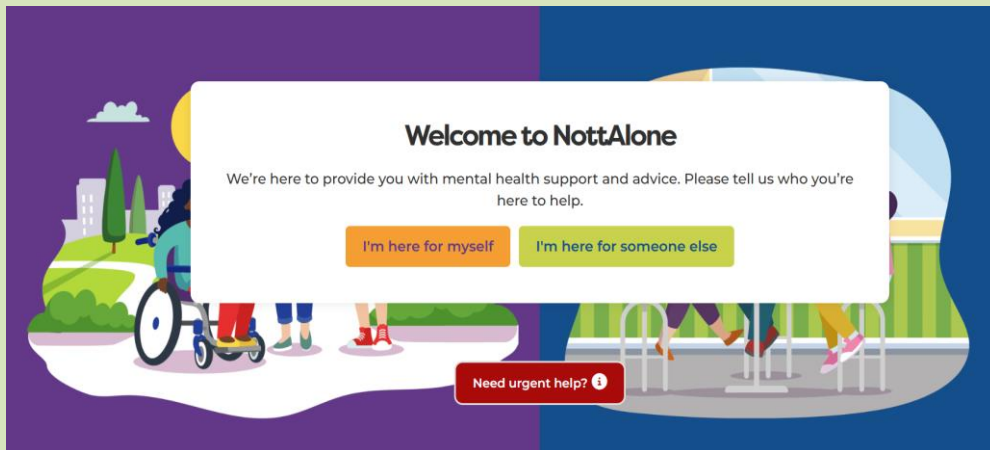
- 07<sup>th</sup> May -Interoception
- 02<sup>nd</sup> July -Managing school holidays

## Sources of support for children, young people and their families

<p><b>Cruse Bereavement</b> Bereavement counselling service.</p>  <p><a href="https://www.cruse.org.uk">https://www.cruse.org.uk</a></p>	<p><b>NHS 111</b> Health advice from healthcare professionals.</p>  <p><a href="https://www.nhs.uk">111.nhs.uk</a></p> <p>Go to <a href="https://www.nhs.uk">111.nhs.uk</a> or dial 111 anytime.</p>	<p><b>Childline</b> Get help and advice about a wide range of issues.</p>  <p>Call 0800 1111 or go to <a href="https://www.childline.org.uk">www.childline.org.uk</a></p>	<p><b>Fearless</b> 'Crimestoppers' for young people aged 11-16 years.</p>  <p>Call 0800 555 111 or go to <a href="https://www.fearless.org">www.fearless.org</a></p>
<p><b>Base 51</b> Nottingham-based face to face counselling and drop-in service.</p>  <p><a href="https://www.base51.org">www.base51.org</a></p>	<p><b>Papyrus</b> Support for people experiencing suicidal thoughts.</p>  <p>Call 0800 0684141 or go to <a href="https://www.papyrus-uk.org">www.papyrus-uk.org</a></p>	<p><b>Harmless</b> Provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals.</p>  <p><a href="https://harmless.org.uk">https://harmless.org.uk</a></p>	<p><b>CEOP</b> Protect children and young people from online sexual abuse.</p>  <p><a href="https://www.ceop.police.uk/Safety-Centre/">https://www.ceop.police.uk/Safety-Centre/</a></p>
<p><b>Chat Health</b> Confidential text service for young people aged 11-19 to ask for help about a range of issues.</p>  <p><a href="https://chathealth.nhs.uk">https://chathealth.nhs.uk</a></p>	<p><b>Kooth</b> Online mental health support for young people.</p>  <p><a href="https://www.kooth.com">https://www.kooth.com</a></p>	<p><b>NHS Crisis Line</b> Call the NHS Crisis Line on 0808 196 3779 or dial 111 and select option 2. Available 24/7 to people of all ages.</p>  <p>Nottinghamshire Healthcare NHS Foundation Trust</p>	<p><b>Young Minds</b> Mental health support for children and young people and their parents/ carers.</p>  <p><a href="https://www.youngminds.org.uk">www.youngminds.org.uk</a></p>
<p><b>Nott Alone</b> Local mental health advice and help for people &lt;25 in Nottinghamshire.</p>  <p><a href="https://nottalone.org.uk">https://nottalone.org.uk</a></p>	<p><b>NSPCC</b> Children's charity specialising in child protection and the prevention of child abuse.</p>  <p><a href="https://www.nspc.org.uk">www.nspc.org.uk</a></p>	<p><b>Samaritans</b> Whatever you're going through, a Samaritan will face it with you.</p>  <p>Call free on 116 123 or go to <a href="https://www.samaritans.org">www.samaritans.org</a></p>	<p><b>Shout</b> Free, confidential, 24/7 text messaging support service.</p>  <p>Text 'SHOUT' to 85258 or go to <a href="https://giveusashout.org">https://giveusashout.org</a></p>
<p><b>Be U Support</b> Free early mental health and emotional wellbeing support service for children and young people in Nottinghamshire.</p>  <p><a href="https://www.beusupport.co.uk">www.beusupport.co.uk</a></p>	<p><b>Change Grow Live</b> Drug and alcohol support for people and their families.</p>  <p><a href="https://www.changegrowlive.org">https://www.changegrowlive.org</a></p>	<p><b>Beat Eating Disorders</b> Support for eating disorders.</p>  <p>Go to <a href="http://www.beat.co.uk/">http://www.beat.co.uk/</a> or call 0808 801 0711 (Youth) or 0808 801 0677 (Adults)</p>	<p><b>Notts LGBT+ Network</b> Information and support for LGBT+ people.</p>  <p>Go to <a href="https://www.nottslgbt.com">https://www.nottslgbt.com</a>, call 0115 934 8485 or text 07481 344040</p>

## NottAlone

NottAlone is a website providing information and mental health support for people of all ages in Nottingham and Nottinghamshire. They act as a touch point to direct you towards the right places for support with your situation.



The founders also have a podcast and each episode focuses on a different aspect of mental health.



## Speech & Language Advice Line

**NHS**  
Nottinghamshire Healthcare  
NHS Foundation Trust

**NEW OPENING HOURS  
FROM AUGUST 2025**

(For parents and carers of children aged 0-19 and for young people aged 16-19, who would also like to call us for advice.)

**Do you have any questions or concerns about your child's talking or communication?**

**We are happy to help, please call the advice line on:**

**CALL NOW**

**0300 123 3387 OPTION 1**

NOTTINGHAM CITY AND NOTTINGHAMSHIRE ONLY

Tuesday 9am to 12.30pm

Thursday 9am to 12.30pm

Opening hours may change, please contact your school, health visitor or look on our website for more information.

[www.nottinghamshirehealthcare.nhs.uk/specialist-childrens-speech-and-language-therapy](http://www.nottinghamshirehealthcare.nhs.uk/specialist-childrens-speech-and-language-therapy)



This is a service for parents and carers who have concerns or questions about their child's communication skills or speech.

## Autism East Midlands

Autism East Midlands run Parent Workshops as part of their Family Support Service and Parent Programme.

- Weds 22nd April - Autism and Sensory Differences
- Weds 20th May - Autism and Schools
- Weds 24th June - Autism and Claiming Disability Living Allowance

These free 90 minute workshops take place on Zoom and are offered twice on the day – once at 10am and then again at 7pm.

More details, including how to book a place, are on their website.

The Mental Health Support Team can help with mood, sleep, stress and more.

Find out more at our website



Self-refer via the online form



Contact

Office Tel: 0115 8760167

Email: CAMHSMHSTTrailblazer1@nottshc.nhs.uk