



# SEND

## Spring 2

Dear Parents/Carers,

As the Spring term comes to an end, I would like to thank you for your continued support and involvement during our SEND coffee afternoons and parents' evening appointments. We are hoping to arrange more parent drop-in sessions for the summer term and would welcome your feedback on what you would like from future meetings.

As always, if you have any questions or require support, please get in touch via [newdalesendco@taw.org.uk](mailto:newdalesendco@taw.org.uk)

Kind regards,  
Mr McFarland.



### Emotional Health and Wellbeing

A new NHS-led service for children and young people in Shropshire, Telford and Wrekin with mental health, emotional wellbeing and neurodevelopmental needs will be launched on April 1<sup>st</sup>.

The new Child and Adolescent Mental Health Services (CAMHS) will be delivered by Midlands Partnership University NHS Foundation Trust (MPFT) and will replace and expand on the current BeeU service.

#### What will be changing


















- One front door for information and referrals, guiding people to the right support
- Earlier help and support while waiting
- Joined-up care so families don't repeat their story
- An improved digital offer providing greater choice to children, young people and families in how to access the support they need
- An enhanced pathway to more effectively meet the needs of vulnerable children will be developed later this year in partnership with local authorities as part of the ongoing transformation of the service

**Please note that if a child or young person is already receiving support from BeeU, their care will continue and they will not need to opt in or be re-referred.**



# YOUR TIPS FOR A HEALTHIER SCREEN TIME

*'How much is too much screen time for children?'*

	Birth to 5 years	6 to 10 years	11 to 17 years
 <b>Waking up</b>  Phones, tablets and computers should not be in any child's bedroom overnight.	 No screen time between birth - 24 months	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day
<b>Hours per day</b>  Watching lots of short videos is being linked to concentration difficulties in children.	 2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months	 M T W T F S S Not more than 1-2 hrs/day Up to 2 hrs/day 'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'	 M T W T F S S Up to 2 hrs/day Up to 2-3 hrs/day
<b>Leisure</b>  Reports suggest adults touch their phones over 2000 times a day.	 Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle	 Keep active 'Encourage physical activity, ideally outside, for 1-2 hours'	 'Try and ensure screen-free time together' Stay active. More green time, less screen time 
<b>Sleep Hygiene</b>	 'Bedtime stories are the best and healthiest way to settle your child' Under 5s should not use a screen at least 2 hours before bedtime	 'Buy an alarm clock so that screens are not in the bedroom' No screens at least 1 hour before bedtime	

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'



HEALTH PROFESSIONALS FOR SAFER SCREENS

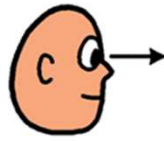


SCAN ME

# Grounding exercises to support with anxiety at home

## Sensory Grounding

5 things  
I can see



4 things  
I can touch



3 things  
I can hear



2 things  
I can smell



1 thing  
I can taste



### PODS APRIL SESSIONS

Mondays 13th, 20th & 27th.	4:30pm-5:30pm	PODS Hub	Sensory room session £3.50 per child
Saturday 11 <sup>th</sup>	10am-11am	PODS Hub	Complex Needs Session £5 per child
Thursday 16th	4:30pm - 5:30pm	PODS Hub	Fun P.E. session with Embrace £4 per child
Saturday 18th	10am- 11am	PODS Hub	Biscuit Decorating £4 per child
Thursday 23rd	4:30pm - 5:30pm	PODS Hub	St. George's day craft £4 per child
Saturday 25th	10am-11am	PODS HUB	Fun P.E. session with Embrace £4 per child
Thursday 30th	4:30pm - 5:30pm	PODS Hub	Interactive Games & Puzzles £4 per child

QR code and logos for Parenting Doors, PODS Reframing Scheme, and other partners.

### PODS Toileting Workshop

#### In-Person Toileting Session Announcement

We are excited to announce upcoming in-person toileting sessions, only one session booking per person on the dates below:  
20/03/2026 from 10 - 12 p.m  
07/05/2026 12 - 2pm

This session will cover:

- Tips and step-by-step strategies tailored for SEND needs
- Essential knowledge for toilet training
- Engaging themed sensory activity
- Valuable resources to take home

This session will be led by professionals with lived experience. Please note: Spaces are limited and will be allocated on a first-come, first-served basis.  
To express your interest, Please Email: [Kelly@podstelford.org](mailto:Kelly@podstelford.org) or [Kerrie@podstelford.org](mailto:Kerrie@podstelford.org)

**PODS Hub, 1 Hawksworth Road, Central Park, Telford, Shropshire, TF2 9TU**

[www.podstelford.org](http://www.podstelford.org) 01952 458047

Logos for Parenting Doors, PODS Reframing Scheme, Community Fund, and other partners.

**SEND**  
Telford & Wrekin Local Offer

Information Advice and Support Service  
**SENDIASS**  
TELFORD & WREKIN

**PODS CHARITY**  
TOGETHER WE CAN MAKE A DIFFERENCE