



IAS Newsletter - December 2025

Ah, Christmas has once again sneaked up on us, and it's hard to believe how quickly this year has flown by! It's been an incredibly busy time for all of us, and we sincerely hope that you enjoy a well-deserved Christmas break and a peaceful New Year. As we look ahead to 2026, we acknowledge that it may bring its own set of challenges and uncertainties, especially with the anticipated unknown changes to the SEND system in the upcoming government white paper. Rest assured, we are committed to providing you with the information, advice, and support you need during this transitional period. Excitingly, we're also looking forward to introducing some new coffee morning information sessions—details below! Plus, we can't wait to welcome our new adviser, Lucy, who will be joining our team in January. We close for the holiday break on Thursday 18th December and we'll be back in the office from 5th January. Here's to a joyful festive season and a hopeful start to the New Year!

Best wishes,
Donna, Jean, Kate and Millie



IAS RBWM Coffee Morning & Information Sessions for
2026



Special Educational Needs & Disability (SEND)

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

Drop in session

Come meet the team in person, speak to an adviser about anything related to SEND, meet other SEND parents and learn how our service they work and can support your child .



Wednesday 21st January

10:00 - 11:30 am

@Windsor Family Hub 65 Alma Road Windsor
SL4 3HD



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

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



Special Educational Needs & Disability (SEND)

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

Thursday 12th 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 or via QR code





Special Educational Needs & Disability (SEND)

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

Wednesday 25th March

Alternative Provision, Section 19, Education Welfare Service & ERSAs

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



Special Educational Needs & Disability (SEND)

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

Thursday 11th June
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.gov.uk or QR code



Coral Reef

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: 7 January, 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.](#)



Berkshire Healthcare
NHS Foundation Trust

Understanding the experiences of mental health care for young adults in Berkshire.

NHS Berkshire Healthcare is currently undertaking improvement work to enhance the experience of young people accessing mental health services in Berkshire. To ensure that the needs of young people are met they are keen to gather feedback from young people directly.

If you've accessed mental health support between the ages of 18-25, or care for someone who has, please complete this survey to share what is working and what isn't. Your feedback can help improve the service for young people in the borough.

The questionnaire is anonymous. If you would prefer to share your views verbally, email Berkshire Healthcare via PALs@berkshire.nhs.uk

[Click here to access survey](#)

Special Educational Needs and Disability Register

The Special Educational Needs and Disability Register is a list of children and young people from RBWM who have special educational needs or a disability. All local areas

must have a register by law, but being a part of it is voluntary. Parents, carers or guardians can register on behalf of a child or young person. Young people can register independently if they are over the age of 13. To be added onto the register, the young person must live in RBWM and be under 25 years of age.

The SEND Register helps the borough support children and young people with disabilities or complex needs by:

- Giving you relevant information, advice and support that is targeted directly to your child or young person's needs.
- Giving you information from other agencies which specialise in working with children and young people with special educational needs or disabilities.
-

It also provides the following benefits:

- The register accurately reflects the range of disabilities and special needs of the resident population aged 0 to 25 years.
- Having a better understanding of your needs, the register helps us to plan services for the future of all children and young people with special needs.

To register, please complete the [SEND Register online form](#) and send a proof of diagnosis to: disabilityregisterRBWM@achievingforchildren.org.uk

Launch of the occupational therapy and physiotherapy enquiries line

The occupational therapy and physiotherapy enquiries, advice and support line launched on 4 November 2025.

To request help, advice or support from NHS Berkshire Healthcare's Children and Young People's Integrated Therapies (CYPIT), anyone with a concern about a child can contact the service to discuss their needs with an occupational therapist or physiotherapist.

- For occupational therapy, phone lines are open from 9am to 3.30pm on Tuesdays and Thursdays. Phone number: 0118 9043700. If you require additional support to make a phone call, email: cypittriage2@berkshire.nhs.uk.
- For physiotherapy, phone lines are open on Tuesdays from 12.30pm to 3.30pm, and Thursdays from 9am to 12pm. Phone number: 0118 9043700. If you require additional support to make a phone call, email: cypittriage2@berkshire.nhs.uk.

Requests for help can be made for children and young people aged 0 to 18 years with an East Berkshire GP and/or who live in East Berkshire. Requests can be made by parents, carers, GPs, SENCos and other health professionals with parental consent.

Talking directly to the person who is concerned about a child will allow the CYPIT team to understand how the child's needs are affecting them and agree next steps to meet their needs.

[More information about CYPIT can be found here.](#)



DFN
Project | SEARCH



Step out of education...

RoutetoRecruit
Supporting the Journey to Employment

...and into employment

- ✓ Do you have an EHCP?
 - ✓ Do you want to get a paid job?
- Join our Supported Internship scheme to start your pathway into work

Online information event
7pm on 15th January 2026



[AfC's SEND Christmas holiday Activities and clubs brochure is now available.](#)

[Click here for a copy](#)



['Have a Go' Activity Weekend from Royal National College for the Blind](#)

[Saturday 14 and Sunday 15 February 2026](#)

For young people aged 13 to 17 with a visual impairment and their families with **FREE** accommodation for everyone!

This fun-filled taster weekend focuses on promoting independence and includes engaging sessions such as V.I. sports, music production and cooking skills. There is a social Saturday night for the young people to go bowling, while the adults enjoy an evening meal at RNC. [Attendance is free and includes accommodation and meals for the whole family.](#)

[Find out more and book your free place here.](#)

[SENsational Podcast from Witherslack Group](#)



The Witherslack Group have a podcast for all things SEN- you can listen to monthly episodes , covering topics such as PDA, Managing School transitions and anxiety, Teenage behaviours and more.

[Listen and find out more.](#)



[Free Webinars from GEMS](#)

[Understanding Emotional Regulation](#)

Wednesday 21st January 2026. 7 - 9pm Online

Understanding emotional regulation, Factors affecting regulation, The window of tolerance, The neuroscience of emotional regulation, Fight/flight/freeze/flop/flood/fawn responses, Strategies to return to and stay in the window of tolerance.

Booking link : <https://parentingspecialchildren.co.uk/events/understanding-emotional-regulation-berks-east-jan-2026/>



[PDA - Demand Avoidance](#)

Wednesday 11th March 2026
10-12noon Online

This workshop will allow you to explore what PDA really means and how anxiety drives demand avoidance. Learn practical and compassionate strategies to reduce pressure, build trust and support autistic children and young people with a PDA profile in home and school settings.

Booking link ;
<https://www.eventbrite.co.uk/e/pda-demand-avoidance-tickets-1963181432512?aff=oddttdcreator>



[AuDHD](#)

Tuesday 3rd February 2026.
7-9pm Online

This neuro-affirming, strengths based, interactive workshop is designed to help parents/carers better understand the unique experiences of AuDHD (Autistic and ADHD) children and young people. Exploring AuDHD strengths and challenges, Practical strategies for home and school, Reframing so called 'difficult' behaviours, Supporting child's self-esteem and self-advocacy.

Booking link :
<https://parentingspecialchildren.co.uk/events/audhd-workshop-berks-east-feb-2026/>



[Interoception](#)

Tuesday 3rd March 2026.
7 - 9pm Online

Interoception helps you to understand and feel what's going on inside your body. Those who struggle with the interoceptive sense may have trouble knowing when they feel tired, hungry, full, thirsty, hot or cold. Having trouble with this sense can also make self-regulation a challenge. Helping with self-regulation, Recognising hunger/Always hungry, Toileting, Making a connection with emotions.

Booking link :
<https://parentingspecialchildren.co.uk/events/interoception-workshop-berks-east-march-2026/>



Autistic Burnout

Online:

Wednesday 4th February 2026.
7.30-9.30pm

Hosted by The Autism Group:

This workshop explores what autistic burnout is, how it differs from general stress or exhaustion, and why it happens. Families will learn to recognise early signs of burnout in children and young people, understand the impact of masking and overwhelm, and explore ways to support recovery through rest, regulation, and realistic expectations.

Booking link:

<https://www.eventbrite.co.uk/e/autistic-burnout-tickets-1977714561492?aff=oddtcreator>

Barriers to School, Can't go, not won't go

Online:

Wednesday 25th March 2026.
10-12noon

Hosted by the Autism Group:

To understand what EBSA/ERSA is. Recognising potential early signs in our children. Exploring strategies to support our children. Encouraging questions and sharing experiences.

Places are very limited and we can only allow parents and carers to attend whose child is experiencing school avoidance.

Booking link :

<https://www.eventbrite.co.uk/e/barriers-to-school-cant-go-not-wont-go-tickets-1541373512669?aff=oddtcreator>

All available workshops and course are listed on our website, if the above is not what you are looking for please visit our [website](#).

IAS RBWM | Riverside Family Hub West Dean, Maidenhead | Maidenhead, SL6 7JB GB

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