



Happy November everyone! We are now well and truly settling in to the colder weather so grab a hot drink and have a read! In this issue we will be discussing some news, recommendations and what's next here at SEND in Mind!

National Stress Awareness Day

The 2nd of November was National Stress Awareness Day! As the days are getting darker and runny noses are on the increase, its normal for stress to creep up on us. Events such as Christmas and the end of the year are fast approaching and we're feeling the need for a chance to slow down and have a moment of calm.

If, as a parent or carer, you're feeling stressed, run-down or you haven't had time recently to focus on your own mental health, then come along to our workshop on the 29th November! We will be meeting together to voice the stresses of parenting a child with SEND and talk through important ways parents can look after their own mental health. Remember, its much easier to care of others if you take care of yourself first.

If you would like to join us for this event please buy a FREE ticket on Eventbrite using the link below or give us a call or email.

[CLICK HERE](#)



Feedback and Referrals

We want to hear your views.

We would love any and all feedback or suggestions you may have regarding our service. Let us know what you would like to see more of or how useful our support has been so far.

Please find our feedback form [here](#).



If you haven't already completed our referral form, and you would like to receive newsletters and receive support in the future, please use [this link](#).

Our Contact Details:
Email SENDinMind@bwwmind.org.uk
Tel no. 02089475260

Relaxed Christmas Shows

Too cold for a trip to the park? Get into the Christmas spirit with theatre shows that the whole family will love! These three performances also have relaxed shows which are adapted in a number of ways to reduce anxiety and create a supportive and inclusive atmosphere, especially for children with SEND.

Peter Pan! The Panto

Wandsworth Civic Suite

Relaxed Performances: 17 Dec and 21 Dec



The Gruffalo's Child

The Garrick Theatre.

Relaxed Performances:
16 Dec, 21 Dec, and 3 Jan

The Night before Christmas

The Polka Theatre

Relaxed Performances: 01 Dec and 13 Jan



Workshops and Meetings

Every month we will be providing a range of meetings and workshops to suit the needs of the community here. We would love to welcome you along to our next three events. If you would like to join us please send us an email or call us.

Wellbeing for Parent Carers:
29/11/2023
10-11.30am

DLA Workshops
Tues Afternoons
and Fri Mornings

Christmas Coffee and Cake Morning
TBC

Christmas Break

Office Closed 22/12/2023 - 02/01/2024

This means we will not receive any of your calls to our landline. Should you need any support over that period please send us an email and someone will get back to you.

Services open during Winter Break:

2-5 Jan - Autism Family Winter Holiday Club at Tooting Leisure Centre

Need help with Christmas Presents? Check out Salvation Army's Christmas Present Appeal!

Other Useful Links

Wandsworth Local Offer

The SEND Local Offer supports children and young people and their families in Wandsworth.

This includes the WAND Card which offers discounts and concessions at participating local activities, leisure centres and parking.

020 8871 8907

Email: dcr-wand@wandsworth.gov.uk



Wandsworth Information, Advice and Support Service (WAISS)

020 8871 8065

Email: wiass@wandsworth.gov.uk

Family Information Service

020 8871 7899

Email: fis@wandsworth.gov.uk

Thank you for reading!