

Outreach Newsletter

Summer Term 2023

Welcome to our second Outreach Newsletter. Any suggestions for topics to cover in the future are greatly appreciated.

Thank you all for adapting so quickly to our updated referral system. You are all now using the 2023 form that has all the information we are required to collate. Along with this form you are sending the proof of acceptance on the Pathway or the pupil's diagnostic report. Remember all new referrals should be sent to the generic email address rather than specific staff. This is to make sure they are consistently checked and uploaded on our system. Once the referral is accepted you should receive an email and then your Outreach Teacher will make contact to arrange the initial observation. The email address for new referrals to be sent to is: outreach@northcottschool.org.uk

If you are struggling to find either the proof of acceptance on the pathway or the diagnostic report please let us know as we would not want this to prevent any pupil receiving support from our service. Any questions do not hesitate to get in touch.

CONTACT DETAILS:

Northcott School: 825311



OUTREACH TEAM:

Jenny Clark – Part time teacher and outreach lead, 500 secondary pupils on her caseload across the City. Supported by Sarah Blakey.

Chloe Lawrence – Part-time teacher, 180 primary pupils on her caseload predominantly East Hull.

Catherine Wittey – Part-time teacher, 180 primary pupils on her caseload East and North Hull.

Hannah Gibson Matthews – Part-time teacher, 240 primary pupils on her caseload predominantly West Hull and supported by Hannah Peterson.

Sarah Blakey – Full time support worker within secondary schools.

Hannah Peterson – Part time support worker within primary schools

Questionnaire

Last term we sent a forms questionnaire to all schools for feedback about the service. Thank you to all of you who took the time to complete this it really does help us to improve the service and make sure you are receiving the support you require. 93% of you rated the support you receive as very good or excellent and 94% said the service has a positive impact on your pupils.

We will be following up some of the other comments in a separate email so please look out for that this term.

Sleep advice

In the last newsletter we asked for suggestions of areas to cover in future newsletters. Sleep was an area that was suggested. Below are some suggestions that may support with this:

- KIDS Hull and East Riding. KIDS sleep services provide trained sleep practitioners who are able to support and advise families on their children's sleep problems and support them to put effective strategies in place.
Website: <https://www.kids.org.uk/hull-and-east-riding-send-sleep-service>
Contacts: 01482 467540 / enquiries.yorkhire@kids.org.uk
- Creating a bedtime routine supported with visuals. Make sure the visuals include waking up. Lighting, warm drink, break from screens might be useful parts of the routine.
- White noise or meditation can be useful to be played as lots of our pupils find silence difficult. Also this can help the brain focus on something relaxing and soothing.
- A weighted blanket or body sock can help from a sensory point of view.

“Autism is like the roll of a die, a very large die with small sides. Every side has a random chance to be the Autism side and every Autism side is different” Year 6 pupil Maybury Primary School

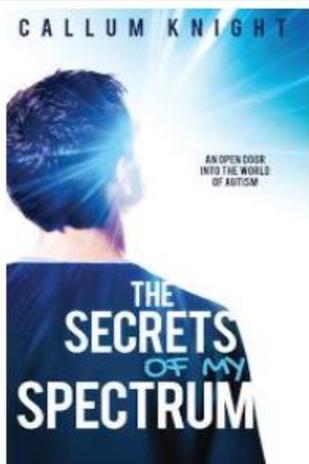
Chris Packham



Chris is a nature photographer, television presenter and author. He is probably best known for his television work including The Really Wild Show and Springwatch. He received a diagnosis of Autism in his 20s and has made documentaries about this. His most recent 2 part documentary is available on BBC Iplayer and is entitled 'Inside our Autistic Minds'. In these programmes Chris meets four Autistic people and helps them create films to share with their family and friends about their own experiences of Autism. We can learn so much for those with Autism and their experiences.

Book recommendation

'The Secrets of My Spectrum' – Callum Knight



Part memoir and part guidebook written by 16 year old Callum who received a diagnosis of Autism age 13. He wanted to help others understand more about Autism from his perspective. Easy read in useful sections. Ideal for staff, parents and children.

“Autism widens the gap in my skills e.g. I’m really good at some things and really poor at others” Year 11 pupil at St Mary’s College

Useful online resources

- Amazing Things Happen. This short YouTube clip explains Autism in a child friendly way. It is useful for those with Autism but also people who know someone with Autism e.g. peers in the class, family members etc. <https://www.youtube.com/watch?v=RbwRrVw-CRo>
- Amazing Kids – Autistic Spectrum condition. This short YouTube clip explains Autism in a child friendly way. It is useful for those with Autism but also people who know someone with Autism e.g. peers in the class, family members etc <https://www.youtube.com/watch?v=VAogdfYPstU>
- ADHD clip. A lot of you ask for advice around ADHD. This is not something we provide support with as we are an Autism Outreach Service, however, this clip has been brought to our attention and it may be useful for you. It is from the creators of Amazing Things Happen and can be used in a similar way. <https://www.youtube.com/watch?v=1t9UHQgtDfU>
- Autism Education Trust. This website has lots of useful resources, articles, video clips and information. <https://www.autismeducationtrust.org.uk/>
- The National Autistic Society. This website has lots of useful resources, articles and information. <https://www.autism.org.uk/>
- Reachout: Autism Consultants. There are lots of free visuals and other resources available on this website. <https://reachoutasc.com/>

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