

What's New 15th April 26



Included in this update

- Meet Kooth to talk about support available for children and young people's mental health (including exam stress) at the Craig Park Family Hub **this Friday, 17th Apr** (ages 11 to 25).
- Understanding the SEND Reforms and Schools White Paper – opportunities to find out more and learn about how to have your say at these discussion and information events for parents:
 - Monday 20th April at the Ponders End Family Hub 12.30 – 2 pm
 - Friday 8th May at the Craig Park Family Hub, 10 am to 11.30 am
 - Save the Date for our two online events on 6th May (morning and evening) with Enfield SEN Services
 - Online London-wide events 16th, 17th, 20th and 21st April
- Explore Enfield's Local Offer on Tuesday, 21st April
- Preparing for Adulthood: Support Planning event this Friday, 17th April
- Co-regulation – helping Children and Teens navigate 'Big Feelings' – webinar 22nd April

Reminder - Meet Kooth to talk about Mental Health (including Exam Stress) at the Craig Park Family Hub this Friday, 17th April.

At our next Cuppa and Chat session this Friday, 17th April, from 10 am to 11.30 pm, we will be joined by [Kooth](#) – a service providing mental health and wellbeing support to children and young people aged between 11 and 25.

[Kooth](#) offers a free, anonymous, and text-based space where they can manage anxiety at their own pace without the pressure of face-to-face talk".

Come along to find out how your child/young person can be supported.

We are now approaching exam season, which can be extra challenging for children and young people with SEND, so we will include a discussion on managing anxiety around exams.

Although you do not need to book for this session, it would be helpful if you could let us know if you plan to attend by completing [this short Eventbrite form](#).

Members of the Our Voice team will also be on hand to listen to your questions and issues and point you in the right direction to resolve the issues you are facing. Or you can just take the opportunity to offload a bit and have a chat with other parents who experience some of the same challenges as you, over a cup of tea or coffee. More details on our [website events page](#).



Our Voice Cuppa and Chat

For parents/carers of children & young people aged
0-25 with Special Educational Needs/ Disabilities

At Craig Park Family Hub, Friday 17th Apr 10-11.30 am

Please see the [Our Voice events](#) page for more information.

A promotional banner for Kooth. On the left, a pink background contains the Kooth logo (a speech bubble with a face) and the text 'Worried about your child's wellbeing?' in white. Below this, smaller text says 'Whatever your child is struggling with, they can access free and safe mental wellbeing support, today.' and 'kooth.com'. On the right, there is an illustration of a man and a woman talking under a bright sun. To the right of the illustration is a large QR code and a black button with a white smartphone icon and the text 'SCAN ME'.

Schools White Paper & SEND Reform Consultation: having your say.

What's it all about? How will it affect my child/young person? How do I have a say?

To help parents understand what is happening, how your child/young person might be affected, and how you can make your voice heard in the consultation, we have several different events coming up.



You might also want to look at the additional information on our [website news page](#).

You might be interested in some background reading in addition to attending sessions- The documents supporting this reform are many, vary in length, and are not all written in ways that suit parent carers low on capacity for reading and reflecting- we suggest starting with the entry point summary below and then building up to other info where relevant and when you can:

[What SEND parents need to know about Schools White Paper overview leaflet](#) (note: 9 pages)

[SEND reform white paper](#) (note: 118 pages)

[Reform summaries and guidance](#) (note: various documents)

[Consultation guidance page](#) (note: various documents)

Our Voice Cuppa and Chat sessions – Monday 20th April (afternoon) and Friday 8th May (morning)

An infographic with three callout boxes. The top box is a speech bubble containing the text 'SEND Reform Consultation OPEN'. The middle box is a rounded rectangle containing text about the new SEND White paper and the focus of the sessions. The bottom box is a rounded rectangle containing the dates, times, and locations for the sessions.

SEND Reform Consultation OPEN

In light of the new SEND White paper - Every Child Achieving and Thriving - and proposed reform plans 'Putting Children and Young People First', the next two Our Voice Cuppa and Chat sessions will focus on supporting you to navigate and understand the consultation.

Save the date and join us at the Family Hubs:

20th April, Monday, 12:30 - 14:00
Ponders End Youth and Family Hub
129, South Street, Enfield, EN3 4PX

8th May, Friday, 10:00 - 11:30
Craig Park Family Hub
2, Lawrence Road, Edmonton, N18 2HN

The sessions provide an opportunity to come together to discuss the key points, reflect on what changes may mean to you, and to think about what you feel needs to be raised in response to the consultation proposal.
Come to discuss with others also navigating the reforms.

In these informal discussion sessions, we will discuss the key points of the consultation and talk about how you can give your views on the proposals.

These are drop-in sessions, so you don't need to book, but it would be helpful if you could let us know if you plan to attend using our Eventbrite links – [Monday 20th April](#) and [Friday 8th May](#).

Save the Date for our online discussions – Wed 6th May morning session 10 am to 12 noon and evening session 7.30 – 9.30 pm

On Wednesday, 6th May, we will be joined by Barbara Thurogood, Head of SEN Services, for two online sessions looking at the Schools White Paper and SEND Reforms. Barbara will talk about:

- The Government's Schools White Paper and SEND Reforms, and what it means
- What the Local Authority have been asked to do in the first instance
- Government updates on the reforms and the action plan.



You will have the opportunity to ask questions, discuss your concerns and share your views.

We will be holding two sessions:

- Morning session – 10 am to 12 noon
- Evening session 7.30 pm to 9.30 pm

Booking details to follow shortly.

NNPCF London Region webinars

The NNPCF London Region will be running a webinar for parent carers in the London Region, which will include:


An overview of the proposed SEND reforms in the Schools White Paper

How your child or young person might be affected

How to make your voice heard in the SEND Reform Consultation

See the flyer for details of the different dates, and book via our Website news page at

<https://www.ourvoiceenfield.org.uk/news/show/364>



Schools White Paper and SEND Reform Consultation

> **What's it all about?** > **How will it affect my child/young person?** > **How do I have my say?**

This webinar is aimed at parent carers who have a child or young person aged 0-25 who has any type of Special Educational Need and/or Disability (SEND) and lives within the London Region.

We'll be hosting the same webinar at different times and dates and it will include:

- An overview of the proposed SEND reforms in the Schools White Paper
- How your child or young person might be affected
- How to make your voice heard in the SEND Reform Consultation

Book your place using the links below:

MORNING	Wednesday 15th April, 12.30pm-2pm	MORNING	Friday 17th April, 10am-11.30am
AFTERNOON	Thursday 16th April, 10am-11.30am	EVENING	Monday 20th April, 7.30pm-9pm
EVENING	Thursday 16th April, 7.30pm-9pm	AFTERNOON	Tuesday 21st April, 12.30pm-2pm

Enfield's Local Offer for SEN – info session next Tuesday, 21st April

[Enfield's Local Offer for SEN](#) is a website area which is a key source of information about Local Authority, Health and other services and support for your child/young person with additional needs. But not everyone is aware of it, and it can take some practice to navigate it successfully to find out everything you need to know.

Next Tuesday, 21st April, Sarah McLean, who manages the Local Offer for the London Borough of Enfield, will host a session with SEN with Elena to explore the Local offer and how to find the information you need.

The session will be at the Cheviots Children's Centre, 10 am to 12 noon. No need to book – just drop in.

What is Enfield's Local Offer for SEN?



Do you have a child with SEND? Do you have lots of questions about how you can find support?

This session will explain the Local Offer and show you how to find out a variety of things such as:

- What help is there for my pre-school child?
- How do I find a school and what are the different types of provision?
- How will schools support my child?
- What is the process for applying for a statutory assessment for an Education, Health and Care Plan?
- How can I find suitable activities for the holidays and afterschool?
- What is a supported internship?
- What support is there for my autistic child?
- What is a short break and am I eligible?
- What happens when a young person turns 18 years?

Come and join Elena for a cup of coffee and hear more about the Local Offer and the information it provides. Hosted by Sarah McLean, SEND Transition Manager, Enfield Service for Disabled Children.

No need to book	Tuesday 21st April 2026	Just drop in and join us
	10.00am – 12noon	
	Cheviots Childrens Disability Service 31 Cheviot Close, Enfield, EN1 3UZ	

There is no parking on site. Please park in the surrounding area or take public transport.



Preparing for Adulthood: Support Planning event this Friday 17th April

Preparing for Adulthood or 'PfA' is the process of moving from childhood to adulthood (including from child to adult services) and the resources and events to support you and your young person through that process. The booklet outlining the process is on the Local Offer [here](#) and on the Our Voice website, PfA page [here](#). We recommend that you start attending PfA events when your young person reaches 14 (although you can start earlier if you wish) to find out more about the process and work with your young person to make the right decisions about their future. You can see the list of programme events set out on the Local Offer [here](#) and in the booklet.

The next event will be: **Support Planning on Friday, 17th April 10.30 – 12.30 am** at the Integrated Learning Disability Service, Carnegie Building, 258a Hertford Road, Enfield, EN3 5BN.

This event will help you to understand:

- How co-production works in practice
- The importance of "whole life" planning
- How to develop meaningful outcomes
- Addressing areas of risk
- Making best use of contingency planning
- Personal budgets and how to use them.



Co-regulation: Helping Children and Teens Navigate 'Big Feelings' webinar on 22nd April



Register your place at witherslackgroup.co.uk/regulation-children-teens

The Witherslack Group's free webinar, 'Co-Regulation: Helping Children and Teens Navigate Big Feelings' is at 10 am on Wednesday, 22nd April.

It will look at:

- How children and young people experience their emotional and sensory systems and how to recognise where, when and why 'big feelings' can arise
- Practical ways to observe and identify key moments to support children in taking ownership of their emotions and responding more effectively.
- Clear, actionable strategies to teach children and teens the skills they need to process, manage and confidently navigate 'big feelings'.

Details and registration via [Eventbrite](#).

Please note: In these regular updates, we publicise a number of events and news items not owned or managed by Our Voice. Our Voice is not responsible for the contents or reliability of these items or any views expressed within them. These are provided in good faith, and no recommendation or endorsement on behalf of Our Voice has been made. We also cannot guarantee that the links provided will work all of the time, and we have no control over the availability or accessibility of the linked pages.

We hope that you have found our newsletter useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know. Our contact details are:

Telephone [07516 662315](tel:07516662315) Email: info@ourvoiceenfield.org.uk

Website: www.ourvoiceenfield.org.uk

You can also follow us on our Facebook page at

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[Twitter@EnfieldOurVoice](https://twitter.com/EnfieldOurVoice) and on Instagram at

<https://www.instagram.com/ourvoiceenfield/>



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You can sign up by emailing us at info@ourvoiceenfield.org.uk with your full name and the email address you'd like to use, and confirmation that you would like to join our mailing list. Or you can sign up via our website using the form at [OurVoice - Contact Us](#)