



SEND Newsletter



Herefordshire
and Worcestershire
Integrated Care System



Parent Carer
Voice
HEREFORDSHIRE



Herefordshire
Council

December 2025

Welcome to our SEND Newsletter



Welcome to the December edition of the Herefordshire SEND Newsletter! As we approach the end of 2025, I want to take a moment to celebrate the resilience, creativity, and community spirit that shines so brightly across Herefordshire. The festive season is a time for connection, reflection, and hope—and we know that for many families, it can also bring unique challenges.

In this edition, you'll find practical tips, local events, and resources that I hope will help make the Christmas holiday a little easier. Whether it's sensory-friendly activities, support while you wait for services, or exciting opportunities for the new year, I hope there is information here to ensure every child and young person with SEND, and their families, feel supported and included.

From all of us in the Herefordshire SEND Partnership, thank you for your continued engagement and feedback throughout the year. Wishing you a peaceful, happy Christmas and a bright start to 2026!

Best wishes

Hilary

Hilary Jones
Head of Service - Additional Needs
Herefordshire Council



Reminder - Support While You Wait



Some of our Herefordshire Children's Community Health services are continuing to experience a high volume of referrals and unfortunately that means children and young people are waiting longer than usual for their first appointment.

We understand that the length of time waiting for services can be worrying and frustrating. As a system we are working to improve waiting times for children, young people and their families.

Support is available to children and young people, as well as their families, who find themselves experiencing long waits for appointments with Health services in Herefordshire.

To access information and find out more about the support available, please visit the dedicated '[Support While You Wait](#)' section of the Herefordshire and Worcestershire ICB website.

Lumi Nova app to help support your child's worries over the winter holidays



For some children, winter can be a tricky time. New year transitions, busy shopping days, or festive gatherings can all bring about a bit of worry. Lumi Nova helps children face these moments with confidence!

Lumi Nova is a ****FREE**** therapeutic app designed to support children aged 7-12 years to overcome their fears and worries step by step. It is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets. It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower children with mild to moderate needs to learn to self-manage fears, worries and anxiety.

Autism West Midlands free webinars

Autism West Midlands have a number of events coming up in the spring term including online workshops and webinars and in-person social groups and workshops. These are provided free of charge and can be accessed with or without a formal diagnosis.



- January 21st - Autism & Anxiety
- January 28th - Autism & Communication
- February 4th - Autism & Sensory Differences
- February 11th - Autism & Behaviour
- February 18th - Navigating the system
- February 25th - Autism & the Teenage Brain
- March 4th - Supporting your Autistic Teen

Visit the [Autism West Midlands Eventbrite page](#) to see all of their events and register for your space.

Latest news from Parent Carer Voice



**Parent Carer
Voice**
HEREFORDSHIRE

SEND HAF Christmas sessions

Parent Carer Voice c/o HANDS Hub are offering SEND sessions as part of the Holiday Activities and Food (HAF) programme this Christmas.

Children with SEND will step into a world of festive wonder as they enjoy a magical mix of Christmas crafting and sensory play. From decorating sparkling ornaments and creating handmade holiday gifts to exploring snowy textures, scented playdough, and sensory bins, every activity is designed to spark creativity and delight. With music, laughter, and plenty of

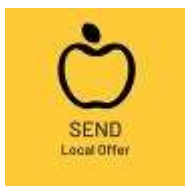
seasonal cheer, this hands-on session is perfect for little ones to celebrate Christmas in a fun, safe sensory-friendly environment. Lunch will be provided. This is a SEND provision however non SEND siblings may be accepted. Visit [PCV's Eegu page](#) to find out more.

Last call for parent carer annual survey

The annual Parent Carer Voice survey is closing soon so please take the time to share your experiences - your voice can shape the future of SEND services in Herefordshire. Please complete the annual SEND survey - it takes around 10 minutes and there is a chance to win a prize. Click the button below to complete the survey

Click to complete the PCV Annual Survey

Follow Herefordshire SEND Local Offer on Facebook



Our [Herefordshire SEND Local Offer Facebook page](#) is the place to be to find out about local events, community activities, social opportunities and support available across Herefordshire for children and young people with SEND and their families.

In the last few months we have highlighted over 50 different providers in Herefordshire who offer inclusive activities for children and young people with SEND, support services for parent carers and information about other organisations that can help you and your family.

Please follow us on Facebook to keep up to date with everything that's happening locally and share our posts with other parent carers who might be interested in hearing what's going on.



SENDIASS - SEND Information, Advice and Support Service

SENDIASS Christmas Resources

The build-up to Christmas can be a tricky time for a child with additional needs with heightened excitement, changes to routine and the possibility of sensory overload.

SENDIASS have produced some information about coping with Christmas.

You can read it here: [SENDIASS - Coping with Christmas](#)



SENDIASS Christmas Opening Times

The SENDIASS Herefordshire adviceline will be closed from 4pm on Friday 19th December 2025 and will reopen at 8.30am on Monday 5th January 2026.

You will still be able to leave a message on their 24hr answerphone service and one of their advisors will call you back as soon as possible after their return.

Merry Christmas from everyone at [SENDIASS](#)

Contact SENDIASS

For free, impartial information, advice and support on matters relating to children and young people who have or may have SEND, [contact SENDIASS](#) Monday-Friday 8.30am-4pm:

Call 01432 260955 or email sendiass@herefordshire.gov.uk

For useful SEND information and resources take a look at the [website](#).

For regular SEND updates, follow SENDIASS on [Facebook](#)



Eligible families can now book fully funded Christmas activities

Children and young people (school aged 5 to 16) in Herefordshire who receive benefits-related free school meals are invited to sign up to enjoy up to 4 free activity sessions over the Christmas break. Each session will include a free, healthy meal.

Herefordshire Council's Talk Community team are working in partnership with local organisations to deliver the programme. Children can choose from a range of exciting indoor and outdoor activities which include coding, crafts, circus school, sports – and more!

Eligible families can book their places through the holiday activities page on the [Talk Community Directory](#). For those that aren't eligible, please be aware that some providers offer paid places.

For more information on the programme please contact HAF@herefordshire.gov.uk

The Here for Herefordshire Holidays programme is fully funded by the Department for Education.

WildPlay Thinks Differently - Herefordshire Wildlife Trust

New sessions available - Saturday 10th January - Saturday 14th February

Herefordshire Wildlife Trust's **WildPlay Thinks Differently** nature club supports children with special educational needs aged 8-12 to come and spend time in nature at Queenswood Country Park and Arboretum.

The children will have the opportunity to make friends, try outdoor skills, make natural crafts, build dens or simply relax in a hammock. Group sizes are small (max 8 children) with 3 trained staff. <https://www.herefordshirewt.org/wildplay-thinks-differently> or email j.morton@herefordshirewt.co.uk





Young Cart Shed

Did you know...

The Cart Shed has a programme called '**Young Cart Shed**' specifically for children and young people struggling with their mental health and emotional wellbeing?



Did you also know...

Around 90% of the children and young people we support are neurodivergent? Whilst we are not specifically a neurodivergent charity, our support for mental health issues is very helpful for those whose anxiety or depression is compounded by a need for support for their neurodivergence.

This is therapy without walls or lanyards, a safe place to be yourself and find connection with other young people. Set in woodland in north Herefordshire, young people learn new skills like green woodworking, willow work and other crafts and get professional support from our qualified staff. Transport is available.

So, whoever your child is and whatever they may be struggling with in terms of their emotional wellbeing, we could be the people to help. Programmes last about 12 weeks with one session a week from 10am-2pm which counts as school attendance. And it's free.....

Find out more about Young Cart Shed [on our website](#).

'Explore the Woods' 10-13 years - Tuesday / Thursday

'Into the Woods' 14-18 years - Tuesday

'Through the Woods' 18-25 years - Wednesday

Megan Baker House



Imagine your child turning motor challenges into joyful triumphs—gripping a pencil, racing across the playground, laughing with friends. At Megan Baker House (MBH) in Ledbury, we make that dream real for children with Special Educational Needs and Disabilities (SEND). As Ledbury's leading charity for neurological movement disorders, we deliver Conductive Education (CE)—a proven, holistic approach that builds confidence and independence.

Rooted in Hungarian expertise, our CE programmes develop coordination, strength, cognitive skills, and social bonds. Tailored for children with Cerebral Palsy, DCD/dyspraxia, T21, Spina Bifida, and genetic conditions, sessions blend fun with progress: toddlers master fine motor skills, while older children build balance, strength, and teamwork through group challenges. From tying shoelaces to mastering routines, every achievement becomes a lifelong victory.

Our welcoming Ledbury hub—just minutes from Hereford or Worcester—offers small-group sessions for toddlers to teens, plus outreach across Shropshire, Herefordshire, Gloucestershire, and Worcestershire. Virtual sessions keep learning alive, whatever the weather. We also work closely with local schools, SEND teams, and EHCPs.

See the magic of breakthrough moments—your child's pride, your family's joy. Join our supportive community and discover brighter paths ahead.

Ignite your child's journey today! Book a free consultation with Sue Mechan at sue@meganbakerhouse.org.uk. At Megan Baker House, we're crafting futures—one joyful step at a time.



Hereford and Worcester Dyslexia Association

The latest festive edition of Hereford and Worcester Dyslexia Association's (HWDA) newsletter is now available on their [news page](#).

HWDA are taking part in the Christmas Tree Festival at All Saints Church in Hereford and would love you to visit to admire their children's efforts with the decorations.

Date for the diary - Save the date for the Hereford Workshop Golden Celebration dinner and quiz on Saturday 21st March.

Find out more about HWDA and how they can support you and your child on [their website](#).



Next edition...

If you would like to contribute to the next edition of the SEND Newsletter, please get in touch by **Friday 6th February 2025**. We value your feedback and would love to hear what you think of the newsletter. To submit future content or share your views on this newsletter, please contact us by email: localoffer@herefordshire.gov.uk