



Humber and North Yorkshire Health and Care Partnership

North Yorkshire & York PINS Newsletter: October 2024 ✉

Issue #2

We were thrilled to receive such positive feedback from the first issue of the PINS Newsletter. Your input is invaluable, so if you have any suggestions on how we can improve the newsletter or its accessibility, please don't hesitate to reach out.

We also want to extend a warm welcome to those joining us for the first time. Each month, we circulate a roundup of important information gathered from our network. This newsletter is part of the PINS Programme's effort to communicate updates, share resources, and highlight progress. Although PINS is set to run until March 2025, we are optimistic about the learning we'll gather and the potential to continue building on the great work already underway. Currently, the newsletter is aimed at professionals supporting primary school-aged children, but feel free to share relevant information more widely.

With a lot happening this month and even more to come, if there's anything you'd like included, please email us with the subject line 'PINS Newsletter.' We're looking forward to another busy and productive few months!

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NHS Humber and North Yorkshire Integrated Care Board (ICB)

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Email hnyicb-ny.nycypteam@nhs.net with the title 'unsubscribe'.

Halloween & Bonfire Night: Stress-Free Fun for Neurodiverse Families

With Halloween and Bonfire Night approaching, it's important to remember that children with neurodevelopmental conditions, like ADHD and autism, may find these events challenging due to sensory overload from bright lights, loud noises, and unfamiliar settings. With some planning, these celebrations can still be enjoyable for both your children and your family.

 **Halloween Tips for Children with Neurodevelopmental Conditions:**

1. **Create a Visual Map of the Route:** Use apps like Google Street View to help prepare your child for the exact houses they will visit. This can reduce anxiety about unfamiliar places or people, giving them a sense of control.
2. **Choose a Comfortable Costume:** Pick a costume that aligns with your child's passions or interests rather than the traditional scary theme. This helps them feel comfortable and enjoy the event without additional stress.
3. **Talk About Their Fears:** Use Halloween as an opportunity to discuss what your child finds scary, not just for Halloween but in everyday life. This can help you better understand sensory challenges they may experience daily.
4. **Pre-Arrange Visits to Select Houses:** If your child struggles with unexpected events, pre-arrange visits to a few houses. You can collect parts of a larger toy, like LEGO or a small set of toys, to create excitement without overwhelming them.
5. **Reverse Trick-or-Treat:** Flip the tradition by having your child give treats to neighbors instead of collecting them. This way, they have more control over the experience and interaction, which can reduce anxiety.
6. **Daytime Trick-or-Treat:** If darkness is overwhelming, plan trick-or-treating during daylight hours. This can be less anxiety-inducing and helps maintain a routine closer to their usual bedtime.
7. **Trick-or-Treat Cards:** Create 'trick-or-treat' cards for your child to hand out instead of feeling the pressure to speak at each door. This can alleviate the stress of social interactions while still enjoying the tradition.

Bonfire Night Tips for Children with Neurodevelopmental Conditions:

1. **Watch from a Distance:** If loud noises and bright lights are too much, watch fireworks from a quieter location further away.
2. **Use Ear Defenders:** Provide noise-cancelling headphones or ear defenders to block out overwhelming sounds.
3. **Prepare in Advance:** Show your child videos or pictures of fireworks and bonfires ahead of time to familiarise them with the event.
4. **Stick to Routine:** Try to maintain your child's regular bedtime and daily routine to provide comfort and reduce stress.
5. **Have an Exit Plan:** Let your child know they can leave the event at any time if it becomes too much for them. Having an escape plan in place can be reassuring.
6. **Distract with Comfort Items:** Bring along sensory toys or a favorite item that helps soothe your child during moments of high stimulation.
7. **Stay at Home:** If attending a display feels too overwhelming, create your own quiet Bonfire Night at home with calming activities like watching fireworks on TV or using silent fireworks.

National Sleep-In Day – Sunday 27th October 2024

Celebrate National Sleep-In Day with an extra hour of rest as the clocks go back! At The Sleep Charity, we're thrilled to announce the launch of our second series of the [Sleep On podcast](#) in partnership with Bed Advice UK, a member of the National Bed Federation (NBF). We recognise the crucial role that quality sleep plays in overall health and wellbeing, and we're committed to providing expert insights and actionable advice to help you improve your sleep experience.

Sleep On is hosted by leading sleep scientist Dr. Sophie Bostock, who engages in enlightening conversations with special guests from various backgrounds. Together, they address the challenges of balancing sleep with the demands of modern life, offering strategies for recovery and peak performance. Expect real-life stories and expert tips on key topics such as the impact of sleep on performance in extreme conditions, adapting to irregular sleep schedules, and science-backed methods for falling asleep faster and staying asleep longer. Additionally, each episode features calming soundscapes designed by experts to help you unwind and prepare for a restful night's sleep. Tune in for a journey towards better sleep!

World Mental Health Day – Thursday 10th October 2024

As World Mental Health Day approaches, let's work together to raise awareness of the mental health support available to those in need. One valuable resource is the [Every Mind Matters](#) website, which provides access to a range of free, NHS-evidenced support options.

A standout feature is [The Mind Plan](#), a digital tool on our homepage. By answering just five questions, users receive a personalised mental health action plan tailored to their needs. Additionally, they can sign up for a 4-week email programme that offers ongoing support to help implement their plan. This tool has seen remarkable success, with over 4.7 million completions, and 2 in 3 participants reporting improved mental health and wellbeing. Stay tuned for the new and improved Mind Plan launching mid-October!

We Care: Supporting people with disabilities or those who may be vulnerable for any reason

North Yorkshire and York is one of the safest places to live in the UK, but some people may still feel anxious about visiting their local town or city centres. To help support these individuals, NHS Humber and North Yorkshire ICB are working closely with North Yorkshire Police on the We Care Scheme. This initiative, developed with York People First, aims to provide vulnerable people with the assistance they need to feel safer in their communities. Whether out and about or at home, the scheme helps those with learning disabilities, neurodiversity, dementia, and other conditions by offering additional support when needed.

The We Care Scheme provides members with a 'help me' card to carry, which can be presented if they find themselves in need of assistance. The card includes contact information for carers or loved ones, and the member's key details are securely stored by the police. This ensures that, should they ever need to call 999 or 101, the Force Control Room is aware of any special requirements and can provide the appropriate support. To learn more or request a membership pack, email WeCare@northyorkshire.police.uk or write to the North Yorkshire Police Partnership Hub in York.

I need help



Please contact one of the numbers on the back of this card

I am a member of **We Care** – a North Yorkshire Police initiative aimed at supporting people with disabilities and learning difficulties

Contact Police on 101 or in case of emergency dial 999



Webinar: Partnerships for Inclusion of Neurodiversity in Schools (PINS)

PINS is a pioneering programme aimed at improving outcomes for neurodiverse pupils and those with Special Educational Needs and Disabilities (SEND). Meeting the needs of SEND children in mainstream schools is essential for improving outcomes, increasing parental confidence, and creating a financially sustainable SEND system, as outlined in the SEND and Alternative Provision (AP) Improvement Plan.

The programme offers schools access to 5 days of specialist input to support neurodiverse children with sensory, learning, communication, and mental health needs. It also provides staff training, leadership support, and helps schools demonstrate their commitment to the Equality Act. With 40 ICBs participating and over 40 primary schools involved across England, PINS also strengthens collaboration between parent carers and schools through expert guidance.

Join this webinar on **17th October 2024 10.30am – 12pm** to learn more about PINS, with insights from four ICBs in the North East and Yorkshire region.

To register, contact: england.neylearningdisabilityandautism@nhs.net.

We Can Relate to Parental Conflict – New Online Resources

Relate is thrilled to announce the launch of our innovative AI-driven tools designed to support co-parents in navigating the challenges of parental conflict. These tools are here to provide personalised advice, emotional support, and communication strategies to strengthen co-parenting relationships.

[RelateBot](#) offers tailored co-parenting advice, [In the Middle Bot](#) provides child-centric insights to understand how your actions may affect your children, and [The Sounding Board Bot](#) enhances communication, helping you refine messages and prepare for difficult conversations. Explore these tools to improve family dynamics and create a more positive co-parenting experience!

Upcoming Webinars

Nature and Health

Date: Tuesday 5th November 2024

Time: 10am to 12pm

Network Huddle: Nature and Health
Tuesday 5th November, 10am-12pm
Via Microsoft Teams

Join us for an engaging event on how youth-led nature connection and sustainable action can positively impact the health, wellbeing, and development of children and young people. We'll explore topics such as social and health barriers to nature access, mental health challenges like eco-anxiety, and the role of the climate crisis.

Hear from Northumberland Wildlife Trust about their inspiring youth-led initiatives in schools and communities, as well as their innovative collaboration with The Great North Children's Hospital.

The event will conclude with a discussion and idea-sharing session, led by a multi-agency panel, on how to best nurture children's connection with nature in your setting.

[Register now to secure your place!](#)

The Impact of the Infant Voice in Families, Research, and Services

Epilepsy Lunch and Learn Session

Dates: Friday 8th November 2024

Time: 12pm to 1pm

Join our upcoming learning session for an introduction to epilepsy, where we'll cover key topics including:

- What epilepsy is
- How epilepsy affects children and young people
- Ways to support community-based management
- Overview of local epilepsy services across the NENC region

The session will also delve into health inequalities, clinical vulnerabilities, and available resources to better support those affected.

[Secure your spot today!](#)

Dates: Wednesday 20th November
2024

Time: 10am – 12pm

Join our special Network Huddle during Baby Week to explore the significant impact of the infant voice in shaping family relationships, research, and services. Learn about the development of Close-Knit CIC's 'Baby Connections' video animation and resources, which emphasise the critical role of the parent-baby relationship in baby brain development, while bringing attention to the voice of the baby.

Additionally, hear about a unique project between Theatre Hullabaloo and Newcastle University that uses creative arts to support infants' human rights, giving them the opportunity to express their views on matters affecting them. We will also explore how infant voices can influence research and the development of family services, such as those provided by Family Hubs.

[Register via Eventbrite to reserve your place!](#)

Dates for your Diary

World Mental Health Day aka HelloYellow - **10th October 2024**

OCD Awareness Week - 13th - **19th October 2024**

National Sleep In Day - **27th October 2024**

Men's Mental Health - Month - November 2024

Stress Awareness Day - **6th November 2024**

Anti Bullying Week - 11th - 15th November 2024