

welcome to

North East



at Choice Wellbeing Hub



Housekeeping

Feel free to wander if necessary,
listening to me can be boring and or
you may just need to move!



We have a few things to tell you also:



Cuppas

Help yourself to tea and coffee, it's
free so fill your boots!



Fire Exits

Please exit via the fire door, we
have no planned alarms



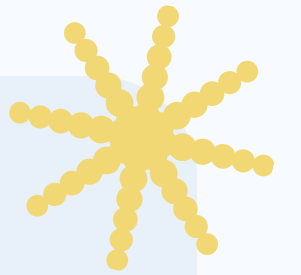
Toilets

These are on the right hand side of
the staff area



Trigger Warning

Some moments of my slides can
be upsetting, feel free to leave the
room



Agenda

- Info on Choice Wellbeing Services
- Collaboration Activity
- Any stories / good news to share?
- Xmas Fayre at Grace House
- AOB
- Tour of Choice Wellbeing Services



Tracey Huggins

Choice Wellbeing Service

Choice Wellbeing Service was founded in February 2023 after a large gap in support was identified through personal experiences.

During the diagnostic processes, parent carers report a significant change to their families circumstances. These changes can greatly impact the individuals in the caring role in a myriad of ways, such as their family dynamics with their children, financial status, home, relationship with their partners, external family and friends, employability, and their identity. Most taking on the role of such and suchs mam or dad/care giver.

It was important for us to ensure that these individuals had an opportunity to access a service that was trauma informed, offered a non-judgemental space, and was developed with those who have lived experience.



How do we support parents?



1

Holistic Support

An opportunity to have 1:1 support from a like-minded individual who has mental health training, able to answer questions, source information, and able to sign post onwards.

2

Counselling

Structured therapy offered when best suits the clients, in whichever format that they require, e.g. face to face, phone call or video call.

3

Rainbow Guide

The Rainbow guide distributed across the city, informing parent carers of more options and choice for them and their family.

4

Training

Partnering with parents gives parents and practitioners the opportunity to learn from one another. Turning realities into understanding.



Rainbow Guide



The Rainbow Guide is an easy, simple, go-to guide designed to be given to individuals who care for or parent children with additional needs, help practitioners in the city know what other services available in city are, and offer clarity between services.

We acknowledged that there is a knowledge-gap, a lack of awareness around support options and networks for these individuals and felt we could produce something to fulfil this need.

Our guides now cover Sunderland, South Tyneside, Durham, Gateshead and Northumberland - with Middlesbrough and Hartlepool busy being created!

Three core values

Making the Rainbow
Guides for all



→ **Appealing**

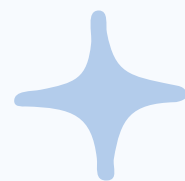
The guide must be appealing, transparent, and created by someone with lived experience who can be understanding of what is required.

→ **Transparent**

The guides must include information from ‘the horses mouth’. There is a lot of miscommunication, misinformation, and confusion within the SEND community.

→ **Simplistic**

Simplistic model. Which means the information is kept simple, to the point and not jargon filled. The organisation pages must contain a simple bio, 5 things they do, and 5 things they don't.



SEND in Sunderland Resources

We created a multitude of guides on specific subjects to ensure the correct information was provided to families.

We created majority of the guides WITH practitioners of their specialised field, with others fact checked by practitioners.

These guides, along with Rainbow Guides, are distributed in packs to local hospitals for families beginning their SEND journeys.

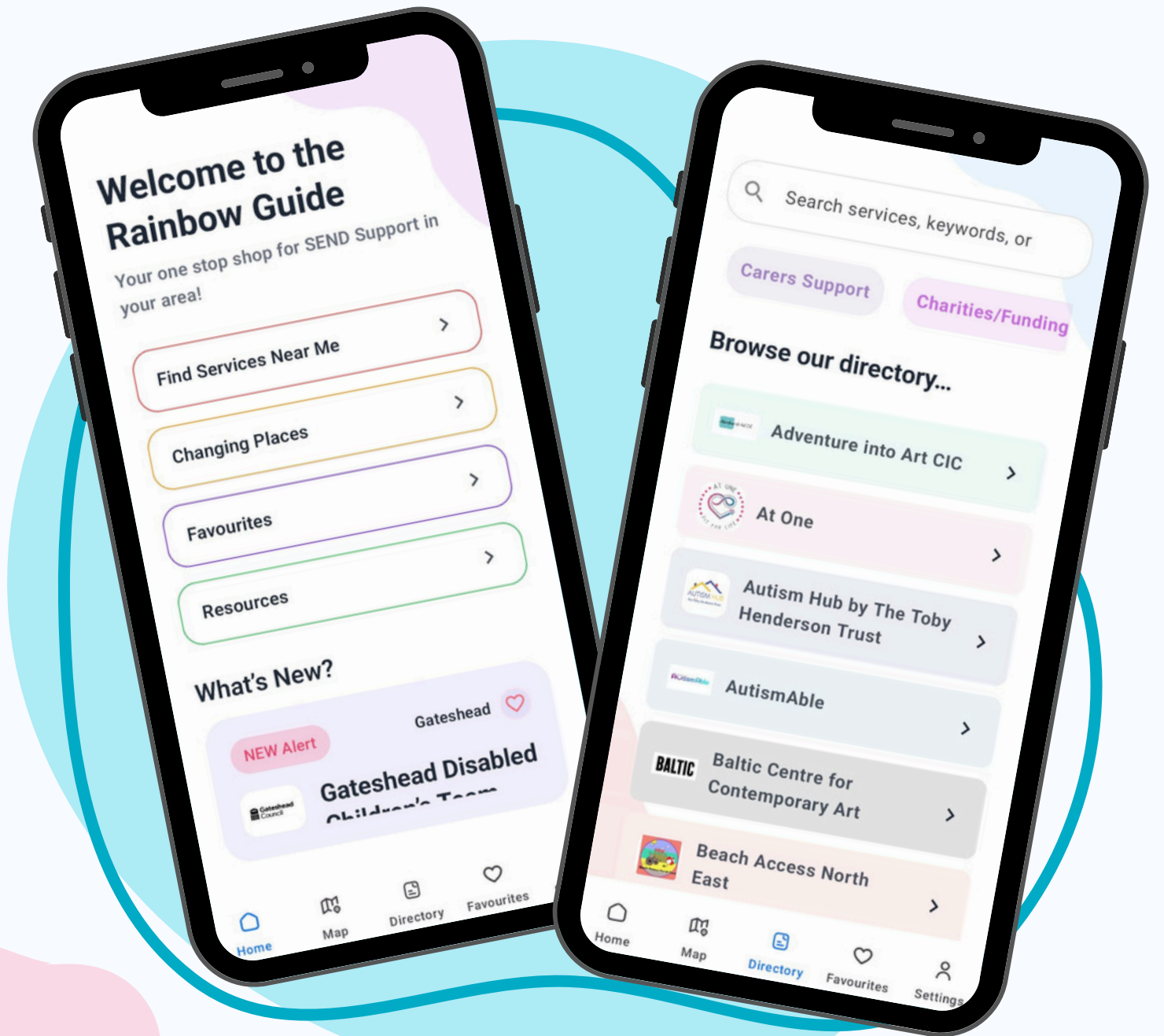
Rainbow Guide App

After the success of the guides, we thought why not make it even more accessible? And now, it's available 24/7 and always in your pocket when you need it!

Our app, Rainbow Guides, is available to download now. It is available via your App Store and has all of the information you find in our guides and more!

It also includes all of our SEND in Sunderland resources, which are universal so can be used in whichever area you live in and can help you navigate everything from school, home, equipment, travel, funding, sleep and so much more!

It also has a handy map that can help you find your nearest Changing Places UK wherever you are in the North East!



How do we keep on top of all of the information?

The SEND in Sunderland Network (Formerly Network 4 all) was created in 2023 to pull together all individuals who work with children who have additional needs or their families.

We found that there was a lot of amazing work being done to benefit these individuals across the city and surrounding areas, yet no one really understood what the other service did or offered.

When?

Bi-monthly

Where

Varying Locations in Sunderland





Questions?



Tracey@choicewellbeingservice.org



The SEND Marshmallow challenge

Working together, build the tallest free-standing tower you can.

The marshmallow must sit on the very top.

You have 18 minutes.

& a few challenges to overcome!

The SEND Marshmallow challenge

**Your team can no longer talk to
each other for 2 minutes.**

01:59

The SEND Marshmallow challenge

**Only two people can touch the
structure for 2 minutes.**

01:59

The SEND Marshmallow challenge

**Move one member from every
table to another table.**

**Just like in real life, teams
change. New colleagues arrive.
People move on. Keep going.**

01:59

The SEND Marshmallow Challenge



None of us came into this room to build a spaghetti tower.

We came because we all care about improving outcomes for children, young people, families and communities.

The tower wasn't really the challenge—the challenge was how we worked together.

Every organisation in this room has different skills, different pressures and different priorities.

But when we communicate, adapt and trust each other, we're capable of achieving far more together than any one organisation can alone.



Any stories or good news to share?



On the wall we
have a what i
need/what we
can offer to
share together!

Grace House

Enriching the lives of disabled children, young people and their families.



Christmas Fair Information



North East



Thank you for attending!

