



Weekly Snapshot from EFF

Week ending - 28th March 2025

You said:	We did:
<p>Mid Essex Update – Courses for Parents/Carers</p> <p>At a PINS Parent/carers coffee morning recently, parents asked if there was something like the Good Beginnings course but for families of children over 5? It would be amazing for those diagnosed later than 5.</p>	<p>There is a pilot running at the moment over the whole of Essex called “Beyond Good Beginnings” - this is for families of older children. The pilot is running through schools that are on the STAY project. Once the success of the pilot has been assessed it will be made available to all. We will update further when we hear more. Further information on the STAY project can be found on page 31 of the Essex Page Tiger:</p> <p>Autism Update - 1</p>
<p>NEE Update – Part-time timetables</p> <p>A common theme identified in NEE being raised by families was regarding the use of part-time timetables. Queries raised were mainly regarding students in primary school and where families do not support the part-time timetable being suggested/implements and families seeking advice /support regarding their options.</p>	<p>Advice regarding part-time timetables can be found via the ‘Essex Schools Infolink’ website under ‘Provision and reduced timetables’ (Provision and reduced timetables Essex Schools Infolink)</p> <p>Within this document it shares the following information:</p> <p>“A part-time timetable must only be in place:</p> <ul style="list-style-type: none"> • for the shortest time necessary • not be treated as a long-term solution • should be time-limited • an endpoint is defined as when the child is expected to return and attend full-time school or an alternative provision



	<ul style="list-style-type: none">• formal arrangements in place for reviewing progress towards full-time education” <p>It is also noted that schools are required to share with the LA when children who are of statutory school age and who are not in receipt of full-time school education.</p>
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In other news...

- Claire attended the Mid Essex SEND Roadshow on Tuesday at the Hamptons Sports & Leisure Centre in Chelmsford. It was a really busy day and we met lots of families who gave us some valuable feedback on various SEND issues such as ADHD medication, Diagnostic wait times, and support in schools.
- Claire attended a final PINS meeting at Queen Boudica Primary School on Thursday – parents have found the PINS project to be very positive – they don’t feel so alone and have the opportunity to talk to each other and the school in a relaxed environment. They will continue to hold regular coffee mornings/afternoons for parents.
- Kate and Stacey attended the Healthy Schools Festival in Brentwood on Thursday. It was a great event, lots of children’s services attended, along with some of the emergency services. We spoke to quite a few schools who were keen for us to attend SEND coffee mornings with their parents, including a few secondary schools.
- Stacey was busy with PINS this week attending final meetings. The project has been getting good feedback, with one of the main takeaways being the connection with other parents, and all staff within the school having a better understanding of children with additional needs.
- Sarah attended the Broomgrove online coffee morning for the PINS project.
- Sarah attended the NEE Adult Autism/ADHD Stakeholder Engagement meeting this week to share learning from EFF parent/carers engagement.



- Sarah and Jo attended the NEE Joint SEND Working Group meeting this week. Sarah shared feedback gathered from parents and carers at the recent NEE SEND Roadshow and the Essex SEND Forward event.
- Kate attended the BEAT Eating Disorders and Autism Workshop to learn about BEAT's support for parents and the SEMH Team's work. BEAT discussed ARFID, highlighting differences in how eating disorders manifest and are treated in autistic vs. neurotypical individuals. They also shared details about training available for parents and carers. The SEMH Team outlined their school support work, reasonable adjustments for students and plans to update the outdated 2021 *Let's Talk: Disordered Eating* document this year. Essex Family Forum was invited by BEAT to provide parents and carers with an opportunity to share experiences and offer feedback on services.

For more information:

- **BEAT support:** Visit [Get information and support - BEAT](#).
- **HelpFinder:** Enter the postcode and age of the individual for tailored support via [HelpFinder](#).
- **Let's Talk resources:** Access the 2021 *Let's Talk: Disordered Eating* on the [Essex Schools Infolink](#).
- **Be Body Positive:** An online NHS Resource with modules for parents, carers, young people and professional. Visit www.bebodypositive.org.uk

If you would like to share your experiences with us around this subject, visit [Graffiti Wall Feedback Wall](#).