**Key themes from afternoon discussion groups – school age 5-16**

**Added Pressure – before school**
- ROUTINES – consistent routines, visual structures, families supported to set up and persevere and choose ‘battles’.
- CHANGES – flexibility of support. Notification of changes in ‘real time’ e.g. notify change in transport by SMS to reduce anxiety.
- COMMUNICATION – 3 way partnerships home, transport & school.
- INVOLVE young people in improving situations/problem solving.

**Day at School**
- PERSON CENTRED – working with not doing to. Flexibility of delivery of support.
- COMMUNICATION – access to key worker/single point of contact
- PEER SUPPORT – older students supporting younger where possible e.g. Y7 supported by sixth formers
- NORMALISING SUPPORT – e.g. Makaton used across school, 1 page profiles for all students not just SEND, this would support everyone.
- PARENTS opportunity to ‘see’ their child in school context to aid understanding. Videos? Other methods?

**My voice – life after school**
- CREATIVE ways to provide short breaks, be person centred
- INCLUSIVE youth groups and clubs
- SHORT BREAKS – use to develop independence e.g. travel on public transport, volunteering
- PROACTIVE not crisis support. Don’t forget parent wellbeing too.
- SUPPORTIVE support groups for young people and parents
- ALLOW children to make mistake in a safe environment to support decision making.
- INFORMATION – good, up-to-date information on the Local Offer