

SEND IN! #30 issue

**KCW CAMHS newsletter covering all things SEND.
September 2025**



NOTICE BOARD:

The SEND team includes:

- **WCC clinicians:** Marissa Lee, Annie Waterfield, Sarah Bancheri and Natasha Stacey
- **K&C clinicians:** Suzanne Becker

We urge you to continue to watch this space for all that is happening for SEND in our borough.

UPCOMING EVENTS



Kensington & Chelsea are running their regular reflective group on the experience of having a child with additional needs.

A 10 WEEK COURSE FOCUSING ON:

- The emotional impact on the parents of having a child with additional needs
- Sharing with others – your experiences and hearing others'
- Learning how others cope - or don't cope
- Understanding some of the feelings that you may only be half-aware of
- Understanding some of the psychological processes that may be affecting you
- Getting further insight into your role in your child's life
- 10 one and a half hour sessions, needs commitment to all 10 apts.

 Starts Thursday 25th September

 Contact: cnw-tr.kccamhs.cnwl@nhs.net

Kensington and Chelsea are also running a Parent Behaviour Support Group (PBS)

A 6 WEEK PROGRAMME FOCUSING ON:

- Understanding, managing and changing behaviour.

 Starts 19th September, every Friday (time tbc) for 6 weeks.

 Online

 Contact: cnw-tr.kccamhs.cnwl@nhs.net

Westminster are running an Emotionally Supportive Parent Group (ESP)

A 6 WEEK COURSE FOCUSING ON:

- Emotionally supporting parent's mental health, especially parents of children struggling with anxiety, low mood, behaviour issues, strong emotions or coping with change or loss.
- Aim of the group is to support the child's emotional development and to improve relationships
- It is emotion focused with a brief introduction to non-violent resistance approaches.

 Starts 24th September, every Wednesday at 12pm for 6 weeks

 Online

 Contact: westminstercamhs.cnwl@nhs.net

Westminster are also running a Parent Behaviour Training Group (PBS)

A 6 WEEK PROGRAMME FOCUSING ON:

- Understanding, managing and changing behaviour.

 Starts 9th September, every Tuesday at 10:00am for 6 weeks

 Online

 Contact: westminstercamhs.cnwl@nhs.net



FEATURED RESOURCE:

What's on this Month?

City Lions – Creative Adventures

Fun and creative sessions for young people aged 13–16 with mild-to-moderate SEND needs.



Local Investigators – Canalside Edition

 Saturday 13th September

 Grand Union Canal

 Explore the canal through storytelling, sketching, and hands-on design activities.

 citylions@westminster.gov.uk

 [Local Investigators – Canalside Edition: Health and Wellbeing | City Lions](#)

Bomb Factory Art Club Collective

 Wednesdays, 4:30–6:30pm

 Holborn or Marylebone

 Free weekly creative classes for children and young people.

 [The Bomb Factory Foundation - Art Club Collective | City Lions](#)

Weekly Calm Clubs & Library Activities



Crafternoon Snack

 Drop-in creative session for ages 10–18. Quiet space, friendly staff, snacks, and crafts provided.

 Thursdays, 3:30–4:40pm

 Irving Street Library

Paws to Read – Therapy Dog Reading Sessions

 Build reading confidence in a relaxed session with a gentle therapy dog. Especially helpful for children with anxiety, language delay, or autism.

 Weekdays

 Irving Street Library

 [Paws to Read - IR | Westminster Public Library](#)



Holiday Activities & Food Programme (HAF)

 Throughout September

 Offers activities such as sports, arts, cooking, mentoring, and leadership for children and young people with SEND. Free places and food are provided to those eligible for free school meals.

 [RBKC & Westminster HAF Programme | Our City](#)

DID YOU KNOW?

Dawnosaurs: Relaxed Morning Visit



Dawnosaurs is a free event for neurodivergent children (including autism ADHD, Tourette's, OCD and other sensory processing difficulties) at the Natural History Museum. Enjoy the Museum, free from the hustle and bustle of the general public. Visitors have access to a wide range of galleries and activities, supported by and led by experienced, neurodivergent-aware facilitators.

This event is best for children aged five to 15, and siblings are welcome.



Upcoming 2025 event dates

- Saturday 11 October
- Saturday 6 December

 <https://www.nhm.ac.uk/events/dawnosaurs.html>

YOUR LOCAL OFFER

For more information about resources and support in your area please look at your borough's local offer.

For Kensington and Chelsea:

<https://www.rbkc.gov.uk/kb5/rbkc/fis/localoffer.page?localofferchannel=0>

For Westminster:

<https://fisd.westminster.gov.uk/kb5/westminster/fis/localoffer.page?localofferchannel=0>



Kind regards,

The SEND Team at Westminster and K&C CAMHS

(Marissa, Annie, Sarah, Natasha and Suzanne)