

SEND IN! #33 issue

**KCW CAMHS newsletter covering all things SEND.
January 2026**



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 and Chelsea are running a Parent Reflective Group

An 8 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

 Starts **Thursday 22nd January** every Thursday at 10:00am – 11:30am for 8 weeks with a break on **Thursday 19th February** for half term

 In person - Kensington & Chelsea CAMHS, 1B Beatrice Place, Marloes Road, Kensington, London W8 5LP

 Contact: **Parents or K&C clinicians to contact** cnwl-tr.kccamhs.cnwl@nhs.net if they wish to be added.

FEATURED RESOURCE:

Supported Internships:

Supported Internships are year-long study programmes designed for young people who want to move into paid employment. Participants spend five days a week in a real workplace, combining hands-on experience with classroom learning and specialist job coaching.

They work with leading organisations such as the **NHS**, **Chessington World of Adventures**, and **Amazon** to deliver high-quality programmes that prepare young people for the world of work.



Benefits of Supported Internships:

- Gain valuable work experience in major businesses and organisations
 - Develop job-specific and employability skills
- Improve English and Maths in practical, real-world settings
 - Strengthen social communication and teamwork
- Work towards qualifications that support future employment

Who can apply?

Young people may be eligible if they:

- Are aged **16 to 25** (18 to 25 for Amazon and Chartwells)
 - Have an **Education, Health and Care (EHC) plan**
 - Are autistic or have a related learning difficulty
 - Want to move into paid employment
- Can travel independently or are working towards travel independence
 - Are willing to undertake and pass a **DBS check**
- Are willing to complete an **occupational health check** (Whittington Hospital only)

Watch the video below to see how young people have benefited from their internships!

[Supported Internships](#)

What's on this Month?



Manga Club (Neurodivergent)

Term-time group for neurodivergent young people in mainstream school, packed with fun activities like manga and anime, Dungeons & Dragons adventures, gaming, and cooking – a great space to connect and enjoy!

☎ 07983 690136

✉ salome@westbourneparkfamilycentre.org.uk



The Key Club

Arts Club for young autistic people (18–25) meets once a month on Saturdays. There are two groups – one in the morning and one in the afternoon – each offering a two-hour creative arts workshop led by professional artists. A welcoming space to explore your creativity and connect with others!

☎ 020 8964 5060

✉ ruth@turtlekeyarts.org.uk



DID YOU KNOW?



Youth Patrons teamed up with UCL’s Centre for Research in Autism and Education (CRAE) to shine a light on the mental health challenges autistic young people face and the support available to them. This important collaboration helps raise awareness and drive positive change.

As part of this work, they created the **Know Your Normal Toolkit**—a practical resource designed to help young people identify what “normal” feels like for them and communicate this to others when they’re not feeling themselves.

You can access the Toolkit using the link below. Feel free to download and use it with your child if they find it hard to express their emotions.

[Know Your Normal Toolkit](#)

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, Suzanne)