

# **BARNET**

**LONDON BOROUGH**

*Wednesday 22<sup>nd</sup> of May 2019*

## **Well-Being, Supporting Children and Young people with Down syndrome**

You are invited to the Barnet Down Syndrome Leading Edge Group Conference  
at Stephens House, 17 East End Road,  
Finchley, London N3 3QE



This year we are focusing on supporting the well-being of children and young people with Down syndrome. We will have three key-note presentations and a choice of workshops throughout the day

## Key note Speakers

### **Sarah Merriman**

Sarah will be talking about her life as a young woman with Down syndrome. She will talk about what's important for her independence and well-being. Sarah attended mainstream school and achieved four GCSEs. She graduated from her catering college and training hotel. Sarah loved being in 'Kitchen Impossible' with Michel Roux Jr. She is employed as a waitress and trainee barista at a hotel in central London and travels independently on the London underground by herself. Sarah loves her work, dancing, listening to music, going to films, theatre and socialising with her friends.

### **Relationships, Rights and Responsibilities, Sex and the 3Rs**

David Stewart OBE DL is Head Teacher of Oak Field School in Nottingham. He has been teaching children and young people with severe learning disabilities for the last 43 years. Stewart, he provides training in RSE and works with colleagues to develop resources and support learning. He has worked widely with parents and families, children and young people.

Stewart's keynote speech will cover

- Why RSE is so important to ensure that young people with learning disabilities live happy, safe and fulfilled lives.
- National and local responses to the teaching of RSE.
- What needs to be taught and when.
- Puberty and adolescence.
- Preparing young people for adulthood.
- Why and how families can work with schools and colleges.
- Resources.

## **Enjoyment and Well-Being**

Sue bills, Sarah Geiger and Joann Moore are members of the Barnet Leading Edge Group for children and young people with Down syndrome. Sue Bills is the head of the Pre-school Teaching Team and Assistant Head at Oakleigh School. Sarah Geiger is a Senior Educational Psychologist and chair of the Barnet Down syndrome leading Edge Group. Joann Moore has worked for over twenty years as a senior leader in a variety of schools across a range of London boroughs.

Their keynote will focus on;

- What makes our children and young people happy
- Key messages about emotional well-being.
- How can we support well-being at home and school?

## **Workshops**

### **How am I feeling?**

A workshop exploring practical strategies to help children and young people with Down Syndrome to understand their feelings.

Luci Rose is a special needs teacher who has had 25 years experience working with children with Down Syndrome. She works as an autism advisory teacher for Barnet and is working on her doctorate at UCL. She is the mother of a nine-year-old daughter with Down syndrome and works hard to develop her daughter's emotional understanding.

The workshop will present resources and practical activities for use in school and home to teach children with Down Syndrome to:

- Recognise their own emotions
- Have words for those emotions
- Find ways to seek help to understand and regulate their emotions
- Find ways to regulate their emotions on their own.

### **Maximising the Impact of Support in schools**

Joann Moore has worked for over twenty years as a senior leader in a variety of schools across a range of London boroughs. She always strives to ensure a 'whole school' approach to SEND which puts inclusion at the heart of any school. Currently Joann works as an Advisory Teacher for Inclusion and in the Pre-school Teaching Team. This workshop will explore the latest research about supporting young people so that you are always developing their independence. It will also look at the scaffold framework developed as part of the Maximising the Impact of Support by the Institute of Education.

## **Physical Play for Children with Complex Needs**

The workshop will include:

- Sensory circuits
- Games with hoops, balls and balloons
- Music with scarves and action songs
- Sherbourne therapy activities
- Exercises in small spaces

**Stacey Ward** is a teacher at Northway school and is their P.E co-ordinator.

Stacey is trained in Sherbourne, rebound therapy and many P.E skills.

## **Health Issues Associated with Down syndrome and the impact Learning**

Anna Petsas is an intensive care doctor and anaesthetist at Guy's and St Thomas' NHS Hospital Foundation Trust. Anna is mother to three children, her eldest is Alex and he has Down syndrome.

Anna's workshop focuses on:

- Health and well-being and the links to learning.
- It helps educators feel empowered to recognise and consider medical problems
- Considers medical issues as potential causes for children who are falling behind.
- Practical advice about how to adapt the learning environment to overcome some of the health-related obstacles associated with Down syndrome.

*To be confirmed*

Workshop on teaching children and young people about sex and RSE, Top tips and curriculum examples.

## Outline of the Day

- 9.00 am Arrival/Registration/Workshop sign-up
- 9.15 am Welcome and introduction to the conference
- 9.30 am Enjoyment and Well-being, Sue Bills, Sarah Geiger and Joann Moore
- 10.30-10.45 Refreshments
- 10.45 - 11:35 Workshops
- 11.40 -12:30 Workshops
- 12.30 - 1.25 Lunch provided
- 1.30 to 2.30 David Stewart,  
Relationships, Rights and Responsibilities, Sex and the 3Rs
- 2.30 - 2.45 Coffee
- 2.45 to 3.30 Workshop
- 3.30 Key note speaker, Sarah Merriman
- 3.45 Conference end

Barnet Parent Carer Forum, Anna Petras

Mencap, Valerie Lam

BOOKING FORM Please send 1 form per delegate

Well-Being,  
Supporting Children and Young people with Down syndrome  
May 22<sup>nd</sup> 2019  
Stephens House, 17 East End Road,  
Finchley, London N3 3QE 9.00 to 4.00pm

**Charges:**

The conference costs £135 for professionals. If you send three members of staff you only need pay for two!

Parents living in Barnet are charged £25 to cover catering costs. Non-Barnet parents are also welcome and can attend at a cost of £25 if at least one member of staff from their child's school attends.

Delegate information:

Full Name

Parent or Role in School

Address, including postcode

Contact Telephone

Email

Signed

*Please let us know if you have any dietary requirements/allergies for lunch:*

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Please return the booking form by email to:

[SEND.Events@barnet.gov.uk](mailto:SEND.Events@barnet.gov.uk) Tel: 020 8359 5554

**Cancellations**

If you need to cancel your place you must inform us in writing by letter or email. If we receive your cancellation more than 14 working days before the course delivery date we will not charge you course fee except 10% administrative cost. If you cancel your place with notice of less than 14 working days you will be charged the full course fee. In these circumstances, we would encourage you to send a colleague in your place.