



# Social Communication Team (SCT)

## Newsletter, Autumn 2025



Welcome to our Seasonal Newsletter, for children known to the Social Communication Team (SCT)

### Seasonal Changes

There are lots of changes as we move from Summer to Autumn. For children who prefer predictability and sameness, any changes to the environment and their routine can be highly distressing. Your child may be starting a new nursery or school or settling back to nursery/ school after a long break. Setting up a new routine can be difficult but there are things you can do to help your child understand and prepare for these changes.



### Waiting for your child's assessment?

There are many strategies which can help all children, whether or not they have received a diagnosis. **Using strategies early will not impact the outcome of your child's assessment.**

For pre-school children, you can also come along to our Therapy & play Sessions (see pg4)

The **Right from the Start** toolkit can also guide you through your journey: [click here](#)



### Seasonal wardrobe changes

As the weather cools, we naturally switch to warmer clothes. But for some children, these changes can be uncomfortable or upsetting. If your child is starting school, a new uniform may also take some getting used to.

#### Tips to help:



**Offer choices:** Let your child pick between clothes to help them feel more in control.



**Notice preferences:** Do they prefer soft, stretchy, loose, or tight clothing?



**Make small changes:** Offer clothes made of their preferred fabrics and try cutting labels out



**Go slow:** Let them wear new clothes for short periods to build comfort.

For more advice, check out our [sensory needs page](#) or drop into our **SCT Therapy and Play** sessions (details on page 4). Your school SENCO can also offer support.





## Settling into nursery or school

### Helping your child settle into a new routine

It may take time for your child to adjust to new people, routines and places, even if they are returning to the same school or nursery setting.

#### *Take one step at a time*

We have some information on the **Social Communication Team** website which can help your child understand and prepare for new situations [click here](#)



**Back to school** resources for parents and teachers can be found on the **National Autistic society website**. [Click here](#)



### Need help? Reach out!

You can speak to your child's **class teacher**, **SENCO** and/or reach out to **SENDIAS** or **Bright start** family support (see details on p4)



### Connecting with others through parent groups

Your child does not need a diagnosis for you to attend parent groups. See "**SENDIAS**" or "**Centre 404**" information on p4 or go to [Islington parent/carer waiting corner](#)







## Advice and support for parents and carers

### SENDIAS



SENDIAS provide SEND advice for parents and carers. This can include help with applications and support during meetings.

SENDIAS also run **coffee mornings and themed workshops** for parents/ carers to connect and receive practical advice:

Click [here](#)

### Centre 404 ASC for Tea



Centre 404 run this group to support parents and carers of children who have received a diagnosis of autism, to connect and receive practical advice.

Click [here](#)



### Growing Together:



Growing together offer support around mental health and wellbeing for families with children aged 0-5years in Islington

Click [here](#)

Look out for free workshops which can be booked via Eventbrite by clicking [here](#)



### Islington Family Information Service (FIS)



This service offers information and advice about free early learning and childcare, activities and support services for families with children 0-25.

Click [here](#)

### Bright Start family support



The service is for all parents-to-be and parents and carers of children under 5 years in Islington. They can support you with any question by providing advice and/or signposting to other services.

Click [here](#)

Wellbeing resources for you and your child (CAMHS resources) [click here](#)

### Websites about autism:

- Ambitious about autism: [click here](#)
- National Autistic Society: [click here](#)
- Autistic Girls Network: [click here](#)





# Activities you can take your child to

## SCT Therapy and Play

The group offers an inclusive environment for children not yet in school (aged 0-5) who are awaiting an assessment or received a diagnosis by the SCT., **You will be able to get advice from the SCT therapy assistant, Speech and language therapist or Occupational therapist and Bright Start practitioners.**

Drop in with your child term time 10:00-11:30am at the following locations:

- Tuesdays: Bemerton Children's Centre
- Thursdays: Hornsey Road Children's Centre



For further information, contact: [brightstartsouth@islington.gov.uk](mailto:brightstartsouth@islington.gov.uk) / 0207527 4089. Please note, this session is not listed on the Bright Start timetable.

## Bright Start activities

Bright Start run various stay and play groups across Islington.

Look out for a group called **'Extra Boost'**: a specialist group for under 5s with additional needs, who benefit from a quieter spaces

Click [here](#)



## Sensory drop in with free lending library

St Georges Church in Tufnell park run fortnightly sessions on Saturdays where you can explore sensory equipment for movement and regulation (such as therapy balls, mini trampolines, scooter boards and tents).

Click [here](#)



## Relaxed performances

Many cinemas (e.g., Odeon and Vue) and theatres offer viewings which have been adapted to improve experiences for people with sensory and communication needs, or anyone who would benefit from a more relaxed environment. Adaptions may include changes to sound and lighting during shows.

Ask your cinema/ theatre if they offer "relaxed performances"



## Relaxed Mini Marvels: Early Years Sensory Play

[Click here](#) for information about these monthly workshops for neurodivergent children and their families.



## Newsletter feedback

If you have any feedback about this newsletter and/or suggestions, we would love to hear from you. Please click [here](#) or use the QR code. Use this too if you wish to share any of the advice/strategies you have tried so far and how you have got on!

