



Social Communication Team (SCT)

Autumn Newsletter



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](#)

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](#)



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](#)

Support for parents and carers of children known to the SCT

SCT Community Coffee Club

Join our informal drop-in coffee club to meet other parents, share experiences and find out more about assessment, support and local services. [Click here](#)



Developing Skills sessions:

Sign up for our interactive parent groups on topics including communication, play, sensory needs, behaviour, sleep, eating and toileting. Ask questions, gain advice from the SCT, and connect with other parents. Available online and in person.

Click [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](#)





Activities you can take your child to

SCT Therapy and Play

The group offers an inclusive environment for pre-school children (aged 0-5) known to the SCT. Sessions are co-delivered by Bright Start staff and SCT professionals including Speech and Language Therapists and Occupational Therapists.

Drop in with your child at **10:00am-11:30am** during **term time**:

- **Tuesdays: Bemerton Children's Centre (CC)**
- **Wednesdays: New River Green CC**
- **Thursdays: Hornsey Road CC**



For more information, contact: brightstart@islington.gov.uk / 0207527 4089

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](#)



Many venues offer quieter visits

For many autistic people, shopping and visiting attractions can be a very overwhelming experience. Many venues offer quieter times with reduced noise and lighting

Cinemas and theatres:

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

Museums:

Some museums offer quieter visits such as Dawnosaurs at the National History Museum

Supermarket quiet hours:

Morrisons, Asda and Tesco offer quieter visits. Visit their websites for more information.

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!

