



**N**  **SS**

**SCHOOL AND PUBLIC HEALTH  
NURSES ASSOCIATION**

**SEND CONFERENCE – 5TH JULY 2023**

# **WORKSHOP OVERVIEWS**



# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 1 - CONTINENCE AND THE CURRICULUM. BLADDER AND BOWEL ISSUES, CHILDREN WITH SEND AND THE SCHOOL

### PRESENTER – DAVINA RICHARDSON

Children's Nurse Specialist, Bladder & Bowel UK



### BIO

Having worked with children with acute needs, with disabilities and with complex and life limiting health issues I set up and ran a new NHS community bladder and bowel clinic for children before becoming part of the team at Bladder & Bowel UK.

My role at Bladder & Bowel UK includes providing general advice, support and information to anyone affected by a bladder and/or bowel condition in children, training for healthcare professionals, education for families, involvement in research projects, sitting on national groups, speaking at national conferences, writing for peer reviewed journals and working with commercial companies to support product innovation.

I remain enthusiastic about breaking the taboo of bladder and bowel issues and working in diverse ways to ensure that children and young people are offered optimum support for bladder and bowel health to ensure that they reach their potential.

### WORKSHOP OVERVIEW

Children with SEND are more likely to have delayed toilet training than children without and are more likely to have underlying bladder and bowel issues. The increased time needed for toileting and changing is often a cause for concern in educational settings. Furthermore, health and education professionals need to be able to know how to manage the issues and explain rationales for suggested support and interventions to families.

This session will consider the prevalence and impact of bladder and bowel issues for children with SEND, including autism, and physical and learning disabilities, in and on schools; explain the reasons for them; outline strategies to support the child reaching their potential with toilet training and bladder and bowel health and signpost to find reliable resources to support professionals and families



# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 2 - BREAKING DENTAL BARRIERS FOR CYP WITH SEND

Delivered by pre-recorded video

### PRESENTER – LINZI MAYBIN



### BIO

Linzi Maybin, is a community dentist in Yorkshire and the founder of Happy Teeth Outreach, a voluntary, non-profitable educational programme which partners with Health Education England to educate foundation dentists in Yorkshire and Humber. Happy Teeth Outreach aims to improve oral health for children and young people with additional needs in special educational settings and children living in the UK affected by human trafficking and the refugee crisis.

### WORKSHOP OVERVIEW

Happy Teeth Outreach - SEND friendly dentistry

- Background and research within dentistry for young people with SEND
- Why dentistry is important for young people with SEND.
- Practical support and tips for young people and children with SEND attending the dentist and with oral hygiene
- Stories of young people supported



# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 3 - PROMOTING POSITIVE MENTAL HEALTH

### PRESENTER – RACHEL BLACKBURN

St John's Catholic Specialist School



#### BIO

Rachel Blackburn started at St John's in February 2020 as Head of Care and DSL after deciding to take a change in direction in her career. Rachel started out her role in social care whilst completing her Psychology degree at Leeds university. Rachel was one of the first people in the UK to be a PA for an Autistic child and after doing this part time for two years, she took a leap in to adult Learning disability/Autism/Forensic and Mental Health services.

Her last role before moving to St Johns was an Operational Lead for a private adult care company specialising in providing residential provision for adults coming through the Transforming Care agenda and supporting people to live Independent lives irrespective of their previous trauma or challenges. Since starting at St John's, Rachel has worked with the SLT to develop mental health strategy for the work force and helped create and implement key documentation that supports pupils with SEMH needs and helps reduce the risk of harm.

#### WORKSHOP OVERVIEW

Rachel has planned a workshop aimed at supporting you to understand how to create and implement key risk assessments on pivotal mental health topics such as self-harm and suicidal ideation. The session will also highlight some tools to assess risks and to get people more comfortable with using these documents. There will also be some discussion about well-being recovery action plans and how these can be used in a person-centred way to meet needs. All of the above will be delivered with the intention of supporting you to deliver mental health support to pupils in a safe, current and person-centred way.





# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 4 - FEELING ISOLATED?

COME JOIN OTHER INDEPENDENT SEND SCHOOL NURSES TO FEEL AND DELIVER SAFER, QUALITY WORK!

### PRESENTER – KATE ADAMS



### BIO

Having previously worked in non-maintained and independent fee-paying schools, I now work at St. John's Catholic Specialist School, an independent special school in the north of England. In 2018 I won the National Association of Special Schools (NASS) award for outstanding impact for devising a pathway that helped residential staff manage risk for students who were expressing self-injurious behaviours. Also, through NASS I worked with The Office of the Chief Dentist developing an assessment resource and strategy for monitoring dental health in residential special schools. My principal areas of interest are risk management and development of robust governance processes. As an expert advisor for SAPHNA I enjoy supporting nurses in independent settings.

### WORKSHOP OVERVIEW

Clinical supervision, safeguarding supervision, policies, and inspections. New to the role or an expert who can offer advice to others. Come together to ask questions, share successes and network. Kate will host this workshop and identify some of the common themes that concern independent school nurses.



# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 5 - SUPPORTING SEND CYP IN SCHOOLS WITH LONG TERMS CONDITIONS

### WORKSHOP OVERVIEW

Management of long-term conditions is an integral part of improving population health needs within children and young people. NHS England's Core20Plus5 for CYP identifies Asthma, Epilepsy, Diabetes, Oral Hygiene and Mental Health as 5 key clinical areas of health inequalities, with learning disabilities forming part of the "PLUS" population, all requiring national and regional programmes to bring about system change (driven by integrated care systems - ICS). Our workshop will showcase a local model of Whole School Asthma/Asthma friendly schools as a way to reduce reliance reliever medication and reduce asthma attacks. We will also discuss empowerment model for Epilepsy management in schools and open up the workshop for wider discussions around oral hygiene/diabetes and mental health.



### PRESENTER – REBECCA DANIELS

Rebecca is a qualified paediatric nurse with 22 years clinical experience. She has been working within Community Children's Nursing (CCN) services in East London for the past 15 years, in various CCN roles and currently Community Children's Matron. She is passionate about ensuring babies, children and young people (BCYP) with health needs can remain at home and integrated into their community alongside their peers, with the right community nursing support in place. She is also passionate about teaching, leadership and quality improvement. She recently qualified as a professional nurse advocate (PNA), enabling her to provide essential restorative supervision within the workforce. She became a Queen's Nurse in 2020 and is a core founding member of the UK wide online CCN forum (@CareCCN) which is supporting CCNs across the UK to develop guidance, share knowledge and experiences, connecting via online platform.



### PRESENTER – EMILY GUILMANT-FARRY

RNC, BSc (hons),  
Emily is the Community Children's Matron for Newham, London. She is the co-chair and co-creator of the Pan London asthma nurses network, and a Queens Nurse. Prior to being a Matron she created and lead the Newham Asthma Nurse Service, helping to create Asthma Friendly Schools in Newham in collaboration with 0-19 services, set up Group Consultations in the borough for children with newly diagnosed asthma and wheeze, alongside seeing children at home and in clinic for asthma. She also supported equality of asthma care across North East London by working collaboratively with professionals across the network including delivering asthma champion training, webinars and podcasts. Roles prior to this included nursing complex care packages in the community, community nursing, Respiratory CNS/Research Nurse at the Brompton Hospital, acute general, HDU, A+E and ITU nursing



# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 6 - THE SEX FACTOR; RELATIONSHIP AND SEX EDUCATION FOR SEND CYP

### PRESENTER – PAULA MARTEN

Assistant Headteacher  
Chailey Heritage Foundation



### BIO

Chailey Heritage Foundation is one of the UK's leading centres for children and young people with complex neurodisabilities. There is a general misconception that Relationship & Sex Education (RSE) is not needed for these children and young people and we have found limited adapted RSE for them to learn, stay safe, understand their bodies, relationships and sexuality in full. We have developed a unique way of teaching this difficult subject and have created a user-friendly toolkit consisting of training sessions and resources for teachers and staff to deliver quality RSE to this group of youngsters.

### WORKSHOP OVERVIEW

It will be an overview of the RSE training that we offer, the reasons why the training was introduced and developed, the audience... – 'who, what and why'





# SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

## WORKSHOP 7 - WHY SLEEP MATTERS FOR YOUNG PEOPLE WITH SEND

### PRESENTER – JANICE JENNER

Sleep consultant



### BIO

Jan Jenner has been involved with sleep medicine since 2008. She is a qualified Sleep Consultant having initially studied with Southampton NHS. She is trained to degree level in Sleep Medicine and runs Hunrosa the only sleep consultancy commissioned by the NHS, with a team including a clinical psychologist, OTs, nurses and a teacher who use their skills along with their sleep qualification. Hunrosa uses CBT for sleep, Jan and her colleagues have studied with leaders in this field: Prof Colin Espie and Prof Jason Ellis. Hunrosa are experts in successfully treating those with complex needs using sensory strategies to improve sleep. A keynote speaker and CPD accredited trainer, she has trained doctors, paediatricians, teachers, nurses, mental health professionals, child development staff as well as many sleep deprived parents and young people. She delivers staff and employer wellbeing sessions. She is a member of the British Sleep Society and the British Paediatric Sleep Association.

Special interests include sleep and the menopause and those who have a diagnosis of autism and sensory differences.

### WORKSHOP OVERVIEW

Why young people with additional needs are different in terms of sleep, the latest thinking. What can be done - a demonstration of the ground-breaking Sleep Wise app and other effective solutions.