NORTHANTS SEND MUMMAS WINTER NEWSLETTER

USEFUL CONTACTS

NVR (Nonviolent Resistance) - www.nvrnorthampton.co.uk
Northamptonshire Domestic Abuse Service - www.ndas.co
VoiceNorthants - www.voicenorthants.org/contact
Eve (Domestic Abuse) - www.eveda.org.uk/contact
DLA - 0800 121 4600
PIP - 0800 121 4433
Family Fund - www.familyfund.org.uk
Caudwell Children - www.caudwellchildren.com
Stop it now - https://www.stopitnow.org.uk. 0808 1000 900
SENDIASS - www.sendiassnorthnorthants.co.uk (North)
www.iassnorthants.co.uk (West)

SOCIALS

Facebook
https://www.facebook.com/share/g/1AmjhdfEB6/

Instagram
https://www.instagram.com/northants.send.mummas?igsh=amllZnJ0MnQwMzlm

Book tickets
https://www.ticketsource.co.uk/northants-send-mummas

Email northantssendmummas@hotmail.com

Website https://www.northantssendmummas.co.uk/

OUR SUMMER FAMILY FUN DAY

Northants SEND Mummas Family Fun Day 💗

Back in September, we brought our SEND community together for a wonderful family fun day, and what a lovely day it was!

We had a fantastic selection of stalls, a food van, delicious cakes, activities for the children and even some very special ponies! We were also delighted to welcome the Mayor, who came along to show their support for our wonderful SEND community.

It was lovely to see so many SEND families coming together, enjoying the day and making memories.

One of the best parts was seeing all the smiling faces, happy children running around, getting involved in activities and simply enjoying themselves. Creating opportunities where our children can feel included, have fun and just be themselves is exactly what Northants SEND Mummas is all about.

We were also incredibly proud to see our family fun day featured in the Chronicle & Echo, helping to share what our wonderful community is all about.

A huge thank you to everyone who came along, all the stallholders, volunteers and everyone who helped make the day possible. It really wouldn't have been the same without you!

Here's to many more days like this, bringing our SEND families together. 💗

PHOTOS FROM OUR FAMILY FUN DAY























VOLUNTEER WITH US FROM EMMA

🩷 THE JOYS OF VOLUNTEERING - NORTHANTS SEND MUMMAS 🌸

Back in March 2024, Northants SEND Mummas started from a very personal place. I was a mum who needed support, understanding and, most importantly, to know I wasn't alone.

What started as a need to find people who understood has become friendships, connections, support, events, opportunities and a safe space for so many families.

Volunteering is rewarding, but let's be honest, it isn't always easy! Behind every meet-up, event, fundraiser, poster, message and activity are hours of planning, organising, chasing, worrying and probably far too much coffee! ☕😂

There are days when it's exhausting, when you question whether you can keep juggling everything, and when the hard work goes unseen.

But then you see a mum walk into a meet-up and realise she's found her people. You see friendships forming, families smiling and parents supporting one another. That's when you remember exactly why you started.

Northants SEND Mummas was created because I needed understanding. Today, we're incredibly proud that we can offer that understanding to others.

It's not about being perfect, having all the answers or getting everything right. It's about showing up, making connections and reminding families that they aren't alone.

To everyone who volunteers, supports us, attends our events, donates, shares our posts or simply takes the time to say thank you - you are part of this journey.

From one mum looking for support in March 2024 to a whole community of SEND families. Look how far we've come! 🩷

Sometimes the thing you create because you need it yourself becomes the very thing that helps hundreds of others.

And that's the real joy of volunteering. 🌸

Please let us know if you'd like to get involved

Emma 💗













CHRISTMAS

🎄 Christmas - Making the Festive Season Inclusive

It's that dreaded word... Christmas! 🎅

For many families with children with SEND, Christmas can be a particularly challenging time of year. The changes to routine, busy places, sensory overload, the excitement and expectations that come with the festive season can sometimes make what is supposed to be a magical time feel quite overwhelming.

Finding Christmas activities that are genuinely inclusive, where our children can feel comfortable, be themselves and enjoy the experience without added pressure, isn't always easy.

That's why, every year, we try our best to organise some special Christmas activities for our Northants SEND Mummas families. We want to create opportunities for our children to enjoy a little festive magic in an environment where they are understood, accepted and celebrated, and where parents can relax knowing their children are welcome just as they are.

This year, we have two lovely festive events planned for our families!

🎅 Northants SEND Mummas Christmas Party - Berzerk

📅 10th December
⏰ 6pm

We're taking over Berzerk for our very own Christmas party! We've hired the venue exclusively for our families, giving the children the chance to enjoy themselves, let off some steam and have some festive fun with other SEND families.

🎄 Christmas Grotto - Ise Lodge

📅 12th December

We're also bringing a little Christmas magic to our families with our very own Christmas Grotto at Ise Lodge!

To make the experience a little less overwhelming, we've arranged individual 10-minute time slots, giving families the opportunity to enjoy their visit without the crowds and queues.



Available time slots:

- 9:00-9:10
- 9:15-9:25
- 9:30-9:40
- 9:45-9:55
- 10:00-10:10
- 10:15-10:25 (fully booked)
- 10:30-10:40 (fully booked)
- 10:45-10:55 (fully booked)

Spaces are limited, so please get in touch to book your preferred time slot.

We know how much these opportunities can mean to families, and we hope these events give everyone something lovely to look forward to during what can sometimes be a difficult time of year.

Most importantly, there is no pressure, no judgement and no expectations. Just families who understand one another, children being themselves and a little bit of Christmas magic. ❤️

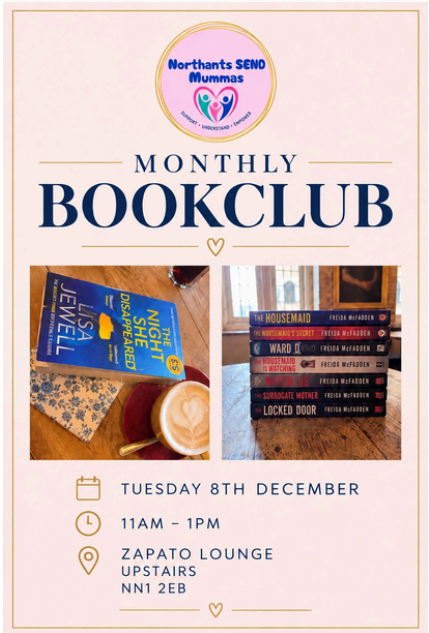
We can't wait to celebrate with you all!


Northants SEND Mummas
SANTA'S GROTTO!
We've booked a quiet slot for our families!
Saturday 12th December
Ise Lodge Community Centre, Kettering
9–11AM
8 family slots available
SANTA'S GROTTO
This includes writing a letter for Santa and visiting him (10 min visit)
PRICES
£14.99 per child (includes 2 x adults)
ADD ONS:
£3 per extra adult (there as support, no gift etc)
£12.99 per extra child in each slot
If you're interested in a slot let me know!


Northants SEND Mummas
December Events
Thursday 3rd • 7.30pm **
Soundbath with Serenity
Mill Farm near Kettering
Saturday 5th • 12.30–2pm **
Wellness Class with Nadia
Mes Amie's Dance Studio, Kingsthorpe
Tuesday 8th • 11–1pm
Book Club
Zapato Lounge, Northampton
Thursday 10th • 6–8pm **
Christmas Party
Bezerk, Northampton
Saturday 12th • from 9am
Quiet Session Santas Grotto
Ise Lodge, Kettering
(message for costs and to book time slot)
Sunday 13th • 1.30pm **
Outside Cooking Christmas Themed
Flourish HQ, Bugbrooke
Monday 14th • 12–2pm
Parent Meet Up
Moulton Community Centre
Wednesday 16th • 11–1pm
Rushden Meet Up
Cafe 1615, Rushden
Join us for connection, support and festive fun!
** Booking link open – www.ticketsource.com/northants-send-mummas
Find us on


Northants SEND Mummas
Breakfast Meet-Up
Wednesday 25th November
11am – 1pm
Cafe 16:15
2 Hamblin Court, Rushden, NN10 0RU
Come along, meet other SEND parents and have a cuppa.
Partners and children welcome!

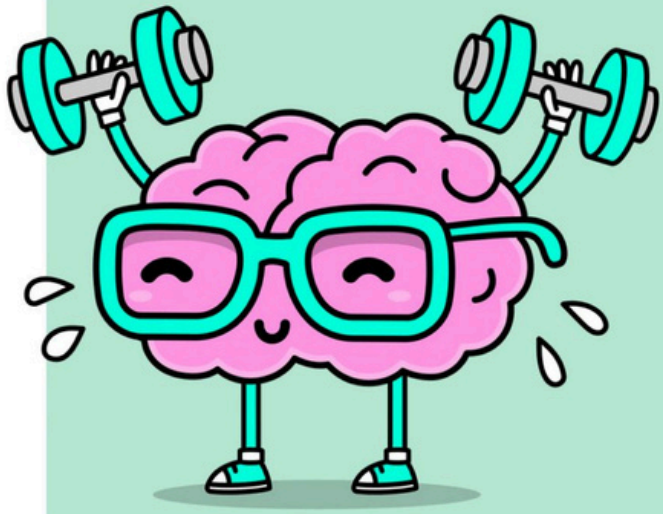

Northants SEND Mummas
BREATHE
RELAX
RECHARGE
BE KIND TO YOURSELF
Bring a pillow and blanket
Monthly Wellness Class
Gentle stretching and yoga, yoga nidra.
Leave feeling relaxed
SATURDAY 5TH DECEMBER
12.30pm-2pm
Mes Amie's Dance Studio, Northampton
£6 per ticket - parking available
www.ticketsource.com/northants-send-mummas
All mums and female carers welcome
A CALMER YOU A BRIGHTER TOMORROW


Northants SEND Mummas
MONTHLY
BOOKCLUB
TUESDAY 8TH DECEMBER
11AM – 1PM
ZAPATO LOUNGE
UPSTAIRS
NN1 2EB


Northants SEND Mummas
Come along for a cuppa, cake and some great company
Meet Up
at Serenity Cafe
Come along for a cuppa, a chat and some great company
FLORIKIDS PHYSIOTHERAPY
SERENITY CAFÉ
Monday 30th November
Serenity Cafe NN5 6LP
12 – 2pm
All welcome – partners and children too!

Northants send Mummas

MENTAL HEALTH *Support*



Where can you get support in Northamptonshire?

MENTAL HEALTH SUPPORT FOR ADULTS

INTEGRATED RESPONSE HUB
0800 448 0828
24 hours a day 365 days of the year
Support for mental health for yourself/carers and family and friends.
Or text 07480 633531 for 24 hour support

MIND CRISIS CAFES
Available in Northampton, Daventry, Corby, Rushden, Kettering and Wellingborough.
Please see Mind website for current opening times.

SAMARITANS
116 123
24 hours a day

111 services
Mental health support- option 2
Trained mental health professionals 24/7

NHS TALKING THERAPIES SERVICE
Refer on line via nhsuk or contact your GP

GP/MENTAL HEALTH NURSE BASED IN THE SURGERY
Contact your surgery

SUPPORTING MENTAL HEALTH

- **Self-Care**

  Regular exercise, balanced diet, adequate sleep.

- **Seek Professional Help**

  Therapists, counselors, and support groups.

- **Be There**

  Offer support and listen without judgment.

Northantssendmummas@hotmail.com