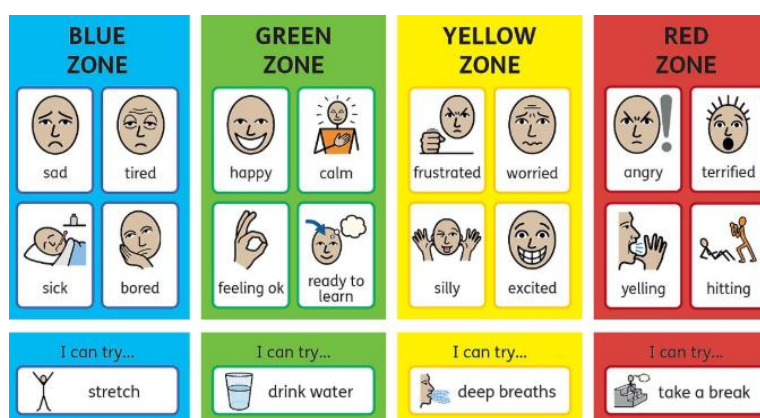


SEND Newsletter Spring 2026

ACL Coffee morning

We held our first joint coffee morning with St Andrew's Junior school this month. This was led by ACL (Adult Community Learning) with the session theme of 'Zones of Regulation'. The Zones of Regulation organises our feelings, state of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



Please keep an eye on the newsletter for future termly coffee mornings run by ACL. Also visit <http://aclessex.com> for a range of courses.

SPACE is a new, free service for parents and carers of children with SEND. Under the **Local Offer** umbrella, families can now access support in five different ways:

- Local Offer [website](#)
- Local Offer [Roadshows](#)
- Monthly Local Offer newsletter ([sign up here](#))
- Local Offer [Facebook](#) page



TPP

We also started our TPP (Trauma Perceptive Practice) for families free course this term. Thank you to those families who signed up. If you would like anymore information on TPP, please contact Mrs McGaughey via the office.



Essex County Council
Special Educational Needs
and Disabilities



SPACE

SPACE offers free support to families of children and young people with SEND.

Delivered by peer educators – all parents and carers with lived experience.

Get support your way:

-  **in person** – meet us at Local Offer roadshows, coffee mornings, and community events
-  **by phone** – talk one-to-one with a peer educator
-  **online** – join webinars on key topics, led by peer educators
-  **on the SPACE website** – find helpful info and guidance anytime



Book your place for an online session, or a phone call today!

parent-send-support.essex.gov.uk