



# LLS News

17/01/2024



Dear families

This week our residential students celebrated their inspirational Scout Leader, Alan, who has been supporting Scouts at Linden Lodge for 50 years. We are sure that you will join us in expressing our deepest gratitude to Alan for his remarkable service and dedication to the children at Linden Lodge.

Thank you to everyone who donated to our **First Friday Foodbank** initiative today. The next **First Friday Foodbank** will take place on Friday 7th February.

Have a lovely weekend.

## Events and dates to remember

### Spring Term Dates

**Thursday 23rd January**

C@LL Committee Meeting

Refreshments from 9.30am, meeting starts at 10am.

Isobel Family Centre

**Monday 17th February - Friday 21st February**  
Half Term Holiday

**Monday 24th February**  
Inset Day 4 (no pupils)

**Thursday 3rd April**  
Last day for pupils

**Friday 4th April**  
Planning and Preparation Day 2 for staff (no pupils)

## Kindness Award

**Keira and U'nite** for playing together sharing the class bench.

**Kaydon** for eating his yogurt in the morning happy and settled.



## Stars of the Week

**Reuben** for a fantastic speech therapy session with Rezel, getting to know a new member of staff, sharing recourses, counting, carrying out an action, listening to/following instructions and making choices.



**Pietra** for developing her communication by using her voice more and participating in intensive interaction. Great work, P!

**Enea** for happily standing in his standing frame for 35 minutes!

**Alice** for engaging with the ipad game laying on her side on her acheeva bed.

**Yusuf** for using the ipad in a small group to say what he likes and does not like.



## Celebrating 50 years of dedication to Scouts at Linden Lodge



Young people at Residential hosted an evening of nostalgia this week as we celebrated Alan, our Scout Leader, who has been coming to Linden Lodge to support our children's activities for 50 years. Alan's family joined us as we presented Alan with gifts, poems and photos to show our appreciation.



## Braille 200 - September 2024 until August 2025

As a celebration of 200 years of Braille I would like to celebrate all the young people that I teach Braille to.

You are all on your own Braille journey and you continue to inspire and make my job as your Braille Teacher so wonderful. I am always learning from you all. After 20 years of teaching braille it's always fantastic to find different ways to teach braille as everyone's Braille journey is so different but we all share the same journey learning and using Braille.

Well done everyone

Leonie Masterson

Qualified Teacher for Visually Impaired (QTVI)



To read more about Braille and celebrating 200 years click on the link.

<https://www.rnib.org.uk/about-us/braille-200/what-is-braille-200/> which has lots of information and activities such as a fun Lots of Dots Activity Booklet to download

[https://media.rnib.org.uk/documents/APDF-SV240805\\_Lots\\_of\\_Dots\\_Activity\\_Booklet-v02.pdf](https://media.rnib.org.uk/documents/APDF-SV240805_Lots_of_Dots_Activity_Booklet-v02.pdf)

# MIND

MINDFULNESS MEDITATION

A gentle and guided weekend  
Cultivating the theme of  
Lovingkindness .  
I invite you to practice to Pause  
and connect with the art of  
contemplation.




www.mindfulbeingsdo.com

**TWO NIGHT STAY IN LEE, ILFRACOMBE NORTH DEVON**  
An intimate retreat for 6x on site guests.  
This weekend is for Parents & Caregivers - Parents to children with  
Additional needs or Differently abled.

## 21st - 23rd March 2025

**EXPLORING LOVINGKINDNESS**

This weekend will be cultivating qualities of the Heart - Exploring Lovingkindness. The talk and theme will be based on this during the retreat.

**SCHEDULE**

- Introduction to Theme & Talk
- Lightly guided silent meditation Practice
- Walking meditation
- Mindful movement
- Sea swim & closing fire gathering
- Vegan/vegetarian food
- Cabin lodgings

**PRICE**

Two night stay £350  
A Day stay £80  
One Space open to a Donation

**CONTACT ME**

Daniella Oviedo  
07761625002  
mindfulbeingsdo@gmail.com

**LOCATION**

Charlton Cleave  
LEE  
Ilfracombe  
EX34 8LN

## Parents & Carers Mindfulness programme

*Explore over 6 Weeks  
with An online  
community.*

This will be held online connecting You with a group of Parents & Caregivers, who wish to learn new techniques when working with our emotions & thoughts.

### *Online*

- Weekly sessions must be 60 minutes in length • Each session will contain:
  - ° 10-20 minute didactic teaching (talk)
  - ° 15-20 minute meditation practice period
  - ° 10-15 minute question-and-answer period

### *The Benefits*

Learning meditation & mindfulness Technique's to support your wellbeing & Mental Health.

**Some benefits of meditation:**

- Understanding the nature of the mind.
- Cultivating compassion & acceptance .
- Easing Anxiety and Stress.
- Developing Self Awareness.
- Having clarity in challenging times
- Understanding your human experience.

### *Join*

This programme is ran twice a year.  
Dates: Mondays 8.30pm - 9.30pm.GMT  
10th Feb - 17th March 2025.  
Mindfulbeingsdo.com

  
**MINDFUL BEINGS**     **£120**

## Mild and unilateral hearing loss videos for families

In collaboration with researchers from University College London (UCL) and Aston University Birmingham, we've developed [a series of video resources](#) for families of children with mild or unilateral hearing loss offering practical advice and reassurance.

Based on research findings, the videos, hosted on a dedicated YouTube playlist, also link to our website and useful resources mentioned throughout.



### Deaf Children Today survey

Every year we launch our [Deaf Children Today survey](#) to find out the experiences of families with deaf children across the UK. Their feedback is so important to help shape our services and campaigns. We'd love to reach as many families as possible and for the survey to represent all deaf children.

This survey is open to all parents, guardians and carers of deaf children and young people aged 0 to 25 in the UK – including those with a temporary hearing loss, mild hearing loss or hearing loss in one ear. It takes about 15 minutes to complete and is also available in British Sign Language (BSL). It's open until Wednesday 5 February.

As a thank you for taking part, parents have a chance to win one of three £100 Amazon vouchers.

Thank you for your support.

Emma Fraser  
Teacher of the Deaf and Senior Education Advisor  
The National Deaf Children's Society  
[ndcs.org.uk](https://www.ndcs.org.uk)

## Upcoming Events For Secondary Parents Spring Term 2025 Supporting your teenager's mental health webinars

4TH FEB 1 PM



Social media and  
gaming - what parents  
need to know

6TH FEB 7 PM



[SCAN OR CLICK HERE](#)

[SCAN OR CLICK HERE](#)

24TH FEB 1 PM



Managing Exam &  
Assignment Stress  
For Parents Of Young  
People  
In Years 11-13

24TH FEB 7 PM



[SCAN OR CLICK HERE](#)

[SCAN OR CLICK HERE](#)

26TH MAR 7 PM



Managing Exam &  
Assignment Stress  
For Parents Of Young  
People  
In Years 7-10

27TH MAR 12.30PM



[SCAN OR CLICK HERE](#)

[SCAN OR CLICK HERE](#)

To view further event details and descriptions, and  
to book on to any of the webinars, please scan the  
QR code or follow the link to our Eventbrite  
collection.

[CLICK HERE](#)



We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more

## Transition of children with EHCP's from primary to secondary school

With Georgie Tyrell, SEN Team Manager and EHCP Co-Ordinators, and  
Fran Turko and Shazia Khan from Merton's Information, Advice and  
Support Service (MIASS)

Don't miss this opportunity for year 5 parents to come and hear what the  
process for the transition of children with EHCPs from primary to secondary  
school will look like for a September 2026 start date (parents of children with  
EHCPs in other primary school years also welcome).

Georgie will be giving an overview of the process and introducing you to some of  
the team of EHCP Co-Ordinators. Fran and Shazia will give a short presentation  
on the legal framework, some top tips and what to expect from schools.

Book now to secure a place at this popular annual session!  
This session is running both in-person AND online on two different days.

### In-person session:

**Thursday 16 January 2025, 10am-12pm**

To join the in-person meeting, contact Tuhina:

**Message/ring:** 07929 670645

**Email:** [kf.admin@mertonmencap.org.uk](mailto:kf.admin@mertonmencap.org.uk)

**Location:**

Chaucer Centre, Combi Room, Canterbury Road, Morden, SM4 6PX

### Online (via Zoom) session:

**Tuesday 21 January 2025, 5-7pm**

Click here to book: <https://bit.ly/4g0GZsa>

**THESE SESSIONS ARE FOR PARENT CARERS ONLY**

✓ For more information or to register with Kids First / Adults First and receive news of all our events, just ring  
020 3963 0597 or email [kf.admin@mertonmencap.org.uk](mailto:kf.admin@mertonmencap.org.uk).