



# LLS News

15/05/2026



Dear families

Thank you to everyone who attended our Transitions and Careers Fair yesterday. We hope that you found it informative. We would appreciate your feedback so if you attended the event please could you complete our short feedback form [here](#).

Next week is the last week of this half term. School closes at 2.30pm on Friday 22<sup>nd</sup> May and re-opens at 8.50am on Tuesday 2<sup>nd</sup> June.

Have a lovely weekend.

## Events and dates to remember

### Summer Term

#### Dates



**Half-Term Holiday**  
Monday 25th May  
2026-Friday 29th May  
2026

**Inset Day 5 (no students)**  
Monday 1st June  
2026

**Last day for students**  
Thursday 16th July  
2026

**Planning and Preparation Day**  
Friday 17th July 2026

**Planning and Preparation Day**  
Monday 20th July  
2026

## Star of the Week

**Ibby** for playing a beat on a drum for each syllable of a sentence. Ibby changed and added the correct name at the relevant time without prompts.



**DJ** for taking responsibility in remembering to water the plants and seeds this week.

**Bethany** for showing everyone how she recites the ABC with the help of a familiar adult.

**Aisha** for taking responsibility and remembering her daily prayers.

**Harry** for improved independence in making his own breakfast.

**Aviyah** for working hard on her dressing skills and following instructions.

**Zephyr** for having an amazing session on the SMART Platform. Zephyr was able to follow instructions and use his head switches to move himself forwards and backwards!

**Matteo** for wonderful engagement this week across all lessons. Matteo has been working hard to increase his independence during mealtimes and personal care. Great work, Matteo!



### Travel

This week marks the first of our two articles on travel. Today we focus on free or discounted travel schemes that many students benefit from.

#### Disabled Person's Freedom Pass:

Freedom passes entitle users to free travel at all times of day on any London Tube, bus, and tram. They also entitle users to free travel on National Rail services within London at certain times of day. To apply, your child must live in London and have a qualifying disability. Anyone registered as sight impaired or severely sight impaired living in London is eligible.

<https://www.freedompass.org/apply-pass/disabled-persons-freedom-pass/apply-disabled-persons-freedom-pass>



#### Blue Badge:

Blue Badges allow users to park closer to their destination, either as a passenger or driver. As with the freedom pass, anyone who is registered as sight impaired or severely sight impaired is eligible for a Blue Badge. People with other disabilities may automatically qualify or be eligible for an assessment.

<https://www.gov.uk/apply-blue-badge>

Blue Badges allow more parking options but there are still strict rules to adhere to. Blue Badge owners must ensure their driver is aware of these restrictions.

<https://www.gov.uk/government/publications/the-blue-badge-scheme-rights-and-responsibilities-in-england/the-blue-badge-scheme-rights-and-responsibilities-in-england#where-can-i-park>

#### Disabled Person's Railcard:

Disabled Person's Railcards offer 1/3 off rail travel for the disabled person and an adult companion. This discount is valid at any time of day but some tickets may have a minimum fare.

<https://www.disabledpersons-railcard.co.uk/>



## Other train travel concessions:

It is also possible to get discounts on National Rail train tickets without a railcard for a person with vision impairment and an adult companion. A certificate of vision impairment, or other equivalent documentation, would need to be presented at purchase and carried throughout the journey in order to receive this concession.

<https://www.nationalrail.co.uk/tickets-railcards-offers/promotions/visually-impaired-customer-without-a-railcard/>

## Taxicard:

London residents who are registered severely sight impaired, or who have serious mobility impairments, can apply for a Taxicard. A Taxicard entitles the user to reduced fares in licensed London taxis. This service is offered 24 hours a day, 365 days of the year – subject to the availability of vehicles. There is a limit to the number of trips which can be taken per month or per year. Booking is primarily done through the Taxicard booking website or mobile app. The maximum discount is capped at £11.65 per journey and minimum fees also apply. Members of the scheme can be accompanied by a limited number of companions at no extra cost.

<https://www.taxicard.london/>



## Dial-a-Ride:

Dial-a-Ride is a door-to-door community transport service available to London residents who face challenges using public transport. Members can book trips to run errands, visit friends, or participate in activities. Dial-a-Ride works best for short, local journeys where timings are flexible – journeys via Dial-a-Ride may be slower due to other passengers being dropped off along the route. Not all requests can be accommodated due to capacity so booking ahead is recommended. Dial-a-Ride does not offer transport to hospital appointments, day centres, school, or work. Dial-a-Ride buses operate from 7am to 11pm and members can bring one companion. People who are registered as sight impaired or severely sight impaired are eligible for this service. People with other disabilities may be eligible or may be assessed for membership.

<https://tfl.gov.uk/modes/dial-a-ride/>

## Feedback form

The Therapy Team at Linden Lodge greatly values your opinions and we use your feedback to constantly improve our services. The Physiotherapy Team is currently collecting parental feedback to better understand your experience and identify areas where we can improve. We have provided a link below to our Parental Feedback Form and will be sending home paper copies with students on Monday that can be returned to school once completed. We thank you in advance for your feedback and request that you only complete the form in one format.

[https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=8fHzK-vjKEKbVcWdx\\_iH\\_SSJewzc-jVBiY8ieeCQRE1URDU5NVY3UkkyUzkzSDZTSTYwOUtKNzBTSSQIQCN0PWcu](https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=8fHzK-vjKEKbVcWdx_iH_SSJewzc-jVBiY8ieeCQRE1URDU5NVY3UkkyUzkzSDZTSTYwOUtKNzBTSSQIQCN0PWcu)

## Parent learning

Hi Parents! The Therapy Team is excited to introduce Parent Power Hour. This will be a series of one hour online educational sessions presented by the Therapy Team during the lunch hour. Our goal is to share knowledge and ideas and answer some FAQ's in certain hot topics of therapy.

Watch this space for more information.

## Mental Health Awareness Week - 11<sup>th</sup>- 17<sup>th</sup> May 2026

The theme for Mental Health Awareness Week is **Action: for yourself, for someone else, for all of us.**

Taking simple actions can help to lift your mood and build resilience.

Below you will find The Mental Health Foundation's Top 10

Actions and you can get further inspiration for actions by clicking on this link to their Action Wheel.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/take-action>

**ACTION**  
FOR YOURSELF.  
FOR SOMEONE ELSE.  
FOR ALL OF US.

**MENTAL HEALTH**  
FOUNDATION  
**MENTAL HEALTH**  
**AWARENESS**  
**WEEK**  
11-17 MAY 2026

### 3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



### 4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.

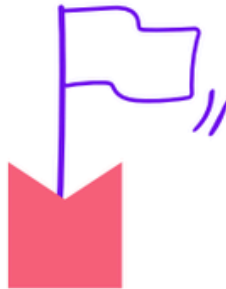


## Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

### 1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



### 2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

### 5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



### 6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



### 7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



### 8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



### 9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



### 10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.  
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)